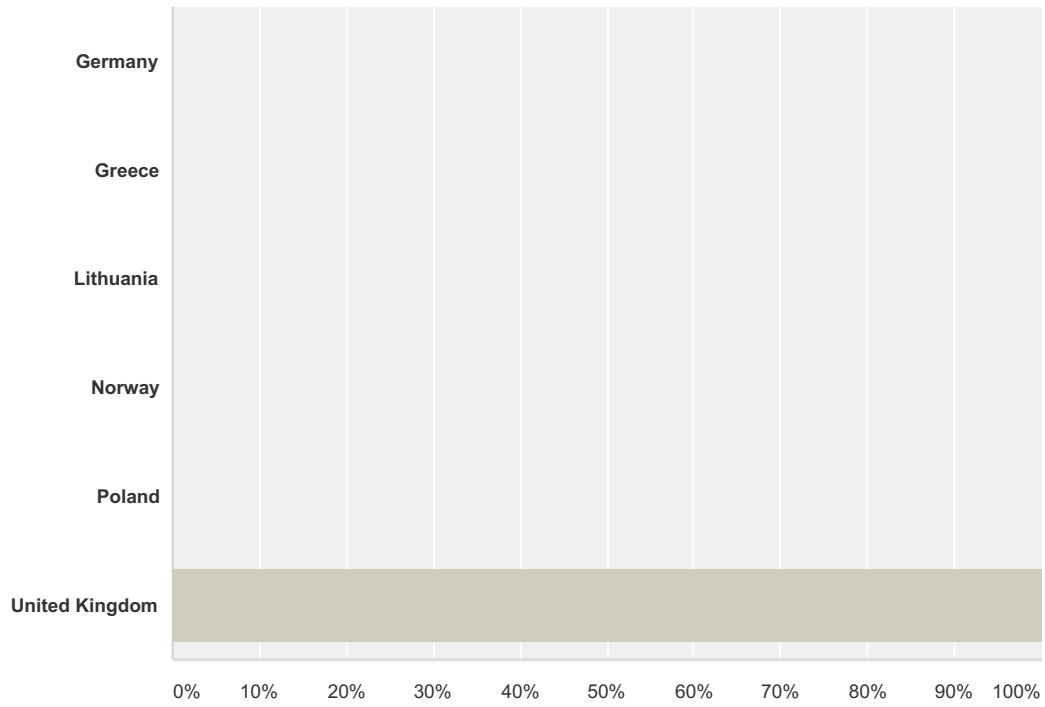


### Q1 Were are you from?

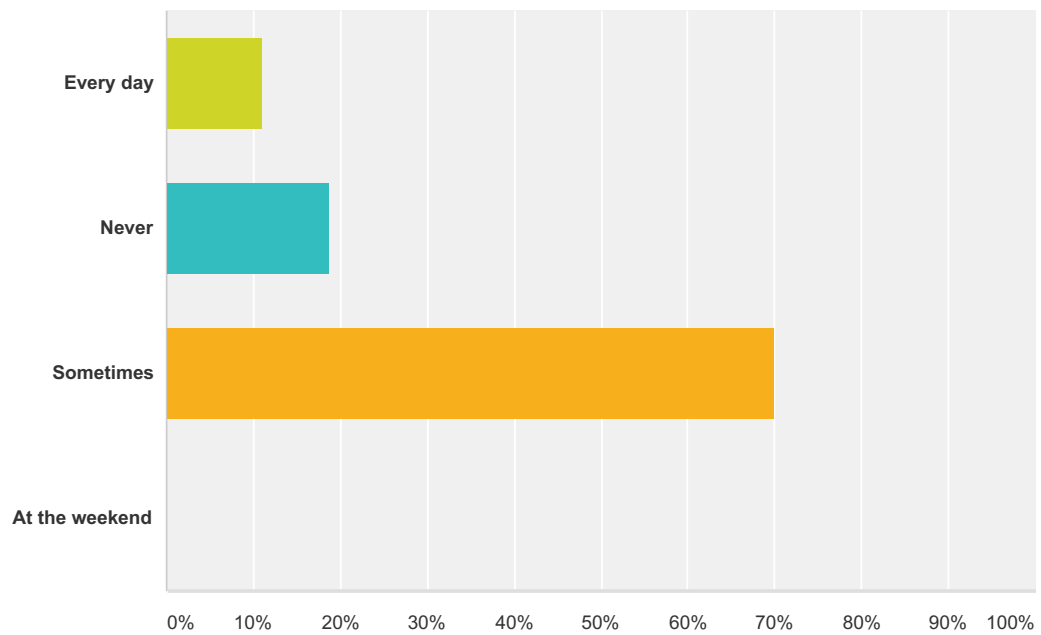
Answered: 90 Skipped: 0



Answer Choices	Responses
Germany	0.00% 0
Greece	0.00% 0
Lithuania	0.00% 0
Norway	0.00% 0
Poland	0.00% 0
United Kingdom	100.00% 90
