

Enquête québécoise sur la santé des jeunes du secondaire 2022-2023

Questionnaire 1

Questionnaire anglais

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Décembre 2024

General information

SD9_1 How old are you?

- 1 11 or younger
- 2 12
- 3 13
- 4 14
- 5 15
- 6 16
- 7 17
- 8 18
- 9 19 or older
- 99 Refuse to answer

Sources : Institut de la statistique du Québec, *Enquête sociale et de santé auprès des enfants et adolescents québécois 1999 – Questionnaire aux adolescentes et adolescents (ESSEA)*, 1999, question 1 et Institut de la statistique du Québec, *Enquête québécoise sur le tabac, l'alcool, la drogue et le jeu chez les élèves du secondaire (ETADJES)*, 2004, question 2.

SD9_2A What was your sex at birth? By sex, we mean the sex you were assigned at birth.

- 1 Male
- 2 Female
- 9 Refuse to answer

Source : *Recensement de 2021, formulaire 2A, étape D, question 2*. Adaptée par l'ISQ.

SD9_2B What is your gender? By gender, we mean your current gender, which may differ from your sex assigned at birth or from what is recorded in official documents.

[What does gender mean?](#)

[Gender refers to the gender that a person internally feels and/or publicly expresses in their daily life, for example at school, in their housing environment, or while shopping or using services. For some people, their gender and their sex at birth are not the same.](#)

[Why is "Or please specify" among the response options?](#)

[Some people's gender is not exclusively female or exclusively male; this is referred to as non-binary gender. For example, a person may be agender, bigender, two-spirit, or gender-fluid. This response option is used to collect information in an inclusive manner and ensures that everyone can respond according to their reality.](#)

- 1 Male
- 2 Female
- 3 Or please specify : (SD9_2B_AUT)
- 9 Refuse to answer

Source : Institut de la Statistique du Québec, *Guide pour la prise en compte du genre dans les statistiques : recommandations du comité sur l'identité de genre*, 2021.

SD9_3 What grade level are you in?

INSTRUCTION : If you are taking courses in more than one level, indicate the level in which you take the most courses. If you are in a Work-Oriented Training Path (WOTP), in either Pre-Work Training or Training for a Semi-Skilled Trade, refer to the interviewer's instructions on how to respond to this question.

- 1 Secondary 1
- 2 Secondary 2
- 3 Secondary 3
- 4 Secondary 4
- 5 Secondary 5
- 9 Refuse to answer

Source : Institut de la statistique du Québec, *Enquête sociale et de santé auprès des enfants et adolescents québécois 1999 – Questionnaire aux adolescentes et adolescents (ESSEA)*, 1999, question 6. Adaptée par l'ISQ.

SD12_1 With whom do you usually live?

- 1 With both my parents (biological or adoptive) who live together
- 2 As much with one parent as with the other
- 3 With my mother only
- 4 With my mother and her partner
- 5 With my father only
- 6 With my father and his partner
- 7 Other (guardian, foster family, group home, by myself, with a co-tenant or roommate, etc.)
Please specify : (SD12_1_AUT)
- 9 Refuse to answer

Sources : Santé Québec, *Enquête québécoise sur le tabagisme chez les élèves du secondaire (EQTES)*, 1998, question 43 et Institut de la statistique du Québec, *Enquête sociale et de santé auprès des enfants et adolescents québécois 1999 – Questionnaire aux adolescentes et adolescents (hors école) (ESSEA)*, 1999, questions 8 et 11. Adaptées par l'ISQ.

About your health

HV8_1 In general, would you say your health is...

- 1 Excellent
- 2 Very good
- 3 Good
- 4 Fair
- 5 Poor
- 9 Refuse to answer

Sources : Institut de la statistique du Québec, *Enquête sociale et de santé – Questionnaire sur les habitudes de vie et la santé 1998 – Questionnaire autoadministré* (ESS), 1998, question 1, Institut de la statistique du Québec, *Enquête sociale et de santé auprès des enfants et adolescents québécois 1999 – Questionnaire aux adolescentes et adolescents* (ESSEA), 1999, question 118 et Institut de la statistique du Québec, *Enquête québécoise sur la santé de la population 2008* (EQSP), 2008, question Q1. Adaptées par l'ISQ.

HV3_1 How tall are you (without shoes on)?

INSTRUCTION : Estimate your height if you are not certain.

- 1 In feet
- 2 In metre(s) → [HV3_1_M](#)
- 9 Refuse to answer → [HV3_2](#)

Sources : Institut de la statistique du Québec, *Enquête sociale et de santé – Questionnaire sur les habitudes de vie et la santé 1998 – Questionnaire autoadministré* (ESS), 1998, question 2 et Institut de la statistique du Québec, *Enquête québécoise sur la santé de la population 2008* (EQSP), 2008, question Q13a. Adaptées par l'ISQ.

HV3_1_P In feet

Enter the number of feet [[Min : 2](#); [Max : 7](#)]

- 9 Refuse to answer

Sources : Institut de la statistique du Québec, *Enquête sociale et de santé – Questionnaire sur les habitudes de vie et la santé 1998 – Questionnaire autoadministré* (ESS), 1998, question 2 et Institut de la statistique du Québec, *Enquête québécoise sur la santé de la population 2008* (EQSP), 2008, question Q13a. Adaptées par l'ISQ.

HV3_1_PO In feet?

Enter the number of inch(es) [[Min : 0](#); [Max : 11](#)] → [HV3_2](#)

- 99 Refuse to answer → [HV3_2](#)

Sources : Institut de la statistique du Québec, *Enquête sociale et de santé – Questionnaire sur les habitudes de vie et la santé 1998 – Questionnaire autoadministré* (ESS), 1998, question 2 et Institut de la statistique du Québec, *Enquête québécoise sur la santé de la population 2008* (EQSP), 2008, question Q13a. Adaptées par l'ISQ.

HV3_1_M In metre(s)?

Enter the number of metre(s) [[Min : 0](#); [Max : 2](#)]

- 9 Refuse to answer

Sources : Institut de la statistique du Québec, *Enquête sociale et de santé – Questionnaire sur les habitudes de vie et la santé 1998 – Questionnaire autoadministré* (ESS), 1998, question 2 et Institut de la statistique du Québec, *Enquête québécoise sur la santé de la population 2008* (EQSP), 2008, question Q13a. Adaptées par l'ISQ.

HV3_1_CM In metre(s)?

Enter the number of centimetre(s) [[Min : 0](#); [Max : 99](#)]

- 999 Refuse to answer

Sources : Institut de la statistique du Québec, *Enquête sociale et de santé – Questionnaire sur les habitudes de vie et la santé 1998 – Questionnaire autoadministré* (ESS), 1998, question 2 et Institut de la statistique du Québec, *Enquête québécoise sur la santé de la population 2008* (EQSP), 2008, question Q13a. Adaptées par l'ISQ.

HV3_2 How much do you weigh?

INSTRUCTION : Estimate your weight if you are not certain.

- 1 In pounds
- 2 In kilograms → [HV3_2_KG](#)
- 9 Refuse to answer → [SM_C_3A](#)

Sources : Institut de la statistique du Québec, *Enquête sociale et de santé – Questionnaire sur les habitudes de vie et la santé 1998 – Questionnaire autoadministré* (ESS), 1998, question 3 et Institut de la statistique du Québec, *Enquête québécoise sur la santé de la population 2008* (EQSP), 2008, question Q13b. Adaptées par l'ISQ.

HV3_2_L In pounds?

Enter the number of pounds [Min : 50; Max : 350] → [SM_C_3A](#)

999 Refuse to answer → [SM_C_3A](#)

Sources : Institut de la statistique du Québec, *Enquête sociale et de santé – Questionnaire sur les habitudes de vie et la santé 1998 – Questionnaire autoadministré* (ESS), 1998, question 3 et Institut de la statistique du Québec, *Enquête québécoise sur la santé de la population 2008* (EQSP), 2008, question Q13b. Adaptées par l'ISQ.

HV3_2_KG In kilograms?

Enter the number of kilograms [Min : 23; Max : 159]

999 Refuse to answer

Sources : Institut de la statistique du Québec, *Enquête sociale et de santé – Questionnaire sur les habitudes de vie et la santé 1998 – Questionnaire autoadministré* (ESS), 1998, question 3 et Institut de la statistique du Québec, *Enquête québécoise sur la santé de la population 2008* (EQSP), 2008, question Q13b. Adaptées par l'ISQ.

About you and your school

(SM_C_3A) Since September, at your school or on the way to and from school, have you experienced the following?

		Often	Sometimes	Never	Refuse to answer
SM_C_3A_1	You've been insulted or called names.	1	2	3	9
SM_C_3A_2	Someone has threatened to hit you or break something belonging to you.	1	2	3	9
SM_C_3A_3	You've experienced unwanted sexual touching or fondling.	1	2	3	9
SM_C_3A_4	You've been hit (beat up, punched, kicked, bullied) or pushed around violently.	1	2	3	9
SM_C_3A_5	You've been offered money to do bad or illegal things (for example rob, threaten or hit someone, etc.).	1	2	3	9
SM_C_3A_6	You've been "taxed" (someone has robbed you of money or personal possessions after threatening you).	1	2	3	9
SM_C_3A_7	You've been threatened or attacked by gang members.	1	2	3	9

Sources : Régie régionale de la santé et des services sociaux de l'Outaouais (RRSSO), *Styles de vie des jeunes du secondaire en Outaouais* (SVJSO), 1996, questions Q97A à Q97E, Direction de la santé publique de la Montérégie, *Expériences de vie des élèves de niveau secondaire de la Montérégie* (EVENS), 1998, questions 17A à 17F, Institut de la statistique du Québec, *Enquête sociale et de santé auprès des enfants et adolescents québécois 1999 - Questionnaire aux adolescentes et adolescents* (ESSEA), 1999, questions 16A à 16F et Régie régionale de la santé et des services sociaux de Montréal-Centre, *Enquête sur le bien-être des jeunes montréalais - Questionnaire aux adolescents de secondaire 3 et 5* (EBEJM), 2003, questions 27E et 27F. Adaptées par l'ISQ.

The next question is about any mean, hurtful or unpleasant posts, messages, words or comments about you that may have circulated via platforms such as video games and social networks (e.g., Instagram, TikTok, Messenger, YouTube).

(SM_C_3B) In the past 12 months, how often have you experienced the following mean, hurtful or unpleasant situations online that happened repeatedly over a period of time?

Never Once a month or less 2-3 times a month Once a week or more but not every day Every day I don't know NSP Refuse to answer

		1	2	3	4	5	6	9
SM_C_3B_3	Someone <u>wrote</u> mean, hurtful or unpleasant messages, words or comments <u>to you</u> or threatened to hurt you via text message or any other direct messaging application, <u>addressed just to you</u> (no one else could see)?							
SM_C_3B_4	Someone <u>posted</u> mean, hurtful or unpleasant messages, words or comments about you, mean or hurtful pictures or videos of you, rumours about you, or threats against you <u>online, that could be seen by others.</u>							

Sources : Hinduja, S. et Patchin, J. W. *Bullying Beyond the Schoolyard: Preventing and Responding to Cyberbullying* (2^e édition), 2015 et Institut de la statistique du Québec, *Étude québécoise sur les rapports sociaux dans un contexte scolaire, de travail et dans la communauté* 2022 (EQRS), 2022, question QB7. Adaptées par l'ISQ.

About you

(SM_D_1B) For each of the following statements about you, indicate how much you agree or disagree.

		Completely disagree	Somewhat disagree	Somewhat agree	Completely agree	Refuse to answer
SM_D_1B_1	I think I'm someone who has something valuable to offer, at least as much as others.	1	2	3	4	9
SM_D_1B_2	I think I have a certain number of good qualities.	1	2	3	4	9
SM_D_1B_3	Everything considered, I tend to think I'm a failure.	1	2	3	4	9
SM_D_1B_4	I'm able to do things as well as other people my age.	1	2	3	4	9
SM_D_1B_5	There's little reason to be proud of myself.	1	2	3	4	9
SM_D_1B_6	I have a positive attitude towards myself.	1	2	3	4	9
SM_D_1B_7	Overall, I'm satisfied with myself.	1	2	3	4	9
SM_D_1B_8	I find it difficult to accept myself as I am.	1	2	3	4	9
SM_D_1B_9	Sometimes I think I'm really useless.	1	2	3	4	9
SM_D_1B_10	Occasionally I've thought of myself as a good-for-nothing.	1	2	3	4	9

Sources : Vallières, E. et Vallerand, J. (1990). « Traduction et validation canadienne-française de l'échelle de l'estime de soi de Rosenberg », *International Journal of Psychology*, vol. 25, p. 305-316 et Institut de la statistique du Québec, *Enquête sociale et de santé auprès des enfants et adolescents québécois 1999 – Questionnaire aux adolescentes et adolescents (ESSEA)*, 1999, questions 23A à 23J.

(SM_D_4) How true do you feel these statements are about you personally?

		Not at all true	A little true	Pretty much true	Very much true	Refuse to answer
SM_D_4_1	I can work out or solve my problems.	1	2	3	4	9
SM_D_4_2	I can do most things if I try.	1	2	3	4	9
SM_D_4_3	I feel capable of meeting challenges that I care about.	1	2	3	4	9
SM_D_4_4	I get easily discouraged when I have trouble with something.	1	2	3	4	9
SM_D_4_5	I often give up on an activity or project before finishing it.	1	2	3	4	9
SM_D_4_6	If I'm interested in an activity but it looks too complicated, I don't even bother trying.	1	2	3	4	9
SM_D_4_7	When I try to learn something new, I quickly give up if I'm not good at it right away.	1	2	3	4	9

Sources : California Department of Education, *California Healthy Kids Survey (CHKS)*, 2016-2017 et Régie régionale de la santé et des services sociaux de l'Outaouais (RRSSSO), *Styles de vie des jeunes du secondaire en Outaouais (SVJSO)*, 2002, questions 36D, 36G, 36J, 36L et 36N. Adaptées par l'ISQ.

How you feel

(GAD_7) In the past 14 days, how often have you been bothered by the following problems?

		Never	Several days	More than half the days	Almost every day	Refuse to answer
GAD_7A	Feeling nervous, anxious or on edge	1	2	3	4	9
GAD_7B	Not being able to stop or control worrying	1	2	3	4	9
GAD_7C	Worrying too much about different things	1	2	3	4	9
GAD_7D	Trouble relaxing	1	2	3	4	9
GAD_7E	Being so restless that it's hard to sit still	1	2	3	4	9
GAD_7F	Becoming easily annoyed or irritable	1	2	3	4	9
GAD_7G	Feeling afraid, as if something awful might happen	1	2	3	4	9

Source : Spitzer R.L., Kroenke K., Williams J.B. et Löwe B. (2006). « A brief measure for assessing generalized anxiety disorder: the GAD-7 », *Arch Intern Med*, vol. 166, no. 10, p. 1092-1097. Adaptée par l'ISQ.

Health care professionals and you

(SM_B_1) Do you have any of the following health problems that have been confirmed by a health care professional (e.g., doctor, specialized nurse practitioner)?

		Yes	No	Refuse to answer
SM_B_1_2	ADD/ADHD (i.e., attention deficit disorder with or without hyperactivity)	1	2	9
SM_B_1_3	Anxiety disorder	1	2	9
SM_B_1_4	Depression	1	2	9
SM_B_1_5	Eating disorder (e.g., anorexia, bulimia)	1	2	9

Sources : Régie régionale de la santé et des services sociaux de Montréal-Centre, *Enquête sur le bien-être des jeunes montréalais – Questionnaire aux adolescents de secondaire 3 et 5 (EBEJM)*, 2003, question 97C, *Enquête sur la santé dans les collectivités canadiennes (ESCC)*, 2005, questions CCCE_290, CCCE_331 et CCCE_341 et Institut de la statistique du Québec, *Enquête sociale et de santé auprès des enfants et adolescents québécois 1999 – Questionnaire aux adolescentes et adolescents (ESSEA)*, 1999, question 120E. Adaptées par l'ISQ.

