## **Self-description questionnaire T0**

## SOCIODEMOGRAPHIC QUESTIONS STRESS & RESILIENCE FACTORS

PNUI	M: (assigned by the study team)			Date:	
	se answer each of the following points opriate value	by ticki	ing th	e appropriate alternative or by entering the	
1.	Biological gender		2.	Social gender	
	Female			Female	
	masculine			masculine	
3.	age in years			both	
				neither	
4.	size in cm		5.	weight in kg	
6.	civil status		7.	Relationship regardless of marital status	
0.	Civil Status		,.	no partner or relationship shorter	
	single			than 3 months / living without a partner	
	married			married and living together	
	separated or divorced			not married but living together	
	widowed			Partnership without living together (> 3 months)	
8.	Duration of the relationship in mont	hs	9.	Number of biological children	
٠.	(0 if no partnership)		٠.	Training or Brons Broad arman on	
10.	In which state did you grow up?				
	Baden-Wuerttemberg			Lower Saxony	
	Bavaria			North Rhine-Westphalia	
	Berlin			Rhineland-Palatinate	
	Brandenburg			Saarland	
	Bremen			Saxony	
	Hamburg			Saxony-Anhalt	
	Hesse			Schleswig-Holstein	
	Mecklenburg-Western Pomerania			Thuringia	
11.	What is your mother's highest		12.	What is your mother's highest professional	
	school-leaving qualification?			qualification?	
	Without school graduation			unskilled	
	secondary schools			Vocational training	
	Realschule (10th grade)			Technical / university studies	
	High School				
13.	What kind of work is your mother		14.	What is your (social) father's highest school-	•
	currently doing?			leaving qualification?	
	Without professional activity			Without school graduation	
	employed			secondary schools	
	independent			Realschule (10th grade)	
				High School	

15. What is your (social) father's highest	16.	What kind of work is your (social) father
professional qualification?		currently doing?
unskilled		Without professional activity
Vocational training		employed
Technical / university studies		independent
17. How many brothers and sisters do you	18.	What sibling position are you in?
have?		,
		(Enter a 1 if you are the oldest (or
		only) child of your parents; a 2 if you
		are the second oldest etc.)
19. Did you lose a parent through separation or death?	20.	Who did you grow up with?
no no		with both birth parents
Separation of parents		grew up with the mother
Death of the mother		grew up with my father
Death of the father		with mother / father and new partner
Death of the lattice		grew up with foster parents
21. What importance did religion play in your	22.	How important is religion in your life today??
upbringing??		no meaning
marginal importance		marginal importance
mediocre importance		mediocre importance
extreme important		extreme important
23. Was / is one of your family members	24.	Have you been or have you been receiving
23. Was / is one of your family members receiving treatment for a mental illness?	24.	Have you been or have you been receiving treatment for a mental illness?
receiving treatment for a mental illness?  mother father brothers Grand-	24.	· · · · · · · · · · · · · · · · · · ·
receiving treatment for a mental illness?  mother father brothers Grand- and sisters parents	24.	treatment for a mental illness?
receiving treatment for a mental illness?  mother father brothers Grand-	24.	treatment for a mental illness?
receiving treatment for a mental illness?  mother father brothers Grand- and sisters parents  I do not know	24.	treatment for a mental illness?