<b>Total</b>	<b>90</b>

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

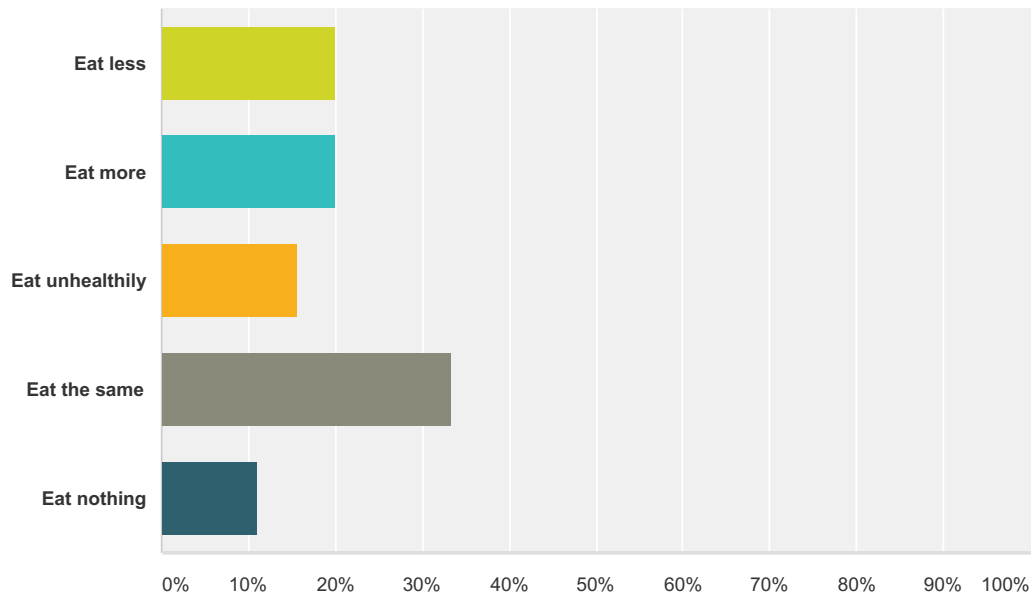
Answered: 90 Skipped: 0



Answer Choices	Responses	
Every day	11.11%	10
Never	18.89%	17
Sometimes	70.00%	63
At the weekend	0.00%	0
<b>Total</b>		<b>90</b>

