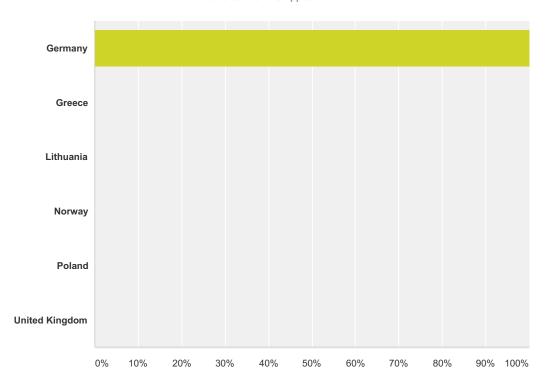
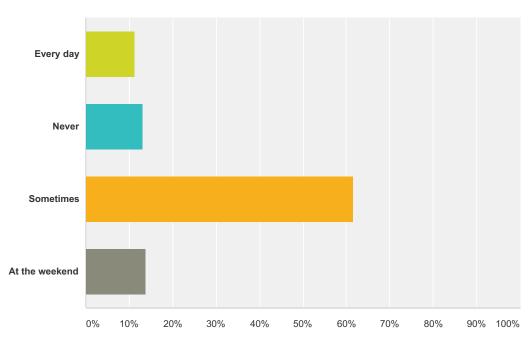
Q1 Were are you from?



Answer Choices	Responses	
Germany	100.00%	167
Greece	0.00%	0
Lithuania	0.00%	0
Norway	0.00%	0
Poland	0.00%	0
United Kingdom	0.00%	0
Total		167

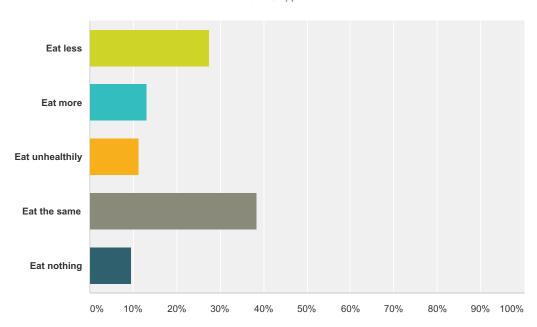
Q2 Do you cook any meals at home with family and/or friends?





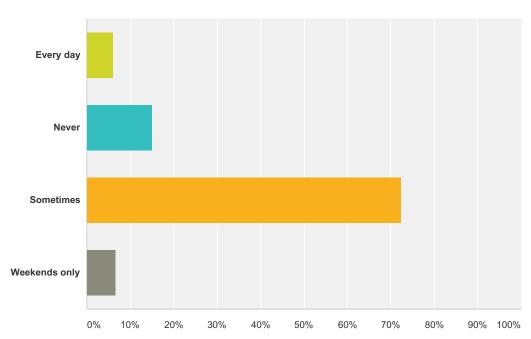
Answer Choices	Responses	
Every day	11.38%	19
Never	13.17%	22
Sometimes	61.68%	103
At the weekend	13.77%	23
Total		167

Q3 How does stress affect your eating?



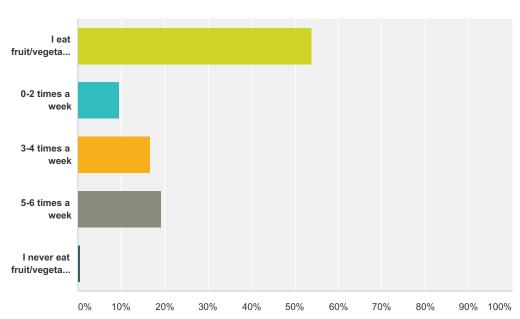
Answer Choices	Responses
Eat less	27.54% 46
Eat more	13.17% 22
Eat unhealthily	11.38% 19
Eat the same	38.32% 64
Eat nothing	9.58% 16
Total	167

Q4 How often do you eat processed food?



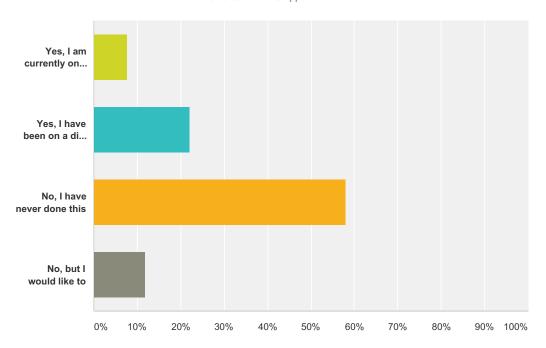
Answer Choices	Responses
Every day	5.99% 10
Never	14.97% 25
Sometimes	72.46% 121
Weekends only	6.59% 11
Total	167

Q5 How often do you eat fruit/vegetables?