receiving treatment for a mental illness?  mother father brothers Grand- and sisters parents  I do not know	24.	treatment for a mental illness?  none  Disorders in childhood
receiving treatment for a mental illness?  mother father brothers Grand- and sisters parents  I do not know	24.	none Disorders in childhood Addiction
receiving treatment for a mental illness?  mother father brothers Grand- and sisters parents  I do not know	24.	none Disorders in childhood Addiction psychosis
receiving treatment for a mental illness?  mother father brothers Grand- and sisters parents  I do not know	24.	none Disorders in childhood Addiction psychosis Bipolar disorder
receiving treatment for a mental illness?  mother father brothers Grand- and sisters parents  I do not know	24.	none Disorders in childhood Addiction psychosis Bipolar disorder depression
receiving treatment for a mental illness?  mother father brothers Grand- and sisters parents  I do not know	24.	none Disorders in childhood Addiction psychosis Bipolar disorder depression Anxiety disorder
receiving treatment for a mental illness?  mother father brothers Grand- and sisters parents  I do not know	24.	none Disorders in childhood Addiction psychosis Bipolar disorder depression Anxiety disorder eating disorder
receiving treatment for a mental illness?  mother father brothers Grand- and sisters parents  I do not know	24.	none Disorders in childhood Addiction psychosis Bipolar disorder depression Anxiety disorder eating disorder
receiving treatment for a mental illness?  mother father brothers Grand- and sisters parents  I do not know	24.	none Disorders in childhood Addiction psychosis Bipolar disorder depression Anxiety disorder eating disorder Personality disorder
receiving treatment for a mental illness?  mother father brothers Grand- and sisters parents  I do not know Grand- and sisters parents  Addiction Grand- and sisters parents  Bipolar disorder Grand- and sisters parents  Addiction Grand- psychosis Grand- and sisters parents  Addiction Grand- psychosis Grand- and sisters  Addiction Grand- psychosis Grand- and sisters parents  Addiction Grand- G	24.	none Disorders in childhood Addiction psychosis Bipolar disorder depression Anxiety disorder eating disorder
receiving treatment for a mental illness?  mother father brothers Grand- and sisters parents  I do not know		none Disorders in childhood Addiction psychosis Bipolar disorder depression Anxiety disorder eating disorder Personality disorder Type of training
receiving treatment for a mental illness?  mother father brothers Grand- and sisters parents  I do not know		none Disorders in childhood Addiction psychosis Bipolar disorder depression Anxiety disorder eating disorder Personality disorder Drype of training
receiving treatment for a mental illness?  mother father brothers Grand- and sisters parents  I do not know		reatment for a mental illness?  none Disorders in childhood Addiction psychosis Bipolar disorder depression Anxiety disorder eating disorder Personality disorder Personality disorder semi-skilled or part skilled worker
receiving treatment for a mental illness?  mother father brothers Grand- and sisters parents  I do not know		none Disorders in childhood Addiction psychosis Bipolar disorder depression Anxiety disorder eating disorder Personality disorder Drype of training
receiving treatment for a mental illness?  mother father brothers Grand- and sisters parents  I do not know		reatment for a mental illness?  none Disorders in childhood Addiction psychosis Dipolar disorder depression Anxiety disorder eating disorder Personality disorder Personality disorder Depression Depr
receiving treatment for a mental illness?  mother father brothers Grand- and sisters parents  I do not know		reatment for a mental illness?  none Disorders in childhood Addiction psychosis Bipolar disorder depression Anxiety disorder eating disorder Personality disorder Personality disorder  semi-skilled or part skilled worker Apprenticeship in craft, production, commercial area

27. Activity before starting medical studies	28.	Duration of the last activity
		in years
school education		
vocational training		
other university studies		
professional activities		
voluntary service or year abroad	_	
no activity		
29. What were the main reasons for you to	30.	Was there a conceivable alternative career or
choose to study medicine? (Please select the most important two)		course of study for you?
I found the subject exciting		Yes
I wanted to help people		no
I was looking for a job that would give me a lot	31.	How many years did you have to wait for the start
of respect and recognition		of your studies or did you bridge the gap by other
I was looking for a job with good earning		means?
potential and future security		
My parents / family suggested that I study medicine	32.	How did the city where you study rank in your
I didn't know what else to study		application?
ruidir t kilow what else to study		
33. Do you enjoy your studies?	34.	Are you sure that you will complete your
	•	studies successfully?
yes, almost always		yes, almost always
most of time		most of time
rarely		rarely
no, almost never		no, almost never
	36.	no, almost never  Are there things that are currently making it
	36.	
