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Interview language:

2



Everyday,
now and then
or never?

Québec Survey of
Tobacco, Alcohol,
Drug use and
Gambling in High
School Students

2
0
0
4

Institut de la statistique du Québec
**Direction Santé Québec and
Direction des activités de collecte**
1200, McGill College Avenue - 5th floor
Montréal (Québec) H3B 4J8
Tél.: (514) 873-4749
1 877 677-2087 (toll free)



Instructions

Thousands of high school students across Québec are participating in this important survey on smoking.

There are NO RIGHT OR WRONG ANSWERS. This IS NOT an exam.

DO NOT WRITE YOUR NAME ON THIS QUESTIONNAIRE.

That way, no one in your school will know what answers you gave.

◆ Read each question carefully.

◆ Give only one answer to each question, unless indicated otherwise.

◆ **To answer:**

➤ circle the number corresponding to your response;..... e.g.: ①

or

➤ put a check mark (✓) in the appropriate space(s); e.g.: ✓

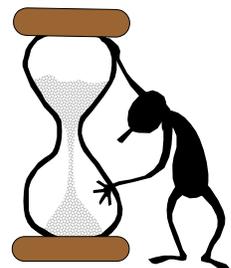
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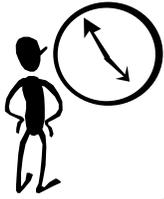
➤ fill in the blank with your response.e.g.: I was 13 years old

◆ Carefully follow the arrows when necessary. For some arrows, you will need to specify a response, while for others you will have to skip question(s).

◆ For all tables, answer each question without forgetting to refer to the proposed answers.

Are you ready? Let's begin...





Please indicate the current time: _____ (Hour/s) : _____ (Minute/s)

Example : 2 :00

General Information

1. What grade are you in?

- Secondary I 1
- Secondary II..... 2
- Secondary III..... 3
- Secondary IV..... 4
- Secondary V 5

2. How old are you?

- 11 years old or under..... 01
- 12 years old 02
- 13 years old 03
- 14 years old 04
- 15 years old 05
- 16 years old 06
- 17 years old 07
- 18 years old or older..... 08

3. Are you...

- a boy?..... 1
- a girl? 2

4. What language do you speak MOST OFTEN at home?

➤ **Circle one only**

- French..... 1
- English 2
- Other 3



Please, specify _____

5. IN THE LAST 30 DAYS, have you smoked cigars, cigarillos, or little cigars, even just a few puffs?

- No, I didn't smoked cigars in the last 30 days 1
- Yes, every day 2
- Yes, almost every day 3
- Yes, a few times (a few days)..... 4
- Yes, one or two days..... 5

Smoking cigarettes and you

6. Have you ever tried cigarette smoking, even just a few puffs?

- Yes..... 1
- No..... 2

7. Have you ever smoked A WHOLE cigarette?

- Yes..... 1
- No..... 2 → Go to question 16

8. How old were you when you smoked your first WHOLE cigarette?

- I was _____ years old
- I don't know 98

9. Have you smoked 100 or more cigarettes IN YOUR LIFE? (100 cigarettes = 4 packs of 25).

- Yes..... 1
- No 2
- I don't know 8

The next two questions are about cigarette smoking in THE LAST 30 DAYS

10. DURING THE LAST 30 DAYS, did you smoke cigarettes, even just a few puffs?

- No, I didn't smoke in the last 30 days 0 → Go to question 16
- Yes, every day..... 1
- Yes, almost every day..... 2
- Yes, a few times (a few days) 3

11. ON THE DAYS YOU SMOKED, how many cigarettes did you usually smoke?

- Less than one cigarette a day (a few puffs a day) 1
- 1 to 2 cigarettes a day..... 2
- 3 to 5 cigarettes a day..... 3
- 6 to 10 cigarettes a day..... 4
- 11 to 20 cigarettes a day..... 5
- More than 20 cigarettes a day 6

12. How addicted to smoking cigarettes do you think you are?

- Not addicted at all 1
- A little addicted 2
- Quite addicted 3
- Very addicted 4

13. How soon after you wake up do you usually smoke your first cigarette?

- Within 5 minutes 1
- 6 to 30 minutes 2
- 31 to 60 minutes 3
- After 60 minutes 4

14. How often do you smoke cigarettes at the following times?

➤ **Answer each question**

	Always	Often	Sometimes	Never
a. Before school	1	2	3	4
b. During the school day (recess, lunchtime)	1	2	3	4
c. After school	1	2	3	4
d. On weekday evenings	1	2	3	4
e. On weekends	1	2	3	4

15. Do you think smoking cigarettes is very risky for your personal health, quite risky, not too risky or not risky at all?

