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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
6

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Instructions

Thousands of high school students across Québec are participating in this important survey on tobacco, alcohol and drugs use, and gambling.

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.: No ..(2) → **Go to question 17**

OR

Put a check mark (✓) in the appropriate space(s). E.g.: a. I try to look older.....

OR

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 questions.
- ◆ For all tables, answer each question without forgetting to refer to the proposed answers. Put a mark (x) in the appropriate space.

*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 1
- 12 years old 2
- 13 years old 3
- 14 years old 4
- 15 years old 5
- 16 years old 6
- 17 years old 7
- 18 years old or older 8

3. Are you...

- A boy 1
- A girl 2

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

➤ **Circle only one answer**

- 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 17**

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 (10 and 11) 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 17**
- 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 on a weekday (*Monday through Friday*)?

➤ **Circle only one answer**

- Less than 15 minutes 1
- 15 to 30 minutes 2
- More than 30 but less than 60 minutes 3
- 1 to 2 hours 4
- More than 2 hours but less than ½ a day 5
- More than ½ a day 6
- I do not smoke during the weekdays 7

14. How soon after you wake up do you usually smoke your first cigarette during the weekend (*Saturday and Sunday*)?

➤ **Circle only one answer**

- Less than 15 minutes 1
- 15 to 30 minutes 2
- More than 30 but less than 60 minutes 3
- 1 to 2 hours 4
- More than 2 hours but less than ½ a day 5
- More than ½ a day 6
- I do not smoke during the weekends 7

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

➤ **Answer each question**

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

1 2 3 4

16. If you are sick with a bad cold or sore throat, do you smoke cigarettes?

- No, I stop smoking when I am sick 1
- Yes, but I cut down on the amount I smoke 2
- Yes, I smoke the same amount as when I am not sick 3

17. How often are you exposed to second-hand cigarette smoke in your home?

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

- Every day..... 1
- Almost every day.....2
- About once a week3
- About once a month4
- Less than once a month.....5
- Never.....6

Access to cigarettes

18. 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 _____

19. Have you ever asked a stranger to buy you cigarettes?

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

Quitting smoking

27. 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 33**

Yes 1

No 2 → **Go to question 31**

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

Yes 1

No 2

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

I tried _____ times.

30. 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

31. Do you think you would be able to quit smoking cigarettes if you wanted to?

Definitely yes..... 1

Probably yes..... 2

Probably not..... 3

Definitely not..... 4

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

- I don't smoke anymore 0
- Yes 1
- No 2
- I don't know 3

About you and your family

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

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

34. 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 _____

35. Does your father smoke cigarettes?

- I never see my father 0 → **Go to question 37**
- No, he has never smoked 1
- No, he has stopped smoking 2
- Yes, he smokes cigarettes 3
- I don't know 8

36. 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

37. Does your mother smoke cigarettes?

- I never see my mother.....0 → **Go to question 39**
- No, she has never smoked1
- No, she has stopped smoking2
- Yes, she smokes cigarettes.....3
- I don't know8

38. 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) accept2
- Yes, she does (or would) approve.....3
- I don't know 8

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

- I don't have any brothers or sisters.....0
- Yes1
- No2
- I don't know8

40. Are you allowed to smoke cigarettes at home?

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

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

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

42. What are the rules about smoking in your home?

- No one is allowed to smoke in my home 1
- Only special guests are allowed to smoke in my home 2
- People are allowed to smoke only in certain areas in my home..... 3
- People are allowed to smoke anywhere in my home 4

43. 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

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

- 0\$..... 1
- 1\$ to 10\$ 2
- 11\$ to 20\$ 3
- 21\$ to 30\$ 4
- 31\$ to 40\$ 5
- 41\$ to 50\$ 6
- 51\$ to 100\$ 7
- More than 100\$ 8

...continued on the next page

Your experience with alcohol and drugs

For question 45 to 52: 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.

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

Yes 1

No 2 → **Go to question 52**

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

I was _____ years old.

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

I didn't drink alcohol 0 → **Go to question 50**

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

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

- None..... 1
- Once..... 2
- Twice..... 3
- 3 times 4
- 4 times 5
- 5 times or more..... 6

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

- Yes 1
- No 2

50. 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 52**

51. 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.

52. Why do you think people your age start to drink alcohol?

➤ **Mark all that apply**

- a. Their friends drink (peer pressure)
- b. Their mother or father drinks
- c. The popular kids drink
- d. They think it is relaxing
- e. Curiosity – just to try it
- f. Because it is not allowed
- g. For something to do
- h. They think it is cool
- i. To get drunk
- j. To get high
- k. I do not know.....
- l. Other

↳ Please, specify _____

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

Yes..... 1

No 2 → **Go to question 61**

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

I was _____ years old.