### Q3 How does stress affect your eating?

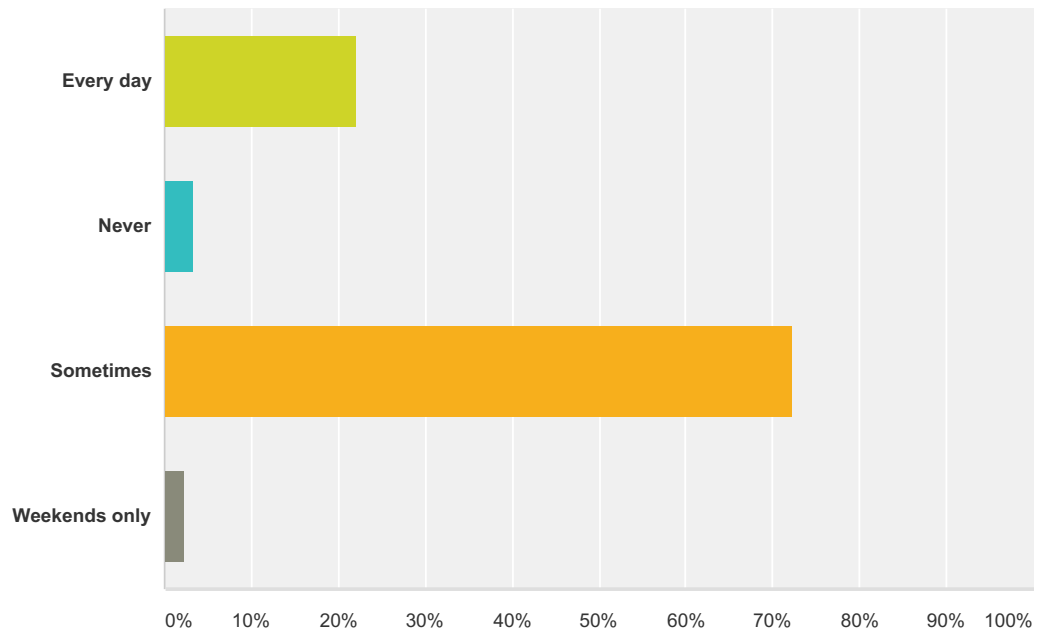
Answered: 90 Skipped: 0



Answer Choices	Responses
Eat less	20.00% 18
Eat more	20.00% 18
Eat unhealthily	15.56% 14
Eat the same	33.33% 30
Eat nothing	11.11% 10
<b>Total</b>	<b>90</b>

## Q4 How often do you eat processed food?

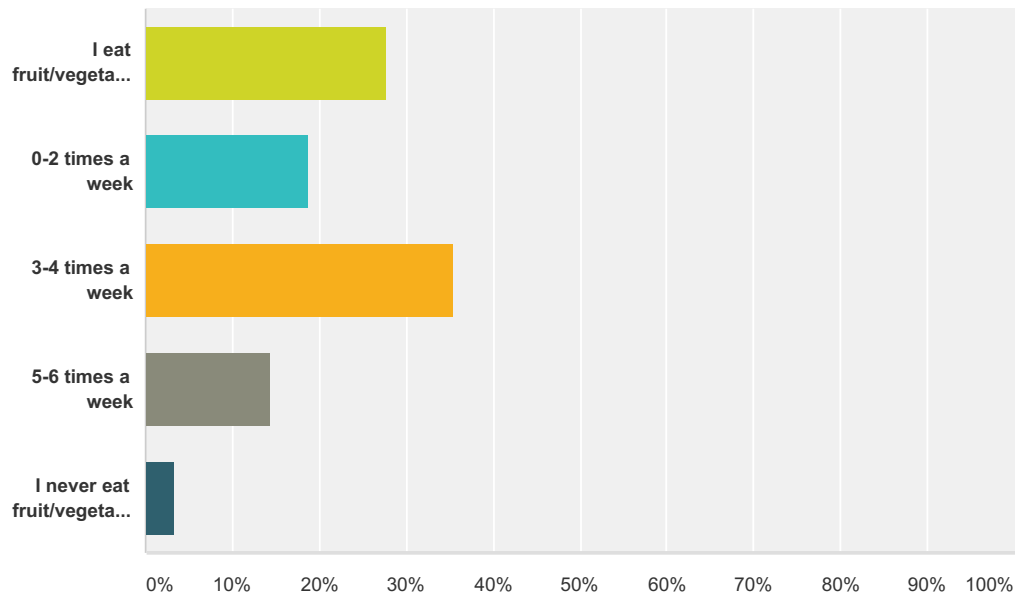
Answered: 90 Skipped: 0



Answer Choices	Responses
Every day	22.22% 20
Never	3.33% 3
Sometimes	72.22% 65
Weekends only	2.22% 2
<b>Total</b>	<b>90</b>