- Very risky 1
- Quite risky 2
- Not too risky 3
- Not risky at all 4

16. How often are you exposed to second-hand cigarette smoke...

➤ **If you smoke, do not include the smoke from your own cigarettes. Refer only to smoke from others**

	Every day	Almost every day	About once a week	About once a month	Less than once a month	Never
a. in your home?	1	2	3	4	5	6
b. in the schoolyard?	1	2	3	4	5	6

Access to cigarettes

17. How do you USUALLY get your cigarettes?

➤ **Check (✓) one or more indicating the way(s) you get them the MOST OFTEN**

- I don't smoke
- a. I buy them myself in a store (convenience store – *depanneur*, gas station, etc.).....
- b. I buy them myself from a friend or someone else at school.....
- c. I buy them myself from a friend or someone else, but not at school
- d. I have someone buy them for me.....
- e. My father or mother gives them to me.....
- f. My brother or sister gives them to me.....
- g. A friend gives them to me.....
- h. Other



Please, specify _____

18. IN THE LAST FOUR WEEKS, how often did you buy or try to buy cigarettes in a store (convenience store – *depanneur*, gas station, etc.)?

- I didn't buy or try to buy cigarettes in a store in the last four weeks 1 ➔ **Go to question 20**
- Less than once a week 2
- About once a week 3
- 2 to 5 times a week..... 4
- Every day or almost every day 5

19. THE LAST FOUR WEEKS, when you went to buy cigarettes in a store...

➤ **Answer each question**

Never	Less than half the time	About half the time	More than half the time	Always or almost always
-------	-------------------------	---------------------	-------------------------	-------------------------

- | | | | | | |
|-------------------------------------------------------------------------------|---|---|---|---|---|
| a. how often were you asked for your age? | 1 | 2 | 3 | 4 | 5 |
| b. how often did the clerk refuse to sell you cigarettes because of your age? | 1 | 2 | 3 | 4 | 5 |

What is your opinion?

20. In your opinion, what percentage of young people your age smoke cigarettes?

- Less than 25%..... 1
- Between 25% and 40%..... 2
- Between 41% and 75%..... 3
- More than 75%..... 4

21. How much do you agree or disagree with the following statements?

➤ **Answer each question**

	Totally agree	Mostly agree	Mostly disagree	Totally disagree
a. I will never get addicted to cigarettes	1	2	3	4
b. At my age, smoking is not dangerous because I could always quit later	1	2	3	4

22. In your opinion, what is the risk of someone your age becoming addicted if he/she...

➤ **Answer each question**

	No risk	Slight risk	Medium risk	High risk
a. smokes cigarettes every day or almost every day?	1	2	3	4
b. smokes cigarettes only once in a while, say at parties or with friends?	1	2	3	4

23. Do you think that being exposed to second-hand cigarette smoke is very risky for your personal health, quite risky, not too risky or not risky at all?

- Very risky..... 1
- Quite risky..... 2
- Not too risky 3
- Not risky at all 4

24. Do you think cigarette smoking should be forbidden in the schoolyard?

- Yes..... 1
- No 2

Quitting smoking

25. Have you tried to stop smoking IN THE LAST 12 MONTHS?

- I have never smoked or I haven't really smoked in the last 12 months..... 0 → **Go to question 32**
- Yes..... 1
- No 2 → **Go to question 30**

26. Have you started smoking cigarettes again since the last time you tried to quit?

- Yes..... 1
- No 2

27. How many times have you tried to stop smoking IN THE LAST 12 MONTHS?

_____ times

28. The last time you tried to stop, how long did you stay off cigarettes?

- Less than 24 hours..... 1
- 1 to 2 days 2
- 3 to 7 days 3
- Between 1 week and 1 month..... 4
- Between 1 and 3 months..... 5
- More than 3 months..... 6

29. Have you visited any websites on the Internet to help you stop smoking?

- Yes..... 1
- No 2

30. How hard do you think it would be for you to quit smoking cigarettes and never start again?

- Not hard at all 1
- Not very hard 2
- Hard enough 3
- Very hard 4
- Almost impossible 5

