

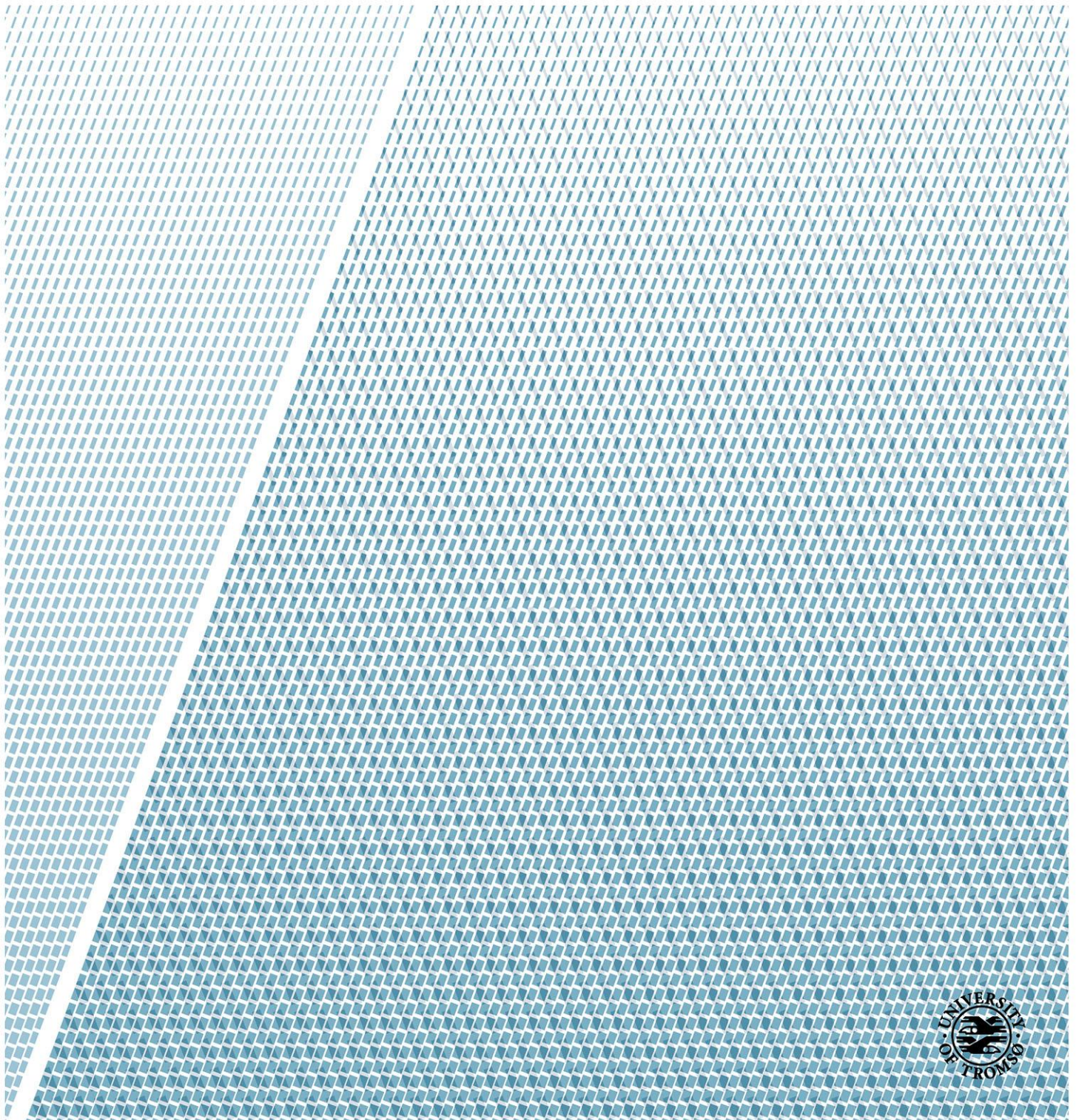
# Predictors of early sexual debut among adolescents in North Norway

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*HEL- 3950 Master's thesis in Public Health*

*May 2014*

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## **Acknowledgements**

I would like to express my deepest gratitude to my supervisor Professor Siv Kvernmo first for availing me the data that I analysed in my thesis. That gave me the opportunity to work on a subject that I liked. And secondly for the comprehensive supervision from which I learned a lot. You invested a lot of time to read and comment on my work even during your holidays for which I am very grateful.

My appreciation also goes to the administration of the Master in Public Health especially the study coordinator, Mr. Tor Gisle Lorentzen for being prompt in attending to students' inquiries and concerns.

Last but not least, I would like to thank my husband, Dr. Peter Kyomuhendo and children, Philip, Perez, Patrick and Petronilla for giving me a conducive atmosphere in which to realize my studies. Peter, thank you for encouraging me and offering me any help that I asked of you in the course of preparing my thesis.



## Abstract

**Objectives:** The study thought to examine if early sexual debut among adolescents in North Norway differs by ethnicity that is between Sami and non-Sami. Further, it was examined if factors like: gender; family connectedness; peer relations; parental involvement; alcohol; smoking; socio-economic status of parents, educational aspirations and family structure, already found to affect adolescents age of sexual debut elsewhere, also apply to adolescents in North Norway.

**Methods:** The study used data from the *Norwegian Arctic Adolescent Health Study (NAAHS)* that was conducted among 10th graders (15–16 years old) in junior high school from 2003 to 2005 in the three northernmost counties in Norway: Finnmark, Troms and Nordland. NAAHS was a cross-sectional study and data was collected from a total of 294 schools using questionnaires administered in classroom settings. Students who were not present at school completed the questionnaire at a later session. 4881 students completed the questionnaire of which 9% (450) were Sami and the rest non-Sami. Data was analysed in spss version 19 using chi-square, independent t-test and cox regression.

**Results:** 33% of the respondents reported an age of sexual debut of 10+ years and their median age of sexual debut was 14. There were more girls (60%) than boys (40%) who had experienced their first intercourse. Bivariate analysis using chi-square/independent t-test showed that smoking, socio-economic status, family connectedness and parental involvement were significant predictors of early sexual debut. Multivariate analysis found smoking, and alcohol consumption to be significant predictors of early sexual debut for both boys and girls.

Additionally, among boys, peer relations and parental involvement were significantly associated with early sexual debut while among girls the additional predictors were educational aspirations and family structure.

Surprisingly and contrary to expectation, age of sexual debut was, in the multivariate analysis, neither significantly associated with ethnicity and nor with socio-economic status and family connectedness. Also, contrary to expectation, peer relations increased the age of sexual debut while parental involvement decreased the age of sexual debut.

**Conclusions:** The present study agreed with other Norwegian studies which reported more girls experiencing intercourse earlier than boys. The median age of sexual debut was lower than that reported in similar studies in Norway and that could be due to effect of location (North vs South Norway) and the current data being younger. Variations in sexual behavior were found to be gender specific and associated with smoking frequency, alcohol frequency, family structure, peer relationships and parental involvement.

**Key words:** Sexual debut, adolescence, connectedness, family structure, educational aspirations

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# 1 Introduction

## 1.1 General overview on sexual debut

Adolescent sexuality continues to be an important subject of social concern because of its connection to negative outcomes like adolescent pregnancy and sexually transmitted diseases. The timing of an adolescent's first sexual intercourse is thus a key variable affecting those negative outcomes. Research has shown that adolescents who initiate sex at younger ages, for example, may be at increased risk for unintended pregnancy because they are less likely to practice effective contraception [1, 2]. Moreover, early sexual debut is associated with an increased risk of sexually transmitted infections (STI) [2-4] for example chlamydia [5]. The likelihood of giving birth as a teenage or of contracting STI is three times higher for those who had their sexual debut before age 16 compared to those who did not [2, 6]. Previous studies attribute variations in adolescent sexual risk behaviors to factors such as cultural, religious influences and migration [7]. Moreover, adolescent sexual risk behaviors have been attributed to social class, future aspiration, academic and social self-perception, depressed moods, family connection, gender, alcohol, drug abuse and ethnicity [2, 3, 6-13]. In particular, high scores of parental monitoring, future aspirations, academic self-concept and low scores of depressed moods were found to be protective factors against early sexual debut [13]. Whereas smoking behavior, alcohol consumption, peer affiliation and frequency of visiting a discotheque were found to be significantly associated with early sexual debut [3, 13]. This shows that age at onset of intercourse is a strong indicator of the lifestyle of an individual [3].

When it comes to the influence of ethnicity on early sexual debut, a number of studies have been done especially in the United States of America and the United Kingdom but also in Norway, in

which comparisons were made between migrant minority groups (for example, Africans, Asians and South Americans) and the local majority population [7, 8, 13, 14]. Earlier onset of intercourse was for example consistently found among black youth in USA [8]. In the United Kingdom, black Caribbean, black African, white other and mixed ethnicity young men were more likely to report sexual debut at the age  $\leq 13$  [7]. In Norway, it was found that the proportion of minority girls with early sexual debut was lower than the corresponding figures for ethnic Norwegian girls [13].

## **1.2 Sexual debut in Norway**

In Norway, there have been fewer studies on sexual debut compared to other developed countries. Moreover, the author did not find any studies on sexual debut that look into ethnic differences in particularly comparing Sami with the rest of the population. On the other hand, it is possible to map out the evolution of sexual debut age in Norway over the years. Generally, women today start their sexual life earlier than a few decades ago and this is a development that is also reported in other western countries [15]. The sexual debut age among Norwegian women is generally lower than that of a selected number of Economic Commission of Europe (ECE) countries [15]. Likewise, locally, studies have shown that sexual debut has been happening steadily earlier up until the last half of 1970s [16]. Four cross-sectional studies on sexual behavior carried out in Norway in 1987, 1992, 1997 and 2002 by the national public health institute (Nasjonalt folkehelseinstitutt) to map the populations' sexual behaviours showed a substantial change in age of debut in cohorts born 1927 – 1984, with a drop of 1 year for men and 2,3 years for women [17]. Moreover, women in the oldest cohorts reported their debut 0,8 years later and in the youngest cohorts 0,5 years earlier than did men. Taking age group 18 to 22, the median age of sexual debut for men was relatively stable in the time period 1987 to 1997 (about 18,3 years) but it went down to 17,5 years in 2002 [18]. For women, the sexual debut age was lower in 1987 and

2002 (17,2 years) than in 1992 and 1997 (17,5 years) [18]. The cumulative distribution of sexual debut age showed among other things that only a minority number of young people had sexual debut before 15 years even though the proportion that had their first sexual intercourse earlier than average had increased slightly [18]. An earlier study on sexual behavior found some regional differences in sexual debut age, where women from North-Norway have earlier debut than those from Southern- and Western-Norway [19].

The introduction of effective and comfortable contraceptive methods and legal abortion within twelve weeks of pregnancy have made pregnancy a choice for women. So where as there is lowering of sexual debut age, it is not simultaneously followed by early motherhood. A more liberal attitude towards sex outside marriage, openness about sexual questions and the media influence (reality shows on sexual relationships etc) are possible explanations for the early sexual debut in Norway compared to many other European countries [15].

The factors which influence early sexual debut among adolescents in Norway have been studied both at the national level [3, 10] and at the regional level – Oslo [12, 13]. However, the composition of the population in North Norway is somewhat different from that in the other regions of the country. The majority (about 85%) of Norwegian Sami live in North Norway although they are the minority in most areas except in inland Finnmark. Therefore, it would be interesting to find out whether early sexual debut among adolescents in North Norway is influenced by ethnicity and the same factors as have been found in similar studies at national and regional (Oslo) levels. It is worth noting however, that some studies (from North Norway) on other adolescent risky behaviours like cigarette smoking and drinking have revealed no significant differences between Sami and non-Sami [20, 21]. On the other hand looking at sexual debut among other arctic indigenous people like the Inuit in Greenland, a study in 1992 involving

students in 10<sup>th</sup> grade and those in vocational training found that a large fraction (83%) had had their sexual debut of which 54% reported sexual debut before the age of 15 [22].