35. From today's perspective, would you	36.	Are there things that are currently making it
35. From today's perspective, would you	36.	Are there things that are currently making it difficult for you to be happy with your decision
35. From today's perspective, would you decide to study medicine again?	36.	Are there things that are currently making it difficult for you to be happy with your decision to study? (Multiple answers possible)
35. From today's perspective, would you decide to study medicine again?  I am unhappy with my decision I would make a different decision today The perspective of the medical profession allows	36.	Are there things that are currently making it difficult for you to be happy with your decision to study? (Multiple answers possible) uncertain future prospects
35. From today's perspective, would you decide to study medicine again?  I am unhappy with my decision I would make a different decision today	<b>36.</b>	Are there things that are currently making it difficult for you to be happy with your decision to study? (Multiple answers possible) uncertain future prospects competition among students
35. From today's perspective, would you decide to study medicine again?  I am unhappy with my decision I would make a different decision today The perspective of the medical profession allows	<b>36.</b>	Are there things that are currently making it difficult for you to be happy with your decision to study? (Multiple answers possible) uncertain future prospects competition among students little flexibility in structuring studies
35. From today's perspective, would you decide to study medicine again?  I am unhappy with my decision I would make a different decision today The perspective of the medical profession allows me to overcome the hurdles	36.	Are there things that are currently making it difficult for you to be happy with your decision to study? (Multiple answers possible) uncertain future prospects competition among students little flexibility in structuring studies time pressure individual courses are very stressful financial burden from studying
35. From today's perspective, would you decide to study medicine again?  I am unhappy with my decision I would make a different decision today The perspective of the medical profession allows me to overcome the hurdles	<b>36.</b>	Are there things that are currently making it difficult for you to be happy with your decision to study? (Multiple answers possible) uncertain future prospects competition among students little flexibility in structuring studies time pressure individual courses are very stressful financial burden from studying Feeling overwhelmed
35. From today's perspective, would you decide to study medicine again?  I am unhappy with my decision I would make a different decision today The perspective of the medical profession allows me to overcome the hurdles	36.	Are there things that are currently making it difficult for you to be happy with your decision to study? (Multiple answers possible) uncertain future prospects competition among students little flexibility in structuring studies time pressure individual courses are very stressful financial burden from studying Feeling overwhelmed loneliness
35. From today's perspective, would you decide to study medicine again?  I am unhappy with my decision I would make a different decision today The perspective of the medical profession allows me to overcome the hurdles I would definitely choose this again	36.	Are there things that are currently making it difficult for you to be happy with your decision to study? (Multiple answers possible) uncertain future prospects competition among students little flexibility in structuring studies time pressure individual courses are very stressful financial burden from studying Feeling overwhelmed loneliness Performance pressure
35. From today's perspective, would you decide to study medicine again?  I am unhappy with my decision I would make a different decision today The perspective of the medical profession allows me to overcome the hurdles I would definitely choose this again	36.	Are there things that are currently making it difficult for you to be happy with your decision to study? (Multiple answers possible) uncertain future prospects competition among students little flexibility in structuring studies time pressure individual courses are very stressful financial burden from studying Feeling overwhelmed loneliness Performance pressure
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35. From today's perspective, would you decide to study medicine again?  I am unhappy with my decision I would make a different decision today The perspective of the medical profession allows me to overcome the hurdles I would definitely choose this again  37. How do you currently live?  alone / own apartment  Apartment with partner in a shared apartment		Are there things that are currently making it difficult for you to be happy with your decision to study? (Multiple answers possible) uncertain future prospects competition among students little flexibility in structuring studies time pressure individual courses are very stressful financial burden from studying Feeling overwhelmed loneliness Performance pressure  If you have moved for your studies, how do you perceive the change of residence?