Answer Choices	Responses	
I eat fruit/vegetables every day	53.89%	90
0-2 times a week	9.58%	16
3-4 times a week	16.77%	28
5-6 times a week	19.16%	32
I never eat fruit/vegetables	0.60%	1
Total		167

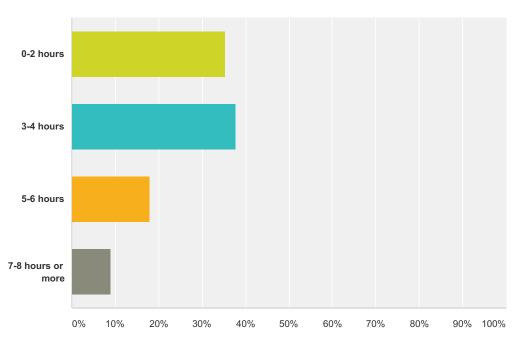
Q6 Have you ever followed a diet?



Answer Choices	Responses	
Yes, I am currently on a diet	7.78%	13
Yes, I have been on a diet before	22.16%	37
No, I have never done this	58.08%	97
No, but I would like to	11.98%	20
Total		167

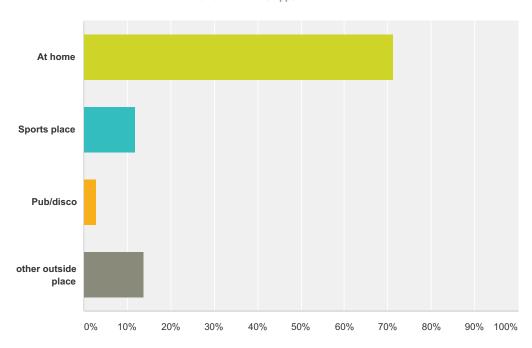
Q7 How much time do you spend online a day (e.g. social media)?





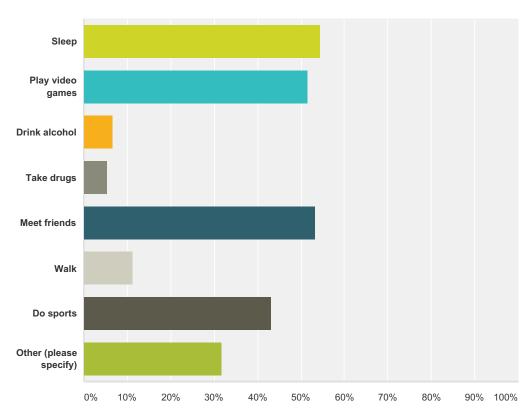
Answer Choices	Responses	
0-2 hours	35.33%	59
3-4 hours	37.72%	63
5-6 hours	17.96%	30
7-8 hours or more	8.98%	15
Total		167

Q8 What is your favourite place to relax?



Answer Choices	Responses	Responses	
At home	71.26%	119	
Sports place	11.98%	20	
Pub/disco	2.99%	5	
other outside place	13.77%	23	
Total		167	

Q9 What do you do there? (you may tick more than one box)



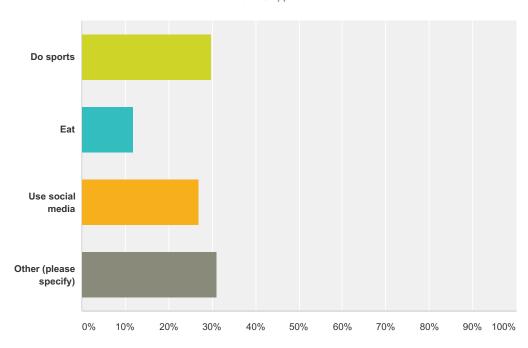
Answer Choices	Responses	
Sleep	54.49%	91
Play video games	51.50%	86
Drink alcohol	6.59%	11
Take drugs	5.39%	9
Meet friends	53.29%	89
Walk	11.38%	19
Do sports	43.11%	72
Other (please specify)	31.74%	53
Total Respondents: 167		

#	Other (please specify)	Date
1	YT	3/9/2017 11:41 AM
2	play with my brother	3/9/2017 11:41 AM
3	to chat with realtives	3/9/2017 11:38 AM
4	eat	3/9/2017 11:35 AM