### **1.3 Objectives and hypothesis**

**The objectives of this study are:**

- To examine if ethnicity (Sami and non-Sami) is a predictor of early sexual debut.
- To examine if factors like: gender; family connectedness; peer relations; parental control; alcohol; smoking; socio-economic status of parents, educational aspirations and family structure, already found to influence adolescents age of sexual debut elsewhere, also apply to adolescents in North Norway.

**Hypothesis:** It is expected that ethnicity will be associated with early sexual debut whereby Sami will be at a higher risk of early sexual debut compared to non-Sami. Moreover, as observed in previous studies, the age of sexual debut will vary by gender with girls being more at risk of early debut than boys. And higher scores of parental involvement, family connectedness, educational aspirations, higher socio-economic status and stable family structure are assumed to be protective against early sexual debut whereas, smoking, alcohol consumption and peer relations are assumed to be significantly associated with early sexual debut.

## 2 Material and Methods

### 2.1 Data source

The results presented in the current article are based on data from the *Norwegian Arctic Adolescent Health Study (NAAHS)*. The NAAHS was conducted among 10th graders (15–16 years old) in junior high school from 2003 to 2005 in the three northernmost counties in Norway: Finnmark, Troms and Nordland. In total 294 schools were involved. It was a cross-sectional study and data was collected using questionnaires administered in classroom settings. Students who were not present at school completed the questionnaire at a later session. The data collection was conducted and funded by the Centre for Sami Health Research at the University of Tromsø in collaboration with the Norwegian Institute of Public Health. The students and their parents were given written information about the study, and they gave their written consent. The study obtained approval and consent from the Regional Medical Ethical Committee, the Norwegian Data Inspectorate and the school authorities. In total 5877 students were invited and 4881 completed the questionnaire and thus constitute the data set for the current study. 9% (450) of the respondents were Sami and the rest were non-sami. The response rate per county of residence was: Finnmark - 71%, Troms - 82% and Nordland - 88%.

### 2.2 Measures

*Dependent variable:* The question used to collect information about the experience of intercourse was phrased in the same way as in previous Norwegian studies: Have you ever had sexual intercourse? (Yes or no). That was followed by: If yes, how old were you the first time? I was \_\_\_\_\_ years.

### *Independent variables*

Ten independent variables were used in the present study:

*Gender:* "Male =0" and "Female =1"

*Cigarette Smoking:* Cigarette smoking was investigated in a similar way as in previous studies. Respondents classified their smoking habits based on the question "do you smoke or have you ever smoked?" into four categories: "No never"; "yes but I have stopped"; "yes from time to time"; and "yes everyday". For the present analysis, three dummies were created "no never" = 0, "yes but I have stopped" and "yes from time to time" = 1; and "yes everyday" = 2".

*Alcohol:* Alcohol consumption was investigated by using the question: "How often did you drink alcohol during the last year?" There were 8 possible responses: "I have never drunk alcohol"; "not drunk alcohol during last year"; "some few times during last year"; "Approximately once a month"; "2 - 3 times a month"; "approximately once a week,"; "2 - 3 times a week" and "4 - 7 times in a week". For the present analysis, these were recorded into "rarely/never drinks = 0"; "1 - 3 times per month = 1" and "1 - 7 times a week = 2".

*Ethnicity:* Ethnicity was categorized using the language competence of parents and grandparents as described by Kvernmo and Heyerdahl [23, 24]. Participants reported parents' ethnicity separately for mothers, fathers and themselves by selecting from a list of ethnic groups including five choices "Sami", "Norwegian", "Finnish", "Kven" and "Other". The participants were allowed to select more than one option from the list. The participants were also given a list of languages and reported the language competence of grandparents, parents and of themselves.

*Sami:* If grandparents' or parents' language was reported as Sami, or ethnicity of parents' or their own was reported as Sami, the ethnicity of the respondents was classified as Sami. Respondents

were also classified as Sami if they selected multiple ethnic groups, "Sami" being one of them. Not all individuals who were classified as having Sami ethnicity reported subjective Sami self-identification. Sami self-identification was classified according to the statement "i perceive myself as Sami", measured on a four-point scale from (1) "I strongly agree", (2) "I agree", (3) "I disagree" to (4) "I strongly disagree. Respondents who strongly agreed or agreed perceiving themselves as Sami were categorized as having Sami self-identification.

*Non-Sami:* The non-Sami group was composed of all participants who reported a non-Sami affiliation, identity and language and included: mono-ethnic Norwegians, multiethnic Norwegian (but not Sami) or adolescents who had ethnicities other than Sami and Norwegian.

Ethnicity was coded as "1" for Sami and "0" for non-Sami, in the present study.

*Index of family connectedness:* family connectedness was measured by the following five statements that yielded an acceptable Cronbach's alpha ( $\alpha$ ) of 0.88. "I feel attached to my family," "my family takes me seriously," "my family values my opinions," "I mean a lot to my family" and "I can count on my family when I need help." Responses were on a four point likert scale ranging from (1) completely agree to (4) completely disagree.

*Index of peer relationships:* Peer support was measured by the following four statements that yielded an acceptable Cronbach's alpha ( $\alpha$ ) of 0.84: "I feel closely attached to my friends," "my friends value my opinions," "I can help/support my friends," and "I can count on my friends when I need help." Responses were on a four point likert scale ranging from (1) completely agree to (4) completely disagree.

*Index of parental involvement:* Parental involvement was measured by a 4-item version of the Parental Involvement Scale that yielded an acceptable Cronbach's alpha ( $\alpha$ ) of 0.78. Based on

the questions: “My parents know where I am and what I do in the weekend,” “My parents know where I am and what I do on weekdays,” “My parents know who I spend my leisure time with” and “My parents like the friends I spend time with.” Responses were on a four point likert scale ranging from (1) completely agree to (4) completely disagree.

*Socio-economic status:* Respondents were asked about both their mother's and father's occupations. The information was classified according to the international standard classification of occupations ISCO-88 , which is also the basis for the Norwegian occupational standard. The nine categories were reclassified into five categories, based on the parent with the highest classified occupation: (1) senior official/managers; (2) Professionals/technicians; (3) Lower functionaries; (4) Primary industry (agriculture, fishery and reindeer herding) and (5) manual workers. In the analysis, SES was dummy coded into high SES = 0 (the two highest rated occupations) and low SES = 1 (the other occupations).

*Educational aspirations:* Respondents were asked "what is the highest education you hope to attain? There were 7 options from which to choose ranging from "higher university degree" to "one year at high school" as well as "other" and "not yet decided". The seven categories were reclassified into 3 groups "high" "medium" and "low" as used by Kraft [3] where:

"High(0)" = "University/college higher degree" and "University/college intermediate"

"Medium (1)" = "high school academic" and "high school vocational study"; and

"Low (2)" = "one year at high school", "Other" and "Not yet decided".

*Family structure:* Respondents were asked “who do you live with now?” Seven choices were provided: (1) mother and father; (2) only mother, (3) only Father (4) about the same time at my mothers and fathers places, (5) mother or father and their new partner or spouse (6) foster-



parents; (7) other. The seven categories were coded into 4: mother and father = 0, only mother = 1, only father = 2 and other =3.

**Table 1: Summary of categorical variable codings**

<b>Variable name</b>	<b>Categories</b>	<b>Codes<sup>x</sup></b>
Gender	Male	0
	Female	1
Ethnicity	Non-Sami	0
	Sami	1
Smoking	Never	0
	Occasionally	1
	Daily	2
Education aspirations	University	0
	High school academic/ vocational	1
	Lower and not yet decided	2
Socio-economic status (ses)	High	0
	Low	1
Alcohol	Never/rarely drinks	0
	1 – 3 times per month	1
	1-7 times a week	2
Family structure	Mother and father	0
	Only mother	1
	Only father	2
	Other	3

<sup>x</sup> The category with generally the lowest risk was used as the reference category and is coded 0

### 2.3 Statistical analysis

The data was analysed using spss version 19 and the analysis was in three stages. First, we tested for multicollinearity among the independent variables. Then bivariate analysis was done to determine the relationship between the timing of first intercourse and each of the hypothesized independent variables. Chi-square and independent t-test were used to do the bivariate analysis. Preference would have been to do the bivariate analysis with kaplan-meier survival analysis so as to include the whole sample (both those who had sexual debut and those who had not) but that was not possible because some of the independent variables are continuous. Thus, using chi-square and independent t-test meant that bivariate analysis was done using only the data of those who reported sexual debut. The third stage of the analysis was multivariate analysis, which was done using cox regression. The majority (67%) of the respondents did not report sexual debut age. That is a common occurrence in population based studies on experience of intercourse and particularly for adolescent populations like in the current study, because of the fact that some respondents have not yet experienced sexual intercourse at the time of the study [3, 25]. Technically, such data are known as censored data and in this particular case censored to the right (not yet debuted). The statistical procedure suitable to analyze these data is survival analysis under which cox regression falls. A binary event variable was created and those who reported their age of sexual debut were assigned 1 meaning experienced event. Those who did not report age of sexual debut were assigned 0 and treated as right censored cases of their chronological age [3]. All the independent variables were included in the multivariate analysis whether or not there was significant bivariate effect. That was done because examining the multivariate effects were central in our study. Moreover and in fact more importantly, in the multivariate analysis we used an approach that allowed us to utilize the whole sample and so it was interesting look at the behavior of all the independent variables.

0,05 significance level was used where by p-values  $\leq 0,05$  represented significance and p-values  $> 0,05$  represented non-significance.

1634 (33,5% ) respondents answered the question regarding the age at which they had their sexual debut. Of those, there were 20 cases of sexual debut below 10 years and it was decided to leave them out of the analysis. The reason being that in similar earlier studies, sexual debut in adolescents was reported from 10 years and above and not below [3, 12, 26]. Moreover, it was preferred to apply the WHO definition of adolescents as young people between ages 10 and 19 years. So that left 1614 (33%) respondents who reported sexual debut age of 10+ years.



## 3 Results

### 3.1 Testing for Multicollinearity

Test for multicollinearity was done for the independent variables and no significant correlations were found among the variables, as shown by variance inflation factors (VIF) of 1, see Table 2 as example.

**Table 2: An example of a multicollinearity test output for the independent variables with gender as the dependent variable**

Model	Collinearity Statistics	
	Tolerance	VIF
Ethnicity	,994	1,006
Family connectedness	,747	1,338
Peer relations	,928	1,078
Parental involvement	,745	1,342
Smoking	,829	1,206
Socio-economic status	,973	1,027
Educational aspiration	,981	1,019
Family structure	,970	1,031
Alcohol consumption	,876	1,141

### 3.2 Bivariate analysis

Of the 1614 respondents who reported age of sexual debut of 10+ years, the median age of sexual debut for both genders was 14. There were more girls (975) than boys (639) who had experienced their first intercourse. Bivariate analysis using chi-square/independent t-test (Table 3) showed that smoking, socio-economic status, family connectedness and parental involvement

were significant predictors of early sexual debut while ethnicity, gender, alcohol consumption, educational aspirations and family structure were not.