SM_B_2_2 In the past two weeks, did you take any medication prescribed for you by your health care professional for ADD/ADHD symptoms (i.e., attention deficit disorder with or without hyperactivity)?

For example : Adderall, Biphentin, Concerta, Dexedrine, Foquest, Intuniv, Methylphenidate, Ritalin, Strattera, Vyvanse.

- 1 Yes
- 2 No
- 9 Refuse to answer

Source : Inspirée de Institut de la statistique du Québec, *Enquête sociale et de santé auprès des enfants et adolescents québécois 1999 – Questionnaire aux adolescentes et adolescents (ESSEA)*, 1999, question 134F.

SM_B_2_3 In the past two weeks, did you take any medication prescribed for you by your health care professional for symptoms of anxiety or depression?

For example : Alprazolam, Ativan, Clonazepam, Diazepam, Lorazepam, Rivotril, Valium, Xanax. Bupropion, Celexa, Cipralex, Citalopram, Cymbalta, Duloxetine, Effexor, Escitalopram, Fluoxetine, Fluvoxamine, Luvox, Paroxetine, Paxil, Prozac, Sertraline, Venlafaxine, Wellbutrin, Zoloft.

- 1 Yes
- 2 No
- 9 Refuse to answer

Source : Institut de la statistique du Québec, *Enquête québécoise sur la santé des jeunes du secondaire 2010-2011 (EQSJS)*, 2010-2011, question SM_B-2b. Adaptée par l'ISQ.

About your friends and how you relate to others

(SM_H_1) How true do you feel these statements are about your friends? I have a friend about my own age...

		Not at all true	A little true	Pretty much true	Very much true	Refuse to answer
SM_H_1_1	Who really cares about me.	1	2	3	4	9
SM_H_1_2	Who talks with me about my problems.	1	2	3	4	9
SM_H_1_3	Who helps me when I'm having a hard time.	1	2	3	4	9

Sources : California Department of Education, *California Healthy Kids Survey* (CHKS), 2007-2008 et California Department of Education, *California Healthy Kids Survey* (CHKS), 2016-2017.

(SM_B_4B) Read the following statements and choose the answer that best describes you.

		Never	Sometimes	Often	Refuse to answer
SM_B_4B_1	I get into a lot of fights.	1	2	3	9
SM_B_4B_2	When I'm mad at someone, I try to get others to dislike him/her.	1	2	3	9
SM_B_4B_3	When I'm mad at someone, I become friends with somebody else as revenge.	1	2	3	9
SM_B_4B_4	When another young person accidentally hurts me, I assume that he/she meant to do it, and I react with anger and start a fight.	1	2	3	9
SM_B_4B_5	When I'm mad at someone, I say bad things behind his/her back.	1	2	3	9
SM_B_4B_6	I physically attack people.	1	2	3	9
SM_B_4B_7	I threaten people.	1	2	3	9
SM_B_4B_8	I'm cruel, I bully or I'm mean to others.	1	2	3	9
SM_B_4B_9	When I'm mad at someone, I say to others: let's not hang out with him/her.	1	2	3	9
SM_B_4B_10	I hit, kick or bite other people my age.	1	2	3	9
SM_B_4B_11	When I'm mad at someone, I tell that person's secrets to other people.	1	2	3	9

Sources : Régie régionale de la santé et des services sociaux de Montréal-Centre, *Enquête sur le bien-être des jeunes montréalais – Questionnaire aux adolescents de secondaire 3 et 5 (EBEJM)*, 2003, questions 33F, 33I, 33O, 33T, 33U, 33V, 33Z, 33CC, 33EE, 33FF et 33KK et *Enquête longitudinale nationale sur les enfants et les jeunes – Livret 21 (ELNEJ)*, 2004-2005, questions D1g, D1j, D1p, D1v, D1w, D1x, D1bb, D1dd, D1ff, D1hh et D1nn.

About your love relationships

SM_H_3B In the past 12 months, did you go out with a guy or a girl?

Here, “go out with” means spending intimate time with him or her. This may have lasted just one night or a couple of weeks, months or years.

- 1 Yes
- 2 No → [Filtre 1](#)
- 9 Refuse to answer → [Filtre 1](#)

Sources : Institut de la statistique du Québec. *Enquête sociale et de santé auprès des enfants et adolescents québécois 1999 – Questionnaire aux adolescentes et adolescents* (ESSEA), 1999, questions 48 et 63 et Lavoie, F. et Vézina, L. « Violence dans les relations amoureuses » dans *Enquête sociale et de santé auprès des enfants et adolescents québécois 1999* et Institut de la statistique du Québec, *Questionnaire aux adolescentes et adolescents* (ESSEA), 2001, inspiré du *Conflict Tactics Scale* (Straus, 1979). Adaptées par l'ISQ.

The next two series of questions have a similar wording. The first series is about how you have behaved towards others; the second is about how others have behaved towards you.

(SM_B_5) Think about the guy(s) or girl(s) you went out with during the past 12 months. How many times did the following situations occur with one or more of these guys or girls?

		Never	Once	Twice	3 times or more	Refuse to answer
SM_B_5_1	I criticized him/her viciously about his/her physical appearance; I insulted him/her in front of people; I put him/her down.	1	2	3	4	9
SM_B_5_2	I controlled his/her outings, online conversations or cell phone; I prevented him/her from seeing his/her friends.	1	2	3	4	9
SM_B_5_3	I forced him/her to kiss or caress me when he/she didn't want to.	1	2	3	4	9
SM_B_5_4	I threw something at him/her which could have hurt him/her.	1	2	3	4	9
SM_B_5_5	I grabbed him/her (held him/her by the arms); I pushed him/her around; I shook him/her.	1	2	3	4	9
SM_B_5_6	I slapped him/her.	1	2	3	4	9
SM_B_5_7	I used my fists or feet, an object or a weapon to hurt him/her.	1	2	3	4	9
SM_B_5_8	I forced him/her to have sexual contact or sexual intercourse with me when he/she didn't want to.	1	2	3	4	9

Sources : Régie régionale de la santé et des services sociaux de l'Outaouais (RRSSSO), *Styles de vie des jeunes du secondaire en Outaouais* (SVJSO), 1996, questions 105A à 105C, 105E et 105F, Régie régionale de la santé et des services sociaux de Montréal-Centre, *Enquête sur le bien-être des jeunes montréalais – Questionnaire aux adolescents de secondaire 3 et 5 (EBEJM)*, 2003, questions 62H à 62J, Lavoie, F. et Vézina, L. « Violence dans les relations amoureuses » dans *Enquête sociale et de santé auprès des enfants et adolescents québécois 1999* et Institut de la statistique du Québec, *Questionnaire aux adolescentes et adolescents* (ESSEA), 2001, inspiré du *Conflict Tactics Scale* (Straus, 1979). Adaptées par l'ISQ.

(SM_C_4) Think about the guy(s) or girl(s) you went out with during the past 12 months. How many times did the following situations occur with one or more of these guys or girls?

		Never	Once	Twice	3 times or more	Refuse to answer
SM_C_4_1	He/she viciously criticized my physical appearance; he/she insulted me in front of people; he/she put me down.	1	2	3	4	9
SM_C_4_2	He/she controlled my outings, my online conversations or cell phone; he/she prevented me from seeing my friends.	1	2	3	4	9
SM_C_4_3	He/she forced me to kiss or caress him/her when I didn't want to.	1	2	3	4	9
SM_C_4_4	He/she threw something at me which could have hurt me.	1	2	3	4	9
SM_C_4_5	He/she grabbed me (held me by the arms); he/she pushed me around; he/she shook me.	1	2	3	4	9
SM_C_4_6	He/she slapped me.	1	2	3	4	9
SM_C_4_7	He/she used his/her fists or feet, an object or a weapon to hurt me.	1	2	3	4	9
SM_C_4_8	He/she forced me to have sexual contact or sexual intercourse when I didn't want to.	1	2	3	4	9

Sources : Régie régionale de la santé et des services sociaux de l'Outaouais (RRSSO), *Styles de vie des jeunes du secondaire en Outaouais* (SVJSO), 1996, questions 105A à 105C, 105E et 105F, Régie régionale de la santé et des services sociaux de Montréal-Centre, *Enquête sur le bien-être des jeunes montréalais - Questionnaire aux adolescents de secondaire 3 et 5* (EBEJM), 2003, questions 62A à 62C, Direction de la santé publique de la Montérégie, *Expériences de vie des élèves de niveau secondaire de la Montérégie* (EVENS), 1998, questions Q19a à Q19c et Lavoie, F. et Vézina, L. « Violence dans les relations amoureuses » dans *Enquête sociale et de santé auprès des enfants et adolescents québécois 1999*, et Institut de la statistique du Québec, Questionnaire aux adolescentes et adolescents (ESSEA), 2001, inspiré du *Conflict Tactics Scale* (Straus, 1979). Adaptées par l'ISQ.

Filtre 1.

Si SD9_1 = 1, 2, 3 → HV2A_1

Si SD9_1 = 4, 5, 6, 7, 8, 9 → HV7_12

Sinon → GROUP_AGE

GROUP_AGE In which age group are you?

1 13 or under → HV2A_1

2 14 or over

9 Refuse to answer → HV2A_1

HV7_12 In your lifetime, have you ever been forced to have sexual relations (oral, vaginal or anal) when you did not want to?

1 Yes, by another youth

2 Yes, by an adult

3 No

9 Refuse to answer

Source : Centers for Disease Control and Prevention, *Youth Risk Behavior Survey*, 2009, question 21.

Transportation-related physical activity

The following questions are about the means of active transportation you use, such as walking, cycling, rollerblading (or other), to get to school, work, a friend's place or elsewhere.

HV2A_1 During the school year, do you use one (or more) of these means of active transportation?

- 1 Yes
- 2 No → HV2_1
- 9 Refuse to answer → HV2_1

Source : Nolin, B. (2004), *Le questionnaire l'Actimètre : méthodologie d'analyse : critères, codification et algorithmes* (2e édition), question 1.1. Adaptée par l'ISQ.

HV2A_2 In general, during the school year, do you use this/these mean(s) of active transportation every week?

- 1 Yes
- 2 No → HV2_1
- 9 Refuse to answer → HV2_1

Source : Nolin, B. (2004), *Le questionnaire l'Actimètre : méthodologie d'analyse : critères, codification et algorithmes* (2e édition), question 1.1. Adaptée par l'ISQ.

HV2A_3 In general, during the school year, how many days a week do you use this/these mean(s) of active transportation?

- 1 1 day a week
- 2 2 days a week
- 3 3 days a week
- 4 4 days a week
- 5 5 days a week
- 6 6 days a week
- 7 7 days a week
- 9 Refuse to answer

Source : Nolin, B. (2004), *Le questionnaire l'Actimètre : méthodologie d'analyse : critères, codification et algorithmes* (2e édition), question 1.2. Adaptée par l'ISQ.

HV2A_4 On a typical school day, how much time do you spend on this/these mean(s) of active transportation?

- 1 Less than 10 minutes
- 2 10 to 19 minutes
- 3 20 to 39 minutes
- 4 40 to 59 minutes
- 5 1 hour to 1 hour and 29 minutes
- 6 1 hour and 30 minutes to 1 hour and 59 minutes
- 7 2 hours or more
- 9 Refuse to answer

Source : Nolin, B. (2004), *Le questionnaire l'Actimètre : méthodologie d'analyse : critères, codification et algorithmes* (2e édition), question 1.3. Adaptée par l'ISQ.

Leisure-time physical activity

The following questions are about the leisure-time physical activities you engage in at home, at school or elsewhere: sports, outdoor recreation, physical fitness, dance, or simply walking.

These activities can take place in an organized context (with a monitor, coach, trainer or other person in charge) or a non-organized context (by yourself or with other people).

Physical activity done as part of specialized programs (sports-studies, dance-studies, sports concentration or other) should also be included in your responses.

HV2_1 During the school year, do you engage in these types of physical activities?

Note! You must exclude:

- your physical education classes;
- your active transportation (walking, biking or other means) to get somewhere (to school, to work, to the store or elsewhere);
- activities you do in the context of a paid job.

1 Yes

2 No → HV5_10

9 Refuse to answer → HV5_10

Source : Nolin, B. (2004), *Le questionnaire l'Actimètre : méthodologie d'analyse : critères, codification et algorithmes* (2e édition), question 2.1. Adaptée par l'ISQ.

HV2_2 In general, during the school year, do you engage in these types of physical activities every week?

Note! You must exclude:

- your physical education classes;
- your active transportation (walking, biking or other means) to get somewhere (to school, to work, to the store or elsewhere);
- activities you do in the context of a paid job.

1 Yes

2 No → HV5_10

9 Refuse to answer → HV5_10

Source : Nolin, B. (2004), *Le questionnaire l'Actimètre : méthodologie d'analyse : critères, codification et algorithmes* (2e édition), question 2.1. Adaptée par l'ISQ.

HV2_3 In general, during the school year, how many days a week do you engage in these types of physical activities?

Note! You must exclude:

- your physical education classes;
- your active transportation (walking, biking or other means) to get somewhere (to school, to work, to the store or elsewhere);
- activities you do in the context of a paid job.

- 1 1 day a week
- 2 2 days a week
- 3 3 days a week
- 4 4 days a week
- 5 5 days a week
- 6 6 days a week
- 7 7 days a week
- 9 Refuse to answer

Source : Nolin, B. (2004), *Le questionnaire l'Actimètre : méthodologie d'analyse : critères, codification et algorithmes* (2e édition), question 2.2. Adaptée par l'ISQ.

HV2_4 On a typical school day, how much time do you spend on these types of physical activities?

Note! You must exclude:

- your physical education classes;
- your active transportation (walking, biking or other means) to get somewhere (to school, to work, to the store or elsewhere);
- activities you do in the context of a paid job.

- 1 Less than 10 minutes
- 2 10 to 19 minutes
- 3 20 to 39 minutes
- 4 40 to 59 minutes
- 5 1 hour to 1 hour and 29 minutes
- 6 1 hour and 30 minutes to 1 hour and 59 minutes
- 7 2 hours or more
- 9 Refuse to answer

Source : Nolin, B. (2004), *Le questionnaire l'Actimètre : méthodologie d'analyse : critères, codification et algorithmes* (2e édition), question 2.3. Adaptée par l'ISQ.

HV2_5 Typically, when you engage in these types of physical activities, your level of effort is...

Note! You must exclude:

- your physical education classes;
- your active transportation (walking, biking or other means) to get somewhere (to school, to work, to the store or elsewhere);
- activities you do in the context of a paid job.

- 1 Very low (Your breathing and heartbeat change very little)
- 2 Low (Your breathing and heartbeat increase slightly)
- 3 Moderate (Your breathing and heartbeat are fairly rapid)
- 4 High (Your breathing and heartbeat are very rapid)
- 9 Refuse to answer

Source : Nolin, B. (2004), *Le questionnaire l'Actimètre : méthodologie d'analyse : critères, codification et algorithmes* (2e édition), question 2.4. Adaptée par l'ISQ.

Your work experience during the school year

(HV5_10) Do you currently work...

INSTRUCTION : Note! You must not include household chores you do around the house for pocket money (washing dishes, vacuuming, gardening, etc.).

		Yes	No	Refuse to answer
HV5_10A	For the family business <u>with pay</u>? On the family farm or in your family's business: convenience store, clinic, home office, etc.	1	2	9
HV5_10B	For the family business <u>without pay</u>? On the family farm or in your family's business: convenience store, clinic, home office, etc.	1	2	9
HV5_10C	For an employer <u>with pay</u>? At a store, a restaurant, the sports and recreation (or culture) department of a city, etc.	1	2	9
HV5_10D	Doing odd jobs <u>with pay</u>? Babysitting, mowing a <u>neighbour's</u> lawn, helping with homework, etc.	1	2	9

Source : Inspirée de *Enquête longitudinale nationale sur les enfants et les jeunes – Livret 22 (ELNEJ)*, 2008-2009, questions I1a à I1d.

Filtre 2.