55. 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, hachisch)							
b. Cocaine (coke, snow, crack, free base)							
c. Glue or solvent							
d. Hallucinogen (LSD, PCP, MESS, magic mushrooms, acid, mescaline, Ecstasy, drinkers, etc.)							
e. Heroin (smack)							
f. Amphetamine (speed, upper)							
g. Other drugs or medication without a prescription to get high (e.g. Valium, Librium, Dalmane, Halcion, Ativan, Ritalin, etc.)							

1 2 3 4 5 6 7

h.  Indicate the name of the drug or medication you take **without a prescription**:

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

Yes..... 1

No 2

57. Have you ever used drugs on a REGULAR basis, meaning AT LEAST ONCE A WEEK FOR AT LEAST 1 MONTH?

Yes..... 1

No..... 2 → **Go to question 59**

58. 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.

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

Yes..... 1

No..... 2

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

	YES	NO
a. PCP?		
b. LSD (or acid)		
c. ECSTASY ?		

1

2

61. 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 psychological effects on me		
b. My alcohol/drug use has had negative effects on my relationships with my family		
c. My alcohol/drug use has had negative effects with my friends or in my love life		
d. My alcohol/drug use has had negative effects on my studies		
e. I committed a delinquent act (even if I wasn't arrested by the police) while under influence of alcohol/drugs		
f. I have the feeling as though the same quantities of alcohol or drugs were having less effect on me than they once had		
g. I have spoken with a healthcare worker or counsellor concerning my alcohol/drug use		
h. My alcohol/drug use has had negative effects on my health		
i. I have spent too much money on or lost too much money because of my alcohol/drug use		

1

2

62. Why do you think people your age start to use marijuana or cannabis?

➤ **Mark all that apply**

- a. Their friends use it (peer pressure).....
- b. Their mother or father uses it.....
- c. The popular kids use it.....
- d. They think it is relaxing.....
- e. Curiosity – just to try it
- f. Because it is not allowed.....
- g. For something to do
- h. They think it is cool
- i. To get high
- j. I do not know.....
- k. Other.....

↳ Please, specify _____

Your experience with gambling

63. 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 68**

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

I was _____ years old.

65. IN THE LAST 12 MONTHS, have you...

➤ **Answer each question**

	Never	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. bought lottery tickets (such as 6/49® or Banco™)?							
b. played Mise-O-Jeu™?							
c. bought scratch tickets?							
d. played Bingo for money?							
e. gambled online (Internet)?							
f. played on video lottery terminals (VLT) BUT not in a casino?							
g. played card games for money?							
h. bet money on sports events (other than with Mise-O-Jeu™)?							
i. gambled in a casino?							
j. bet money on games of skill (such as when you were playing pool, basketball, etc.)							
k. played dice games for money?							
l. bet money on other games than those mentioned above?							
m. received lottery tickets (such as 6/49® or Banco™) or scratch tickets as gifts?							

1 2 3 4 5 6 7

n. **L** ➤ If yes, who gave you these tickets (such as 6/49® or Banco™)?

➤ **Mark all that apply**

1. A relative (mother, father, uncle, etc.)
2. A friend
3. Other, please specify : _____

...continued on the next page



66. DURING THE PAST 12 MONTHS, how often...

➤ **Answer each question**

	Never	Once or twice	Sometimes	Often
a. did you find yourself thinking about gambling activities at odd times of the day and/or planning the next time you will play?				
b. did you find the need to spend more and more money on gambling activities to get the amount of excitement you want?				
c. did you become restless, tense, fed-up, or bad-tempered when trying to cut down on or stop gambling?				
d. did you gamble as a way of escaping problems?				
e. after spending money on gambling activities, did you play again another day to try and win your money back?				
f. did you lie to your family and friends to hide how much you gamble?				
g. did you spend your lunch money or money for bus or train fares on gambling activities?				
h. have you taken money from someone you live with, without their knowing, to gamble?				
i. have you stolen money from outside the family, or shoplifted, to gamble?				
j. have you fallen out with members of your family, or close friends, because of your gambling behaviour?				
k. have you missed school to participate in gambling activities?				
l. have you gone to someone for help with a serious money worry caused by participation in gambling activities?				

1

2

3

4

67. As regards card games, IN THE PAST 12 MONTHS, how often did you bet money in poker games...
 ➤ **Answer each question**

	Never	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. on the Internet?							
b. with friends?							
c. at events organized by a person other than a friend (private game rooms, underground poker) ?							
	1	2	3	4	5	6	7

68. What time is it now? _____ (hour/s) : _____ (minutes/s)

Example : 2 : 00

...continued on the next page