### Q5 How often do you eat fruit/vegetables?

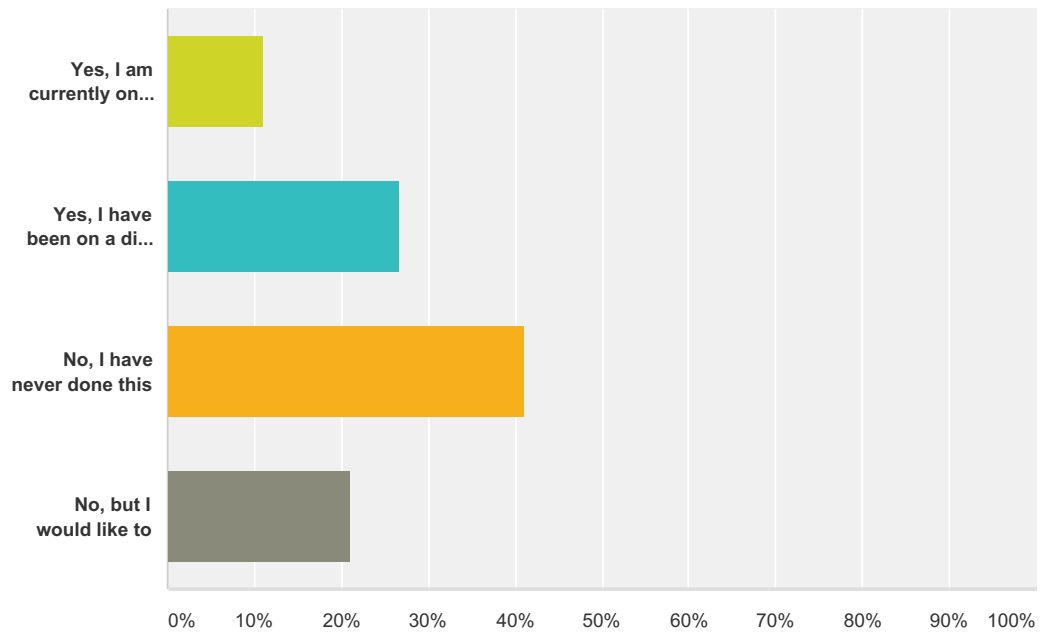
Answered: 90 Skipped: 0



Answer Choices	Responses	Count
I eat fruit/vegetables every day	27.78%	25
0-2 times a week	18.89%	17
3-4 times a week	35.56%	32
5-6 times a week	14.44%	13
I never eat fruit/vegetables	3.33%	3
<b>Total</b>		<b>90</b>