**Table 3: Bivariate differences in proportions between those who had sexual debut at <16 and at >=16 estimated by chi-square (for categorical variables) and independent T-test (for continuous variables)**

Variables	Total (N)	Sexual debut age				P (chi-square/t-test)
		<16 (10 to 15)		≥16		
		#	%	#	%	
<i>Gender</i>	1614					0,5
Male	639	608	39,4	31	43,1	
Female	975	934	60,6	41	56,9	
<i>Ethnicity</i>	1465					0,22
Non-Sami		1250	89,2	54	84,4	
Sami		151	10,8	10	15,6	
<i>Alcohol consumption</i>	1545					0,31
Never/rarely drinks		79	5,3	3	4,4	
1-3 times per month		1073	72,6	55	80,9	
1-7 times a week		325	22	10	14,6	
<i>Smoking</i>	1606					0,008
Never		528	34,4	34	47,2	
Occasionally		487	31,7	26	36,1	
Daily		519	33,8	12	16,7	
<i>Socio-economic status</i>	1614					0,03
High		700	45,4	23	31,9	
Low SES		842	54,6	49	68,1	

<i>Educational aspirations</i>	<i>1586</i>					<i>0,67</i>
University		536	35,4	26	36,6	
High school academic/vocation		670	44,2	28	39,4	
Lower/not yet decided		309	20,4	17	23,9	
<i>Family structure</i>	<i>1614</i>					<i>0,96</i>
Mother and father		819	53,1	36	50	
Only mother		261	16,9	13	18,1	
Only father		68	4,4	3	4,2	
Other		394	25,6	20	27,8	
		<u>Mean</u>	<u>SD</u>	<u>Mean</u>	<u>SD</u>	
<i>Family connectedness</i>	<i>1607</i>	<i>1,6</i>	<i>0,6</i>	<i>1,4</i>	<i>0,5</i>	<i>0,007</i>
<i>Peer relations</i>	<i>1606</i>	<i>1,7</i>	<i>0,6</i>	<i>1,6</i>	<i>0,6</i>	<i>0,17</i>
<i>Parental involvement</i>	<i>1607</i>	<i>1,8</i>	<i>0,6</i>	<i>1,6</i>	<i>0,5</i>	<i>0,035</i>

### 3.3 Multivariate analysis

Table 4 shows the out-put when all the 10 independent variables were included in the model. Gender, parental involvement, education, smoking and alcohol consumption, were significant predictors of early sexual debut. The risk of reporting early sexual debut was 1,3 times higher for girls than for boys. Parental involvement increased the risk of early sexual debut and so did smoking. Both occasional smokers and daily smokers had a higher risk of reporting earlier sexual debut than non-smokers. In particular the risk of daily smokers reporting early sexual debut was threefold that of non-smokers. The trend was the same for alcohol consumers compared to non-consumers whereby for example those who consumed alcohol 1 to 7 times a week had two times higher risk of reporting early sexual debut. Aspiring for high school education was associated with early sexual debut compared to aspiring for university education.

**Table 4: Multivariate analysis of early sexual debut by possible predictors (done by cox regression)**

Variable	B	SE	df	Sig.	Exp(B)	95,0% CI for Exp(B)	
						Lower	Upper
Gender	,286	,097	1	,003	1,331	1,101	1,609
Ethnicity	,199	,135	1	,140	1,220	,937	1,590
Family connectedness	,012	,051	1	,816	1,012	,915	1,119
Peer relations	-,092	,049	1	,057	,912	,829	1,003
Parental involvement	,135	,054	1	,012	1,145	1,031	1,272
Smoking							
Never			2	,000			
Occational	,687	,069	1	,000	1,987	1,737	2,273
Daily	1,212	,074	1	,000	3,361	2,905	3,889
Socio.economic status	-,074	,090	1	,407	,928	,779	1,107
Educational aspiration							
University			2	,024			
High school	,145	,065	1	,025	1,156	1,019	1,312
Lower and not yet decided	-,028	,075	1	,712	,973	,839	1,127
Family structure							
Mother and father			3	,177			
Only mother	,201	,123	1	,103	1,223	,960	1,558
Only father	,238	,194	1	,220	1,269	,867	1,855
Other	,186	,111	1	,093	1,204	,969	1,496
Alcohol consumption							
Never/rarely			2	,000			
1-3 times per month	,458	,124	1	,000	1,581	1,239	2,016
1-7 times per week	,725	,138	1	,000	2,064	1,574	2,706



Gender*ethnicity	-,174	,178	1	,329	,840	,592	1,192
Gender*socio-economic status	,105	,113	1	,350	1,111	,891	1,386

Fig 1 shows that the highest number of events (sexual debut) took place around 14 – 15 years.

**Fig. 1: Survival curve of the age of sexual debut at the mean of the independent variables**

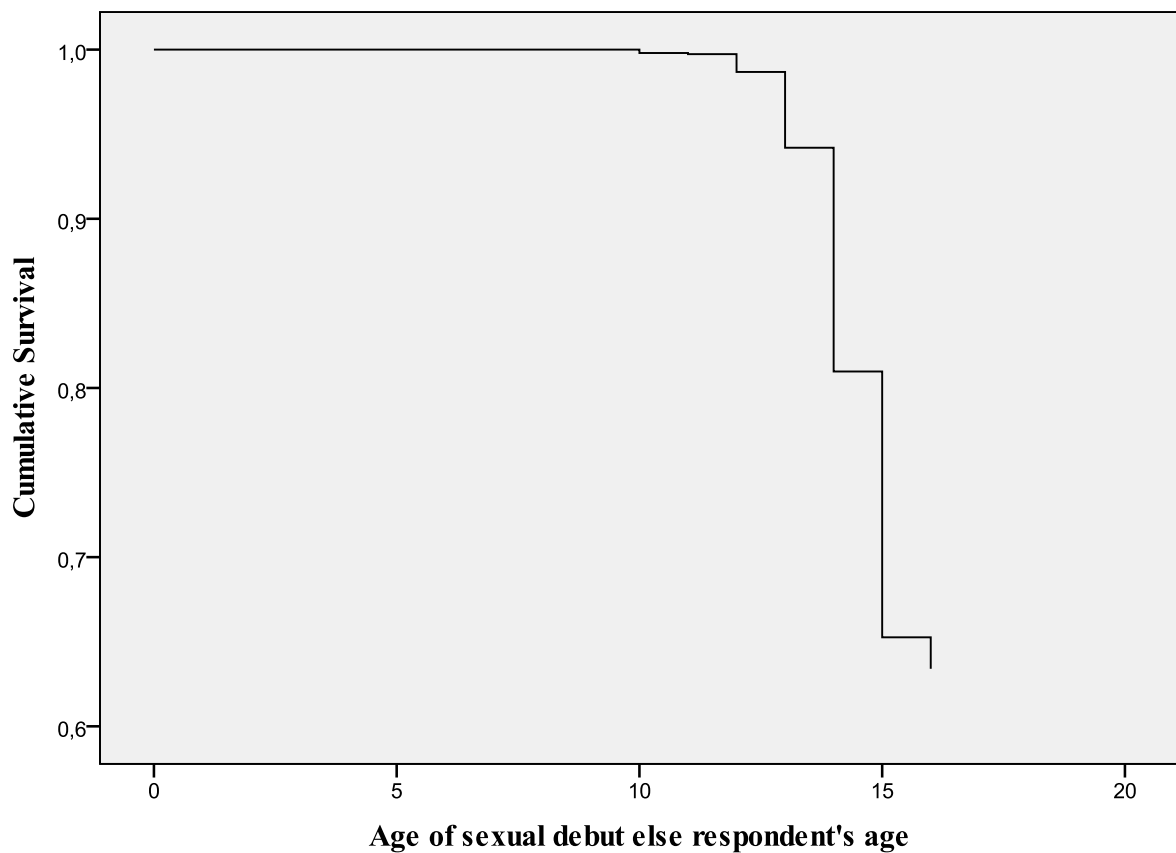
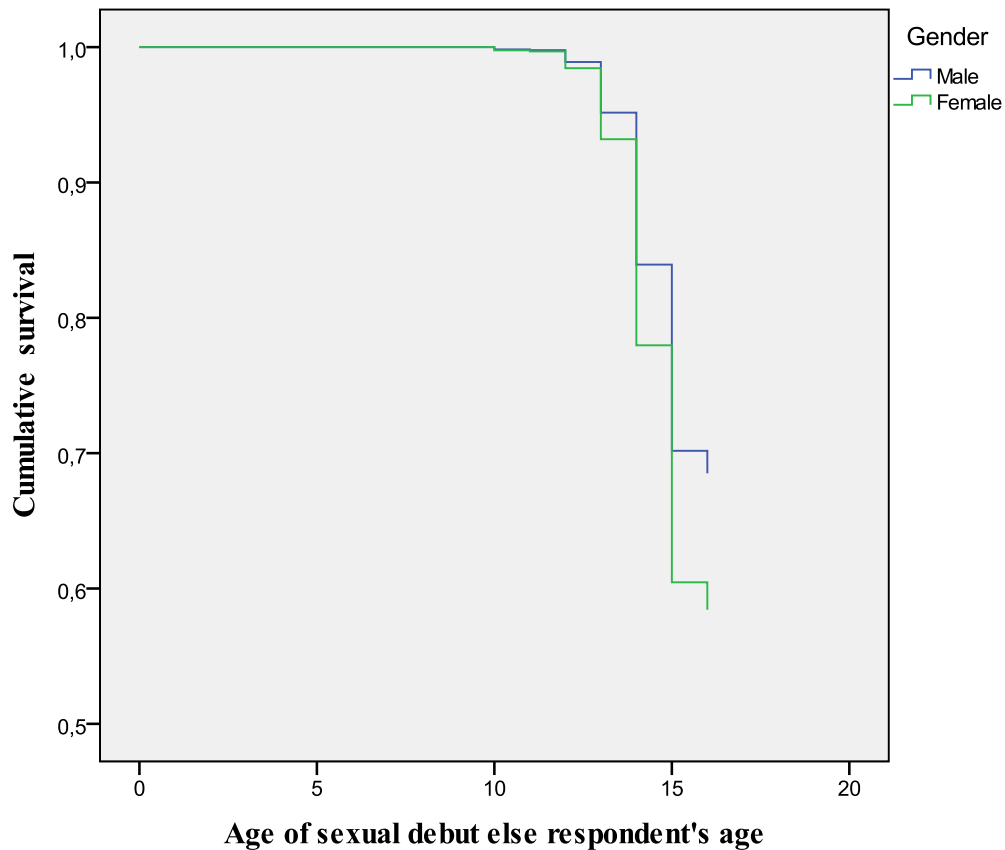


Fig. 2 shows that from around 11 years on, the male curve moves outward to the right. This means that boys survive longer than girls or in other words, at almost any given point in the age range 11 to 16, there are more girls experiencing sexual debut than boys.

**Fig. 2: Survival curve of age of sexual debut at the mean of the independent variables by gender**



Gender was found to be a significant predictor of age of sexual debut even when adjusted for the other variables. Multivariate analysis was therefore done separately for each gender for the current data for comparison purposes and the results are shown in tables 5 and 6.

For boys (table 5), adjusted for the effects of the other independent variables included in the model, the age of sexual debut decreased significantly with increasing: parental involvement frequency of smoking, and increasing frequency of alcohol consumption. For example it can be seen from the table that daily smokers had three times higher risk of reporting early sexual debut than non-smokers. The risk of the heaviest alcohol drinkers (1 to 7 times per week) reporting early sexual debut was about two times that of non-drinkers. On the other hand, the risk of

reporting early sexual debut decreased with increasing peer relations. Ethnicity, family connectedness, socio-economic status, educational aspiration and family structure were not significant predictors of early sexual debut in boys.