35. From today's perspective, would you decide to study medicine again?  I am unhappy with my decision I would make a different decision today The perspective of the medical profession allows me to overcome the hurdles I would definitely choose this again  37. How do you currently live?  alone / own apartment  Apartment with partner in a shared apartment  Room in student hall		Are there things that are currently making it difficult for you to be happy with your decision to study? (Multiple answers possible) uncertain future prospects competition among students little flexibility in structuring studies time pressure individual courses are very stressful financial burden from studying Feeling overwhelmed loneliness Performance pressure  If you have moved for your studies, how do you perceive the change of residence?    Positive
35. From today's perspective, would you decide to study medicine again?  I am unhappy with my decision I would make a different decision today The perspective of the medical profession allows me to overcome the hurdles I would definitely choose this again  37. How do you currently live?  alone / own apartment  Apartment with partner in a shared apartment Room in student hall with the parents	38.	Are there things that are currently making it difficult for you to be happy with your decision to study? (Multiple answers possible) uncertain future prospects competition among students little flexibility in structuring studies time pressure individual courses are very stressful financial burden from studying Feeling overwhelmed loneliness Performance pressure  If you have moved for your studies, how do you perceive the change of residence?    Neutral
35. From today's perspective, would you decide to study medicine again?  I am unhappy with my decision I would make a different decision today The perspective of the medical profession allows me to overcome the hurdles I would definitely choose this again  37. How do you currently live?  alone / own apartment Apartment with partner in a shared apartment Room in student hall with the parents  39. How do you pay for your studies?		Are there things that are currently making it difficult for you to be happy with your decision to study? (Multiple answers possible) uncertain future prospects competition among students little flexibility in structuring studies time pressure individual courses are very stressful financial burden from studying Feeling overwhelmed loneliness Performance pressure  If you have moved for your studies, how do you perceive the change of residence?    Positive
35. From today's perspective, would you decide to study medicine again?  I am unhappy with my decision I would make a different decision today The perspective of the medical profession allows me to overcome the hurdles I would definitely choose this again  37. How do you currently live?  alone / own apartment Apartment with partner in a shared apartment Room in student hall with the parents  39. How do you pay for your studies? (Multiple answers possible)	38.	Are there things that are currently making it difficult for you to be happy with your decision to study? (Multiple answers possible) uncertain future prospects competition among students little flexibility in structuring studies time pressure individual courses are very stressful financial burden from studying Feeling overwhelmed loneliness Performance pressure  If you have moved for your studies, how do you perceive the change of residence?  Positive Neutral negative  My place of residence has not changed  Do you have sufficient financial resources?
35. From today's perspective, would you decide to study medicine again?  I am unhappy with my decision I would make a different decision today The perspective of the medical profession allows me to overcome the hurdles I would definitely choose this again  37. How do you currently live?  alone / own apartment  Apartment with partner in a shared apartment Room in student hall with the parents  39. How do you pay for your studies? (Multiple answers possible) own professional activity / part-time job	38.	Are there things that are currently making it difficult for you to be happy with your decision to study? (Multiple answers possible) uncertain future prospects competition among students little flexibility in structuring studies time pressure individual courses are very stressful financial burden from studying Feeling overwhelmed loneliness Performance pressure  If you have moved for your studies, how do you perceive the change of residence?    Neutral   negative   My place of residence has not changed   Do you have sufficient financial resources?
35. From today's perspective, would you decide to study medicine again?  I am unhappy with my decision I would make a different decision today The perspective of the medical profession allows me to overcome the hurdles I would definitely choose this again  37. How do you currently live?  alone / own apartment  Apartment with partner in a shared apartment Room in student hall with the parents  39. How do you pay for your studies? (Multiple answers possible) own professional activity / part-time job financial support from family	38.	Are there things that are currently making it difficult for you to be happy with your decision to study? (Multiple answers possible) uncertain future prospects competition among students little flexibility in structuring studies time pressure individual courses are very stressful financial burden from studying Feeling overwhelmed loneliness Performance pressure  If you have moved for your studies, how do you perceive the change of residence?    Positive   Neutral   negative   Neutral   Neutral
35. From today's perspective, would you decide to study medicine again?  I am unhappy with my decision I would make a different decision today The perspective of the medical profession allows me to overcome the hurdles I would definitely choose this again  37. How do you currently live?  alone / own apartment  Apartment with partner in a shared apartment Room in student hall with the parents  39. How do you pay for your studies? (Multiple answers possible) own professional activity / part-time job	38.	Are there things that are currently making it difficult for you to be happy with your decision to study? (Multiple answers possible) uncertain future prospects competition among students little flexibility in structuring studies time pressure individual courses are very stressful financial burden from studying Feeling overwhelmed loneliness Performance pressure  If you have moved for your studies, how do you perceive the change of residence?    Neutral   negative   My place of residence has not changed   Do you have sufficient financial resources?