## Q6 Have you ever followed a diet?

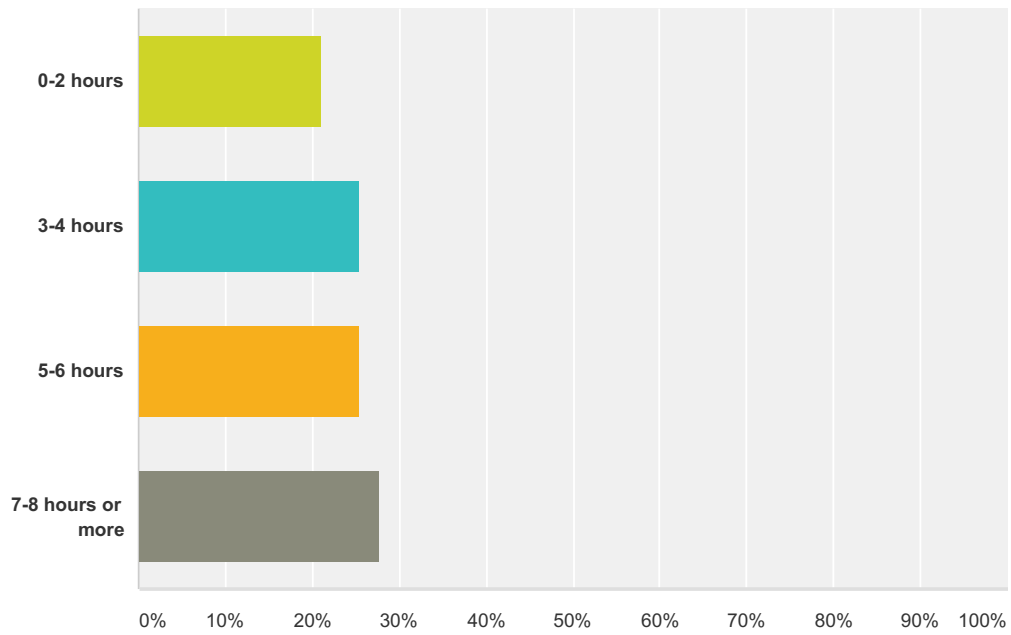
Answered: 90 Skipped: 0



Answer Choices	Responses
Yes, I am currently on a diet	11.11% 10
Yes, I have been on a diet before	26.67% 24
No, I have never done this	41.11% 37
No, but I would like to	21.11% 19
<b>Total</b>	<b>90</b>

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

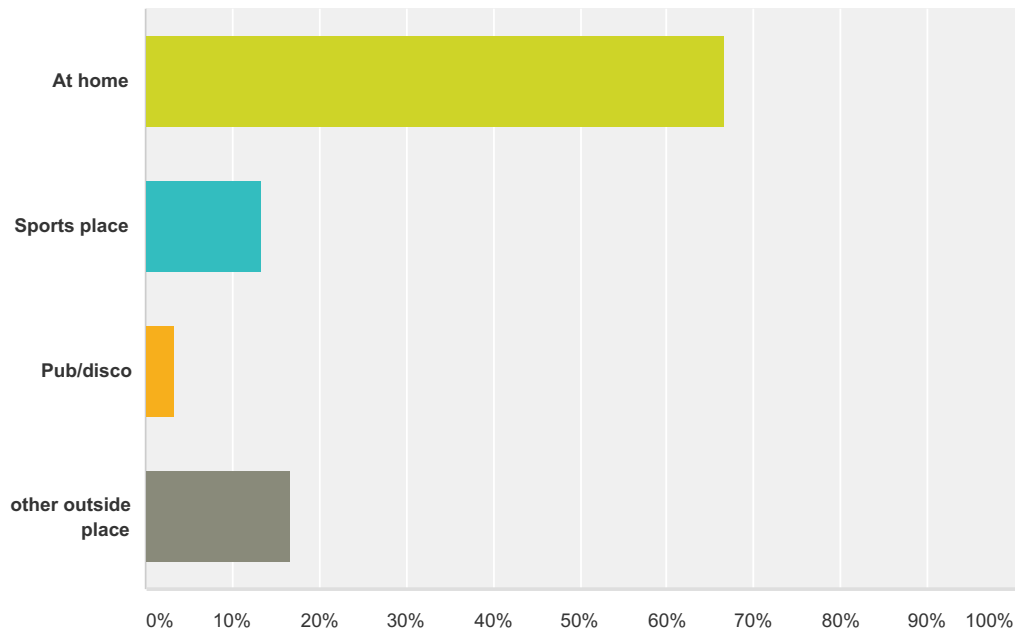
Answered: 90 Skipped: 0



Answer Choices	Responses	
0-2 hours	21.11%	19
3-4 hours	25.56%	23
5-6 hours	25.56%	23
7-8 hours or more	27.78%	25
<b>Total</b>		<b>90</b>