**Table 5: Early sexual debut among boys by the predictor variables**

Variable	B	SE	df	Sig.	Exp(B)	95,0% CI for	
						Lower	Upper
Ethnicity	,011	,217	1	,961	1,011	,660	1,546
Family connectedness	-,070	,092	1	,442	,932	,779	1,115
Peer relations	-,223	,076	1	,003	,800	,690	,928
Parental involvement	,210	,079	1	,008	1,233	1,055	1,441
Smoking							
Never			2	,000			
Occasional	,692	,110	1	,000	1,998	1,610	2,481
Daily	1,229	,119	1	,000	3,419	2,705	4,320
Socio-economic status	-,111	,097	1	,250	,895	,741	1,081
Educational aspiration							
University			2	,358			
High school	,141	,110	1	,199	1,152	,928	1,429
Lower and not yet decided)	,159	,129	1	,216	1,173	,911	1,510
Family structure							
Mother and father			3	,155			
Only mother	,211	,125	1	,092	1,235	,966	1,578
Only father	,273	,196	1	,163	1,314	,895	1,930
Other	,184	,112	1	,099	1,202	,966	1,496
Alcohol consumption							
Never/rarely			2	,003			
1-3 times per month	,332	,175	1	,059	1,393	,988	1,965
1-7 times per week	,630	,199	1	,002	1,879	1,272	2,774

For girls (table 6), early sexual debut was significantly associated with frequency of smoking, frequency of alcohol intake, educational aspiration and family structure. Both occasional smokers and daily smokers had respectively twofold and threefold increased risk of early sexual debut compared to non-smokers. The same applies to both moderate drinkers and heavy drinkers with about two times increased risk of early sexual debut compared to the non-drinkers. Those aspiring for high school education had an increased risk of early sexual debut compared to the ones aspiring for university education. Compared to girls under the care of both biological parents, those under the care of only mother and those under the care of other adults had a higher risk of early sexual debut. Ethnicity, family connectedness, peer relations, parental involvement and socio-economic status were not significant predictors of early sexual debut.

To sum it up, with respect to the multivariate model, among both boys and girls, smoking, and alcohol intake were significant predictors of early sexual debut. Additionally, among boys, peer relations and parental involvement were significantly associated with early sexual debut while among girls the additional factors were educational aspiration and family structure.

**Table 6: Early sexual debut among girls by the predictor variables**

Variable	B	SE	df	Sig.	Exp(B)	95,0% CI for Exp(B)	
						Lower	Upper
Ethnicity	,025	,118	1	,834	1,025	,814	1,291
Family connectedness	,055	,063	1	,384	1,056	,934	1,195
Peer relations	,025	,062	1	,690	1,025	,907	1,158
Parental involvement	,078	,073	1	,286	1,081	,937	1,246
Smoking							
Never			2	,000			
Occasional	,682	,088	1	,000	1,977	1,665	2,348
Daily	1,193	,096	1	,000	3,295	2,732	3,974
Socio-economic status	,028	,071	1	,698	1,028	,894	1,181
Educational aspiration							
University			2	,006			
High school	,160	,080	1	,047	1,173	1,002	1,374
Lower and not yet decided	-,142	,094	1	,131	,868	,722	1,043
Family structure							
Mother and father			3	,000			
Only mother	,204	,098	1	,036	1,227	1,013	1,486
Only father	-,067	,203	1	,741	,935	,628	1,392
Other	,391	,082	1	,000	1,479	1,258	1,738
Alcohol consumption							
Never/rarely			2	,000			
1-3times per month	,571	,177	1	,001	1,769	1,252	2,501
1-7 times per week	,814	,194	1	,000	2,257	1,544	3,302



## 4. Discussion

### 4.1 General

In total, 33% of the respondents reported sexual debut, of which 60% were girls and 40% were boys. The proportion of girls were more than what was reported by Valle et al. in 2005 and 2009 for 16 year olds in Oslo. In the two studies, the percentages of girls that reported sexual debut were 50.2% and 50.6% and boys 49.8% and 49.4 respectively [12, 13]. The present study confirms other Norwegian studies which have reported more girls experiencing intercourse earlier than boys [3, 12, 13, 27]. The median age of sexual debut for both boys and girls that had had their sexual debut was found to be 14 years. That was less than what was found in other Norwegian studies on sexual debut. For example in a nation-wide study of adolescents in Norway aged between 17 – 19 years, the median age of sexual debut was 17,3 for girls and 18 for boys [3]. In the study by Sundet et al. the median age of sexual debut was 18 for women and 18,4 for men [27]. The lower age of sexual debut among adolescents in North-Norway may be a further confirmation of what was reported in earlier studies that coital debut is lowest in the three northern most counties in Norway [17, 19]. Moreover, the lower age of sexual debut can also be explained by the fact that the data for the current study is younger than that in the studies referred to. So the data being more recent might signify a decline in the age of sexual debut with time as has been reported to happen [15, 17, 27]. Thus the reported median age of sexual debut could be closer to the prevailing situation especially in North Norway.

## 4.2 Early Sexual debut and possible determinants

The purpose of this study was to identify personal and family characteristics associated with early sexual debut among adolescents in North Norway. Notably, the study examined 10 characteristics representing constructs hypothesized to influence the timing of the first intercourse: ethnicity, gender, educational aspirations, parental involvement, alcohol, smoking, socio-economic status of parents, family connectedness, peer relations and family structure. The expectation was that the age of sexual debut would be influenced by ethnicity whereby Sami will be at a higher risk of early sexual debut compared to non-Sami. The results however refuted that and showed that the age of sexual debut did not vary by ethnicity. Further, it was expected that, as observed in previous studies, the age of sexual debut will vary by gender with girls being more at risk of early debut than boys. And higher scores of parental involvement, family connectedness, educational aspirations, higher socio-economic status and stable family structure will be protective against early sexual debut whereas, smoking, alcohol consumption and peer relations, will be significantly associated with early sexual debut.

Consistent with expectation and previous studies [3, 4, 13, 28], the timing of sexual debut followed gender specific patterns and varied according to educational plans, smoking frequency, alcohol frequency, peer relationships, parental involvement and family structure. That girls have a higher risk of early sexual debut than boys was also observed in a recent study in Finnmark where more girls than boys reported earlier sexual debut, particularly, sexual debut at  $\leq 14$  years was reported by 41% of girls and 34% of boys [5]

The marked difference however between the current and previous findings [3] was that peer relations (among boys) were protective that is increasing peer relations increased age of sexual



debut. One possible explanation is that in the current study, the boys who had not experienced sexual debut (74%) were more than those who had done so (26%). Therefore, chances are higher that one's peer relations have not had sexual debut and thus will not be influencing them to have sex but rather, if anything, there would be a positive influence that is not to have sex. That explanation is supported in literature for example in a national longitudinal study on friends' influence on adolescents' first sexual intercourse, it was found that the higher the proportion of a youth's friends who were sexually experienced, the greater the odds of sexual debut and also that the odds were elevated among youth who believed that they would gain their friends' respect by having sex [29].

It was also interesting that compared to earlier studies [11, 13], parental involvement was not protective with respect to early sexual debut for boys only. For girls, parental involvement was not significantly associated with early sexual debut. Parental involvement was measured just like in similar studies by assessing the parent's knowledge of the adolescent whereabouts and with whom he or she spends free time. In the current study where parental involvement has been associated with risk (of early sexual debut), a possible explanation is that, as long as the adolescents (boys) made their parents aware of what they were up to (increasing parental involvement), the parents were satisfied with that and did not exercise stricter rules on for example dating. Moreover, a study by de Looze et al. showed that concrete parental rule setting is more strongly related to lower levels of risk behaviors (like early sexual debut) in adolescents compared to the more general parenting practices like support and control [30]. That parents are less restricting to boys is something common.

Risk behaviors, particularly smoking and alcohol consumption received support as determinants of the timing of early sexual debut for both boys and girls. The age of sexual debut was found to

decrease with increasing frequency of smoking and of alcohol consumption. This confirms previous findings which have shown age of sexual debut to decrease with increasing smoking and consumption of alcohol [3, 28]. However, one shortcoming in all these studies including the current one is that the information on risk behavior has been reported in terms of current behavior or behavior performed during the last month/year (for example “do you smoke or have you ever smoked?” and “about how often in the course of last year did you drink alcohol?”). That is a shortcoming because the event of sexual debut might have occurred months or years prior to the problem behavior and to the study such that the inter-relationships observed are purely correlational in nature and no conclusions in terms of causal inferences can be made. Nevertheless, as Kraft put it, the inter-relationships confirm that age of sexual debut comprises an important lifestyle indicator [3].

Among girls, family structure was predictive of the timing of sexual debut but not among boys. Particularly, living in a single mother household or “other family structure” situations (foster parents, one parent and new partner..) was associated with early sexual debut compared to living in an intact family (with both biological parents). A common view in children upbringing is that compared to fathers, mothers are softer, more understanding and accommodative and children know how to exploit that. That can be the reason why we did not find the same association in “father only” family structure. It is reasonable to assume that “other family structure” just like single parent households also represents a compromised/weakened atmosphere with respect to children upbringing, compared to an intact family. That can lead to a number of negative effects for example early sexual debut to the concerned children. Moreover, it is possible that the adolescents, girls in this case, compensate for the lacks in family functioning by seeking alternative access to intimacy. In previous studies, the prevalence of early sexual debut was higher for both boys and girls living in non intact families [2, 8, 28]. Such family circumstances

were viewed as providing exposure to permissive sexual norms and possibly reduced parental monitoring [28]. The above interpretation is also applicable to the current study even though in this case it was only the girls (and not boys) living in “mother only” and “other family structure” whose sexual debut was significantly influenced by family structure.

The influence of educational aspirations on early sexual debut has been documented [2, 4, 13, 27]. In the current study, girls aspiring for high school education were at a higher risk of early sexual debut compared to those aspiring for university education. The former are thought to seek fulfillment in other than academic goals for example indulging in sexual relations early [4].

Contrary to expectation, early sexual debut was neither significantly associated with ethnicity and nor with socio-economic status (SES) and family connectedness.

A possible explanation for the lack of support for ethnicity as a predictor of early of sexual debut both in the bivariate and multivariate analyses may be the composition of the ethnic groups. In the study by Valle et al. [13] which found ethnic differences in age of sexual debut, the comparison was between ethnic Norwegians and ethnic minorities (youth with both parents born in non-western countries). Those two groups (ethnic Norwegians and ethnic minorities) are distinctly different, physically, culturally, belief-wise etc. and their sexual conduct is also assumed to be different. Also studies in the UK and USA in which the age of sexual debut of ethnic youth was compared with that of ethnic minorities youth, ethnicity was found to be an important predictor [7, 8, 14]. On the other hand, in the current study, the comparison is between indigenous Sami and all other ethnicities (the majority of whom are ethnic Norwegians). Several studies have not shown more problems in mental health, smoking behavior and alcohol use among the Sami adolescents compared to their Norwegian counterparts [20, 21, 31]. It therefore,

may not be a surprise that there is no difference in the age of sexual debut of the youth from the two ethnic groups.

The lack of support for the SES model is surprising because a relationship between SES and adolescent sexual activity has been observed in similar previous research in Norway [12, 13] and elsewhere [2, 8]. Given that our measure of SES was based on adolescents' reports of parents' occupation, measurement unreliability cannot be ruled out. Moreover, we only considered the parent with the highest classified occupation and so could have lost some important data. However, unreliability may not be the full explanation because even Valle et.al [13] used the same approach to measure SES and yet found it to be associated with age of sexual debut. In their later paper [12], parental income was obtained from the Personal Register of Statistics Norway, and the results also showed that SES was associated with age of sexual debut. On the other hand, the lack of association between SES and the age of sexual debut in the current study may be a function of local community context [28]. North Norway has few inhabitants and the people live in heterogeneous neighborhoods. Most importantly, socio-class differences between people (of all ages) are not obvious. Therefore, under such circumstances, socio-class differences in the timing of sexual debut may have been weakened (or eliminated). That contrasts the situation in Southern Norway (Oslo) where socio-economic status was an important predictor of early sexual debut [12, 13]. Southern Norway has more inhabitants than the north and the socio-class differences between people are very obvious right from where they live, which schools they go to, what education they attain etc. It follows therefore, that in such a case, the timing of sexual debut is influenced by SES.