41.	Have you had more or less contact friends since you started your stud		42.	Have you had more or less con family since you started your s	tudies?_	n your	
	more than before			more than	_		
	Unchanged, a lot			Unchange	_		
	Unchanged, a little			Unchanged,			
	less than before			less than			
43.	Are you experiencing sufficient	2	44.	How many hours per week do			
	emotional support?			study-related activities? (Learning			
	I get more than enough emotional			preparation, exam preparation) outsid university life?	e of every	day	
	support I get enough emotional support			university me:			
	r get enough emotional support						
	Sometimes I don't get enough emotional		45.	How many hours per week do	VOU Sper	nd on	
	support		73.	part-time jobs? (0 if you do not ha			
	I often don't get enough emotional			part-time jobs: (on you do not na	ve a part-ti	iiie jobj	
	support						
	I don't get any emotional support						
46.	How many hours per week do	4	47.	How many hours per week do			
	you spend with your friends,			you spend on your hobbies?			
	family or your partner?						
48.	How many hours a week do you	4	49.	How many hours a week do			
	actively exercise?			you actively play music?			
					••		
50.	How do you rate the time available	e to 5	51.	How do you rate the time you h		able for	•
50.	you for your studies?	e to 5	51.	friends, family and partnership?		able for	•
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	you for your studies?  I always have more than enough time for the requirements of my studies  I always have enough time for the requirements of my studies  Sometimes I don't have enough time for the demands of my studies  I often don't have enough time for the requirements of my studies  I am usually under time pressure to meet the requirements of the degree  How do you rate the time available you for your hobbies?  I always have enough time for the requirements of my studies  Sometimes I don't have enough time for my hobbies  I often don't have enough time for my hobbies			friends, family and partnership?  I always have more than enough the friends, family and partnership. I always have enough time for friends, and partnership. Sometimes I don't have enough the friends, family and partnership and partnership. I am usually under time pressure to me friendships, family relationships, family relationships, family relationships.  Overall, how satisfied are your studies your partnership your family relationships	ime for erships ime for erships ime for erships iriends, erships aintain ips and erships with	ve	
	you for your studies?  I always have more than enough time for the requirements of my studies.  I always have enough time for the requirements of my studies.  Sometimes I don't have enough time for the demands of my studies.  I often don't have enough time for the requirements of my studies.  I am usually under time pressure to meet the requirements of the degree.  How do you rate the time available you for your hobbies?  I always have enough time for the requirements of my studies.  Sometimes I don't have enough time for my hobbies.  I often don't have enough time for my hobbies.  I am usually under time pressure to			friends, family and partnership?  I always have more than enough the friends, family and partnership.  I always have enough time for friends, and partnership.  Sometimes I don't have enough the friends, family and partnership.  I often don't have enough time for family and partnership.  I am usually under time pressure to me friendships, family relationships, family relationships.  Overall, how satisfied are your studies.  your studies.	ime for erships ime for erships ime for erships iriends, erships aintain ips and erships with	ve	
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	Are you satisfied with your diet?	5	55.	Are you happy with your weight?	
	Yes			Yes	
	no			no	
56.	Do you eat regular meals?	5	57.	Do you eat a healthy diet?	
	,			(For example, do you follow a certain diet?)	
	Yes			Yes	
	usually			usually	
	sometimes			sometimes	
	no [			no	
58.	Do you use specific relaxation techniques? (e.g. yoga, PMR, autogenic trai		59.	How many days a week do you drink at least one alcoholic beverage?	
	meditation, etc.)				