31. Do you intend to stop smoking cigarettes in the next 6 months?

- I don't smoke..... 1
- Yes..... 2
- No 3
- I don't know 8

About you and your family

32. Compared to other people in your class, are your marks in English...

- better than average? 1
- average? 2
- below average? 3

33. Who do you live with?

➤ **Circle only one answer**

- With my father and mother 1
- Half the time with my father, the other half with my mother 2
- With my mother only 3
- With my mother and her spouse/boyfriend 4
- With my father only 5
- With my father and his spouse/girlfriend 6
- Other 7



Please specify _____

34. Does your father smoke cigarettes?

- I have no father 1 → **Go to question 36**
- No, he has never smoked 2
- No, he has stopped smoking 3
- Yes, he smokes cigarettes 4
- I don't know 8

35. Does, or would, your father approve of you smoking cigarettes?

- No, and he doesn't (or wouldn't) allow me to smoke 1
- No, but he does (or would) accept 2
- Yes, he does (or would) approve 3
- I don't know 8

36. Does your mother smoke cigarettes?

- I have no mother 1 → **Go to question 38**
- No, she has never smoked 2
- No, she has stopped smoking 3
- Yes, she smokes cigarettes 4
- I don't know 8

37. Does, or would, your mother approve of you smoking cigarettes?

- No, and she doesn't (or wouldn't) allow me to smoke 1
- No, but she does (or would) accept 2
- Yes, she does (or would) approve 3
- I don't know 8

38. Do any of your brothers or sisters smoke cigarettes?

- I don't have any brothers or sisters 1
- Yes 2
- No 3
- I don't know 8

39. Are you allowed to smoke cigarettes at home?

- I don't smoke 0
- Yes 1
- No 2
- I don't know 8

40. How many of your friends (boys and girls) smoke cigarettes?

- None 1
- A few 2
- Most 3
- All 4

41. Do you have a job (outside of the home) for which you get paid (for example: babysitter, delivering newspaper, working in a store, etc.)?

- Yes 1
- No 2

42. On average, how much money do you have a week for personal expenses (include money from jobs, allowances or any other source)?

- 0 \$ 01
- 1 \$ to 10 \$ 02
- 11 \$ to 20 \$ 03
- 21 \$ to 30 \$ 04
- 31 \$ to 40 \$ 05
- 41 \$ to 50 \$ 06
- 51 \$ to 100 \$ 07
- More than 100 \$ 08

43. Do you think you will be smoking cigarettes five years from now?

- I definitely will 1
- I probably will 2
- I probably will not 3
- I definitely will not 4

Your experience with alcohol and drugs

For questions 44 to 50: One (1) drink corresponds to...



1 glass of wine
(120-150 ml
or 4-5 oz)

=



1 small bottle of beer
(341 ml or 10 oz)

=



1 small shot of hard liquor
(30-40 ml or
1-1 ½ oz)

=



1 shooter
(30-40 ml or
1-1 ½ oz)

** Do not consider beer with a 0.5% rating as an alcoholic beverage.

44. IN YOUR LIFETIME, have you ever drank alcohol – that is, more than just a few sips?

- Yes..... 1
- No 2 → **Go to question 51**

45. How old were you when you FIRST had more than a sip or two of beer, wine, etc.?

I was _____ years old

46. DURING THE LAST 12 MONTHS, how often did you drink alcohol?

- I didn't drink alcohol 0 → **Go to question 49**
- Just once to try 1
- Less than once a month (occasionally)..... 2
- About once a month..... 3
- Weekends OR once or twice a week..... 4
- 3 times or more a week BUT not every day 5
- Every day..... 6

47. DURING THE LAST 12 MONTHS, how many times have you had 5 DRINKS OR MORE of alcohol on the SAME OCCASION?

- None..... 0
- Once..... 1
- Twice..... 2
- 3 times 4
- 4 times 4
- 5 times or more 5