5	READ BOOKS	3/9/2017 11:35 AM
6	watch TV	3/8/2017 4:00 PM
7	I watch TV sometimes	3/8/2017 4:00 PM
8	Bowling	3/8/2017 6:51 AM
9	drink cola	3/7/2017 12:18 PM
10	social media	3/7/2017 12:18 PM
11	watch TV	3/7/2017 12:17 PM
12	relax and thing about something and hear music	3/7/2017 12:16 PM
13	hear music	3/7/2017 12:16 PM
14	Play with my dog	3/7/2017 12:13 PM
15	Eat	3/7/2017 12:09 PM
16	Draw	3/7/2017 11:28 AM
17	Play LEGO	3/6/2017 5:05 PM
18	Tv, Book, eat	3/6/2017 11:27 AM
19	read, make music	3/6/2017 10:16 AM
20	work	3/6/2017 10:11 AM
21	back flip	3/6/2017 10:06 AM
22	Tampolien jump	3/6/2017 10:05 AM
23	play football	3/6/2017 10:04 AM
24	Play on the mobile phone, or read (or sleep :o)	3/6/2017 10:03 AM
25	lesen	3/2/2017 10:18 AM
26	make musical.ly	3/2/2017 9:54 AM
27	BACKEN	3/2/2017 9:54 AM
28	go swimming	3/2/2017 9:53 AM
29	reading	3/1/2017 12:55 PM
30	Computer games	3/1/2017 12:43 PM
31	play with friends	3/1/2017 12:40 PM
32	alone read book	3/1/2017 12:39 PM
33	What YouTube videos	3/1/2017 12:39 PM
34	YouTube	3/1/2017 12:38 PM
35	Pakur run	3/1/2017 12:38 PM
36	guinea pig tricks	3/1/2017 12:38 PM
37	YouTube	3/1/2017 12:38 PM
38	read	3/1/2017 12:38 PM
39	I play with my dog	3/1/2017 12:38 PM
40	read	3/1/2017 12:38 PM
41	read books	3/1/2017 12:38 PM
42	WATCH TV	3/1/2017 12:38 PM
43	Make Music	3/1/2017 12:38 PM
44	Make Music	3/1/2017 12:38 PM
45	I draw picture.I read a book.I listen to music.	3/1/2017 12:38 PM

46	watch TV	3/1/2017 12:38 PM
47	singing	3/1/2017 12:38 PM
48	I hear a wind and the noise.	3/1/2017 12:38 PM
49	read books	3/1/2017 12:38 PM
50	reading,playing the piano	2/20/2017 10:58 AM
51	TV, Work	2/20/2017 10:54 AM
52	social media	2/20/2017 10:53 AM
53	Chill	2/20/2017 10:51 AM

Q10 What do you do to relax?

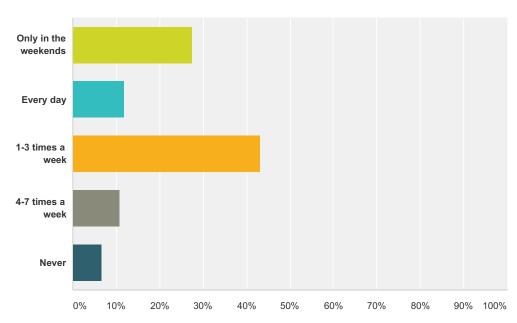


nswer Choices	Responses	
Do sports	29.94%	50
Eat	11.98%	20
Use social media	26.95%	45
Other (please specify)	31.14%	52
otal		167

#	Other (please specify)	Date
1	sleep	3/9/2017 11:41 AM
2	read	3/9/2017 11:41 AM
3	to surf in the internet	3/9/2017 11:38 AM
4	sleep	3/9/2017 11:38 AM
5	sleep	3/9/2017 11:38 AM
6	PLAY PC GAMES	3/9/2017 11:38 AM
7	hear music	3/9/2017 11:37 AM
8	play computer games	3/9/2017 11:37 AM
9	READ BOOKS	3/9/2017 11:35 AM
10	watch TV	3/8/2017 4:00 PM
11	Nothing	3/7/2017 12:17 PM
12	sleep	3/7/2017 12:16 PM
13	sleep and thing about something or do nothing or hear music	3/7/2017 12:16 PM

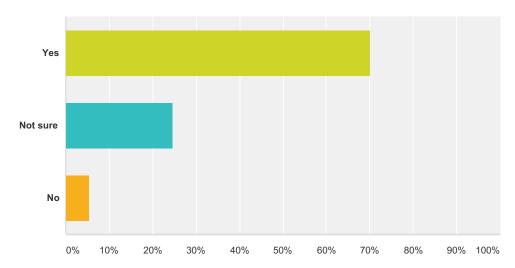
14	i play Computer games	3/7/2017 12:13 PM
15	watch videos	3/7/2017 12:10 PM
16	sleep, meet friends	3/7/2017 12:10 PM
17	CHILLING	3/7/2017 11:32 AM
18	Play video games	3/7/2017 11:28 AM
19	play, sleap, Tv, Book	3/6/2017 11:27 AM
20	I cuddle my dog	3/6/2017 10:17 AM
21	cook	3/6/2017 10:16 AM
22	i lie down on the sofa	3/6/2017 10:08 AM
23	meditation	3/6/2017 10:07 AM
24	Play video games	3/6/2017 10:07 AM
25	sleep	3/6/2017 10:05 AM
26	sleep	3/6/2017 10:04 AM
27	sleep	3/3/2017 8:32 PM
28	play v games	3/2/2017 2:31 PM
29	progresiwe muskel entspanung	3/2/2017 10:18 AM
30	Hinlegen	3/2/2017 10:14 AM
31	ps4 gaming	3/2/2017 9:54 AM
32	Computer games	3/1/2017 12:43 PM
33	outside	3/1/2017 12:39 PM
34	Pakur run	3/1/2017 12:38 PM
35	gras take	3/1/2017 12:38 PM
36	Sleep	3/1/2017 12:38 PM
37	sleep	3/1/2017 12:38 PM
38	i play with my brotehr	3/1/2017 12:38 PM
39	video games	3/1/2017 12:38 PM
40	reading	3/1/2017 12:38 PM
41	reading	3/1/2017 12:38 PM
42	watch YouTube	3/1/2017 12:38 PM
43	talk with friends.	3/1/2017 12:38 PM
44	youtube	2/20/2017 10:58 AM
45	codein	2/20/2017 10:57 AM
46	don't play fifa	2/20/2017 10:56 AM
47	SMOKING JUBANTATS	2/20/2017 10:56 AM
48	TV	2/20/2017 10:54 AM
49	Eat and social media	2/20/2017 10:53 AM
50	sleep	2/20/2017 10:52 AM
51	watch movies	2/20/2017 10:52 AM
52	Masturbate, Spliffing, Drinking	2/17/2017 2:04 PM