Si HV5_10A = 2, 9 et HV5_10B = 2, 9 et HV5_10C = 2, 9 et HV5_10D = 2, 9 → SM_B_4C

Sinon → HV5_11

HV5_11 Thinking of all the jobs you currently have (with or without pay), how many hours a week do you generally work?

- 1 Less than 6 hours a week
- 2 6 to 10 hours a week
- 3 11 to 15 hours a week
- 4 16 to 20 hours a week
- 5 21 hours a week or more
- 9 Refuse to answer

Source : Inspirée de Ministère de l'Éducation, du Loisir et du Sport du Québec (MELS), *Enquête auprès des élèves du secondaire sur le travail rémunéré durant l'année scolaire 1991- 1992 (EESTRM)*, 1991-1992, questions Q4 et Q44.

Filtre 3.

Si HV5_10A = 1 ou HV5_10B = 1 ou HV5_10C = 1 → HV5_12

Sinon → HV5_16

The following questions refer only to your job **in the family business** (on the family farm or in your family's business : convenience store, clinic, home office, etc.) or **for an employer** (at a store, restaurant, the sports and recreation (or culture) department of a city, etc.).

If you have more than one job, answer the following questions by thinking of the job **where you currently work the most hours**.

HV5_12 What kind of work (family business or employer) **do you do in the job where you currently work the most hours?**

- 1 Cook, assistant cook, butcher, baker, etc.
- 2 Waiter/waitress, food counter attendant, busboy/busgirl, host/hostess
- 3 Dishwasher
- 4 Cashier, clerk/cashier
- 5 Packer
- 6 Salesperson, sales clerk, store clerk
- 7 Work on a farm or in the field of agriculture
- 8 Newspaper delivery, delivering circulars or flyers
- 9 Cleaning/housekeeping services, yard maintenance, snow removal, lawn mowing, etc.
- 10 Coach, sports monitor, lifeguard, referee, etc.
- 11 Office work (filing, receptionist, clerk, customer service, etc.)
- 12 Construction work, carpentry, plumbing, electricity, etc.
- 13 Mechanics
- 14 Factory worker, day labourer, etc.
- 15 Gas station attendant
- 16 Beauty or skin care, hairdressing, makeup, etc.
- 17 Other, please specify (HV5_12_AUT)
- 99 Refuse to answer

Source : Inspirée de Ministère de l'Éducation, du Loisir et du Sport du Québec (MELS), *Enquête auprès des élèves du secondaire sur le travail rémunéré durant l'année scolaire 1991- 1992* (EESTRM), 1991-1992, questions Q2 et Q42.

HV5_13 At this job, did you receive any instructions (oral or written) or training on workplace safety or hazards to prevent you from being injured?

- 1 Yes
- 2 No
- 9 Refuse to answer

Source : Institut de la statistique du Québec, *Enquête québécoise sur la santé des jeunes du secondaire 2016-2017* (EQSJS), 2016-2017, question HV5_13.

HV5_14 Have you ever been injured at this job?

- 1 Yes
- 2 No → [Filtre 4](#)
- 9 Refuse to answer → [Filtre 4](#)

Source : *Canadian Young Workers Workplace Health & Safety Experience* (CYWWHSE), 2000, question 14. Adaptée par l'ISQ.

(HV5_15) Due to this injury, did you...

		Yes	No	Refuse to answer
HV5_15A	receive any treatment or care from your employer, a supervisor, another employee or person from the family business?	1	2	9
HV5_15B	consult a health care professional (nurse, doctor, etc.) at a clinic or hospital?	1	2	9
HV5_15C	miss at least one day of school?	1	2	9

Source : Sondage IPSOS-Reid réalisé dans le cadre du 2^e Forum public de l'Association des commissions des accidents du travail du Canada (ACATC), 2003. Adaptées par l'ISQ.

Filtre 4.

Si HV5_10D = 1 → HV5_16

Sinon → SM_B_4C

HV5_16 The following question refers only to your **odd jobs** (babysitting, mowing a neighbour's lawn, helping with homework, etc.). What kind of odd job do you currently spend the most hours on?

INSTRUCTION : Answer the following question by thinking of the odd job where you currently work the most hours.

- 1 Babysitting
- 2 Yard work, snow removal, lawn mowing, raking leaves, etc.
- 3 House cleaning
- 4 Pet sitting or taking care of animals
- 5 House sitting for absent owners (bringing in the mail, watering plants, etc.)
- 6 Helping with homework
- 7 Other, please specify (HV5_16_AUT)
- 9 Refuse to answer

Source : Inspirée de Ministère de l'Éducation, du Loisir et du Sport du Québec (MELS), *Enquête auprès des élèves du secondaire sur le travail rémunéré durant l'année scolaire 1991- 1992* (EESTRM), 1991-1992, questions Q2 et Q42.

About your behaviour and your attitudes

(SM_B_4C) In the past 12 months, about how many times...

		Never	Once or twice	3 or 4 times	5 times or more	Refuse to answer
SM_B_4C_1	Did you stay out all night without permission?	1	2	3	4	9
SM_B_4C_2	Were you questioned by the police about something they thought you did?	1	2	3	4	9
SM_B_4C_3	Did you run away from home?	1	2	3	4	9
SM_B_4C_4	Did you steal something from the school or a store?	1	2	3	4	9
SM_B_4C_5	Did you damage or destroy something that didn't belong to you?	1	2	3	4	9
SM_B_4C_6	Did you fight with someone to the point where the person needed medical treatment for their injuries?	1	2	3	4	9
SM_B_4C_7	Did you fight with someone with the idea of seriously hurting him/her?	1	2	3	4	9
SM_B_4C_8	Did you carry a weapon for the purpose of defending yourself or using it in a fight?	1	2	3	4	9
SM_B_4C_9	Did you sell drugs?	1	2	3	4	9
SM_B_4C_10	Did you try to sexually touch or fondle someone while knowing that they probably wouldn't want you to?	1	2	3	4	9

Sources : Régie régionale de la santé et des services sociaux de Montréal-Centre, *Enquête sur le bien-être des jeunes montréalais – Questionnaire aux adolescents de secondaire 3 et 5 (EBEJM)*, 2003, questions 41B, 41C, 41E, 41F, 41J, 41K, 41M, 41Q et 41R et *Enquête longitudinale nationale sur les enfants et les jeunes – Livret 23 (ELNEJ)*, 2004-2005, questions C7a à C7j. Adaptées par l'ISQ.

SM_B_4D In the past 12 months, did you belong to a gang that broke the law by stealing, hitting someone, committing vandalism, etc.?

- 1 Yes
- 2 No
- 9 Refuse to answer

Sources : Régie régionale de la santé et des services sociaux de Montréal-Centre, *Enquête sur le bien-être des jeunes montréalais – Questionnaire aux adolescents de secondaire 3 et 5 (EBEJM)*, 2003, question 42 et *Enquête longitudinale nationale sur les enfants et les jeunes – Livret 23 (ELNEJ)*, 2004-2005, question C8. Adaptées par l'ISQ.

Your eating habits

Now we would like you to tell us about your eating habits.



HV4_1A In general, how many days a week do you drink milk (or lactose-free milk or enriched soy milk)?

INSTRUCTION : Including the milk (or lactose-free milk or enriched soy milk) you drink as a beverage or in your cereal, coffee or tea, or chocolate milk.

- 1 I never drink milk (or lactose-free milk or enriched soy milk) → HV4_12
- 2 I drink milk (or lactose-free milk or enriched soy milk) occasionally (e.g., 1 to 3 times a month)
- 3 1 day a week
- 4 2 days a week
- 5 3 days a week
- 6 4 days a week
- 7 5 days a week
- 8 6 days a week
- 9 7 days a week
- 99 Refuse to answer → HV4_12

Source : Institut de la statistique du Québec, *Enquête sociale et de santé auprès des enfants et adolescents québécois 1999 – Questionnaire aux adolescentes et adolescents* (ESSEA), 1999, question 88. Adaptée par l'ISQ.

HV4_1B Combien de portions de lait ou de lait sans lactose ou de boissons de soya enrichies consommes-tu habituellement, les jours où tu en consommes?

A SERVING OF MILK IS...	
<p>1 cup of milk (or lactose-free milk or enriched soy milk) (250 ml)</p> 	

- 1 Less than 1 serving
- 2 1 serving
- 3 2 servings
- 4 3 servings
- 5 4 servings or more
- 9 Refuse to answer

Source : Institut de la statistique du Québec, *Enquête sociale et de santé auprès des enfants et adolescents québécois 1999 – Questionnaire aux adolescentes et adolescents* (ESSEA), 1999, question 88. Adaptée par l'ISQ.

HV4_12 In general, how many days a week do you eat whole grain foods (oatmeal, quinoa, brown or wild rice, whole grain bread or pasta, etc.)?

- 1 I never eat whole grain foods
- 2 I eat whole grain foods occasionally (e.g., 1 to 3 times a month)
- 3 1 day a week
- 4 2 days a week
- 5 3 days a week
- 6 4 days a week
- 7 5 days a week
- 8 6 days a week
- 9 7 days a week
- 99 Refuse to answer

Source : Questions originales de l'EQSJS 2022-2023.

HV4_13) In general, how many days a week do you eat plant-based protein foods (legumes, tofu, nuts, seeds, peanut butter, etc.)?

- 1 I never eat plant-based protein foods
- 2 I eat plant-based protein foods occasionally (e.g., 1 to 3 times a month)
- 3 1 day a week
- 4 2 days a week
- 5 3 days a week
- 6 4 days a week
- 7 5 days a week
- 8 6 days a week
- 9 7 days a week
- 99 Refuse to answer



Source : Questions originales de l'EQSJS 2022-2023.

HV4_4A In general, how many days a week do you drink 100% pure fruit juice?

- 1 I never drink 100% pure fruit juice → [HV4_5A](#)
- 2 I drink 100% pure fruit juice occasionally (e.g., 1 to 3 times a month)
- 3 1 day a week
- 4 2 days a week
- 5 3 days a week
- 6 4 days a week
- 7 5 days a week
- 8 6 days a week
- 9 7 days a week
- 99 Refuse to answer → [HV4_5A](#)

Source : Institut de la statistique du Québec, *Enquête sociale et de santé auprès des enfants et adolescents québécois 1999 – Questionnaire aux adolescentes et adolescents* (ESSEA), 1999, question 88. Adaptée par l'ISQ.

HV4_4B Combien de portions de jus de fruits pur à 100 % consommes-tu habituellement, les jours où tu en bois?

A SERVING OF JUICE IS...	
½ cup of juice (125 ml) or ½ of a small container of juice	 

- 1 Less than 1 serving
- 2 1 serving
- 3 2 servings
- 4 3 servings
- 5 4 servings
- 6 5 servings
- 7 6 servings
- 8 7 servings
- 9 8 servings or more
- 99 Refuse to answer

Source : Institut de la statistique du Québec, *Enquête sociale et de santé auprès des enfants et adolescents québécois 1999 – Questionnaire aux adolescentes et adolescents* (ESSEA), 1999, question 88. Adaptée par l'ISQ.







HV4_5A In general, how many days a week do you eat fruit?

INSTRUCTION : Include fresh fruit, frozen, canned and dried fruit.

- 1 I never eat fruit → HV4_6A
- 2 I eat fruit occasionally (e.g., 1 to 3 times a month)
- 3 1 day a week
- 4 2 days a week
- 5 3 days a week
- 6 4 days a week
- 7 5 days a week
- 8 6 days a week
- 9 7 days a week
- 99 Refuse to answer → HV4_6A

Source : Institut de la statistique du Québec, *Enquête sociale et de santé auprès des enfants et adolescents québécois 1999 – Questionnaire aux adolescentes et adolescents* (ESSEA), 1999, question 88. Adaptée par l'ISQ.

HV4_5B On the days you eat fruit, how many servings do you usually have?

A SERVING OF FRUIT IS...		
1 fresh fruit the size of a tennis ball		
or		
½ cup of canned fruit (in a tin or plastic container) (125 ml)		
or		
¼ cup of dried fruit (60 ml)		

- 1 Less than 1 serving
- 2 1 serving
- 3 2 servings
- 4 3 servings
- 5 4 servings
- 6 5 servings
- 7 6 servings
- 8 7 servings
- 9 8 servings or more
- 99 Refuse to answer

Source : Institut de la statistique du Québec, *Enquête sociale et de santé auprès des enfants et adolescents québécois 1999 – Questionnaire aux adolescentes et adolescents* (ESSEA), 1999, question 88. Adaptée par l'ISQ.







HV4_6A In general, how many days a week do you eat vegetables?

INSTRUCTION : Include vegetables that are fresh, frozen, canned or cooked, in salads or cut up, and tomato sauce.

- 1 I never eat vegetables → HV4_7
- 2 I eat vegetables occasionally (e.g., 1 to 3 times a month)
- 3 1 day a week
- 4 2 days a week
- 5 3 days a week
- 6 4 days a week
- 7 5 days a week
- 8 6 days a week
- 9 7 days a week
- 99 Refuse to answer → HV4_7

Source : Institut de la statistique du Québec, *Enquête sociale et de santé auprès des enfants et adolescents québécois 1999 – Questionnaire aux adolescentes et adolescents* (ESSEA), 1999, question 88. Adaptée par l'ISQ.

HV4_6B On the days you eat vegetables, how many servings do you usually have?

A SERVING OF VEGETABLES IS...		
<p>½ cup of vegetables cut up into pieces (125 ml)</p> <p>or</p> <p>1 cup of salad (lettuce, fresh spinach, etc.) (250 ml)</p> <p>or</p> <p>½ cup of tomato sauce (125 ml)</p>	  	  

- 1 Less than 1 serving
- 2 1 serving
- 3 2 servings
- 4 3 servings
- 5 4 servings
- 6 5 servings
- 7 6 servings
- 8 7 servings
- 9 8 servings or more
- 99 Refuse to answer

Source : Institut de la statistique du Québec, *Enquête sociale et de santé auprès des enfants et adolescents québécois 1999 – Questionnaire aux adolescentes et adolescents* (ESSEA), 1999, question 88. Adaptée par l'ISQ.

HV4_7 How many glasses of water do you usually drink in a day?

INSTRUCTION : Include only water from a tap, bottled (unflavoured) or from a drinking fountain.

A glass of water equals one cup (250 ml) or half a bottle of water (individual size).

- 1 None
- 2 Less than 1 glass
- 3 1 glass
- 4 2 glasses
- 5 3 glasses
- 6 4 glasses or more
- 9 Refuse to answer

Source : Institut de la statistique du Québec, *Enquête québécoise sur la santé des jeunes du secondaire 2010-2011* (EQSJS), 2010-2011, question HV4_7.

(HV4_8_1) How often do you usually drink the following beverages?

INSTRUCTION : Do not include diet, sugar-free or low-calorie drinks.

		Never	Rarely	2 or 3 times a month	1 to 3 times a week	4 to 6 times a week	Once a day or more	Refuse to answer
HV4_8_1A	Soft drinks (Pepsi, Sprite, Orange Crush, etc.) (Exclude diet soft drinks)	1	2	3	4	5	6	9
HV4_8_1B	Fruit-flavoured drinks (Fruitopia, Five Alive, VitaminWater, Slush, etc.) (Exclude diet or sugar-free fruit-flavoured drinks)	1	2	3	4	5	6	9
HV4_8_1C	Sports drinks (Gatorade, Powerade, etc.) (Exclude diet or low-calorie sports drinks)	1	2	3	4	5	6	9
HV4_8_1D	Energy drinks (Red Bull, Monster, Rock Star, etc.) (Exclude sugar-free or low-calorie energy drinks)	1	2	3	4	5	6	9
HV4_8_1E	Sweet flavoured coffee or sweet iced tea (mocha coffee, French vanilla coffee, iced cappuccino, Nestea, iced chai latte, etc.)	1	2	3	4	5	6	9
HV4_8_1F	Hot chocolate, sweetened milk (e.g., chocolate milk) or sweetened plant-based beverages (vanilla soy/rice/almond beverage, strawberry soy beverage, etc.)	1	2	3	4	5	6	9

Sources : Régie régionale de la santé et des services sociaux de Montréal-Centre, *Enquête sur le bien-être des jeunes montréalais – Questionnaire aux adolescents de secondaire 3 et 5* (EBEJM), 2003, question 109 et Institut de la statistique du Québec, *Enquête québécoise sur la santé des jeunes du secondaire 2016-2017* (EQSJS), 2016-2017, questions HV4_8_1e et HV4_8_1f. Adaptées par l'ISQ.