## Q8 What is your favourite place to relax?

Answered: 90 Skipped: 0

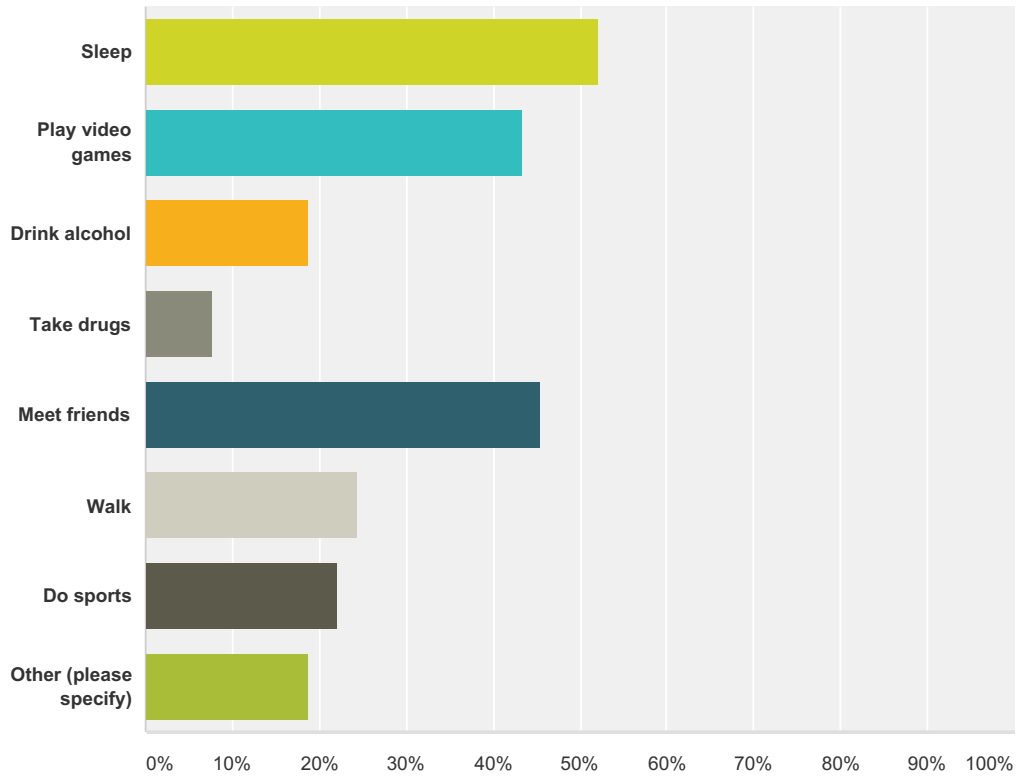


Answer Choices	Responses
At home	66.67% 60
Sports place	13.33% 12
Pub/disco	3.33% 3
other outside place	16.67% 15
<b>Total</b>	<b>90</b>



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

Answered: 90 Skipped: 0



Answer Choices	Responses
Sleep	52.22% 47
Play video games	43.33% 39
Drink alcohol	18.89% 17
Take drugs	7.78% 7
Meet friends	45.56% 41
Walk	24.44% 22
Do sports	22.22% 20
Other (please specify)	18.89% 17
<b>Total Respondents: 90</b>	

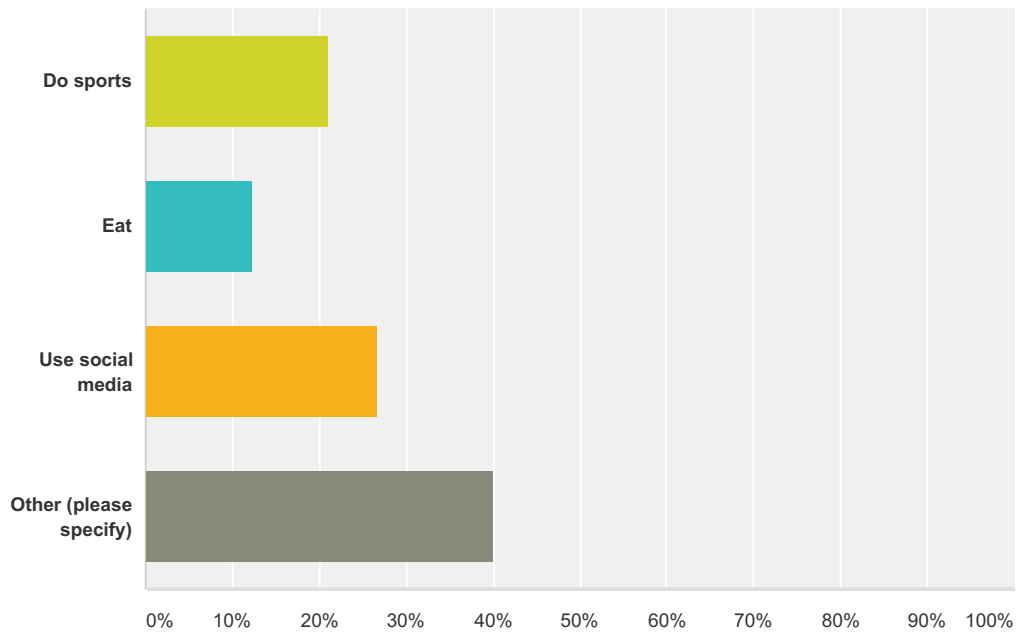
#	Other (please specify)	Date
1	Watch youtube	3/24/2017 3:54 PM
2	go to pub	3/24/2017 1:00 PM
3	Drawing	3/24/2017 12:11 PM
4	in my bedroom on my ipad and phone	3/24/2017 11:53 AM