Q11 How often do you see your friends after school or in weekends?



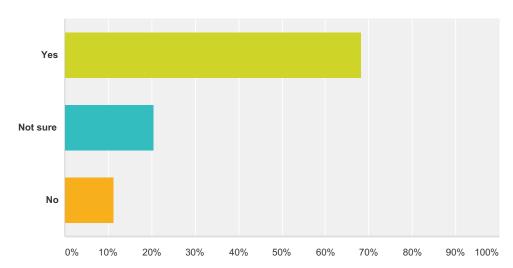
Answer Choices	Responses	
Only in the weekends	27.54%	46
Every day	11.98%	20
1-3 times a week	43.11%	72
4-7 times a week	10.78%	18
Never	6.59%	11
Total		167

Q12 Are you happy with the way you look?



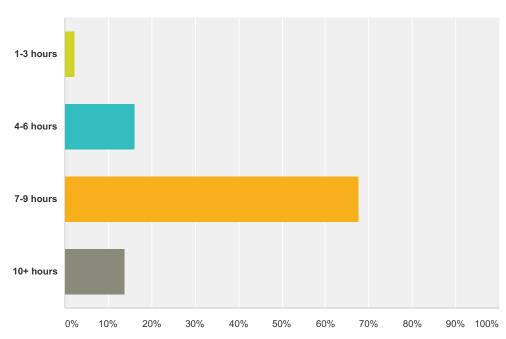
Answer Choices	Responses	
Yes	70.06%	117
Not sure	24.55%	41
No	5.39%	9
Total		167

Q13 Is physical fitness important to you?



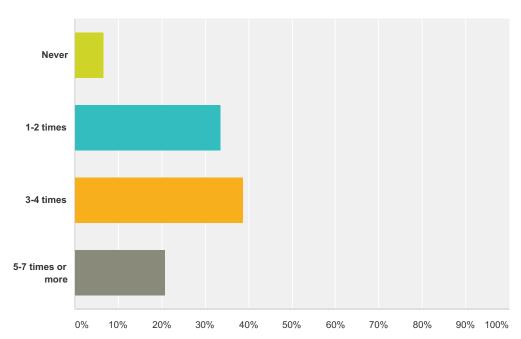
Answer Choices	Responses	
Yes	68.26%	114
Not sure	20.36%	34
No	11.38%	19
Total		167

Q14 How many hours of sleep do you get per night?



Answer Choices	Responses	
1-3 hours	2.40%	4
4-6 hours	16.17%	27
7-9 hours	67.66%	113
10+ hours	13.77%	23
Total		167

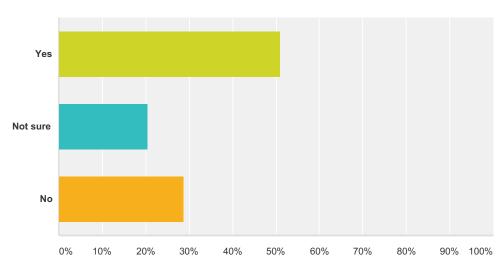
Q15 How often do you exercise per week?



Answer Choices	Responses	
Never	6.59%	11
1-2 times	33.53%	56
3-4 times	38.92%	65
5-7 times or more	20.96%	35
Total		167

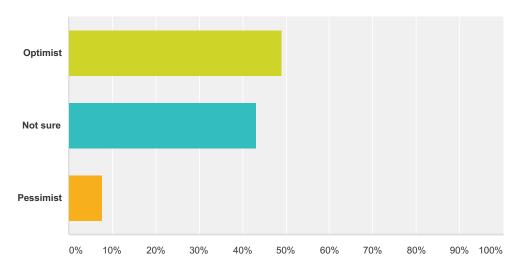
Q16 Does exercise distract you from stress and help you relax?





Answer Choices	Responses	
Yes	50.90%	85
Not sure	20.36%	34
No	28.74%	48
Total		167

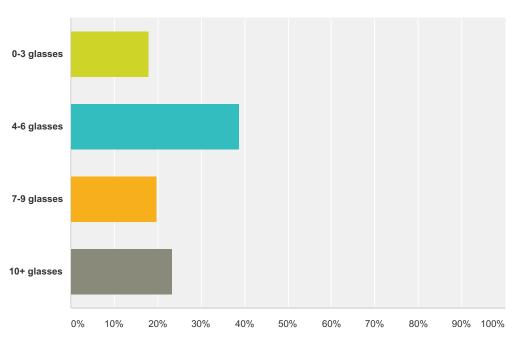
Q17 Are you an optimist or a pessimist?