(HV4_8_2) How often do you usually drink the following diet beverages (e.g., low-calorie or no-calorie, sugar-free or artificially sweetened)?

		Never	Rarely	2 or 3 times a month	1 to 3 times a week	4 to 6 times a week	Once a day or more	Refuse to answer
HV4_8_2ABC	<u>Diet</u> versions of soft drinks, fruit-flavoured drinks, sports drinks, flavoured waters, iced teas, and milk- or plant-based drinks (e.g., Diet Coke, Diet 7Up, Gatorade G2, Crystal Light, etc.) (All regular drinks are excluded)	1	2	3	4	5	6	9
HV4_8_2D	<u>Sugar-free or low-calorie</u> energy drinks (e.g., Red Bull Sugarfree or Zero, Guru Lite, etc.)	1	2	3	4	5	6	9

Source : Institut de la statistique du Québec, *Enquête québécoise sur la santé des jeunes du secondaire 2016-2017* (EQSJS), 2016-2017, questions HV4_8_2a et HV4_8_2d. Adaptées par l'ISQ.

(HV4_8_3) How often do you usually eat the following foods?

		Never	Rarely	2 or 3 times a month	1 to 3 times a week	4 to 6 times a week	Once a day or more	Refuse to answer
HV4_8_3A	Snack foods (chips, Doritos, popcorn, Crispers, cheese puffs, etc.)	1	2	3	4	5	6	9
HV4_8_3B	Sweets (candy, chocolate bars, popsicles and other frozen treats, gumdrops, lollipops, etc.)	1	2	3	4	5	6	9

Source : Régie régionale de la santé et des services sociaux de Montréal-Centre, *Enquête sur le bien-être des jeunes montréalais – Questionnaire aux adolescents de secondaire 3 et 5* (EBEJM), 2003, question 109.

HV4_10 In the past seven days, how many times did you eat food from a fast food joint, restaurant or snack bar (including food delivery) like fries, poutine, hamburgers, pizza, fried chicken, pogos, etc.?

- 1 Not once
- 2 Once
- 3 Twice
- 4 3 times
- 5 4 times
- 6 5 times or more
- 9 Refuse to answer

Sources : Institut de la statistique du Québec, *Enquête sociale et de santé auprès des enfants et adolescents québécois 1999 – Questionnaire aux adolescentes et adolescents* (ESSEA), 1999, questions 87A à 87C et Régie régionale de la santé et des services sociaux de Montréal-Centre, *Enquête sur le bien-être des jeunes montréalais – Questionnaire aux adolescents de secondaire 3 et 5* (EBEJM), 2003, question 110. Adaptées par l'ISQ.

HV4_10B In the past school week (Monday to Friday), how many times did you eat, for lunch, food from a fast food joint, restaurant or snack bar like fries, poutine, hamburgers, pizza, pizza pockets, chicken wings, fried chicken, hot dogs, or pogos?

- 1 Not once
- 2 Once
- 3 Twice
- 4 3 times
- 5 4 times
- 6 5 times or more
- 9 Refuse to answer

Sources : Institut de la statistique du Québec, *Enquête sociale et de santé auprès des enfants et adolescents québécois 1999 – Questionnaire aux adolescentes et adolescents* (ESSEA), 1999, questions 87A à 87C et Régie régionale de la santé et des services sociaux de Montréal-Centre, *Enquête sur le bien-être des jeunes montréalais – Questionnaire aux adolescents de secondaire 3 et 5* (EBEJM), 2003, question 110. Adaptées par l'ISQ.

HV4_11 In the past school week (Monday to Friday), how many days did you eat or drink something in the morning (including for breakfast) before school began? Don't count coffee, tea or water.

- 1 None
- 2 1 or 2 days
- 3 3 or 4 days
- 4 Every school day
- 9 Refuse to answer

Source : Institut de la statistique du Québec, *Enquête sociale et de santé auprès des enfants et adolescents québécois 1999 – Questionnaire aux adolescentes et adolescents* (ESSEA), 1999, question 82. Adaptée par l'ISQ.

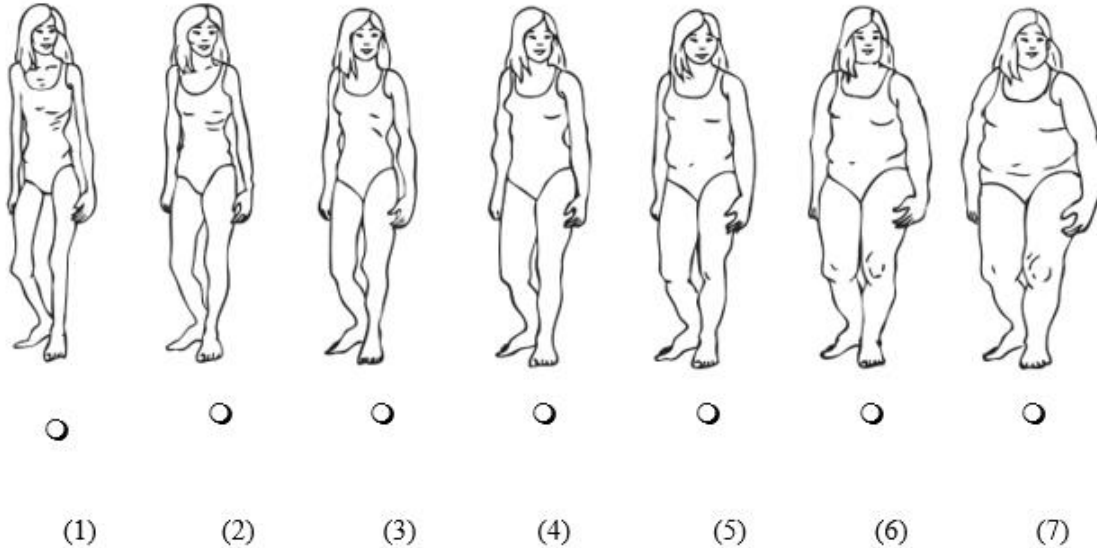
How you perceive yourself

Filtre 5.

Si SD9_2A = 2 et SD9_2B = 2 → HV3_3_F

Sinon → Filtre 6

HV3_3_F Check the illustration that best matches your current appearance.



9 Refuse to answer

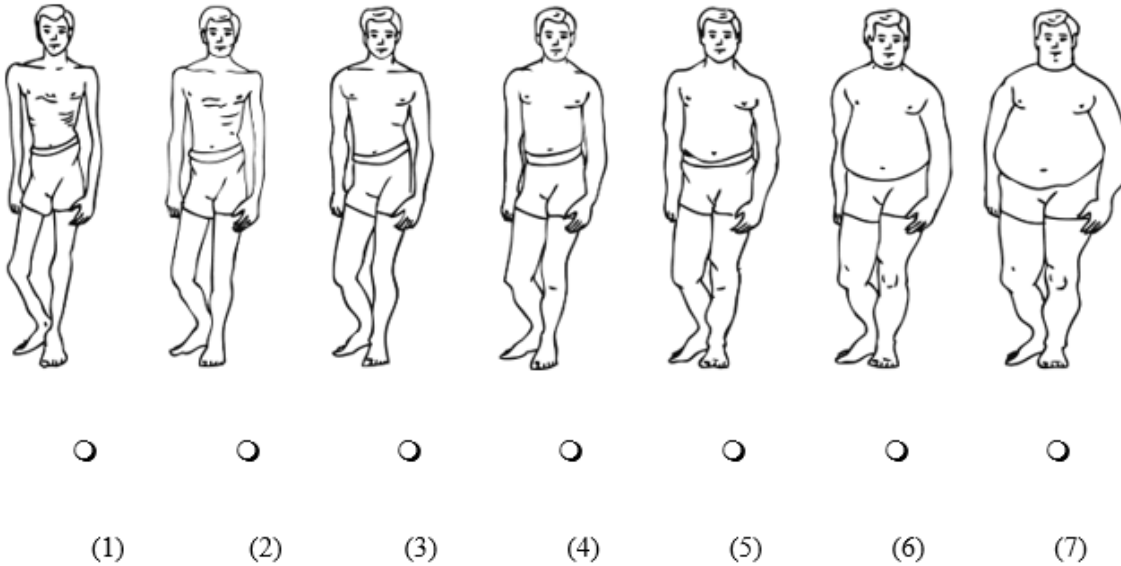
Source : Collins, Elizabeth (1991). « Body Figure perceptions and Preferences Among preadolescent Children », *International Journal of Eating Disorders*, vol. 10, no 2, p. 208- 217. Copyright © 1991, John Wiley & Sons, Inc. Reproduced with permission of John Wiley & Sons Inc. Adaptées par l'ISQ.

Filtre 6.

Si SD9_2A = 1 et SD9_2B = 1 → HV3_3_H

Sinon → Filtre 7

HV3_3_H Check the illustration that best matches your current appearance.



9 Refuse to answer

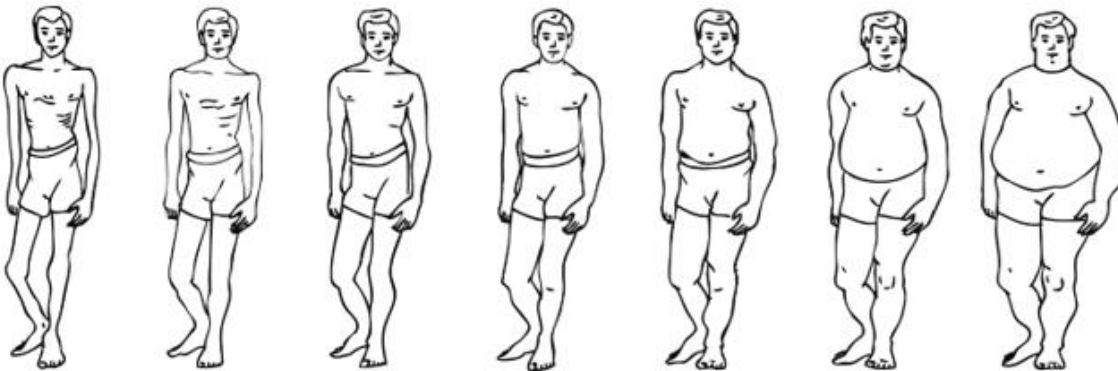
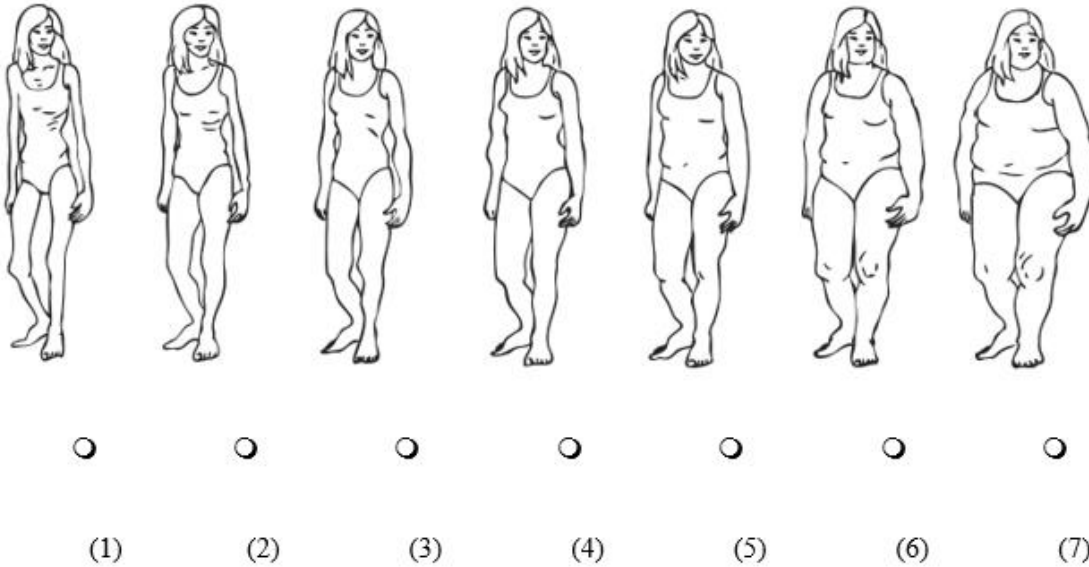
Source : Collins, Elizabeth (1991). « Body Figure perceptions and Preferences Among preadolescent Children », *International Journal of Eating Disorders*, vol. 10, no 2, p. 208- 217. Copyright © 1991, John Wiley & Sons, Inc. Reproduced with permission of John Wiley & Sons Inc. Adaptées par l'ISQ.

Filtre 7.

Si SD9_2A = 1 et SD9_2B = 2, 3 OU si SD9_2A = 2 et SD9_2B = 1, 3 → HV3_3_FH

Sinon → Filtre 8

HV3_3_FH Check the illustration that best matches your current appearance.



9 Refuse to answer

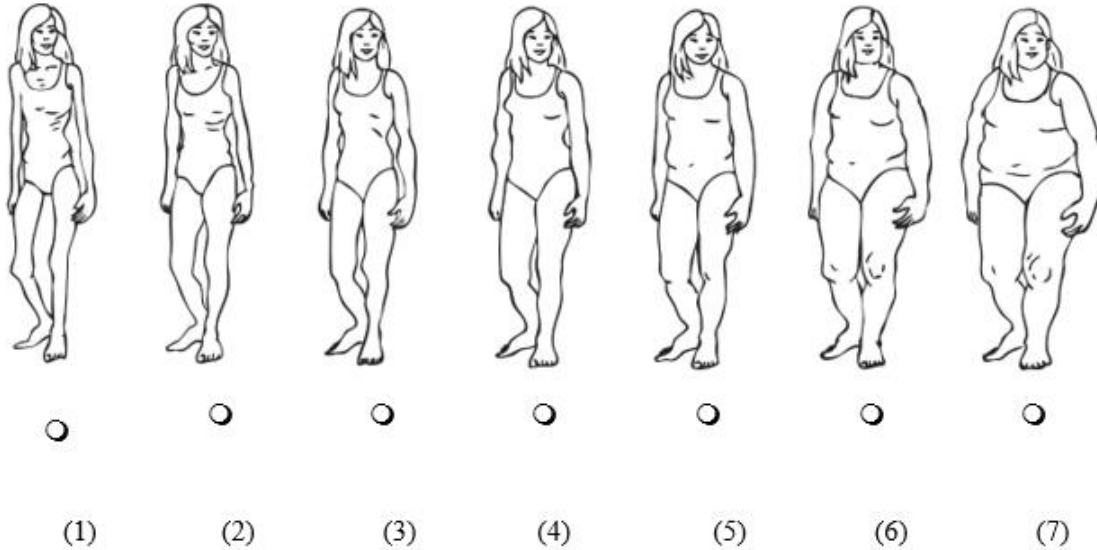
Source : Collins, Elizabeth (1991). « Body Figure perceptions and Preferences Among preadolescent Children », *International Journal of Eating Disorders*, vol. 10, no 2, p. 208- 217. Copyright © 1991, John Wiley & Sons, Inc. Reproduced with permission of John Wiley & Sons Inc. Adaptées par l'ISQ.

Filtre 8.

Si SD9_2A = 2 et SD9_2B = 2 → HV3_4_F

Sinon → Filtre 9

HV3_4_F Check the illustration that best matches what you'd like to look like.