In a study by Markham et al. [11] in which they reviewed research examining the influence of “connectedness” on adolescent sexual and reproductive health, they found two longitudinal

studies indicating a protective association between family connectedness and early sexual debut, while three longitudinal studies indicated no association between the two. Similarly, they found that family connectedness was found to be protective of ever having sex in two longitudinal studies and no association in eleven longitudinal studies. What was notable was that studies reporting “no association” used measures referring to “parents” in general rather than to specific parent. Studies reporting protective association used measures referencing specific parent (e.g. mothers vs. fathers). Likewise our measures for family connectedness referenced “family” in general as opposed to specific members of the family and so that could explain why no association was found between family connectedness and early sexual debut.



## 5 Conclusions

The present study agreed with other Norwegian studies which reported more girls experiencing intercourse earlier than boys. The median age of sexual debut was lower than that reported in similar studies in Norway. Variations in sexual behavior were found to be gender specific and associated with smoking frequency, alcohol frequency, family structure, peer relationships and parental involvement. What was rather surprising was the lack of support for ethnicity, SES and family connectedness as predictors of early sexual debut. Also surprising and contrary to common logic was that peer relations increased the age of sexual debut and parental involvement decreased the age of sexual debut.

Often, public health strategies geared towards addressing adolescent health risk factors like early sexual debut tend to focus on ethnic and SES differences as in the USA, UK and Australia. Even in Norway, there is a lot of talk about the plight of minority children. The current study has indicated that for North Norway, ethnic and SES differences are not important considerations with respect to strategies to combat early sexual debut among adolescents. However, the finding should be regarded with caution because: being a cross-sectional study design means that we cannot draw cause-effect conclusions. Also the data is susceptible to bias associated with recall and accuracy since it is based on self-reported behavior. However, a longitudinal study about consistency of self-reports of sexual activity among young adolescents in Jamaica showed that the vast majority of respondents (95-100%) reported their sexual experience status consistently within a given survey round [32]. Also, studies have shown that inconsistent reporting of age at initiation of sexual activity does not appear to affect the direction or magnitude of most of the predictor variables[33]. Again, being a cross-sectional study, it may not be possible to determine how truthfully questions are answered. However, adolescents have been reported to be quite open

about their sexual behavior [34]. A number of studies on sexual lifestyle have been performed on small non-representative samples, which among other things makes comparison between studies difficult. But the current study used a large sample (4881), which should mean that the results are more reliable. The majority of the respondents had not yet had sexual debut and so we had right censored data. That did not present a problem because to analyse the data, an approach (cox regression) which allows for use of all the data was chosen for the multivariate analysis.

All in all, the findings point to areas that are important to understand in order to formulate effective strategies for promoting adolescent sexual health. One can for example consider campaigns in schools and homes against alcoholism and smoking among the adolescents. Open communication about sexual matters and good relations between adolescents and their parents can be a plus in postponing initiation of sexual intercourse.

As future research, the current study can be expanded to take on more independent variables for example mental health, sexual abuse and academic performance. In addition, one could investigate sexual debut in a large and older sample of adolescents from North Norway to get more valid and comparable debut with other studies.



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# Appendices

## *Main questionnaire*

E-post:

# U Helseundersøkelsen

Dato for utfylling: T  
 Dag Måned År

## U1. EGEN HELSE

- 1.1 Hvordan er helsen din nå? (Sett bare ett kryss)**
- Dårlig  1 Ikke helt god  2 God  3 Svært god  4
- 1.2 Har du, eller har du hatt? (Sett ett kryss for hver linje)** JA NEI
- Astma
- Høysnue (pollenallergi, allergisk reaksjon, rennende nese, svie i øynene)
- Eksem
- Diabetes (sukkersyke)
- 1.3 Har du de siste 12 mnd hatt? (Sett ett kryss for hver linje)**
- Ørebetennelse
- Halsbetennelse (minst 3 ganger)
- Bronkitt eller lungebetennelse
- Psykisk plage som det er søkt hjelp for
- Alvorlig skade eller sykdom
- Hvis du svarte «JA»; hva slags alvorlig skade eller sykdom var dette:
- 
- 1.4 Har du følgende funksjonshemming? (Sett ett kryss for hver linje)** Nei Ja, litt Ja, mye
- Bevegelsehemming
- Nedsatt syn
- Nedsatt hørsel
- 1.5 Har du i løpet av de siste 12 mnd flere ganger vært plaget med smerter? (Sett ett kryss for hver linje)** JA NEI
- Hode (hodepine, migræne e.l.)
- Nakke/skuldre
- Armer/hender
- Mage
- Rygg
- Hvis du svarte «NEI» på alle spørsmålene under 1.5: Hopp til U2
- 1.6 Har disse smertene ført til at du har vært hjemme fra skolen? (Sett ett kryss)**
- Oppgi også ca. antall skoledager de siste 12 mnd
- Nei  1 Ja, 1-2 dager  2 Ja, 3-5 dager  3 Ja, 6-10 dager  4 Ja, mer enn 10 dager  5
- JA NEI
- 1.7 Har smertene ført til redusert aktivitet i fritida? ....**

## U2. TANNHELSE

- 2.1 Mener du at du har bedre eller dårligere tenner enn andre ungdommer på din alder? (Sett bare ett kryss)**
- Betere  1 Som de fleste  2 Dårligere  3 Vel ikke  4
- 2.2 Bryr du deg om at du har fine tenner? (Sett bare ett kryss)**
- Ja, mye  1 Ja, litt  2 Nei  3
- 2.3 Hvor ofte pusser du tennene dine? (Sett bare ett kryss)**
- Flere ganger om dagen  1 En gang om dagen  2 Annenthver dag  3 Sjeldnere enn annenthver dag  4
- 2.4 Har du hatt tannverk på grunn av hull? (Sett eventuelt flere kryss)**
- Ja, men før jeg begynte på skolen  Ja, etter at jeg begynte på skolen  Nei, aldri  Vel ikke

## U3. MOSJON OG FYSISK AKTIVITET

- 3.1 Utenom skoletid: Hvor mange ganger i uka driver du idrett/mosjon slik at du blir andpusten eller svett?**  ganger pr. uke
- 3.2 Omtrent hvor mange timer pr. uke bruker du på dette?**
- 0 timer  1 1-2 timer  2 3-4 timer  3 5-7 timer  4 8-10 timer  5 11 eller mer  6
- JA NEI
- 3.3 Driver du med konkurranseidrett? (individuell eller på lag)**
- 3.4 Bruker du naturen (skog og mark) til turer?**
- AKRI Ja, mindre enn 1 gang i måneden Ja, 1 gang i måneden eller mer
- Sommer:  1  2  3
- Vinter:  1  2  3
- 3.5 Utenom skoletid: Hvor mange timer pr. skoledag (mandag til fredag) sitter du i gjennomsnitt foran TV, video og/eller PC (spill og internett)?**
- Inntil 1 time  1 1-2 timer  2 3-5 timer  3 Mer enn 5 timer  4
- 3.6 Hvordan kommer du deg normalt til skolen i sommerhalvåret? (Sett bare ett kryss)**
- Med buss/tog e.l. (offentlig transport)  1
- Med bil/moped  2
- På sykkel  3
- Til fots  4
- 3.7 Hvor lang skolevei har du?** T
- Mindre enn 2 km  1 2-4 km  2 Over 4 km  3

Ikke skriv her: 1.3 (stade) 9.1 (utdanning - annet) 9.5 (for løst) (mar-født)

9.7 (for - yrke) 9.7 (mar - yrke) 12.5 (prevensjon) 12.6 (p-påle merke)

#### U4. RØYKING, RUSMIDLER OG DOP

4.1 Røyker du, eller har du røykt? (Sett bare ett kryss)

Nei, aldri  1 Ja, men jeg har sluttet  2 Ja, av og til  3 Ja, hver dag  4

Hvis du har svart «NEI, ALDRI»; hopp til pkt. 4.3

4.2 Hvor gammel var du da du begynte å røyke?  år

4.3 Bruker du eller har du brukt snus, skrå eller lignende? (Sett bare ett kryss)

Nei, aldri  1 Ja, men jeg har sluttet  2 Ja, av og til  3 Ja, hver dag  4

4.4 Røyker noen av de du bor sammen med? (Sett ett eller flere kryss)

Ja, mor  Ja, far  Ja, søsken  Ja, andre  Nei

4.5 Har du noen gang drukket alkohol? (f.eks. alkoholholdig ol, rusbrus, vin, brennevin eller hjemmebrent)  JA  NEI

Hvis du svarte «NEI»; hopp til pkt. 4.8

4.6 Har du noen gang drukket så mye alkohol at du har vært beruset (full)? (Sett bare ett kryss)

Nei, aldri  Ja, en gang  Ja, 2-3 ganger  Ja, 4-10 ganger  Ja, mer enn 10 ganger

4.7 Omtrent hvor ofte har du i løpet av det siste året drukket alkohol? (Sett bare ett kryss) (Lettel og alkoholrittet regnes ikke med)

4-7 ganger i uka  1 2-3 ganger i uka  2 ca. 1 gang i uka  3 2-3 ganger pr. måned  4

Omtrent 1 gang i måneden  5 Noen få ganger siste år  6 Har ikke drukket alkohol siste år  7 Har aldri drukket alkohol  8

4.8 Har du noen gang prøvd dopingmidler? (Sett bare ett kryss)

Nei, aldri  1 Ja, en gang  2 Ja, flere ganger  3 Ja, jeg bruker det regelmessig  4

#### U5. MAT, DRIKKE OG SPISEVANER

5.1 Hvor ofte spiser du vanligvis disse matvarene? (Sett ett kryss for hver linje)

	Sjelden /aldri	1-3 g. pr.mnd	1-3 g. pr.uke	4-6 g. pr.uke	1-2 g. pr.dag	3 g. el. mer pr.dag
Frukt, bær .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ost (alle typer) .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Poteter .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kokte grønnsaker .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Rå grønnsaker/salat ....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Feit fisk (f.eks. laks, ørret, makrell, silde) .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sjokolade/smågodt .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Chips, potetgull .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

#### U5. Mat, drikke og spisevaner (fortsettelse)

5.2 Hvor mye drikker du vanligvis av følgende? (Sett ett kryss pr. linje) (1/2 liter = 3 glass)

	Sjelden /aldri	1-6 glass pr.uke	1 glass pr.dag	2-3 glass pr.dag	4 glass el. mer pr.dag
Helmelk, kefir, yoghurt .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lettmelk, cultura, lettyoghurt ..	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Skummet melk (sur/søt) .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cola/brus med sukker .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cola/brus «light» .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fruktjuice .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Saft .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vann .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

5.3 Hva slags fett bruker du oftest på brødet? (Sett bare ett kryss)

Smør/hard margarin  1 Myk/lett margarin  2 Oljer  3 Bruker ikke  4

5.4 Hvor ofte spiser du disse måltidene en vanlig uke? (Sett ett kryss for hver linje)

	Sjelden /aldri	1-2 ganger pr.uke	3-4 ganger pr.uke	5-6 ganger pr.uke	Hver dag
Frokost .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Formiddagsmat/matpakke ....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Middag .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

5.5 Hvor mye penger bruker du i uka på snop, snacks, cola/brus og gatekjøkkenmat? (Sett bare ett kryss)

0-25 kr  1 26-50 kr  2 51-100 kr  3 101-150 kr  4 151-200 kr  5 over 200 kr  6

5.6 Bruker du følgende kosttilskudd: Ja, daglig  Iblant  Nei

Tran, tranekapsler, fiskeoljekapsler? .....

Vitamin- og/eller mineraltilskudd? .....