Answer Choices	Responses	
Optimist	49.10%	82
Not sure	43.11%	72
Pessimist	7.78%	13
Total		167

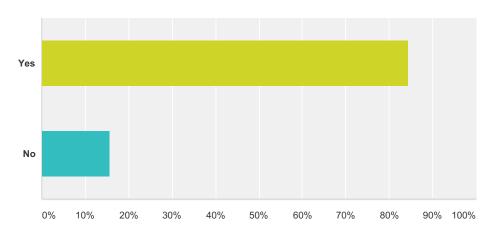
Q18 How many glasses of water do you drink per day?





Answer Choices	Responses	
0-3 glasses	17.96%	30
4-6 glasses	38.92%	65
7-9 glasses	19.76%	33
10+ glasses	23.35%	39
Total		167

Q19 Do you do any sports?



Answer Choices	Responses	
Yes	84.43%	141
No	15.57%	26
Total		167

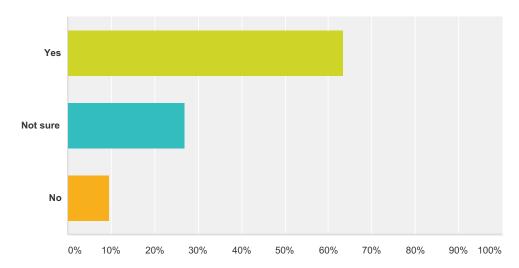
#	If yes, what kind of sports?	Date
1	Judo	3/9/2017 11:41 AM
2	tennis	3/9/2017 11:41 AM
3	football	3/9/2017 11:41 AM
4	i dance	3/9/2017 11:38 AM
5	jogging	3/9/2017 11:38 AM
6	football	3/9/2017 11:38 AM
7	football	3/9/2017 11:38 AM
8	FOOTBALL	3/9/2017 11:38 AM
9	dance	3/9/2017 11:37 AM
10	I do tennis	3/9/2017 11:37 AM
11	gymnastik	3/9/2017 11:37 AM
12	DANCE	3/9/2017 11:37 AM
13	athletics, dancing	3/9/2017 11:35 AM
14	basketball	3/9/2017 11:35 AM
15	Tennis	3/9/2017 11:35 AM
16	Football	3/9/2017 11:34 AM
17	Dancing	3/9/2017 11:30 AM
18	Football	3/8/2017 4:00 PM
19	Swimming	3/8/2017 3:58 PM
20	swim	3/8/2017 3:57 PM

21	Basketball	3/8/2017 3:57 PM
22	I play football everyday	3/8/2017 3:55 PM
23	Football	3/8/2017 3:54 PM
24	Golf and Bowling	3/8/2017 6:51 AM
25	Football, running	3/7/2017 12:18 PM
26	Tabletennis	3/7/2017 12:18 PM
27	boxing	3/7/2017 12:18 PM
28	Tennis, Reiten, Turnen	3/7/2017 12:18 PM
29	dance	3/7/2017 12:16 PM
30	ride on a horse, dance, gymnastic	3/7/2017 12:16 PM
31	do gymnastics	3/7/2017 12:16 PM
32	tennis, horse riding	3/7/2017 12:15 PM
33	table tennis	3/7/2017 12:14 PM
34	нинѕинр	3/7/2017 12:14 PM
35	handball	3/7/2017 12:11 PM
36	ballsports, fightsports	3/7/2017 12:10 PM
37	Soccer	3/7/2017 11:39 AM
38	football	3/7/2017 11:34 AM
39	Swimming	3/7/2017 11:33 AM
40	Ballett	3/7/2017 11:28 AM
41	riding	3/6/2017 7:33 PM
42	Football	3/6/2017 5:05 PM
43	aerobic	3/6/2017 11:27 AM
44	Running	3/6/2017 10:17 AM
45	Qi Gong, Cycling	3/6/2017 10:16 AM
46	icehockey, jogging, fitness	3/6/2017 10:11 AM
47	football	3/6/2017 10:06 AM
48	DANCING	3/6/2017 10:06 AM
49	football	3/6/2017 10:06 AM
50	foodball	3/6/2017 10:05 AM
51	boxing and football	3/6/2017 10:05 AM
52	swimming	3/6/2017 10:05 AM
53	walking	3/6/2017 10:05 AM
54	football	3/6/2017 10:04 AM
55	walking	3/6/2017 10:04 AM
56	football	3/6/2017 10:04 AM
57	swimming, fitness	3/6/2017 10:03 AM
58	soccer	3/6/2017 10:03 AM
59	HIP HOP	3/6/2017 10:03 AM
60	Breakdance,Tennis	3/6/2017 10:02 AM
61	gym workouts	3/5/2017 8:41 PM