## Erasmus+

5	have a pint	3/24/2017 11:38 AM
6	listen to music.	3/24/2017 11:32 AM
7	Relax in the garden	3/24/2017 11:29 AM
8	Skateboarding	3/24/2017 11:28 AM
9	Watch films/TV	3/21/2017 3:49 PM
10	k hole	3/21/2017 2:51 PM
11	reading and watching tv	3/21/2017 10:58 AM
12	Watch TV	3/20/2017 4:25 PM
13	just calm myself down playing football	3/20/2017 2:53 PM
14	confidential	3/20/2017 2:51 PM
15	Online Gaming	3/20/2017 2:03 PM
16	tv	3/20/2017 1:53 PM
17	Watch TV	3/6/2017 10:00 AM

### Q10 What do you do to relax?

Answered: 90 Skipped: 0



Answer Choices	Responses
Do sports	21.11% 19
Eat	12.22% 11
Use social media	26.67% 24
Other (please specify)	40.00% 36
<b>Total</b>	<b>90</b>

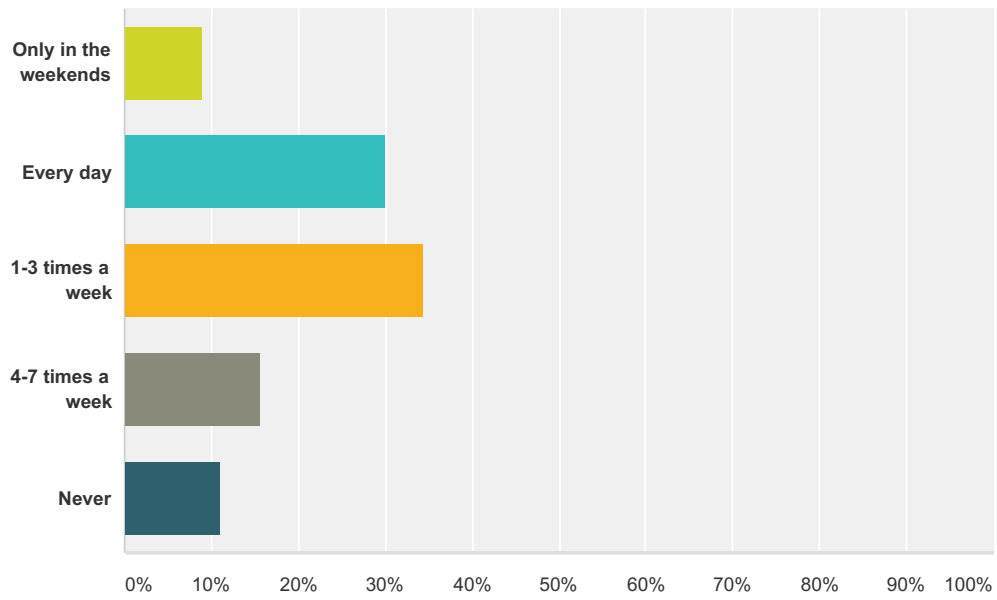
#	Other (please specify)	Date
1	CUDDLE	3/24/2017 3:57 PM
2	xbox one	3/24/2017 3:54 PM
3	XBOX	3/24/2017 3:50 PM
4	GAME	3/24/2017 3:50 PM
5	Gaming	3/24/2017 3:50 PM
6	doing nothing	3/24/2017 1:27 PM
7	GAMING	3/24/2017 1:23 PM
8	watch films	3/24/2017 1:09 PM
9	play games	3/24/2017 12:39 PM
10	MUSIC	3/24/2017 12:11 PM
11	Reading	3/24/2017 12:11 PM
12	Walk .	3/24/2017 12:09 PM
13	Games/anime	3/24/2017 11:33 AM