9 Refuse to answer

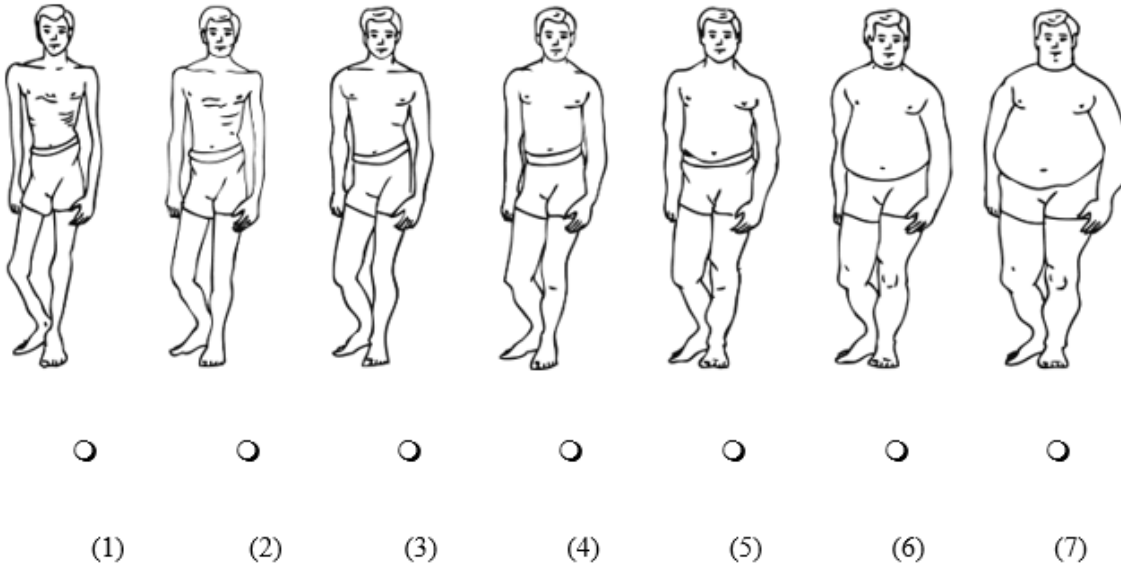
Source : Collins, Elizabeth (1991). « Body Figure perceptions and Preferences Among preadolescent Children », *International Journal of Eating Disorders*, vol. 10, no 2, p. 208- 217. Copyright © 1991, John Wiley & Sons, Inc. Reproduced with permission of John Wiley & Sons Inc. Adaptées par l'ISQ.

Filtre 9.

Si SD9_2A = 1 et SD9_2B = 1 → HV3_4_H

Sinon → Filtre 10

HV3_4_H Check the illustration that best matches what you'd like to look like.



9 Refuse to answer

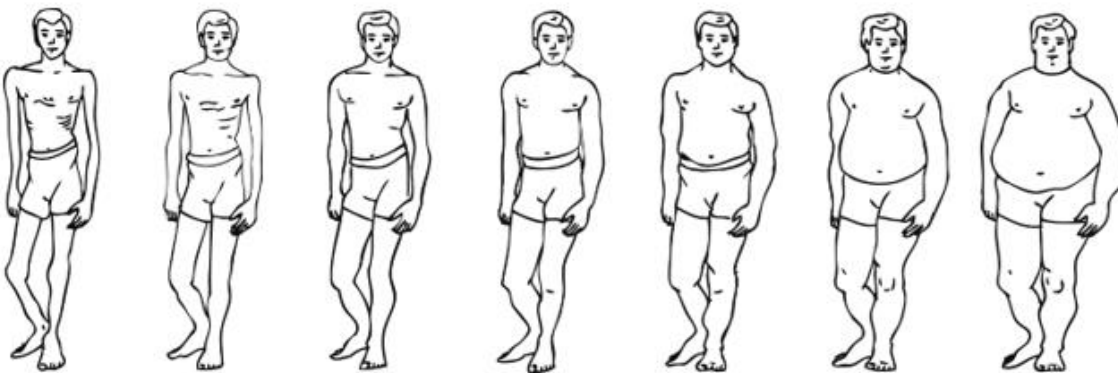
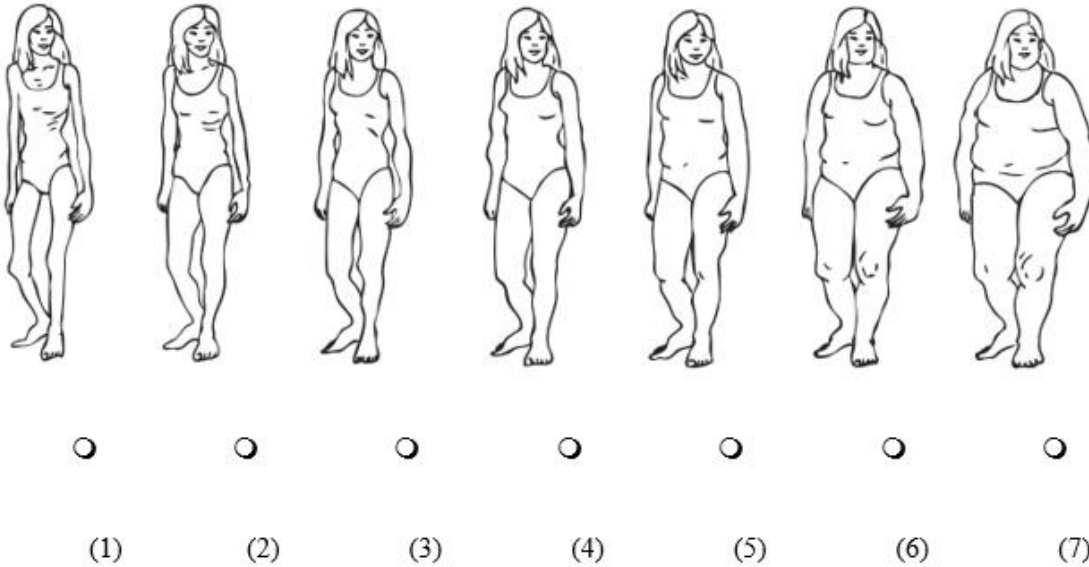
Source : Collins, Elizabeth (1991). « Body Figure perceptions and Preferences Among preadolescent Children », *International Journal of Eating Disorders*, vol. 10, no 2, p. 208- 217. Copyright © 1991, John Wiley & Sons, Inc. Reproduced with permission of John Wiley & Sons Inc. Adaptées par l'ISQ.

Filtre 10.

Si SD9_2A = 1 et SD9_2B = 2, 3 OU si SD9_2A = 2 et SD9_2B = 1, 3 → HV3_4_FH

Sinon → HV3_5

HV3_4_FH Check the illustration that best matches what you'd like to look like.



9 Refuse to answer

Source : Collins, Elizabeth (1991). « Body Figure perceptions and Preferences Among preadolescent Children », *International Journal of Eating Disorders*, vol. 10, no 2, p. 208- 217. Copyright © 1991, John Wiley & Sons, Inc. Reproduced with permission of John Wiley & Sons Inc. Adaptées par l'ISQ.

HV3_5 Are you currently doing anything about your weight?

- 1 I'm trying to lose weight
- 2 I'm trying to maintain my weight at the same level
- 3 I'm trying to gain weight → HV3_7
- 4 I'm not doing anything about my weight → HV3_7
- 9 Refuse to answer → HV3_7

Source : Institut de la statistique du Québec, *Enquête sociale et de santé auprès des enfants et adolescents québécois 1999 – Questionnaire aux adolescentes et adolescents (ESSEA)*, 1999, question 90. Adaptée par l'ISQ.

(HV3_6) In the past 6 months, how often have you tried one or more of the following methods to lose weight or maintain your current weight?

		Often	A few times	Rarely	Never	Refuse to answer
HV3_6A	Following a diet (e.g., 1000-calorie diet, nutrition bars, Weight Watchers, Keto diet, etc.)	1	2	3	4	9
HV3_6B	Not eating for an entire day	1	2	3	4	9
HV3_6C	Making yourself vomit, taking laxatives or diet pills	1	2	3	4	9
HV3_6D	Reducing or eliminating sugar or fat in your diet (stop eating candy, dessert, chips, etc.)	1	2	3	4	9
HV3_6E	Engaging in intensive training or exercise	1	2	3	4	9
HV3_6F	Starting to smoke or going back to smoking	1	2	3	4	9
HV3_6G	Skipping meals (breakfast, lunch or supper)	1	2	3	4	9
HV3_6H	Other, please specify (HV3_6H_AUT)	1	2	3	4	9

Source : Institut de la statistique du Québec, *Enquête sociale et de santé auprès des enfants et adolescents québécois 1999 – Questionnaire aux adolescentes et adolescents* (ESSEA), 1999, questions 90A à 90H. Adaptées par l'ISQ.

(HV3_7) In the past 6 months, how often have you tried one or more of the following methods to increase your muscle size?

		Often	A few times	Rarely	Never	Refuse to answer
HV3_7A	Changing your eating habits	1	2	3	4	9
HV3_7B	Exercising more	1	2	3	4	9
HV3_7C	Using protein powder or shakes	1	2	3	4	9
HV3_7D	Using steroids	1	2	3	4	9
HV3_7E	Using another muscle building substance (such as creatine, amino acids, hydroxyl methylbutyrate [HMB], DHEA, growth hormone, etc.)	1	2	3	4	9

Source : M.E. Eisenberg, M. Wall et D. Neumark-Sztainer (2012), « Muscle-enhancing Behaviors Among Adolescent Girls and Boys », *Pediatrics*, vol. 130, no 6, p. 1019-1026. Project EAT : For Researchers - Project EAT - School of Public Health - University of Minnesota (umn.edu), question 22. Adaptées par l'ISQ.

Your dental health

HV1_1 How often do you brush your teeth?

- 1 More than twice a day
- 2 Twice a day
- 3 Once a day
- 4 Less than once a day but more than once a week
- 5 Once a week
- 6 Less than once a week
- 7 Never
- 9 Refuse to answer

Source : *Enquête sur la santé dans les collectivités canadiennes (ESCC)*, 2005, question OH2E_30.

HV1_2 How often do you use dental floss?

- 1 More than once a day
- 2 Once a day
- 3 Less than once a day but more than once a week
- 4 Once a week
- 5 Less than once a week
- 6 Never
- 9 Refuse to answer

Source : Institut de la statistique du Québec, *Enquête québécoise sur la santé de la population 2008 (EQSP)*, 2008, question Q23.
Adaptée par l'ISQ.

Your respiratory health

HV6_10 In the past 12 months, did you have episodes of sneezing, or a runny or stuffy nose when you did not have a cold or flu?

- 1 Yes
- 2 No → [SM_G_1](#)
- 9 Refuse to answer → [SM_G_1](#)

Source : *International Study of Asthma and Allergies in Childhood 1993 (ISAAC)*, 1993, table 2, question 2.

HV6_11 In the past 12 months, were these nasal problems accompanied by watery and itchy eyes?

- 1 Yes
- 2 No → [SM_G_1](#)
- 9 Refuse to answer → [SM_G_1](#)

Source : *International Study of Asthma and Allergies in Childhood 1993 (ISAAC)*, 1993, table 2, question 3.

(HV6_12) In the past 12 months, during which month(s) did you have these nasal problems?

		Yes	No	Refuse to answer
HV6_12_1	January	1	2	9
HV6_12_2	February	1	2	9
HV6_12_3	March	1	2	9
HV6_12_4	April	1	2	9
HV6_12_5	May	1	2	9
HV6_12_6	June	1	2	9
HV6_12_7	July	1	2	9
HV6_12_8	August	1	2	9
HV6_12_9	September	1	2	9
HV6_12_10	October	1	2	9
HV6_12_11	November	1	2	9
HV6_12_12	December	1	2	9

Source : *International Study of Asthma and Allergies in Childhood 1993 (ISAAC)*, 1993, table 2, question 4.

HV6_13 Does pollen usually trigger or increase these nasal problems?

- 1 Yes
- 2 No
- 9 Refuse to answer

Source : Institut de la statistique du Québec, *Enquête québécoise sur la santé de la population 2008 (EQSP)*, 2008, question Q6b. Adaptée par l'ISQ.

About your family environment

(SM_G_1) How true do you feel these statements are about your family environment? In my home, there is a parent or another adult...

		Not at all true	A little true	Prety much true	Very much true	Refuse to answer
SM_G_1_1	Who is interested in my school work.	1	2	3	4	9
SM_G_1_2	Who talks with me about my problems.	1	2	3	4	9
SM_G_1_3	Who listens to me when I have something to say.	1	2	3	4	9
SM_G_1_4	Who expects me to follow the rules.	1	2	3	4	9
SM_G_1_5	Who believes that I will be a success.	1	2	3	4	9
SM_G_1_6	Who always wants me to do my best.	1	2	3	4	9
SM_G_1_7	Who is affectionate with me (hugs me, smiles at me, gives me kisses).	1	2	3	4	9

Sources : California Department of Education, *California Healthy Kids Survey* (CHKS), 2007-2008, California Department of Education, *California Healthy Kids Survey* (CHKS), 2016-2017, Régie régionale de la santé et des services sociaux de l'Outaouais (RRSSO), *Styles de vie des jeunes du secondaire en Outaouais* (SVJSO), 1996, question 22B et Régie régionale de la santé et des services sociaux de l'Outaouais (RRSSO), *Styles de vie des jeunes du secondaire en Outaouais* (SVJSO), 2002, question 24B. Adaptées par l'ISQ.

(SM_G2) How true do you feel these statements are about your family environment? At home...

		Not at all true	A little true	Prety much true	Very much true	Refuse to answer
SM_G2_1	I do fun things or go to fun places with my parents or other adults.	1	2	3	4	9
SM_G2_2	I do things that help improve family life.	1	2	3	4	9
SM_G2_3	I help make decisions with my family.	1	2	3	4	9

Source : California Department of Education, *California Healthy Kids Survey* (CHKS), 2016-2017. Adaptées par l'ISQ.

SM_G_3A In everyday life, do your parents know where you are when you are not at home?

- 1 Never
- 2 Occasionally
- 3 Often
- 4 Always
- 9 Refuse to answer

Sources : Deslandes, R., Royer, É. et Turcotte, D. (1995). « Validation d'instruments de mesure du style parental et de la participation parentale dans le suivi scolaire », *Mesure et évaluation en éducation*, vol. 18, no 2, p. 63-80 et Steinberg, L. et autres (1992). « Impact Of Parenting Practices On Adolescent Achievement: Authoritative Parenting, School Involvement, And Encouragement To Succeed », *Child Development*, vol. 63, no 5, octobre, p. 1266-1281.

SM_G_3B In everyday life, do your parents know who you are with when you are not at home?

- 1 Never
- 2 Occasionally
- 3 Often
- 4 Always
- 9 Refuse to answer

Sources : Deslandes, R., Royer, É. et Turcotte, D. (1995). « Validation d'instruments de mesure du style parental et de la participation parentale dans le suivi scolaire », *Mesure et évaluation en éducation*, vol. 18, no 2, p. 63-80 et Steinberg, L. et autres (1992). « Impact Of Parenting Practices On Adolescent Achievement: Authoritative Parenting, School Involvement, And Encouragement To Succeed », *Child Development*, vol. 63, no 5, octobre, p. 1266-1281.

About your sexual attraction to others and sexual relations

Filtre 11.

Si SD9_1 = 4, 5, 6, 7, 8, 9 ou GROUP_AGE = 2 → HV7_15

Sinon → HV8_7

HV7_15 People are different in their sexual attraction to others. Which of the following statements best describes your feelings? Would you say that you are :

- 1 Only attracted to boys
- 2 Mostly attracted to boys
- 3 Attracted to more than one gender, or attracted to persons of any gender
- 4 Only attracted to girls
- 5 Mostly attracted to girls
- 6 Mostly or only attracted to non-binary persons
- 7 Little or not sexually attracted to other people
- 8 Unsure
- 9 Refuse to answer

Source : *Enquête canadienne sur la santé des enfants et des jeunes 2019* (ECSEJ), 2019, question SXA_Q005. Adapté par l'ISQ.

The next questions are about the sexual relations you have had with your consent. Giving your consent means that you accepted to participate in the sexual activity in question by agreeing through your words, behaviour, or both. This means that you were not physically forced or coerced through blackmail or threats into having a sexual relation.

HV7_0 Have you ever had sexual relations (oral, vaginal or anal) with your consent?