62	Fotball	3/5/2017 7:18 PM
63	Dance	3/5/2017 2:50 PM
64	Dance, riding	3/5/2017 2:01 PM
65	I am going to the gym	3/4/2017 12:01 AM
66	Fencing	3/3/2017 8:27 PM
67	Boxing	3/3/2017 1:11 PM
68	Kickboxen	3/3/2017 11:51 AM
69	FUßBALL	3/2/2017 10:16 AM
70	schwimmen	3/2/2017 10:14 AM
71	ich spiele fussball	3/2/2017 10:12 AM
72	dance	3/2/2017 10:06 AM
73	JOGGEN	3/2/2017 10:03 AM
74	wing chun cung fu	3/2/2017 9:54 AM
75	Judo,Fitnes	3/2/2017 9:54 AM
76	fußball	3/2/2017 9:54 AM
77	Ich spiele Fußball	3/2/2017 9:54 AM
78	TANZEN,FITNIS	3/2/2017 9:54 AM
79	fitness,turnen	3/2/2017 9:54 AM
80	tennis,fussball	3/2/2017 9:54 AM
81	boxen	3/2/2017 9:54 AM
82	reiten und tanzen	3/2/2017 9:54 AM
83	JOGGEN	3/2/2017 9:54 AM
84	Fußball	3/2/2017 9:54 AM
85	ich mache fussball	3/2/2017 9:54 AM
86	schwimmen	3/2/2017 9:53 AM
87	Leichtathletik	3/2/2017 9:53 AM
88	soccer	3/1/2017 12:55 PM
89	Football	3/1/2017 12:55 PM
90	i play with my friends outside	3/1/2017 12:55 PM
91	fitness	3/1/2017 12:43 PM
92	running	3/1/2017 12:40 PM
93	Tennis	3/1/2017 12:39 PM
94	gymnastico	3/1/2017 12:39 PM
95	Hip Hop,ranning,cycling,skating,swimming	3/1/2017 12:38 PM
96	Pakur run	3/1/2017 12:38 PM
97	football	3/1/2017 12:38 PM
98	Dancing,swimming,cycling,skating,inline skating	3/1/2017 12:38 PM
99	gymnaestic	3/1/2017 12:38 PM
100	swimming,tennes, cycling,skating, inline skating	3/1/2017 12:38 PM
101	fashingdancing and gymnastic	3/1/2017 12:38 PM
102	hockey	3/1/2017 12:38 PM

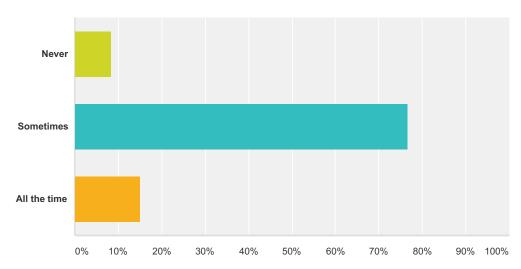
103	Football,cycling and runing	3/1/2017 12:38 PM
104	Handball and training	3/1/2017 12:38 PM
105	cycling,football,runing and drumen(Music)	3/1/2017 12:38 PM
106	runnig and dancing	3/1/2017 12:38 PM
107	handball	3/1/2017 12:38 PM
108	Hip-hop,gymnastico	3/1/2017 12:38 PM
109	riding a horse .	3/1/2017 12:38 PM
110	swimming	3/1/2017 12:38 PM
111	fitness	2/20/2017 10:59 AM
112	Horse riding	2/20/2017 10:58 AM
113	athletics	2/20/2017 10:57 AM
114	lifting in the gym	2/20/2017 10:57 AM
115	pump	2/20/2017 10:56 AM
116	esport,tennis,football	2/20/2017 10:56 AM
117	Jogging	2/20/2017 10:54 AM
118	Workout	2/20/2017 10:53 AM
119	dancing	2/20/2017 10:53 AM
120	karate	2/20/2017 10:52 AM
121	tennis	2/20/2017 10:52 AM
122	martial arts	2/20/2017 10:52 AM
123	Bodybuilding	2/20/2017 10:51 AM
124	Masturbating, taking drugs	2/17/2017 2:04 PM

Q20 Do you think you are healthy?



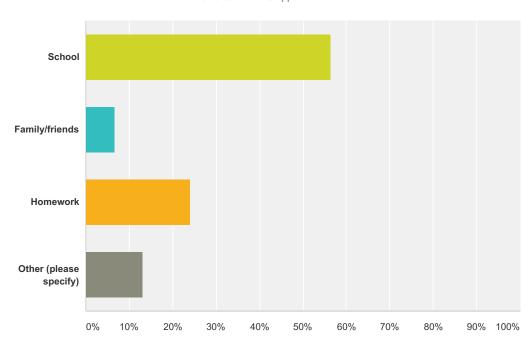
Answer Choices	Responses	
Yes	63.47%	106
Not sure	26.95%	45
No	9.58%	16
Total		167

Q21 How often do you feel stressed per week?