5.7 Har du noen gang prøvd å slanke deg? (Sett bare ett kryss)

Nei, aldri  1 Ja, tidligere  2 Ja, nå  3 Ja, hele tiden  4

Hvis du svarte «NEI, ALDRI»; hopp til pkt. 5.9:

5.8 Hva har du gjort for å slanke deg? (Sett ett kryss for hver linje)

	Aldri	Sjelden	Ofte	Alltid
Jeg spiser mindre .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jeg faster .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jeg trener mer .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jeg kaster opp .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jeg bruker avføringspiller eller vann drivende midler .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jeg tar mettende eller sult-dempende piller .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

5.9 Hva veide du sist du veide deg?  hele kg

5.10 Hvor høy var du sist du målte deg?  hele cm

5.11 Hva synes du om vekta di? (Sett bare ett kryss)

Vekta er OK  1 Veier litt for mye  2 Veier alt for mye  3 Veier litt for lite  4 Veier alt for lite  5

5.12 Jeg bryr meg mye om vekta mi. (Sett bare ett kryss)

Enig  Litt enig  Ikke enig

5.13 Hvilken vekt ville du vært tilfreds med nå (din «trivselsvekt»)?  hele kg

5.14 Har du noen gang vært til behandling for spiseforstyrrelser?

Nei  1 Nei, men jeg burde vært  2 Ja  3



## U6. PÅKJENNINGER OG MESTRING

6.1 Under finner du en liste over ulike plager. Har du opplevd noe av dette den siste uken (til og med i dag)? (Sett ett kryss for hver linje)

	Ikke plaget	Litt plaget	Ganske mye	Veldig mye
Plutselig frykt uten grunn	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Føler deg redd eller engstelig	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Matthet eller svimmelhet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Føler deg anspent eller oppjaget	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lett for å klandre deg selv	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sovnproblemer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nedtrykt, tungsindig (trist)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Følelse av å være unyttig, lite verd	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Følelse av at alt er et slit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Følelse av håpløshet mht. framtida	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	1	2	3	4

6.2 Under finner du noen påstander. (Sett ett kryss for hver linje)

	Helt galt	Nokså galt	Nokså riktig	Helt riktig
Jeg klarer alltid å løse vanskelige problemer hvis jeg prøver hardt nok	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hvis noen motarbeider meg, så kan jeg finne måter og veier for å få det som jeg vil	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hvis jeg har et problem og står helt fast, så finner jeg vanligvis en vei ut	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jeg føler meg trygg på at jeg ville kunne takle uventede hendelser på en effektiv måte	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jeg beholder roen når jeg møter vanskeligheter, fordi jeg stoler på mine evner til å mestre/få til ting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	1	2	3	4

6.3 Har du i løpet av de siste 12 mnd selv opplevd noe av følgende? (Sett ett kryss for hver linje)

	JA	NEI
Foreldre (foresatte) har blitt arbeidslose eller uføretrygdet	<input type="checkbox"/>	<input type="checkbox"/>
Alvorlig sykdom eller skade hos deg selv	<input type="checkbox"/>	<input type="checkbox"/>
Alvorlig sykdom eller skade hos noen som står deg nær	<input type="checkbox"/>	<input type="checkbox"/>
Dødsfall hos noen som sto deg nær	<input type="checkbox"/>	<input type="checkbox"/>
Seksuelle overgrep (f.eks. blotting, befaling, ufrivillig samleie m.m.)	<input type="checkbox"/>	<input type="checkbox"/>

6.4 Har du opplevd noe av følgende? (Sett ett kryss for hver linje)

	Nei	Ja, av og til	Ja, ofte
Stort arbeidspress på skolen	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stort press fra andre for å lykkes/gjøre det bra på skolen	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Store vansker med å konsentrere deg i timen	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Store vansker med å forstå læreren når hun/han underviser	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

6.5 Har fagpersonell sagt at du har eller har hatt lese- og skrivevansker. (Sett bare ett kryss)

Ja, store	Ja, middels	Ja, lette	Nei
<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4

6.6 Har du i løpet av de siste 12 mnd, opplevd problemer med mobbing på skolen/skoleveien? (Sett bare ett kryss)

Aldri	Av og til	Omtrent en gang i uka	Flere ganger i uka
<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4

## U7. BRUK AV HELSETJENESTER

7.1 Har du de siste 12 mnd. selv brukt?: (Sett ett kryss for hver linje)

	Ingen ganger	1-3 ganger	4 ganger eller mer
Skolehelsetjenesten	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Helsestasjon for ungdom	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vanlig lege (Allmennpraktiserende lege)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PP-tjenesten	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Psykolog eller psykiater (privat eller på poliklinikk)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Familierådgivning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Annen spesialist (privat eller på poliklinikk)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Legevakt (privat eller offentlig)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sykehusinnleggelse	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sosialtjenesten i kommunen	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fysioterapeut	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tannlege/skoletannlege	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Alternativ behandler	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## U8. UTDANNING OG UTDANNINGSPLANER

8.1 Hva er den høyeste utdanning du har tenkt å ta? (Sett bare ett kryss)

Universitet eller høyskoleutdanning av høyere grad (F.eks. lektor, advokat, sivilingeniør, tannlege, lege, psykolog, siviløkonom)	<input type="checkbox"/> 1
Universitet eller høyskoleutdanning på mellomnivå (F.eks. cand.mag., lærer, sosionom, sykepleier, politi, ingeniør, journalist)	<input type="checkbox"/> 2
Videregående allmennfaglig/økonomisk administrative fag	<input type="checkbox"/> 3
Yrkesfaglig utdanning på videregående skole (koff, frisør, byggfag, elektro, helse- og sosialfag o.l.)	<input type="checkbox"/> 4
Ett år på videregående skole	<input type="checkbox"/> 5
Annet:	<input type="checkbox"/> 6
Har ikke bestemt meg	<input type="checkbox"/> 7

8.2 Hvor mye egne penger brukte du siste uke? (Småinnkjøp pluss større gjenstander som f.eks. musikkanlegg o.l.)

JA NEI

8.3 Har du lønnet arbeid i løpet av skoleåret? (Sett ett kryss)

Hvis du svarte «JA»:

Hvor mange timer i uka arbeider du? ca.  hele timer

Hvor mye tjener du i gjennomsnitt pr. måned på dette arbeidet? kr

8.4 Hvilken karakter fikk du siste gangen i karakterboken? (Sett bare inn hele tallkarakterer)

Matte Norsk skriftlig Engelsk Samfunnsfag

## U9. OPPVEKST OG TILHØRIGHET

9.1 Hvor lenge har du bodd i Norge?  hele år

9.2 Hvor lenge har du bodd der du bor nå?  hele år

9.3 Har du flyttet i løpet av de siste 5 årene? (Sett bare ett kryss)

Nei	Ja, en gang	Ja, 2-4 ganger	Ja, 5 ganger eller flere
<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4

9.4 Mine foreldre er: (Sett bare ett kryss)

Gift/samboere	Ugift	Skilt/separert	En eller begge er døde	Annet
<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5

9.5 Hvor er dine foreldre født?

Norge	Annet land	Hvilket land:
Far: <input type="checkbox"/>	<input type="checkbox"/>	Far: _____
Mor: <input type="checkbox"/>	<input type="checkbox"/>	Mor: _____

### U9. Oppvekst og tilhørighet (fortsettelse)

- 9.6** Jeg tror vår familie, sett i forhold til andre i Norge, har:  
(Sett bare ett kryss)  
Dårlig råd  1    Middels råd  2    God råd  3    Svært god råd  4
- 9.7** Er far og/eller mor i arbeid nå?  
Ja, heltid  1    Ja, deltid  2    Arbeidslos/trygdet  3    Hjemmeværende  4    Går på skole/studerer  5    Dod  6
- Far:  1  2  3  4  5  6  
Mor:  1  2  3  4  5  6
- Hvis far og/eller mor er i arbeid, hvilket yrke har de?  
Far: \_\_\_\_\_  
Skriv kort hva han gjør på jobben: \_\_\_\_\_
- Mor: \_\_\_\_\_  
Skriv kort hva hun gjør på jobben: \_\_\_\_\_

### U10. FAMILIE OG VENNER

- 10.1** Hvem bor du sammen med nå? (Sett bare ett kryss)  
(Ta ikke med søsken og halvsøsken.)  
Mor og far  1    Bare mor  2    Bare far  3    Omtrent like mye hos mor og far  4  
Mor el. far og ny samboer el. ektefelle  5    Fosterforeldre  6    Andre  7
- 10.2** Hvor mange søsken eller halvsøsken bor du sammen med? Antall søsken
- 10.3** Hvor mange av disse er like gamle eller eldre enn deg? Antall søsken
- 10.4** Når du tenker på familien din, vil du si at:  
(Sett ett kryss for hver linje)
- |  | Helt enig                | Delvis enig              | Delvis uenig             | Helt uenig               |
|--|--------------------------|--------------------------|--------------------------|--------------------------|
| Jeg føler meg knyttet til familien min ....                | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Jeg blir tatt på alvor i familien min .....                | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Familien legger vekt på mine meninger                      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Jeg betyr mye for familien min.....                        | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Jeg kan regne med familien min når jeg trenger hjelp ..... | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
- 10.5** Hvilket forhold har du til dine foreldre?  
(Sett ett kryss for hver linje)
- |  | Stemmer meget godt       | Stemmer ganske godt      | Stemmer ikke særlig godt | Stemmer ikke i det hele tatt |
|--|--------------------------|--------------------------|--------------------------|------------------------------|
| Foreldrene mine vet hvor jeg er og hva jeg gjør i helgene.....     | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>     |
| Foreldrene mine vet hvor jeg er og hva jeg gjør på hverdagene..... | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>     |
| Foreldrene mine vet hvem jeg er sammen med i fritida .....         | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>     |
| Foreldrene mine liker vennene jeg er sammen med på fritida .....   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>     |
- 10.6** Når du tenker på vennene dine, vil du si at: (Sett ett kryss for hver linje)
- |  | Helt enig                | Delvis enig              | Delvis uenig             | Helt uenig               |
|--|--------------------------|--------------------------|--------------------------|--------------------------|
| Jeg føler meg nært knyttet til vennene mine.               | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Vennene mine legger vekt på mine meninger.                 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Jeg kan bidra/være til støtte for vennene mine.            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Jeg kan regne med vennene mine når jeg trenger hjelp. .... | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
- 10.7** Hvor mange personer utenfor din nære familie står deg så nær at du kan regne med å få hjelp hvis du:  
Har personlige problemer Antall personer    
Har praktiske problemer (f.eks. m/ skolearbeidet) Antall personer
- 10.8** Har du selv vært utsatt for vold (blitt slått, sparket e.l.) de siste 12 mnd.? (Sett bare ett kryss)  
Aldri  1    Ja, bare av ungdom  2    Ja, bare av voksne  3    Ja, av både ungdom og voksne  4

### U11. SEKSUELL ADFERD OG PREVENSJON

- 11.1** Har du noen gang hatt samleie?  Ja, med en partner     Ja, med flere partnere     Nei  
Hvis du svarte «NEI»; hopp til U12
- 11.2** Alder første gang? ..... Jeg var   år
- 11.3** Brukte du/dere prevensjon ved siste samleie?  
Nei  1    Ja, kondom  2    Ja, p-pille/p-sprøyte  3    Ja, annet  4    Vet ikke  5
- 11.4** Har du noen gang blitt gravid/gjort ei jente gravid?  JA     NEI     Vet ikke  
Hvis du svarte «JA»;  
Hvor gammel var du da dette skjedde? Jeg var   år  
Ble det utført abort? .....  JA     NEI     Vet ikke