- 1 Yes
- 2 No → HV8_7
- 9 Refuse to answer → HV8_7

Source : Institut de la statistique du Québec, *Enquête sociale et de santé auprès des enfants et adolescents québécois 1999 – Questionnaire aux adolescentes et adolescents* (ESSEA), 1999, questions 50 et 65. Adaptées par l'ISQ.

HV7_0A How old were you the first time you had sexual relations (with your consent)?

I was _____ years old. [Âge maximum = Âge au moment de l'enquête]

- 9 9 or under
- 10 10
- 11 11
- 12 12
- 13 13
- 14 14
- 15 15
- 16 16
- 17 17
- 18 18
- 19 19 or over
- 99 Refuse to answer

Source : Institut de la statistique du Québec, *Enquête sociale et de santé auprès des enfants et adolescents québécois 1999 – Questionnaire aux adolescentes et adolescents* (ESSEA), 1999, questions 52 et 67. Adaptées par l'ISQ.

HV7_0B With how many different people have you had sexual relations (oral, vaginal or anal) with your consent?

- 1 1 person
- 2 2 people
- 3 3 people
- 4 4 people
- 5 5 people
- 6 6 people
- 7 7 people
- 8 8 people
- 9 9 people or more
- 99 Refuse to answer

Source : Institut de la statistique du Québec, *Enquête sociale et de santé auprès des enfants et adolescents québécois 1999 – Questionnaire aux adolescentes et adolescents* (ESSEA), 1999, questions 51 et 66. Adaptées par l'ISQ.

If you don't feel comfortable answering more questions on this topic, you can go directly to the next section.

SECT_RELTN_SEX_PAGE Do you wish to continue this section?

- 1 Yes
- 2 No, I prefer skipping to the next section → [HV8_7](#)
- 9 Refuse to answer → [HV8_7](#)

HV7_1 Have you ever had oral sex (contact of the mouth with the vulva or penis) with your consent?

- 1 Yes
- 2 No
- 9 Refuse to answer

Source : Institut de la statistique du Québec, *Enquête sociale et de santé auprès des enfants et adolescents québécois 1999 – Questionnaire aux adolescentes et adolescents* (ESSEA), 1999, questions 50 et 65. Adaptées par l'ISQ.

HV7_4 Have you ever had vaginal sex (penetration of the penis into the vagina) with your consent?

- 1 Yes
- 2 No → [HV7_8](#)
- 9 Refuse to answer → [HV7_8](#)

Source : Institut de la statistique du Québec, *Enquête sociale et de santé auprès des enfants et adolescents québécois 1999 – Questionnaire aux adolescentes et adolescents* (ESSEA), 1999, questions 50 et 65. Adaptées par l'ISQ.

HV7_7 The last time you had vaginal sex (with your consent), did you or your partner use a condom?

- 1 Yes
- 2 No
- 9 Refuse to answer

Sources : Institut de la statistique du Québec, *Enquête sociale et de santé – Questionnaire sur les habitudes de vie et la santé 1998 – Questionnaire autoadministré* (ESS), 1998, question 209 et Institut de la statistique du Québec, *Enquête québécoise sur la santé de la population 2008* (EQSP), 2008, question Q99. Adaptées par l'ISQ.

(HV7_13) The last time you had vaginal sex (with your consent), did you or your partner use any of the following contraceptive methods, other than the condom?

		Yes	No	Refuse to answer
HV7_13A	Birth control pill, patch, ring, Depo-Provera	1	2	9
HV7_13B	Diaphragm, cervical cap, female condom	1	2	9
HV7_13C	IUD (intrauterine device), contraceptive implant	1	2	9
HV7_13D	Withdrawal (penis withdrawn before ejaculation)	1	2	9
HV7_13E	Natural methods (calendar, symptothermal, Billings, etc.)	1	2	9
HV7_13F	Other method, please specify (HV7_13F_AUT)	1	2	9

Source : Institut national de santé publique du Québec (INSPQ), *Étude Pixel – Portrait de la santé sexuelle des jeunes adultes au Québec, 2013-2014*, question 102.

Filtre 12.

Si SD9_2A = 2 et SD9_1 = 4, 5, 6, 7, 8, 9 → HV7_14

Sinon → HV7_8

HV7_14 In the past 12 months, how many times did you use the emergency contraception pill (morning-after pill, Plan B)?

INSTRUCTION : If you did not use it, select "Not once."

- 1 Not once
- 2 Once
- 3 Twice
- 4 3 times
- 5 4 times
- 6 5 times
- 7 6 times
- 8 7 times
- 9 8 times
- 10 9 times
- 11 10 times
- 12 11 times
- 13 12 times or more
- 99 Refuse to answer

Source : Groupe d'Études des COnditions de vie et des BESoins de la population (ÉCOBES), *Enquête interrégionale auprès des jeunes – 2008*, 2008, question G.5.

HV7_8 Have you ever had anal sex (penetration of the penis into the anus) with your consent?

- 1 Yes
- 2 No → HV7_16
- 9 Refuse to answer → HV7_16

Source : Institut de la statistique du Québec, *Enquête sociale et de santé auprès des enfants et adolescents québécois 1999 – Questionnaire aux adolescentes et adolescents (ESSEA)*, 1999, questions 50 et 65. Adaptées par l'ISQ.

HV711 The last time you had anal sex (with your consent), did you or your partner use a condom?

- 1 Yes
- 2 No
- 9 Refuse to answer

Sources : Institut de la statistique du Québec, *Enquête sociale et de santé – Questionnaire sur les habitudes de vie et la santé 1998 – Questionnaire autoadministré* (ESS), 1998, question 209 et Institut de la statistique du Québec, *Enquête québécoise sur la santé de la population 2008* (EQSP), 2008, question Q99. Adaptées par l'ISQ.

HV7_16 Up until now, when you had sexual relations (oral, vaginal or anal) with your consent, it was...

- 1 Always with a person of the opposite sex
- 2 Mostly with a person of the opposite sex
- 3 Always with a person of the same sex as you
- 4 Mostly with a person of the same sex as you
- 5 Equally with persons of the same sex as you and the opposite sex
- 9 Refuse to answer

Sources : Inspirée de Santé Québec, *Enquête québécoise sur les facteurs associés au sida et aux autres MTS : La population des 15-29 ans 1991* (MTSSIDA), 1991, question 26 et Institut de la statistique du Québec, *Enquête sociale et de santé – Questionnaire sur les habitudes de vie et la santé 1998* (ESS) (Questionnaire autoadministré), 1998, question 204.

Your experience with electronic cigarettes

Electronic cigarettes (or e-cigarettes) are also called vapes, vape pens, mods, pods, etc. This section relates only to your use of electronic cigarettes with or without nicotine. It excludes your use of cannabis by vaping it.

HV8_7 Have you ever used an electronic cigarette, even if just for a few puffs?

INSTRUCTION : Exclude cannabis-containing vaping products (wax pen, etc.).

- 1 Yes
- 2 No → HV8_2T
- 9 Refuse to answer → HV8_2T

Sources : Société canadienne du cancer, *Enquête sur le tabagisme chez les jeunes 2012-2013* et Institut de la statistique du Québec, *Enquête sur le tabac, l'alcool, la drogue, le jeu chez les élèves du secondaire* (ETADJES), 2019, question CIG3_2. Adaptées par l'ISQ.

HV8_8 In the past 30 days, have you used an electronic cigarette?

INSTRUCTION : Exclude cannabis-containing vaping products (wax pen, etc.).

- 1 Yes
- 2 No
- 9 Refuse to answer

Sources : Société canadienne du cancer, *Enquête sur le tabagisme chez les jeunes 2012-2013* et Institut de la statistique du Québec, *Enquête sur le tabac, l'alcool, la drogue, le jeu chez les élèves du secondaire* (ETADJES), 2019, question CIG3_2. Adaptée par l'ISQ.

HV8_10 Have you used an electronic cigarette containing nicotine in the past 30 days?

- 1 Yes
- 2 No
- 3 I don't know if it contained nicotine**
- 9 Refuse to answer

Source : Hammond, D. et autres (2019). *ITC Youth Tobacco and E-Cigarette Survey – Wave 2 Survey* (2018). University of Waterloo, question ET_NIC_CURR. Adaptée par l'ISQ.

Your experience with cigarettes and other tobacco products

HV8_2T Your experience with cigarettes and other tobacco products

- 1 Yes
- 2 No → [HV8_9](#)
- 9 Refuse to answer → [HV8_9](#)

Source : *Enquête sur le tabagisme chez les jeunes 1994* (F08S) (ETJ), 1994, question 9a. Adaptée par l'ISQ.

HV8_3T Have you ever smoked a whole cigarette?

- 1 Yes
- 2 No → [HV8_5T](#)
- 9 Refuse to answer → [HV8_5T](#)

Source : *Enquête sur le tabagisme chez les jeunes 1994* (F08S) (ETJ), 1994, question 12. Adaptée par l'ISQ.

HV8_3AT How old were you when you smoked your first whole cigarette?

I was _____ years old.

Enter age [Min : 5 (5 ans ou moins); Max : âge au moment de l'enquête]

- 99 Refuse to answer

Source : *Enquête sur le tabagisme chez les jeunes 1994* (F08S) (ETJ), 1994, question 13. Adaptée par l'ISQ.

HV8_4T Have you smoked 100 or more cigarettes in your life?

[100 cigarettes = 4 packs of 25 cigarettes](#)

- 1 Yes
- 2 No
- 3 **I don't know**
- 9 Refuse to answer

Source : *Enquête sur le tabagisme chez les jeunes 1994* (F08S) (ETJ), 1994, question 14. Adaptée par l'ISQ.

HV8_5T In the past 30 days, have you smoked cigarettes, even just a few puffs?

- 1 No, I haven't smoked in the past 30 days
- 2 Yes, every day
- 3 Yes, almost every day
- 4 Yes, a few times (a few days)
- 9 Refuse to answer

Source : *Enquête sur le tabagisme chez les jeunes 1994* (F08S) (ETJ), 1994, question 17. Adaptée par l'ISQ.

HV8_9 In the past 30 days, did you use any tobacco products other than cigarettes or electronic cigarettes (e.g., cigars, cigarillos, small cigars, water pipes or shisha, chewing tobacco, heated tobacco products (HTPs), etc.)?

- 1 Yes, please specify the product(s) ([HV8_9P](#))
- 2 No
- 9 Refuse to answer

Source : Institut de la statistique du Québec, *Enquête québécoise sur le tabac, l'alcool, la drogue et le jeu chez les élèves du secondaire* (ETADJES), 2013, question 11. Adaptée par l'ISQ.

Your experience with alcohol

HV_J_3 In your lifetime, have you ever drunk alcohol?

INSTRUCTION : Don't count the times when you only had a sip.

- 1 Yes
- 2 No → [HV_J_14A](#)
- 9 Refuse to answer → [HV_J_14A](#)

Source : Institut de la statistique du Québec. *Enquête québécoise sur le tabac, l'alcool, la drogue et le jeu chez les élèves du secondaire* (ETADJES), 2004, question 44.

HV_J_4 How old were you when you drank alcohol for the first time?

INSTRUCTION : Don't count the times when you only had a sip.

I was _____ years old.

Enter age [Min : 5 (5 ans ou moins); Max : âge au moment de l'enquête]

- 99 Refuse to answer

Sources : Institut de la statistique du Québec, *Enquête sociale et de santé auprès des enfants et adolescents québécois 1999 – Questionnaire aux adolescentes et adolescents* (ESSEA), 1999, question 111 et Institut de la statistique du Québec, *Enquête québécoise sur le tabac, l'alcool, la drogue et le jeu chez les élèves du secondaire* (ETADJES), 2004, question 45. Adaptées par l'ISQ.


HV_J_5 In the past 12 months, how often did you drink alcohol?

- 1 I didn't drink alcohol in the past 12 months → [HV_J_6C](#)
- 2 Just once to try
- 3 Less than once a month (occasionally)
- 4 About once a month
- 5 On the weekend or once or twice a week
- 6 3 times a week or more but not every day
- 7 Every day
- 9 Refuse to answer → [HV_J_6C](#)

Source : Recherche et intervention sur les substances psychoactives - Québec (RISQ). *DEP-ADO Grille de dépistage de consommation problématique d'alcool et de drogues chez les adolescents et les adolescentes*, 2000, question 1. Adaptée par l'ISQ.

(HV_J_6) In the past 12 months, how many times have you had...

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- 1½ oz.)

1 shooter
(30-40 ml or 1- 1½ oz.)

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

Not once Once Twice 3 times 4 times 5 to 10 times 11 to 25 times 26 times or more Refuse to answer

HV_J_6	5 drinks or more of alcohol on the same occasion?	1	2	3	4	5	6	7	8	99
HV_J_6A	8 drinks or more of alcohol on the same occasion?	1	2	3	4	5	6	7	8	99

Source : Recherche et intervention sur les substances psychoactives - Québec (RISQ). DEP-ADO Grille de dépistage de consommation problématique d'alcool et de drogues chez les adolescents et les adolescentes, 2000, questions 5a et 5b.

HV_J_6B In the past 30 days, did you drink alcohol?

- 1 Yes
- 2 No
- 9 Refuse to answer

Source : Recherche et intervention sur les substances psychoactives - Québec (RISQ). DEP-ADO Grille de dépistage de consommation problématique d'alcool et de drogues chez les adolescents et les adolescentes, 2000, question 2. Adaptée par l'ISQ.

HV_J_6C In your lifetime, have you ever drunk alcohol on a regular basis, meaning at least once a week for at least one month?

- 1 Yes
- 2 No → HV_J_14A
- 9 Refuse to answer → HV_J_14A

Source : Recherche et intervention sur les substances psychoactives - Québec (RISQ). DEP-ADO Grille de dépistage de consommation problématique d'alcool et de drogues chez les adolescents et les adolescentes, 2000, question 3a. Adaptée par l'ISQ.

HV_J_6D How old were you when you first drank alcohol on a regular basis, meaning at least once a week for at least one month?

I was _____ years old.

Enter age [Min : 5 (5 ans ou moins); Max : âge au moment de l'enquête]

99 Refuse to answer

Source : Recherche et intervention sur les substances psychoactives - Québec (RISQ). *DEP-ADO Grille de dépistage de consommation problématique d'alcool et de drogues chez les adolescents et les adolescentes*, 2000, question 3b. Adaptée par l'ISQ.

HV_J_14A How difficult or easy do you think it would be for you personally to obtain alcohol within 24 hours?

1 Very easy

2 Fairly easy

3 Fairly difficult

4 Very difficult

5 Impossible

6 I don't know

9 Refuse to answer

Source : European Commission, *Flash Eurobarometer 401: Young people and drugs*, 2014, question Q11.

Your experience with cannabis and other drugs

- HV_J_9_1V In your lifetime, have you ever used cannabis (marijuana, pot, hashish, hash, weed, wax pen)?
- 1 Yes
 - 2 No → HV_J_14B
 - 9 Refuse to answer → HV_J_14B

Source : Institut de la statistique du Québec, *Enquête sur le tabac, l'alcool, la drogue, le jeu chez les élèves du secondaire* (ETADJES), 2019, question DRG3_1.

- HV_J_9_1A How old were you the first time you used cannabis (marijuana, pot, hashish, weed, wax pen)?
- I was _____ years old.
- Enter age [Min : 5 (5 ans ou moins); Max : âge au moment de l'enquête]
- 99 Refuse to answer

Sources : Institut de la statistique du Québec, *Enquête sur le tabac, l'alcool, la drogue, le jeu chez les élèves du secondaire* (ETADJES), 2004, question 52 et Institut de la statistique du Québec, *Enquête sociale et de santé auprès des enfants et adolescents québécois 1999 – Questionnaire aux adolescentes et adolescents* (ESSEA), 1999, question 115. Adaptées par l'ISQ.