Answer Choices	Responses	
Never	8.38%	14
Sometimes	76.65%	128
All the time	14.97%	25
Total		167

Q22 What makes you most stressed?

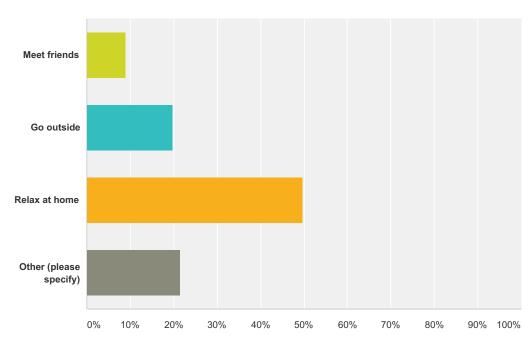


Answer Choices	Responses	
School	56.29%	94
Family/friends	6.59%	11
Homework	23.95%	40
Other (please specify)	13.17%	22
Total	1	167

#	Other (please specify)	Date
1	WORLD OF TANKS	3/24/2017 11:29 AM
2	hear music	3/9/2017 11:37 AM
3	Bus	3/8/2017 6:51 AM
4	My Mom	3/7/2017 12:18 PM
5	NICHTS	3/7/2017 12:14 PM
6	work	3/6/2017 10:11 AM
7	granny	3/6/2017 10:05 AM
8	nichts	3/6/2017 10:05 AM
9	mother	3/6/2017 10:04 AM
10	School and family	3/6/2017 10:02 AM
11	never	3/1/2017 12:55 PM
12	My weight	3/1/2017 12:38 PM
13	school and homework	3/1/2017 12:38 PM

14	school and homework sometimes friends	3/1/2017 12:38 PM
15	School and homework	3/1/2017 12:38 PM
16	school and homework	3/1/2017 12:38 PM
17	Family/friends and school	3/1/2017 12:38 PM
18	all of those	2/20/2017 10:58 AM
19	codein	2/20/2017 10:57 AM
20	school armena feckfack	2/20/2017 10:56 AM
21	Homework and exam preperations	2/20/2017 10:53 AM
22	running from acab	2/17/2017 2:04 PM

Q23 What do you do when you are stressed?

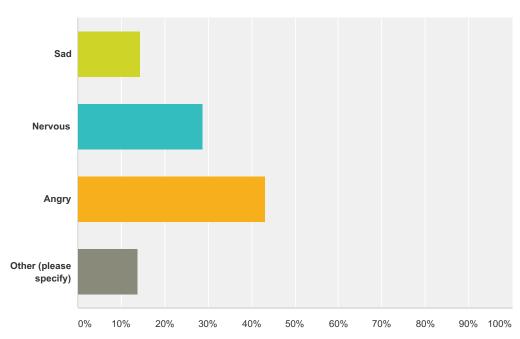


Answer Choices	Responses
Meet friends	8.98%
Go outside	19.76% 33
Relax at home	49.70% 83
Other (please specify)	21.56%
Total	167

#	Other (please specify)	Date
1	GO TO BED	3/24/2017 11:29 AM
2	do sports	3/9/2017 11:38 AM
3	PLAY PC GAMES EVER	3/9/2017 11:38 AM
4	watched tv	3/9/2017 11:35 AM
5	I get frehs air	3/9/2017 11:35 AM
6	I write stories	3/9/2017 11:30 AM
7	Play video games	3/8/2017 3:59 PM
8	bowling	3/8/2017 6:51 AM
9	Social Media	3/7/2017 12:09 PM
10	eating	3/7/2017 11:32 AM
11	Play video games	3/7/2017 11:28 AM
12	Sports	3/6/2017 5:36 PM

13	Get work done, avoid more	3/6/2017 10:16 AM
14	lie in my bed	3/6/2017 10:08 AM
15	zocken	3/6/2017 10:05 AM
16	nichts	3/6/2017 10:05 AM
17	(i relax outside)	3/6/2017 10:03 AM
18	Sleep	3/5/2017 2:50 PM
19	progresiwe muskel entspannung	3/2/2017 10:18 AM
20	play ps4	3/2/2017 9:54 AM
21	SOCIAL MEDIA	3/2/2017 9:54 AM
22	Computer games	3/1/2017 12:43 PM
23	Cry in my room	3/1/2017 12:38 PM
24	Pakur run	3/1/2017 12:38 PM
25	Meet friends go outside	3/1/2017 12:38 PM
26	meet friends, go outside, relax at home	3/1/2017 12:38 PM
27	reading and sleep	3/1/2017 12:38 PM
28	meet friends and relax at home	3/1/2017 12:38 PM
29	Play Music	3/1/2017 12:38 PM
30	play handy and watch YouTube	3/1/2017 12:38 PM
31	calm down	3/1/2017 12:38 PM
32	codein	2/20/2017 10:57 AM
33	continue working	2/20/2017 10:54 AM
34	sleep	2/20/2017 10:52 AM
35	Make my homework	2/20/2017 10:51 AM
36	take drugs, drink alcohol, sex	2/17/2017 2:04 PM

Q24 What kind of emotions do you feel when you are stressed?