	Yes				
	no				
60.	How often do you drink more than 6 (Women) or 8 (men) drinks per occasion? (1 drink = 250 ml beer or 1 glass of wine or 2 cl schnapps)		61.	In the past year, how often were you unable to (completely) remember an evening after consuming alcohol ("film tear")?	
	never			never	
	Rare			Rare	
	monthly			monthly	
	weekly			weekly	
	(almost daily			(almost daily	
62.	In the past year, how many times hav	re 6	63.	How often did someone ask you about your	
	you been unable to do what you			alcohol consumption in the past year?	
	normally would have done on the			z. B. with the recommendation to reduce	
	morning after drinking alcohol?			consumption?	
	never			never	
	Rare			once	
	monthly			several times	
	weekly (almost daily		64.	How many cigarettes do you smoke	
				on average per day?	
65.	Do you use substances or drugs to impi		66.	Do you use substances or medication to calm	
65.	Do you use substances or drugs to imple concentration and performance? (Multip		66.	Do you use substances or medication to calm down or to be able to sleep?	
65.	Do you use substances or drugs to imple concentration and performance? (Multipanswers possible)		66.	Do you use substances or medication to calm down or to be able to sleep?  (Multiple answers possible)	
65.	Do you use substances or drugs to imple concentration and performance? (Multipanswers possible)  Beverages containing caffeine		66.	Do you use substances or medication to calm down or to be able to sleep?  (Multiple answers possible) Food (e.g. chocolate)	
65.	Do you use substances or drugs to important concentration and performance? (Multipanswers possible)  Beverages containing caffeine  Medication		66.	Do you use substances or medication to calm down or to be able to sleep?  (Multiple answers possible) Food (e.g. chocolate)  Medication	
65.	Do you use substances or drugs to imple concentration and performance? (Multipanswers possible)  Beverages containing caffeine		66.	Do you use substances or medication to calm down or to be able to sleep?  (Multiple answers possible) Food (e.g. chocolate)	
65.	Do you use substances or drugs to imple concentration and performance? (Multipanswers possible)  Beverages containing caffeine  Medication activating drugs no	ple		Do you use substances or medication to calm down or to be able to sleep?  (Multiple answers possible) Food (e.g. chocolate)  Medication sedating drugs no	
	Do you use substances or drugs to improconcentration and performance? (Multiplianswers possible)  Beverages containing caffeine  Medication activating drugs no  Which of the following symptoms did	ple		Do you use substances or medication to calm down or to be able to sleep?  (Multiple answers possible) Food (e.g. chocolate) Medication sedating drugs no  Have you spoken to anyone about	
	Do you use substances or drugs to imple concentration and performance? (Multipanswers possible)  Beverages containing caffeine  Medication activating drugs no	ple		Do you use substances or medication to calm down or to be able to sleep?  (Multiple answers possible) Food (e.g. chocolate)  Medication sedating drugs no	
	Do you use substances or drugs to important of the following symptoms did you experience during and as a result	ple		Do you use substances or medication to calm down or to be able to sleep?  (Multiple answers possible) Food (e.g. chocolate) Medication sedating drugs no  Have you spoken to anyone about these symptoms? (Multiple answers	
	Do you use substances or drugs to improconcentration and performance? (Multiplianswers possible)  Beverages containing caffeine  Medication activating drugs no  Which of the following symptoms did you experience during and as a result your studies? (Multiple answers possible)	ple		Do you use substances or medication to calm down or to be able to sleep?  (Multiple answers possible) Food (e.g. chocolate) Medication sedating drugs no  Have you spoken to anyone about these symptoms? (Multiple answers possible)	
	Do you use substances or drugs to improduce concentration and performance? (Multiple answers possible)  Beverages containing caffeine  Medication activating drugs no  Which of the following symptoms did you experience during and as a result your studies? (Multiple answers possible) Procrastination	ple		Do you use substances or medication to calm down or to be able to sleep?  (Multiple answers possible) Food (e.g. chocolate) Medication sedating drugs no  Have you spoken to anyone about these symptoms? (Multiple answers possible)  no, I didn't confide in anyone	