- HV_J_9_1 In the past 12 months, how often did you use cannabis (marijuana, pot, hashish, hash, weed, wax pen)?
- 1 I didn't use cannabis in the past 12 months → HV_J_14B
 - 2 Just once to try
 - 3 Less than once a month (occasionally)
 - 4 About once a month
 - 5 On the weekend or once or twice a week
 - 6 3 times a week or more but not every day
 - 7 Every day
 - 9 Refuse to answer → HV_J_14B

Source : Recherche et intervention sur les substances psychoactives - Québec (RISQ). *DEP-ADO Grille de dépistage de consommation problématique d'alcool et de drogues chez les adolescents et les adolescentes*, 2000, question 1. Adaptée par l'ISQ.

(HV_J_9_1F) In the past 12 months, how often did you use cannabis in the following forms?

		I didn't	Just once to try	Less than once a month (occasionally)	About once a month	On the weekend or once or twice a week	3 times a week or more, but not every day	Every day	Refuse to answer
HV_J_9_1F_1	Cannabis in the form of dried flowers or leaves (marijuana, pot, weed)	1	2	3	4	5	6	7	9
HV_J_9_1F_2	Cannabis in the form of hashish or skuff (kief)	1	2	3	4	5	6	7	9
HV_J_9_1F_3	Cannabis in the form of liquid extracts or concentrates (cannabis or hash oil or extract such as rosin or distillate, oil cartridges, disposable vape pens)	1	2	3	4	5	6	7	9
HV_J_9_1F_4	Cannabis in the form of solid extracts or concentrates, excluding hashish (BHO oil, dabs, shatter, budder, badder, wax)	1	2	3	4	5	6	7	9
HV_J_9_1F_5	Cannabis in the form of edibles (e.g., brownies, muffins, candies)	1	2	3	4	5	6	7	9
HV_J_9_1F_6	Cannabis in the form of drinks	1	2	3	4	5	6	7	9

Sources : Santé Canada, *Enquête canadienne sur le cannabis*, 2017, question Q24a et Institut de la statistique du Québec, *Enquête québécoise sur le cannabis* (EQC), 2021, question Q15. Adaptées par l'ISQ.

HV_J_9_1M_1 In the past 12 months, did you use cannabis by vaping it (e.g., with an electronic cigarette, a vape, or a wax pen)?

- 1 Yes
- 2 No
- 9 Refuse to answer

Sources : Santé Canada, *Enquête canadienne sur le cannabis*, 2017, question Q24a et Institut de la statistique du Québec, *Enquête québécoise sur le cannabis* (EQC), 2021, question Q15. Adaptées par l'ISQ.

HV_J_14B How difficult or easy do you think it would be for you personally to obtain cannabis within 24 hours?

- 1 Very easy
- 2 Fairly easy
- 3 Fairly difficult
- 4 Very difficult
- 5 Impossible
- 6 **I don't know**
- 9 Refuse to answer

Source : European Commission, *Flash Eurobarometer 401: Young people and drugs*, 2014, question Q11.

HV_J_7X In your lifetime, have you ever used drugs other than cannabis?

- 1 Yes
- 2 No → [Filtre 13](#)
- 9 Refuse to answer → [Filtre 13](#)

Sources : Institut de la statistique du Québec, *Enquête sur le tabac, l'alcool, la drogue, le jeu chez les élèves du secondaire* (ETADJES), 2004, question 51 et Institut de la statistique du Québec, *Enquête sociale et de santé auprès des enfants et adolescents québécois 1999 – Questionnaire aux adolescentes et adolescents* (ESSEA), 1999, question 113. Adaptées par l'ISQ.

HV_J_8X How old were you when you used drugs (other than cannabis) for the first time?

I was _____ years old.

Enter age [[Min : 5 \(5 ans ou moins\)](#); [Max : âge au moment de l'enquête](#)]

- 99 Refuse to answer

Sources : Institut de la statistique du Québec, *Enquête sur le tabac, l'alcool, la drogue, le jeu chez les élèves du secondaire* (ETADJES), 2004, question 52 et Institut de la statistique du Québec, *Enquête sociale et de santé auprès des enfants et adolescents québécois 1999 – Questionnaire aux adolescentes et adolescents* (ESSEA), 1999, question 115.

(HV_J_9) In the past 12 months, how often did you use each of the following drugs?

		I didn't	Just	Less than	About	On the	3 times	Every	Refuse
			once	once a month	once a	weekend	a week	day	to
			to try	(occasionally)	month	or once or	or more,		answer
						twice a	but not		
						week	every		
							day		
HV_J_9_2	Cocaine (coke, snow, crack, free base, powder, rocks, etc.)	1	2	3	4	5	6	7	9
HV_J_9_3	Solvents, gas, glue, poppers, nitrites, whippets, cleaners, dusters, etc.	1	2	3	4	5	6	7	9

HV_J_9_4	Hallucinogens (LSD, acid, candy, blotters, PCP, mescaline, mess, magic mushrooms, mush, etc.)	1	2	3	4	5	6	7	9
HV_J_9_5	MDMA (ecstasy, E, XTC, X, pill, dove, love drug, molly, etc.)	1	2	3	4	5	6	7	9
HV_J_9_13	GHB (liquid ecstasy, juice, g, gh, gamma-OH, etc.)	1	2	3	4	5	6	7	9
HV_J_9_6	Heroin (smack, junk, point, jazz, etc.)	1	2	3	4	5	6	7	9
HV_J_9_7	Amphetamines or methamphetamines (speed, uppers, peanut, meth, crystal, ice, pill, wake-up, pep pills, peach, etc.)	1	2	3	4	5	6	7	9
HV_J_9_10	Bath salts, plant food, synthetic cocaine, mephedrone, MDPV, alpha-PVP, Flakka, Gravel	1	2	3	4	5	6	7	9
HV_J_9_11	Incense, Spice, K2, Dream, Yucatan fire	1	2	3	4	5	6	7	9
HV_J_9_14	Salvia, ketamine, K, vitamin K, ket, ketty, special K, khat, BZP, 2C-B, nexus	1	2	3	4	5	6	7	9
HV_J_9_9	Other drug, please specify the name of the drug (or drugs) that you took (HV_J_9_9P) [Si HV_J_9_9 ≠ 1, 9]	1	2	3	4	5	6	7	9

Sources : Recherche et intervention sur les substances psychoactives - Québec (RISQ). *DEP-ADO Grille de dépistage de consommation problématique d'alcool et de drogues chez les adolescents et les adolescentes*, 2000, question 1 et ministère de la Santé et des Services sociaux du Québec, *Mieux connaître les drogues*, 2015. Adaptées par l'ISQ.

Filtre 13.

Si HV_J_9_1V = 2, 9 et HV_J_7X = 2, 9 → HV_J_13

Si HV_J_9_1 = 1 et HV_J_9_2 à HV_J_9_9 = 1 → HV_J_10A

Sinon → HV_J_10

HV_J_10 Thinking of the drug(s) you checked in the previous pages: In the past 30 days, did you use any of these drugs (including cannabis)?

1 Yes

2 No

9 Refuse to answer

Source : Recherche et intervention sur les substances psychoactives - Québec (RISQ). *DEP-ADO Grille de dépistage de consommation problématique d'alcool et de drogues chez les adolescents et les adolescentes*, 2000, question 2. Adaptée par l'ISQ.

HV_J_10A In your lifetime, have you ever used drugs (including cannabis) on a regular basis, meaning at least once a week for at least one month?

1 Yes

2 No → HV_J_13

9 Refuse to answer → HV_J_13

Source : Recherche et intervention sur les substances psychoactives - Québec (RISQ). *DEP-ADO Grille de dépistage de consommation problématique d'alcool et de drogues chez les adolescents et les adolescentes*, 2000, question 3a. Adaptée par l'ISQ.

HV_J_10B How old were you when you started using drugs (including cannabis) on a regular basis, meaning at least once a week for at least one month?

I was _____ years old.

Enter age [Min : 5 (5 ans ou moins); Max : âge au moment de l'enquête]

99 Refuse to answer

Source : Recherche et intervention sur les substances psychoactives - Québec (RISQ). *DEP-ADO Grille de dépistage de consommation problématique d'alcool et de drogues chez les adolescents et les adolescentes*, 2000, question 3b. Adaptée par l'ISQ.

HV_J_13 In the past 12 months, how often did you take medication without a prescription or take more medication than prescribed to get a high similar to that of a drug?

Examples of medications :

- **Mental health medication – for anxiety or sleep aids** (Alprazolam, Ativan, Benzo, Clonazepam, Dalmane, Diazepam, Flurazepam, Imovane, Lorazepam, Oxazépam, Restoril, Rivotril, Serax, Temazepam, Valium, Xanax, Xanies, Zopiclone, ...)
- **Mental health medication – other** (Abilify, Aripiprazole, Bupropion, Celexa, Cipralex, Citalopram, Cymbalta, Desyrel, Duloxetine, Effexor, Escitalopram, Fluoxetine, Fluvoxamine, Invega, Luvox, Olanzapine, Paliperidone, Paroxetine, Paxil, Prozac, Quetiapine, Seroquel, Sertraline, Trazodone, Venlafaxine, Wellbutrin, Zeldox, Ziprasidone, Zoloft, Zyprexa, ...)
- **ADD/ADHD medication** (Adderall, Biphentin, Concerta, Dexedrine, Foquest, Intuniv, Methylphenidate, Ritalin, Strattera, Vyvanse, ...)
- **Pain medication – opioids** (Codeine, Empracet, Dilaudid, Duragesic, Fentanyl, Hydromorph Contin, Hydromorphone, Kadian, Lenoltec, M-Eslon, Metadol, Methadone, Mersyndol, Morphine, MS.IR, Nucynta, Oxy, Oxycocet, Oxycodone, Oxycontin, Oxyneo, Percocet, Rivacocet, Statex, Supeudol, Tapentadol, Tramadol, triatec, tylenol+Codeine (No. 1, 2, 3 or 4), Ultram, ...)
- **Cold or flu medication** (Dextrometorphane, DM, pseudoephedrine, Lean, Purple Drank, DM syrup, ...)
- **Wake-up** (caffeine pills)
 - 1 I didn't
 - 2 Just once to try
 - 3 Less than once a month (occasionally)
 - 4 About once a month
 - 5 On the weekend or once or twice a week
 - 6 3 times a week or more, but not every day
 - 7 Every day
 - 9 Refuse to answer

Source : Recherche et intervention sur les substances psychoactives - Québec (RISQ). *DEP-ADO Grille de dépistage de consommation problématique d'alcool et de drogues chez les adolescents et les adolescentes*, 2013, question 1. Adaptée par l'ISQ.

Filtre 14.

Si HV_J_13 ≠ 1, 9 → HV_J_13P

Sinon → Filtre 15

HV_J_13P What medication(s) did you take to get a high similar to that of a drug? : _____

Source : Recherche et intervention sur les substances psychoactives - Québec (RISQ). *DEP-ADO Grille de dépistage de consommation problématique d'alcool et de drogues chez les adolescents et les adolescentes*, 2013, question 1. Adaptée par l'ISQ.

Filtre 15.

Si HV_J_5 = 2, 3, 4, 5, 6, 7 ou HV_J_9_1 = 2, 3, 4, 5, 6, 7 ou HV_J_9_2 à HV_J_9_9 = 2, 3, 4, 5, 6, 7 → HV_J_12

Sinon → HV_9_1

(HV_J_12) In the past 12 months, have you ever been in any of the following situations?

		Yes	No	Refuse to answer
HV_J_12A	My alcohol or drug use has had negative psychological effects on me (e.g., anxiety, depression, problems concentrating, etc.).	1	2	9
HV_J_12B	My alcohol or drug use has had negative effects on my relationships with my family.	1	2	9
HV_J_12C	My alcohol or drug use has had negative effects on my relationships with my friends or on my love life.	1	2	9
HV_J_12D	My alcohol or drug use has had negative effects on my studies.	1	2	9
HV_J_12E	I committed a delinquent act (even if I wasn't arrested by the police) while under the influence of alcohol or drugs.	1	2	9
HV_J_12F	I feel like the same amounts of alcohol or drugs now have less effect on me.	1	2	9
HV_J_12G	I have spoken with a healthcare worker or counsellor about my alcohol or drug use.	1	2	9

Sources : Recherche et intervention sur les substances psychoactives - Québec (RISQ). *DEP-ADO Grille de dépistage de consommation problématique d'alcool et de drogues chez les adolescents et les adolescentes*, 2000, questions 6b à 6d et 6f et Recherche et intervention sur les substances psychoactives - Québec (RISQ). *DEP-ADO Grille de dépistage de consommation problématique d'alcool et de drogues chez les adolescents et les adolescentes*, 2003, questions 6b à 6e, 6g, 6i et 6j. Adaptées par l'ISQ.

About your sleeping habits

We would now like you to tell us about your sleeping habits.

HV_9_1H What time do you usually fall asleep at night during the school week (Sunday to Thursday)?
(hour)

- 1 7 p.m.
- 2 8 p.m.
- 3 9 p.m.
- 4 10 p.m.
- 5 11 p.m.
- 6 12 a.m.
- 7 1 a.m.
- 8 2 a.m.
- 9 3 a.m.
- 99 Refuse to answer

Source : *Enquête interrégionale auprès des jeunes du secondaire 2008*, Agence de la santé et des services sociaux du Saguenay–Lac-Saint-Jean, J.2 (René Lapierre, 2010), adaptée de L. LABERGE, D. PETIT, C. SIMARD, F. VITARO, R.E. TREMBLAY & J. MONTPLAISIR (2001). « Development of sleep patterns in early adolescence », *Journal of Sleep Research*, vol. 10, p. 59-67, adaptée par l'ISQ.

HV_9_1M What time do you usually fall asleep at night during the school week (Sunday to Thursday)?
(minutes)

INSTRUCTION : Round off to the nearest 15 minutes.

- 1 0 min
- 2 15 min
- 3 30 min
- 4 45 min
- 9 Refuse to answer

Source : *Enquête interrégionale auprès des jeunes du secondaire 2008*, Agence de la santé et des services sociaux du Saguenay–Lac-Saint-Jean, J.2 (René Lapierre, 2010), adaptée de L. LABERGE, D. PETIT, C. SIMARD, F. VITARO, R.E. TREMBLAY & J. MONTPLAISIR (2001). « Development of sleep patterns in early adolescence », *Journal of Sleep Research*, vol. 10, p. 59-67, adaptée par l'ISQ.

HV_9_2H What time do you usually wake up in the morning during the school week (Monday to Friday)?
(hour)

- 1 3 a.m.
- 2 4 a.m.
- 3 5 a.m.
- 4 6 a.m.
- 5 7 a.m.
- 6 8 a.m.
- 7 9 a.m.
- 8 10 a.m.
- 99 Refuse to answer

Source : *Enquête interrégionale auprès des jeunes du secondaire 2008*, Agence de la santé et des services sociaux du Saguenay–Lac-Saint-Jean, J.3 (René Lapierre, 2010), adaptée de L. LABERGE, D. PETIT, C. SIMARD, F. VITARO, R.E. TREMBLAY & J. MONTPLAISIR (2001). « Development of sleep patterns in early adolescence », *Journal of Sleep Research*, vol. 10, p. 59-67, adaptée par l'ISQ.

HV_9_2M What time do you usually wake up in the morning during the school week (Monday to Friday)? (minutes)

INSTRUCTION : Round off to the nearest 15 minutes.

- 1 0 min
- 2 15 min
- 3 30 min
- 4 45 min
- 9 Refuse to answer

Source : *Enquête interrégionale auprès des jeunes du secondaire 2008*, Agence de la santé et des services sociaux du Saguenay–Lac-Saint-Jean, J.3 (René Lapierre, 2010), adaptée de L. LABERGE, D. PETIT, C. SIMARD, F. VITARO, R.E. TREMBLAY & J. MONTPLAISIR (2001). « Development of sleep patterns in early adolescence », *Journal of Sleep Research*, vol. 10, p. 59-67, adaptée par l'ISQ..