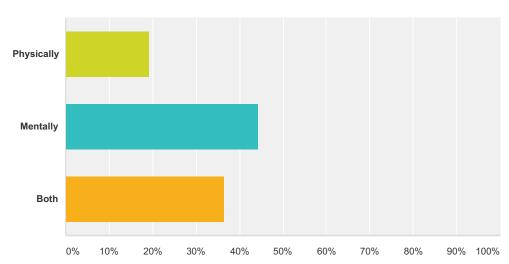
Answer Choices	Responses	
Sad	14.37%	24
Nervous	28.74%	48
Angry	43.11%	72
Other (please specify)	13.77%	23
Total		167

#	Other (please specify)	Date
1	genervt	3/9/2017 11:41 AM
2	I feel lonely	3/9/2017 11:30 AM
3	sad,angry	3/8/2017 3:57 PM
4	i feel like i am ill but i am not	3/7/2017 12:13 PM
5	I don't know.	3/7/2017 11:28 AM
6	stressed	3/6/2017 5:05 PM
7	normal	3/6/2017 10:07 AM
8	normal	3/6/2017 10:05 AM
9	nichts	3/6/2017 10:05 AM
10	normal	3/6/2017 10:04 AM
11	angry, and sad	3/6/2017 10:03 AM
12	generft	3/2/2017 9:54 AM

13	happy	3/1/2017 12:38 PM
14	Sad and Angry and Nervous	3/1/2017 12:38 PM
15	Sad and angry	3/1/2017 12:38 PM
16	nervous and sad	3/1/2017 12:38 PM
17	angry and sad mixed	3/1/2017 12:38 PM
18	helpless	3/1/2017 12:38 PM
19	codein	2/20/2017 10:57 AM
20	lazy	2/20/2017 10:57 AM
21	I'm used to be stressed, so no other feelings take place	2/20/2017 10:54 AM
22	stressed	2/20/2017 10:52 AM
23	"i wanna get high"	2/17/2017 2:04 PM
	·	

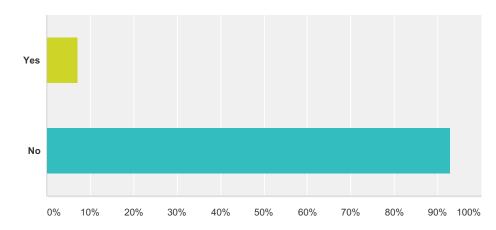
Q25 How does stress affect you physically and/or mentally?





Answer Choices	Responses	
Physically	19.16%	32
Mentally	44.31%	74
Both	36.53%	61
Total		167

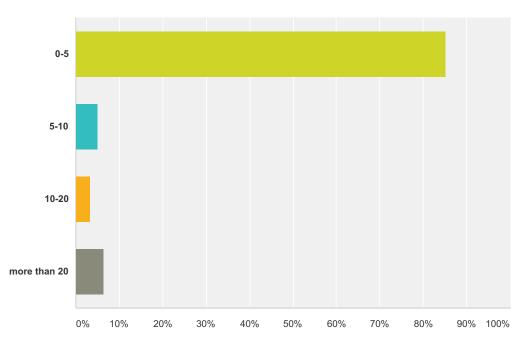
Q26 Do you smoke?



Answer Choices	Responses	
Yes	7.19%	12
No	92.81%	155
Total		167

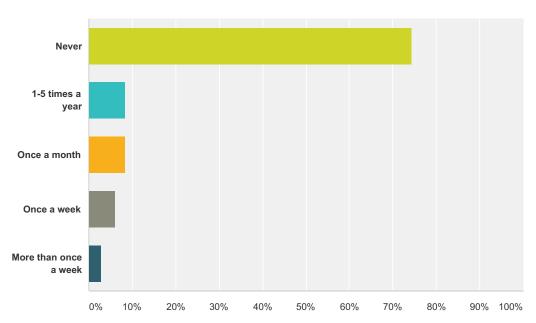
Q27 If yes, how many cigarettes per day do you smoke?





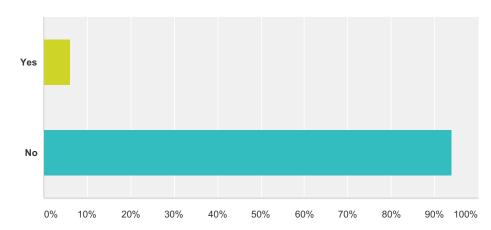
Answer Choices	Responses	
0-5	85.25%	52
5-10	4.92%	3
10-20	3.28%	2
more than 20	6.56%	4
Total		61

Q28 How often do you drink alcohol?



Answer Choices	Responses	
Never	74.25 %	124
1-5 times a year	8.38%	14
Once a month	8.38%	14
Once a week	5.99%	10
More than once a week	2.99%	5
Total	1	167

Q29 Do you take any drugs?



Answer Choices	Responses	
Yes	5.99%	10
No	94.01%	157
Total		167