	Do you use substances or drugs to improduce concentration and performance? (Multiple answers possible)  Beverages containing caffeine Medication activating drugs no  Which of the following symptoms did you experience during and as a result your studies? (Multiple answers possible)  Procrastination Exhaustion	ple		Do you use substances or medication to calm down or to be able to sleep?  (Multiple answers possible) Food (e.g. chocolate) Medication sedating drugs no  Have you spoken to anyone about these symptoms? (Multiple answers possible)  no, I didn't confide in anyone yes, I confided in someone, namely	
<b>67.</b>	Do you use substances or drugs to improduce concentration and performance? (Multiplianswers possible)  Beverages containing caffeine  Medication activating drugs no  Which of the following symptoms did you experience during and as a result your studies? (Multiple answers possible)  Procrastination Exhaustion Feeling overwhelmed Anxiety chosomatic complaints (e.g. gastrointestinal	ple		Do you use substances or medication to calm down or to be able to sleep?  (Multiple answers possible) Food (e.g. chocolate) Medication sedating drugs no  Have you spoken to anyone about these symptoms? (Multiple answers possible)  no, I didn't confide in anyone yes, I confided in someone, namelymy familymy friends my partner	
<b>67.</b>	Do you use substances or drugs to improduce concentration and performance? (Multiplianswers possible)  Beverages containing caffeine Medication activating drugs no  Which of the following symptoms did you experience during and as a result your studies? (Multiple answers possible)  Procrastination Exhaustion  Feeling overwhelmed Anxiety chosomatic complaints (e.g. gastrointestinal problems, muscle tension, neurodermatitis)	ple		Do you use substances or medication to calm down or to be able to sleep?  (Multiple answers possible) Food (e.g. chocolate) Medication sedating drugs no  Have you spoken to anyone about these symptoms? (Multiple answers possible)  no, I didn't confide in anyone yes, I confided in someone, namelymy familymy friends my partner my partner my fellow students	
<b>67.</b>	Do you use substances or drugs to import concentration and performance? (Multiplianswers possible)  Beverages containing caffeine Medication activating drugs no  Which of the following symptoms did you experience during and as a result your studies? (Multiple answers possible)  Procrastination Exhaustion  Feeling overwhelmed Anxiety chosomatic complaints (e.g. gastrointestinal problems, muscle tension, neurodermatitis)  Learning and performance disorders	ple		Do you use substances or medication to calm down or to be able to sleep?  (Multiple answers possible) Food (e.g. chocolate) Medication sedating drugs no  Have you spoken to anyone about these symptoms? (Multiple answers possible)  no, I didn't confide in anyone yes, I confided in someone, namelymy familymy friends my partner my pertner my fellow students my lecturer	
<b>67.</b>	Do you use substances or drugs to improconcentration and performance? (Multiplianswers possible)  Beverages containing caffeine  Medication activating drugs no  Which of the following symptoms did you experience during and as a result your studies? (Multiple answers possible)  Procrastination Exhaustion Feeling overwhelmed Anxiety chosomatic complaints (e.g. gastrointestinal problems, muscle tension, neurodermatitis)  Learning and performance disorders Identity and self-worth problems	ple		Do you use substances or medication to calm down or to be able to sleep?  (Multiple answers possible) Food (e.g. chocolate) Medication sedating drugs no  Have you spoken to anyone about these symptoms? (Multiple answers possible)  no, I didn't confide in anyone yes, I confided in someone, namelymy familymy friends my partner my partner my fellow students my lecturer the student advisory service	
<b>67.</b>	Do you use substances or drugs to import concentration and performance? (Multiplianswers possible)  Beverages containing caffeine Medication activating drugs no  Which of the following symptoms did you experience during and as a result your studies? (Multiple answers possible)  Procrastination Exhaustion  Feeling overwhelmed Anxiety chosomatic complaints (e.g. gastrointestinal problems, muscle tension, neurodermatitis)  Learning and performance disorders	ple		Do you use substances or medication to calm down or to be able to sleep?  (Multiple answers possible) Food (e.g. chocolate) Medication sedating drugs no  Have you spoken to anyone about these symptoms? (Multiple answers possible)  no, I didn't confide in anyone yes, I confided in someone, namelymy familymy friends my partner my pertner my fellow students my lecturer	