HV_9_3H What time do you usually fall asleep at night on the weekend (Friday and Saturday)? (hour)

- 1 7 p.m.
- 2 8 p.m.
- 3 9 p.m.
- 4 10 p.m.
- 5 11 p.m.
- 6 12 a.m.
- 7 1 a.m.
- 8 2 a.m.
- 9 3 a.m.
- 10 4 a.m.
- 99 Refuse to answer

Source : *Enquête interrégionale auprès des jeunes du secondaire 2008*, Agence de la santé et des services sociaux du Saguenay–Lac-Saint-Jean, J.2 (René Lapierre, 2010), adaptée de L. LABERGE, D. PETIT, C. SIMARD, F. VITARO, R.E. TREMBLAY & J. MONTPLAISIR (2001). « Development of sleep patterns in early adolescence », *Journal of Sleep Research*, vol. 10, p. 59-67, adaptée par l'ISQ.

HV_9_3M What time do you usually fall asleep at night on the weekend (Friday and Saturday)? (minutes)

INSTRUCTION : Round off to the nearest 15 minutes.

- 1 0 min
- 2 15 min
- 3 30 min
- 4 45 min
- 9 Refuse to answer

Source : *Enquête interrégionale auprès des jeunes du secondaire 2008*, Agence de la santé et des services sociaux du Saguenay–Lac-Saint-Jean, J.2 (René Lapierre, 2010), adaptée de L. LABERGE, D. PETIT, C. SIMARD, F. VITARO, R.E. TREMBLAY & J. MONTPLAISIR (2001). « Development of sleep patterns in early adolescence », *Journal of Sleep Research*, vol. 10, p. 59-67, adaptée par l'ISQ.

HV_9_4H What time do you usually wake up in the morning on the weekend (Saturday and Sunday)?
(hour)

- 1 3 a.m.
- 2 4 a.m.
- 3 5 a.m.
- 4 6 a.m.
- 5 7 a.m.
- 6 8 a.m.
- 7 9 a.m.
- 8 10 a.m.
- 9 11 a.m.
- 10 12 p.m.
- 11 13 p.m.
- 12 14 p.m.
- 13 15 p.m.
- 99 Refuse to answer

Source : *Enquête interrégionale auprès des jeunes du secondaire 2008*, Agence de la santé et des services sociaux du Saguenay–Lac-Saint-Jean, J.3 (René Lapierre, 2010), adaptée de L. LABERGE, D. PETIT, C. SIMARD, F. VITARO, R.E. TREMBLAY & J. MONTPLAISIR (2001). « Development of sleep patterns in early adolescence », *Journal of Sleep Research*, vol. 10, p. 59-67, adaptée par l'ISQ.

HV_9_4M What time do you usually wake up in the morning on the weekend (Saturday and Sunday)?
(minutes)

INSTRUCTION : Round off to the nearest 15 minutes.

- 1 0 min
- 2 15 min
- 3 30 min
- 4 45 min
- 9 Refuse to answer

Source : *Enquête interrégionale auprès des jeunes du secondaire 2008*, Agence de la santé et des services sociaux du Saguenay–Lac-Saint-Jean, J.3 (René Lapierre, 2010), adaptée de L. LABERGE, D. PETIT, C. SIMARD, F. VITARO, R.E. TREMBLAY & J. MONTPLAISIR (2001). « Development of sleep patterns in early adolescence », *Journal of Sleep Research*, vol. 10, p. 59-67, adaptée par l'ISQ.

HV_9_5 Thinking about the past 7 days, how many days did poor or insufficient sleep significantly impact your daily activities, like your school performance, socializing, exercising, or other typical activities?

- 1 0 day
- 2 1 day
- 3 2 days
- 4 3 days
- 5 4 days
- 6 5 days
- 7 6 days
- 8 7 days
- 9 I don't know
- 99 Refuse to answer

Source : Knutson, K. L. et coll. (2017). « The National Sleep Foundation's Sleep Health Index », *Sleep Health*, Vol. 3, 234-240.

Your screen time

(ECR_1) When completing school-related activities, either at school or at home, how much time per day do you usually spend in front of a screen?

For instance, doing exercises in class, doing research, your homework or school work, or reviewing your lessons on a computer, tablet, or smartphone.

		No time	Less than 30 min	30 to 59 min	1 hour to 1 hour and 59 min	2 hours to 2 hours and 59 min	3 hours to 3 hours and 59 min	4 hours to 4 hours and 59 min	5 hours to 5 hours and 59 min	6 hours or more	Refuse to answer
ECR_1A	On a weekday (Monday to Friday)	1	2	3	4	5	6	7	8	9	99
ECR_1B	On a weekend day (Saturday or Sunday)	1	2	3	4	5	6	7	8	9	99

Source : Questions originales de l'EQSJS 2022-2023.

(ECR_2) For communication and leisure activities, how much time per day do you usually spend in front of a screen?

More specifically, we want to know about your use of screens during your personal time (e.g., going on social networks, playing video games, watching shows or movies, talking or chatting with your friends).

INSTRUCTION : Do not count the time spent doing homework, work, or fulfilling obligations (e.g., filling out a job offer form).

		No time	Less than 30 min	30 to 59 min	1 hour to 1 hour and 59 min	2 hours to 2 hours and 59 min	3 hours to 3 hours and 59 min	4 hours to 4 hours and 59 min	5 hours to 5 hours and 59 min	6 hours or more	Refuse to answer
ECR_2A	On a weekday (Monday to Friday), outside of class hours	1	2	3	4	5	6	7	8	9	99
ECR_2B	On a weekend day (Saturday or Sunday)	1	2	3	4	5	6	7	8	9	99

Source : Questions originales de l'EQSJS 2022-2023.

COVID-19 Component

(COV) In your opinion, how much has COVID-19 affected different aspects of your life? In general, because of the COVID-19 pandemic...

		Has / have deteriorated a lot	Has / have deteriorated a little	Has / have remained stable	Has / have improved a little	Has / have improved a lot	Refuse to answer
COV_1	My <u>learning experience at school</u> (e.g., my grades, motivation, interest, commitment, etc.)	1	2	3	4	5	9
COV_2	My <u>family relationships</u> ...	1	2	3	4	5	9
COV_3	My <u>relationships with my friends</u> ...	1	2	3	4	5	9
COV_4	My <u>mental health</u> ...	1	2	3	4	5	9
COV_5A	My <u>eating habits</u> ...	1	2	3	4	5	9
COV_5B	The quality of my <u>sleep</u> ..	1	2	3	4	5	9

Source : Questions originales de l'EQSJS 2022-2023.

(COV) In your opinion, how much has COVID-19 affected different aspects of your life? In general, because of the COVID-19 pandemic...

		Has decreased a lot	Has decreased a little	Has remained stable	Has increased a little	Has increased a lot	Refuse to answer
COV_5C	My level of <u>physical activity</u> ...	1	2	3	4	5	9
COV_5D	My <u>screen time</u> ...	1	2	3	4	5	9
COV_5E	My substance use (e.g., vaping, alcohol, drugs)... [If you have never used any, check "has remained stable"]	1	2	3	4	5	9

Source : Questions originales de l'EQSJS 2022-2023.

The last few questions

SD13_1 What is the highest level of education your mother (or the adult woman responsible for you) has achieved?

- 1 Elementary
- 2 High school or secondary school (did not finish)
- 3 High school or secondary school (graduated)
- 4 CEGEP, technical or vocational school, private commercial college or other
- 5 University
- 6 Other, please specify (SD13_1_AUT)
- 8 I don't know**
- 9 Not applicable (no mother or adult woman responsible for me)
- 99 Refuse to answer

Source : Ministère de l'Éducation du Québec et Centre de recherche sur l'adaptation des jeunes et des familles à risque (JEFAR) de l'Université Laval. *Ados, famille et milieu de vie*, 1994, question 11. Adaptée par l'ISQ.

SD13_2 What is the highest level of education your father (or the adult man responsible for you) has achieved?

- 1 Elementary
- 2 High school or secondary school (did not finish)
- 3 High school or secondary school (graduated)
- 4 CEGEP, technical or vocational school, private commercial college or other
- 5 University
- 6 Other, please specify (SD13_2_AUT)
- 8 I don't know**
- 9 Not applicable (no father or adult man responsible for me)
- 99 Refuse to answer

Source : Ministère de l'Éducation du Québec et Centre de recherche sur l'adaptation des jeunes et des familles à risque (JEFAR) de l'Université Laval. *Ados, famille et milieu de vie*, 1994, question 11. Adaptée par l'ISQ.

Filtre 16.

Si SD13_1 = 9 → Filtre 17

Sinon → SD13_3

SD13_3 What is the main occupation of your mother (or the adult woman responsible for you)?

- 1 She works full time (30 hours a week or more) [\[This includes being self-employed \(at home or elsewhere\)\]](#)
- 2 She works part time (less than 30 hours a week) [\[This includes being self-employed \(at home or elsewhere\)\]](#)
- 3 She's in school
- 4 She's unemployed (or is looking for a job)
- 5 She's a homemaker (stay-at-home mom or housewife)
- 6 She's retired, on maternity leave or on sick leave
- 7 Other, please specify (SD13_3_AUT)
- 97 Not applicable (no mother or adult woman responsible for me)
- 99 Refuse to answer

Source : Institut de la statistique du Québec, *Enquête sociale et de santé auprès des enfants et adolescents québécois 1999 – Questionnaire aux adolescentes et adolescents (hors école)* (ESSEA), 1999, question 169. Adaptée par l'ISQ.

Filtre 17.

Si SD13_2 = 9 → SD13_5

Sinon → SD13_4

- SD13_4** What is the main occupation of your father (or the adult man responsible for you)?
- 1 He works full time (30 hours a week or more) [This includes being self-employed (at home or elsewhere)]
 - 2 He works part time (less than 30 hours a week) [This includes being self-employed (at home or elsewhere)]
 - 3 He's in school
 - 4 He's unemployed (or is looking for a job)
 - 5 He's a homemaker (stay-at-home dad or house husband)
 - 6 He's retired, on paternity leave or on sick leave
 - 7 Other, please specify (SD13_4_AUT)
 - 97 Not applicable (no father or adult man responsible for me)
 - 99 Refuse to answer

Source : Institut de la statistique du Québec, *Enquête sociale et de santé auprès des enfants et adolescents québécois 1999 – Questionnaire aux adolescentes et adolescents (hors école)* (ESSEA), 1999, question 169. Adaptée par l'ISQ.

- SD13_5** On average, would you say that you and your family are better off or worse off financially compared to your classmates?
- 1 Better off
 - 2 Neither better nor worse off
 - 3 Worse off
 - 9 Refuse to answer

Source : Direction de la santé publique de la Montérégie, *Expériences de vie des élèves de niveau secondaire de la Montérégie* (EVENSIM), 1998, question 8.

- SD10_2** Where were you born?
- 1 Québec → SD10_4
 - 2 Other Canadian province or territory → SD10_2_PROV
 - 3 Outside Canada → SD10_2_EXT
 - 9 Refuse to answer → SD10_4

Sources : Santé Québec, *Enquête sociale et de santé 1992-1993 – Questionnaire rempli par l'intervieweur* (ESS), 1992-1993, question R144 et Institut de la statistique du Québec, *Enquête sociale et de santé auprès des enfants et adolescents québécois 1999 – Questionnaire aux adolescentes et adolescents (hors école)* (ESSEA), 1999, question 164.

SD10_2_PROV Where were you born? (Other Canadian province or territory)

- 1 Alberta → SD10_4
- 2 British Columbia → SD10_4
- 3 Prince Edward Island → SD10_4
- 4 Manitoba → SD10_4
- 5 New Brunswick → SD10_4
- 6 Nova Scotia → SD10_4
- 7 Ontario → SD10_4
- 8 Saskatchewan → SD10_4
- 9 Newfoundland and Labrador → SD10_4
- 10 Nunavut → SD10_4
- 11 Northwest Territories → SD10_4
- 12 Yukon → SD10_4
- 99 Refuse to answer → SD10_4

SD10_2_EXT Where were you born? (Outside Canada)

- 1 China
- 2 France
- 3 Algeria
- 4 Morocco
- 5 Haiti
- 6 Iran
- 7 Syria
- 8 Colombia
- 9 Cameroon
- 10 Philippines
- 11 India
- 12 Other, please specify the country (SD10_2_EXT_AUT)
- 99 Refuse to answer

Source : Santé Québec, *Enquête sociale et de santé 1992-1993 - Questionnaire rempli par l'intervieweur* (ESS), 1992-1993, question R144A.

SD10_3 How long have you lived in Canada?

- 1 Less than 2 years
- 2 Between 2 and 3 years
- 3 Between 4 and 5 years
- 4 Between 6 and 10 years
- 5 More than 10 years
- 9 Refuse to answer

Sources : Institut de la statistique du Québec, *Enquête québécoise sur la satisfaction des usagers à l'égard des services de santé et des services sociaux* (EQSSS), 2006-2007, question 67 et Institut de la statistique du Québec, *Enquête québécoise sur la santé de la population 2008* (EQSP), 2008, question Q111a. Adaptées par l'ISQ.

SD10_4 Where was your biological father born?

- 1 Québec → [SD10_5](#)
- 2 Other Canadian province or territory → [SD10_5](#)
- 3 Outside Canada
- 4 **I don't know** → [SD10_5](#)
- 9 Refuse to answer → [SD10_5](#)

Sources : Santé Québec, *Enquête sociale et de santé 1992-1993 – Questionnaire auto-administré* (ESS), 1992-1993, question A178 et Institut de la statistique du Québec, *Enquête sociale et de santé auprès des enfants et adolescents québécois 1999 – Questionnaire aux adolescentes et adolescents* (hors école) (ESSEA), 1999, question 165. Adaptées par l'ISQ.

SD10_4_EXT Where was your biological father born? (Outside Canada)

- 1 China
- 2 France
- 3 Algeria
- 4 Morocco
- 5 Haiti
- 6 Iran
- 7 Syria
- 8 Colombia
- 9 Cameroon
- 10 Philippines
- 11 India
- 12 Other, please specify the country (SD10_4_EXT_AUT)
- 99 Refuse to answer

Sources : Santé Québec, *Enquête sociale et de santé 1992-1993 – Questionnaire auto-administré* (ESS), 1992-1993, question A178A et Institut de la statistique du Québec, *Enquête sociale et de santé auprès des enfants et adolescents québécois 1999 – Questionnaire aux adolescentes et adolescents* (hors école) (ESSEA), 1999, question 165. Adaptées par l'ISQ.

SD10_5 Where was your biological mother born?

- 1 Québec → [SD9_4](#)
- 2 Other Canadian province or territory → [SD9_4](#)
- 3 Outside Canada
- 4 **I don't know** → [SD9_4](#)
- 9 Refuse to answer → [SD9_4](#)

Sources : Santé Québec, *Enquête sociale et de santé 1992-1993 – Questionnaire auto-administré* (ESS), 1992-1993, question A177 et Institut de la statistique du Québec, *Enquête sociale et de santé auprès des enfants et adolescents québécois 1999 – Questionnaire aux adolescentes et adolescents* (hors école) (ESSEA), 1999, question 166. Adaptées par l'ISQ.

SD10_5_EXT Where was your biological mother born? (Outside Canada)

- 1 China
- 2 France
- 3 Algeria
- 4 Morocco
- 5 Haiti
- 6 Iran
- 7 Syria
- 8 Colombia
- 9 Cameroon
- 10 Philippines
- 11 India
- 12 Other, please specify the country (SD10_5_EXT_AUT)
- 99 Refuse to answer

Sources : Santé Québec, *Enquête sociale et de santé 1992-1993 – Questionnaire auto-administré (ESS)*, 1992-1993, question A177A et Institut de la statistique du Québec, *Enquête sociale et de santé auprès des enfants et adolescents québécois 1999 – Questionnaire aux adolescentes et adolescents (hors école) (ESSEA)*, 1999, question 166. Adaptées par l'ISQ.

SD9_4 What is your postal code?

This information will only be used for statistical purposes. If you don't know your postal code, you can find it on your student card.

Enter postal code (i.e. A9A 9A9)

Source : Institut de la statistique du Québec, *Enquête québécoise sur la santé des jeunes du secondaire 2010-2011 (EQSJS)*, 2010-2011, question SD9.4.

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