48. DURING THE LAST 30 DAYS, did you drink alcohol?

- Yes..... 1
- No 2

49. Have you ever consumed alcohol on a REGULAR basis, meaning AT LEAST ONCE A WEEK FOR AT LEAST 1 MONTH?

- Yes..... 1
- No 2 → **Go to question 51**

50. How old were you when you first drank alcohol on a REGULAR basis, meaning AT LEAST ONCE A WEEK FOR AT LEAST 1 MONTH?

I was _____ years old

51. IN YOUR LIFETIME, have you ever used drugs?

- Yes..... 1
- No 2 → **Go to question 59**

52. How old were you when you FIRST used drugs?

I was _____ years old

53. DURING THE LAST 12 MONTHS, how often did you use each of the following drugs?

➤ Answer each question

	I didn't	Just once to try	Less than once a month OR occasionally	About once a month	Weekends OR once or twice a week	3 times or more a week BUT not every day	Every day
a. Cannabis (marijuana, hashish)	0	1	2	3	4	5	6
b. Cocaine (coke, snow, crack, free base)	0	1	2	3	4	5	6
c. Glue or Solvant	0	1	2	3	4	5	6
d. Hallucinogens (LSD, PCP, MESS, magic mushrooms, acid, mescaline, Ecstasy, drinkers, etc.)	0	1	2	3	4	5	6
e. Heroin (smack)	0	1	2	3	4	5	6
f. Amphetamines (speed, upper)	0	1	2	3	4	5	6
g. Other drugs or medication <u>without</u> a prescription to get HIGH (Valium, Librium, Dalmane, Halcion, Ativan, Ritalin, etc.)	0	1	2	3	4	5	6



Indicate the name of the drug or medication: _____

54. DURING THE LAST 30 DAYS, did you consume any of these above drugs?

Yes..... 1
 No 2

55. Have you ever used drugs on a REGULAR basis, meaning meaning AT LEAST ONCE A WEEK FOR AT LEAST MONTH?

Yes..... 1
 No 2 ➔ Go to question 57

56. How old were you when you first used drugs on a REGULAR basis, meaning AT LEAST ONCE A WEEK FOR AT LEAST 1 MONTH?

I was _____ years old

57. Have you ever used any drug by injection or needles?

Yes..... 1
 No 2

58. Pertaining to specific hallucinogens, DURING THE LAST 12 MONTHS, did you use...

	Yes	No
a. PCP?	1	2
b. LSD (or acid)?	1	2
c. ECSTASY?	1	2

59. DURING THE LAST 12 MONTHS, have you ever been in any of the following situations?

➤ Answer each question

	Yes	No
a. My alcohol/drug use has had negative effects on my health	1	2
b. My alcohol/drug use has had negative effects on my relationships with my family	1	2
c. My alcohol/drug use has had negative effects with my friends or in my love life	1	2
d. My alcohol/drug use has had negative effects on my studies	1	2
e. I have spent too much money on or lost too much money because of my alcohol/drug use	1	2
f. I committed a delinquent act (even if I wasn't arrested by the police) while under influence of alcohol/drugs	1	2
g. My alcohol/drug use has had negative psychological effects on me	1	2
h. I have spoken with a healthcare worker or counsellor concerning my alcohol/drug use	1	2

You experience with gambling



60. IN YOUR LIFETIME, have you ever gambled, played games for money (for example: lotteries, scratch tickets, video poker, casino, cards, dices, bingo, betting on sports events, etc.)

Yes..... 1

No 2 → **Go to question 64**

61. How old were you when you FIRST gambled, played games for money?

I was _____ years old

62. IN THE LAST 12 MONTHS, have you

➤ **Answer each question**

No	Just once to try	Less than once a month OR occasionally	About once a month	Weekends OR once or twice a week	3 times or more a week BUT not every day	Every day
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a. bought lottery tickets (such as 6/49 [®] or Banco [™])?	0	1	2	3	4	5	6
b. played Mise-O-Jeu [™] ?	0	1	2	3	4	5	6
c. bought scratch tickets?	0	1	2	3	4	5	6
d. played Bingo for money?	0	1	2	3	4	5	6
e. gambled online (Internet)?	0	1	2	3	4	5	6
f. played on video lottery terminals (VLT) BUT not in a casino?	0	1	2	3	4	5	6
g. played card games for money?	0	1	2	3	4	5	6
h. bet money on sports events (other than with Mise-O-Jeu [™])?	0	1	2	3	4	5	6
i. gambled in a casino?	0	1	2	3	4	5	6
j. bet money on games of skill (such as when you were playing pool, basketball, etc.)?	0	1	2	3	4	5	
k. played dice games for money?	0	1	2	3	4	5	6
l. bet money on other games than those mentioned above?	0	1	2	3	4	5	6

Continued on the next page...