### U12. BRUK AV MEDISINER M.M

- 12.1** Hvor ofte har du i løpet av de 4 siste ukene brukt følgende medisiner? (Sett ett kryss for hver linje)  
Med medisiner mener vi her medisiner kjøpt på apotek. Kosttilskudd og vitaminer regnes ikke med her.
- |                               | Aldri                      | Daglig                     | Hver uke, men ikke daglig  | Sjeldnere enn hver uke     | Ikke brukt siste 4 uker    |
|-------------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| Smertestillende uten resept   | <input type="checkbox"/>   | <input type="checkbox"/>   | <input type="checkbox"/>   | <input type="checkbox"/>   | <input type="checkbox"/>   |
| Smertestillende på resept ... | <input type="checkbox"/>   | <input type="checkbox"/>   | <input type="checkbox"/>   | <input type="checkbox"/>   | <input type="checkbox"/>   |
| Allergi-medisin.....          | <input type="checkbox"/>   | <input type="checkbox"/>   | <input type="checkbox"/>   | <input type="checkbox"/>   | <input type="checkbox"/>   |
| Astma-medisin .....           | <input type="checkbox"/>   | <input type="checkbox"/>   | <input type="checkbox"/>   | <input type="checkbox"/>   | <input type="checkbox"/>   |
| Sovemedisin.....              | <input type="checkbox"/>   | <input type="checkbox"/>   | <input type="checkbox"/>   | <input type="checkbox"/>   | <input type="checkbox"/>   |
| Beroligende medisin.....      | <input type="checkbox"/>   | <input type="checkbox"/>   | <input type="checkbox"/>   | <input type="checkbox"/>   | <input type="checkbox"/>   |
| Medisin mot depresjon .....   | <input type="checkbox"/>   | <input type="checkbox"/>   | <input type="checkbox"/>   | <input type="checkbox"/>   | <input type="checkbox"/>   |
| Annen medisin på resept ....  | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 |
- 12.2** Skriv navnet på medisinen som du har krysset av for ovenfor, og hva grunnen var til at du tok medisinen (sykdom eller symptom):  
(Kryss av for hvor lenge du har brukt medisinen)
- | Navn på medisinen: (ett navn pr. linje): | Grunn til bruk av medisinen: | Hvor lenge har du brukt medisinen?                |
|--|------------------------------|---|
|  |                              | Inntil 1 år    Ett år eller mer                   |
|  |                              | <input type="checkbox"/> <input type="checkbox"/> |
|  |                              | <input type="checkbox"/> <input type="checkbox"/> |
|  |                              | <input type="checkbox"/> <input type="checkbox"/> |

### SPØRSMÅL TIL JENTENE

- 12.3** Har du fått menstruasjon («mensen»)? .....  JA     NEI  
Hvis du svarte «NEI»; hopp til 12.5
- 12.4** Hvor gammel var du da du fikk din første menstruasjon?  
Jeg var   år
- 12.5** Bruker du, eller har du brukt: (Sett ett kryss for hver linje)
- |                                    | Nå                       | Før, men ikke nå         | Aldri                    |
|------------------------------------|--------------------------|--------------------------|--------------------------|
| P-pille/minipille/ p-sprøyte ..... | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Annen prevensjon .....             | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
- Hvilken type prevensjon?: \_\_\_\_\_
- 12.6** Til deg som bruker p-pille/minipille: Hvilket merke bruker du nå?: \_\_\_\_\_

## *Additional questionnaire*

## U/T1. DINE STERKE OG SVAKE SIDER

### 1.1 Svar på grunnlag av slik du har hatt det de siste 6 månedene.

(Sett ett kryss for hver linje)

	T	Stemmer ikke	Stemmer delvis	Stemmer helt
Jeg prøver å være hyggelig mot andre.				
Jeg bryr meg om hva de føler .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jeg er rastløs. Jeg kan ikke være lenge i ro .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jeg har ofte hodepine, vondt i magen eller kvalme .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jeg deler gjerne med andre (mat, spill, andre ting) .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jeg blir ofte sint og har kort lunte .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jeg er ofte for meg selv.				
Jeg gjør som regel ting alene .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jeg gjør som regel det jeg får beskjed om .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jeg bekymrer meg mye .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jeg stiller opp hvis noen er såret, lei seg eller føler seg dårlig .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jeg er stadig urolig eller i bevegelse .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jeg har en eller flere gode venner .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jeg slåss mye. Jeg kan få andre til å gjøre det jeg vil .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jeg er ofte lei meg, nedfor eller på gråten .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jeg blir som regel likt av andre på min alder .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jeg blir lett distraheret, jeg synes det er vanskelig å konsentrere meg .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jeg blir nervøs i nye situasjoner.				
Jeg blir lett usikker .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jeg er snill mot de som er yngre enn meg .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jeg blir ofte beskyldt for å lyve eller jukse .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Andre barn eller unge plager eller mobber meg .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jeg tilbyr meg ofte å hjelpe andre (foreldre, lærere, andre barn/unge) .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jeg tenker meg om før jeg handler (gjør noe) .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jeg tar ting som ikke er mine hjemme, på skolen eller andre steder .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jeg kommer bedre overens med voksne enn de på min egen alder .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jeg er redd for mye, jeg blir lett skremt .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jeg fullfører oppgaver. Jeg er god til å konsentrere meg .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	1	2	3	

### 1.2 Samlet, synes du at du har vansker på ett eller flere av følgende områder: med følelser, konsentrasjon, oppførsel eller med å komme overens med andre mennesker?

Nei	Ja, små vansker	Ja, tydelige vansker	Ja, alvorlige vansker
<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4

Hvis du har svart JA, vennligst svar på følgende spørsmål:

#### Hvor lenge har disse vanskene vært tilstede?

Mindre enn en måned	1-5 måneder	6-12 måneder	Mer enn ett år
<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4

#### Forstyrrer eller plager vanskene deg?

Ikke i det hele tatt	Bare litt	En god del	Mye
<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4

#### Virker vanskene inn på livet ditt på noen av disse områdene?

	Ikke i det hele tatt	Bare litt	En god del	Mye
Hjemme/ i familien .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Forhold til venner .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Læring på skolen .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fritidsaktiviteter .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	1	2	3	4

## U/T

### Er vanskene en belastning for de rundt deg (familie, venner, lærere osv.)?

Ikke i det hele tatt	Bare litt	En god del	Mye
<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4

## U/T2. BEKYMNINGER OG PROBLEMER

### Har du i løpet av de siste 12 månedene hatt noen av disse problemene?

(Sett ett kryss for hver linje)

	Nei, aldri	Ja, av og til	Flere ganger	Svært ofte
Krangler, eller konflikter med foreldrene dine .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bekymringer i forhold til seksualitet .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Psykiske problemer hos foreldre/ foresatte .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Problemer i forhold til venner .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Økonomiske problemer hos foreldre/foresatte .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Rusproblemer hos foreldre/ foresatte .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	1	2	3	4

## U/T3. LITT OM RØYK, RUSMIDLER OG HOLDNINGER

	Helt enig	Delvis enig	Delvis uenig	Helt uenig
Det er lett for ungdom å få tak i sigaretter/tobakk .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Det er lett for ungdom å få tak i øl .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Det er lett for ungdom å få tak i vin/brennevin .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Det er lett for ungdom å få tak i hasj .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Det er lett for ungdom å få tak i «partydop», (ecstasy, amfetamin, GHB, kokain osv) .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Det er lett for ungdom å få tak i «dopingmidler» (anabole steroider, testosteron osv) .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Det er OK for ungdom på min alder å røyke .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Det er OK for ungdom på min alder å drikke alkohol på fest .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Det er OK for ungdom på min alder å røyke hasj .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Det burde være lovlig å bruke hasj .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	1	2	3	4

## U/T4. HVEM KAN DU SNAKKE MED

### 4.1 Hvis du har personlige problemer, hvem føler du at du kan snakke med om dette? (Kryss av ett alternativ i hver linje)

	Ja	Nei	Vet ikke
Ingen .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Venn/venninne(r) .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kamerater/gjengen .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Søsken .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Foreldre .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lærer .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Helsesøster .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	1	2	3

	Ja	Nei	Vet ikke
Egen lege .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Andre slektninger .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Andre voksne .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	1	2	3

### U/T5. SKOLESITUASJONEN DIN

5.1 Hvordan har du det på skolen? (Sett ett kryss for hver linje)

	Helt enig	Delvis enig	Delvis uenig	Helt uenig
Jeg trives på skolen .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jeg har mye til felles med andre i klassen .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jeg føler meg knyttet til klassen .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jeg synes jeg har gode muligheter til å snakke mitt morsmål med mine medelever på skolen .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jeg føler at jeg har et språkproblem (fordi jeg har et annet morsmål enn norsk) .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Klassen legger vekt på mine meninger	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lærerne legger vekt på meningene mine .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lærerne mine setter pris på meg .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lærerne hjelper meg med fagene når jeg trenger det .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lærerne hjelper meg med personlige problemer hvis jeg trenger det .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	1	2	3	4

5.2 Hvor lett er det for deg å få nye venner på skolen?

(Sett ett kryss for hver linje)

	Alltid lett	Som regel lett	Som regel vanskelig	Alltid vanskelig
Blant ungdom med samme kulturelle bakgrunn som meg .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Blant ungdom med en annen bakgrunn enn meg .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Er du adoptert?	Ja	Nei	Hvis «ja», hvor fra? (Spesifiser)
	<input type="checkbox"/>	<input type="checkbox"/>	.....

5.3 Ønsker du å bosette deg på hjemstedet ditt når du er ferdig med utdanningen din?

- 1  Ja, svært gjerne      2  Ja, dersom det faller seg slik  
 3  Usikker                      4  Nei, jeg ønsker å bosette meg et annet sted

### U/T6. FORHOLDET TIL FAMILIEN DIN

6.1 Hvor viktig er det for deg? (Sett ett kryss for hver linje)

	Meget viktig	Ganske viktig	Litt viktig	Ikke viktig i det hele tatt
Å tilfredsstille behovene til familien din, selv om dine egne behov er forskjellige fra deres .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Å unngå krangling med andre medlemmer av familien .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Å sette familiens behov foran dine egne .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Å dele tingene (eiendelene) dine med andre i familien .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Å dele pengene dine med familien din .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Å leve opp til forventningene fra familien din .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Å ha kontakt med besteforeldre, tanter/onkler, gudforeldre osv .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	1	2	3	4

### U/T7. KULTUR OG KONTAKT

Du kan føle deg som medlem av ulike etniske eller kulturelle grupper, som samisk, finsk, kvensk, russisk, tamilsk osv, og du kan samtidig føle at du er en del av et større samfunn som for eksempel det norske.

7.1 Her følger noen utsagn om kontakt mellom etniske grupper.

(Sett ett kryss for hver linje)

	Helt enig	Delvis enig	Delvis uenig	Helt uenig
Jeg liker meg like godt blant nordmenn som blant folk fra andre etniske grupper og kulturer .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jeg foretrekker å være sammen med folk fra samme etniske gruppe som meg selv .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jeg synes at folk fra andre etniske grupper og kulturer burde tilpasse seg norske kulturtradisjoner og <u>ikke</u> holde på sine egne .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jeg har like godt forhold til nordmenn som til folk fra min egen kultur .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Siden jeg bor i Norge, er det best jeg lever helt som norsk .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jeg synes at folk med en annen kulturell bakgrunn skal leve som de gjør i sin gruppe/kultur, selv om de bor i Norge .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jeg synes det er vanskelig å velge om jeg skal leve som norsk, eller i tråd med min egen etniske gruppe/kultur .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jeg føler meg like trygg sammen med nordmenn som folk fra min egen gruppe/ kultur .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	1	2	3	4

7.2 Hvordan ser du på deg selv? (Sett ett kryss for hver linje)

Jeg oppfatter meg selv som:	Helt enig	Delvis enig	Delvis uenig	Helt uenig
Norsk .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Samisk .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kvensk .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Finsk .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Annet (hva) .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	4	3	2	1

Jeg har brukt tid til å prøve å finne ut mer om min etniske gruppe, slik som historie, tradisjoner og skikker .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jeg deltar aktivt i organisasjoner eller sosiale sammenhenger som hovedsakelig har medlemmer fra min egen etniske gruppe ..	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jeg har en klar oppfatning av min etniske bakgrunn og hva den betyr for meg .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jeg tenker mye på hvordan min etniske tilhørighet vil påvirke livet mitt .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jeg er glad for å tilhøre den gruppen jeg tilhører .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jeg har en sterk følelse av å tilhøre min etniske gruppe .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jeg har en ganske god forståelse av hva min etniske tilhørighet betyr for meg .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
For å lære mer om min bakgrunn, har jeg ofte snakket med andre om min etniske tilhørighet .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jeg er veldig stolt over min etniske gruppe .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jeg deltar i kulturelle aktiviteter og tradisjoner innen min etniske gruppe slik som f.eks tradisjonell matlaging, musikk eller andre skikker .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jeg føler en sterk tilknytning til min egen etniske gruppe .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	4	3	2	1

	Helt enig	Delvis enig	Delvis uenig	Helt uenig
Jeg er fornøyd med min etniske eller kulturelle bakgrunn .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jeg er glad for å være norsk .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jeg føler at jeg er en del av den norske kulturen .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	4	3	2	1

**Min etnisitet er** (skriv ett eller flere av tallene nedenfor):  
 1=Norsk, 2=Samisk, 3=Kvensk, 4=Finsk, 5=Annet  
 (skriv hvilken): .....

**Fars etnisitet er** (bruk tallene ovenfor): .....

**Mors etnisitet er** (bruk tallene ovenfor): .....

**7.3 Hvilket språk snakker du og familien din?**  
 (Sett ett eller flere kryss)

	Norsk	Samisk	Kvensk/finsk	Annet språk
Hjemme har jeg lært .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1. språk på skolen .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. språk på skolen .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Far snakker .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mor snakker .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Farmor snakker(t) .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Farfar snakker(t) .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Momom snakker(t) .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Morfar snakker(t) .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**7.4 Har du, dine foreldre /foresatte og besteforeldre tilhørighet til noe spesielt trossamfunn?**

(Kryss av det som passer for deg, dine foreldre/foresatte og besteforeldre)

	Meg selv	Mor	Far	Besteforeldre
Statskirken .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Læstadianismen .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Annet (feks. Pinsemenigheten, Jehovas vitner) .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**7.5 Når folk med forskjellig bakgrunn er sammen, kan noen føle seg urettferdig behandlet. Følgende utsagn handler om dette.**  
 (Sett ett kryss for hver linje)

	Helt enig	Delvis enig	Delvis uenig	Helt uenig
Jeg synes at andre har oppført seg urettferdig eller negativt ovenfor folk fra min kultur .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jeg føler meg ikke akseptert av folk fra andre kulturer .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jeg føler at folk fra andre kulturer har i mot meg .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jeg har blitt ertet og fornæmet på grunn av min kulturelle bakgrunn .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jeg har blitt truet eller angrepet på grunn av min kulturelle bakgrunn .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	1	2	3	4

## U/T8. KOSTHOLD

Hvor ofte spiser du disse matvarene? (Sett kryss for hver linje)

	Sjelden/aldri	1-3 g. mnd.	1-2 g. pr. uke	2-4 g. pr. uke	5-7 g. pr. uke
Kokt fisk .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fisk (uansett type) .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stekt kjøtt (alle slag, inkl. hamburgere, pølser, kjøttkaker) .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Reinkjøtt .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tørket kjøtt .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jerntabletter .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vitamintabl. som inneholder jern .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	1	2	3	4	5

## U/T9. MAGE-/TARM SYMPTOMER

**9.1 Har du noen gang hatt smerter eller «verk» i magen som har vart i minst 3 måneder?**  Ja  Nei

**9.2 Hvis Ja, hvor i magen sitter smertene?**

Øvre del  Nedre del  Hele magen

**9.3. Er smerten eller «verken» jevnt over tilstede:**

1  I perioder på en til flere dager? 2  I perioder av ukers varighet?

3  I perioder på måneders varighet? 4  Bestendig?

5  Etter måltider? 6  Om natten?

**9.4 Er du ofte plaget av oppblåsthet, rumling i magen eller rikelig luftavgang?**  Ja  Nei

**9.5 Er avføringen din vanligvis:**

1  Normal 2  Vekslende hard og løs 3  Løs

4  Hard og perlete 5  Illeluktende 6  Fettaktig og glinsende

**9.6 Har du i perioder 3 eller flere avføringer daglig:**

Ja  Nei

**9.7 Har du hatt plager i mage/tarm etter inntak av melk:**

Ja  Nei

**9.8 Er det andre i familien som har de samme mage symptomene:**

Mor  Far  Søskene  Ingen  Vet ikke

**9.9 Har du vært undersøkt hos lege på grunn av:**

Magesmerter i lengre tid (> 3 mndr)?  Ja  Nei

Avføringsproblemer?  Ja  Nei

Halsbrann/sure oppstøt?  Ja  Nei

Lav blodprosent eller dårlig jernlagre?  Ja  Nei

## U/T10. SELVSKADING

**10.1 Kjenner du noen som har tatt sitt eget liv?**  Ja  Nei

**10.2 Hvis «ja», var det:** (Sett ett eller flere kryss)

1  Nær familie? 2  Slekt? 3  Venn/venninne?

4  Medelev? 5  Kjæreste? 6  Noen i nærmiljøet?

**10.3 Har du noen gang tenkt på å ta livet ditt?**  Ja  Nei

**10.4 Har du noen gang forsøkt å ta ditt eget liv?**  Ja  Nei

**10.5 Har du skadet deg selv med vilje noen gang?**  Ja  Nei

Hvis du har svart «Nei» på alle de tre spørsmålene ovenfor, hopp til punkt U/T11. RISIKOATFERD.

**10.6 Har du i løpet av de siste 12 månedene tenkt på å ta livet ditt?**  Ja  Nei

**10.7 Har du i løpet av de siste 12 månedene forsøkt å ta ditt eget liv?**  Ja  Nei

DERSEM DU ALDRI HAR FORSØKT Å TA DITT EGET LIV, HOPP TIL SPØRSMÅL 10.13.

**10.8 På hvilken måte forsøkte du å ta ditt eget liv?**

1  Henging 2  Ved hjelp av piller/medikamenter

3  Skarp gjenstand 4  Skytevåpen

5  Annet

**10.8.1 Var du beruset/rusa da du forsøkte å ta ditt eget liv?**  Ja  Nei

**10.9 Hvor gammel var du første gang du forsøkte å ta ditt eget liv?** Jeg var  år

**10.10 Hvor mange ganger har du forsøkt å ta ditt eget liv?**  Antall ganger

10.11 Fortalte du til noen andre om selvmordsforsøket?  Ja  Nei

10.12 Har du vært i kontakt med helsepersonell, lege, helsesøster og /eller politi i forbindelse med selvmordsforsøket/ene?  Ja  Nei

10.12.1 Hva var årsaken til at du forsøkte å ta ditt eget liv?

10.13 Har du i løpet av de siste 12 månedene skadet deg selv med vilje?  Ja  Nei

10.14 På hvilken måte skadet du deg selv?

- 1  Brenning 2  Kutting, skjæring, risting med skarp gjenstand  
3  Slag mot kroppsdeler, hodedunking 4  Annet

### U/T11. RISIKOATFERD

11.1 Har det i løpet av de siste 12 månedene hendt at du i forbindelse med din egen bruk av alkohol (Sett ett kryss for hver linje)

	Nei	Ja, 1-2 ganger	Ja, flere ganger/alltid
- Har følt deg mer ovenpå (hatt større selvtilit) .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
- Har hatt ubeskyttet samleie (ikke brukt kondom) mens du har vært påvirket? .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
- Har havnet i bråk eller slagsmål? .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
- Har følt at din alkoholbruk går utover din fysiske helse? .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
- Har følt at din alkoholbruk går utover din psykiske helse? .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	1	2	3

11.2 Har du noensinne vært passasjer i kjøretøy der sjåføren har vært i alkoholpåvirket tilstand? (Sett ett eller flere kryss)

- 1  Nei, aldri 2  Ja, motorsykel 3  Ja, snøscooter 4  Ja, bil

### U/T12. FORELSKELSE OG SEKSUALITET

12.1 Har du fast kjæreste?

- 1  Ja, har kjæreste nå, han/hun er  år  
2  Nei, men jeg har hatt kjæreste tidligere  
3  Nei, jeg har aldri hatt fast kjæreste

12.2. Har du noen gang vært forelsket

- |                   | Nei                      | Ja                       | Usikker                  |
|-------------------|--------------------------|--------------------------|--------------------------|
| i en jente? ..... | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I en gutt? .....  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

12.3. Har du hatt noen form for seksuelt omgang med personer av samme kjønn som deg selv (klining, beføling, samleie og lignende)?

- Ja  Nei

12.4. Hva regner du som din seksuelle legning/orientering?

- 1  Heterofil 2  Lesbisk/homofil 3  Biseksuell/bifil 4  Usikker

### U/T13. OM VENNER

13.1 Omtrent hvor mange nære venner har du? (Ta ikke med søsken)

- |  | Ingen                    | 1                        | 2-3                      | 4 eller flere            |
|--|--------------------------|--------------------------|--------------------------|--------------------------|
| 13.2 Omtrent hvor mange ganger i uka er du sammen med dem utenom skolen? ..... | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|  | 1                        | 2                        | 3                        | 4                        |

13.3 Er noen av dine beste venner eldre enn deg?

- 1  Ingen 2  Noen  
3  Omtrent halvparten 4  Alle eller nesten alle

### U/T14. PUBERTETSUTVIKLING

Når man er tenåring er det perioder da man vokser raskt.

14.1 Har du merket at kroppen din har vokst fort (blitt høyere)?

- 1  Har ikke begynt  
2  Har så vidt begynt å vokse raskt  
3  Har helt tydelig begynt å vokse raskt  
4  Det virker som om jeg er ferdig å vokse raskt

14.2 Og hva med hår på kroppen (under armene og i skrittet?) Vil du si at hår på kroppen din har:

- 1  Ikke begynt å vokse enda 2  Har så vidt begynt  
3  Helt tydelig begynt å vokse 4  Det virker som om håret på kroppen er utvokst

14.3 Har du begynt å få uren hud, f.eks kviser?

- 1  Ikke merket noe enda 2  Har så vidt begynt  
3  Har helt tydelig begynt 4  Har hatt uren hud en god stund

### BARE FOR JENTER:

14.4 Har du begynt å få bryster?

- 1  Har ikke begynt ennå 2  Har så vidt begynt  
3  Har helt tydelig begynt 4  Det virker som om brystene er fullt utviklet

### BARE FOR GUTTER:

14.5 Har du begynt å komme i stemmeskiftet?

- 1  Har ikke begynt ennå 2  Har så vidt begynt  
3  Har helt tydelig begynt 4  Det virker som om stemmeskiftet er helt ferdig

14.6 Har du begynt å få bart eller skjegg?

- 1  Har ikke begynt ennå 2  Har så vidt begynt  
3  Har helt tydelig begynt 4  Har fått en god del skjeggvekst

### U/T 15. HVORDAN ER DU?

Nedenfor er en liste over egenskaper folk kan ha. Vennligst kryss for det som stemmer eller ikke stemmer for deg.

	Stemmer ikke i det hele tatt	Stemmer nok så dårlig	Stemmer omtrent	Stemmer nok så godt	Stemmer helt
Forsvarer mine meninger .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tar hensyn til andre .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sterk personlighet .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Forståelsesfull .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Har lederegenskaper .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Trøster gjerne andre .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Villig til å ta sjanser .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Varm .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sier hva jeg mener .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vennlig .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	1	2	3	4	5

TIL SLUTT VIL VI SPØRRE DEG OM DITT SAMTYKKE TIL Å KONTAKTE DEG IGJEN FOR EVT. VIDERE UNDERSØKELSER:  JA  NEI