## Erasmus+

14	sleep, listen to music, play video games	3/24/2017 11:32 AM
15	Play video games / talk to friends.	3/24/2017 11:29 AM
16	meditate	3/24/2017 11:28 AM
17	SLEEP	3/21/2017 3:50 PM
18	Football Tactics	3/21/2017 3:49 PM
19	wank	3/21/2017 2:51 PM
20	smoke weed	3/21/2017 2:49 PM
21	WATCH TV	3/21/2017 2:48 PM
22	go for a walk or run with my dog	3/21/2017 11:21 AM
23	listen to music	3/21/2017 11:15 AM
24	playing games on my xbox	3/21/2017 10:58 AM
25	Read, crafts	3/20/2017 4:25 PM
26	Gaming	3/20/2017 3:56 PM
27	Hobbies	3/20/2017 3:05 PM
28	go out with mates	3/20/2017 2:51 PM
29	Social media and Online Gaming	3/20/2017 2:03 PM
30	listen to music	3/20/2017 1:54 PM
31	watch television	3/20/2017 1:54 PM
32	watch telly, colour my adult colouring book.	3/20/2017 1:52 PM
33	walk	3/20/2017 1:51 PM
34	SLEEP OR WATCH TELLY	3/20/2017 1:50 PM
35	spend time with family,boyf and friends	3/20/2017 1:49 PM
36	Walk	3/17/2017 8:38 PM

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

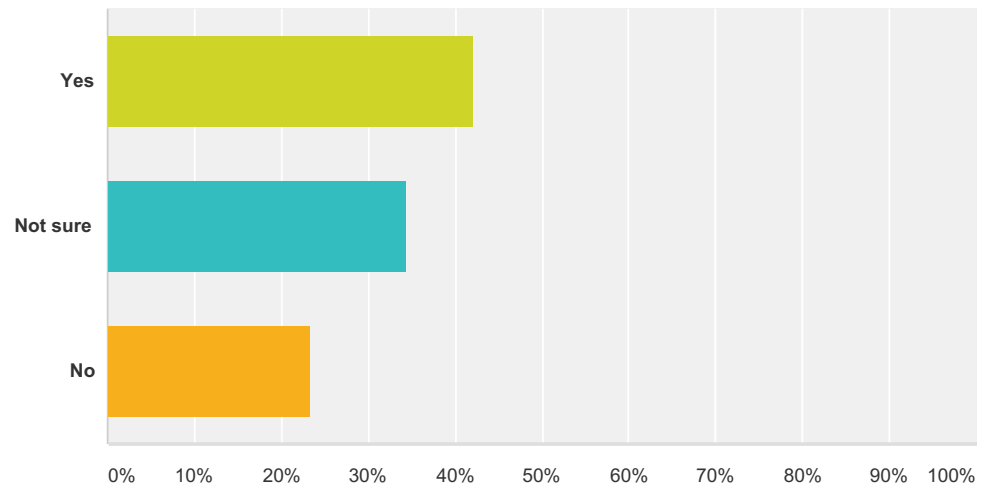
Answered: 90 Skipped: 0



Answer Choices	Responses	Count
Only in the weekends	8.89%	8
Every day	30.00%	27
1-3 times a week	34.44%	31
4-7 times a week	15.56%	14
Never	11.11%	10
<b>Total</b>		<b>90</b>

**Q12 Are you happy with the way you look?**

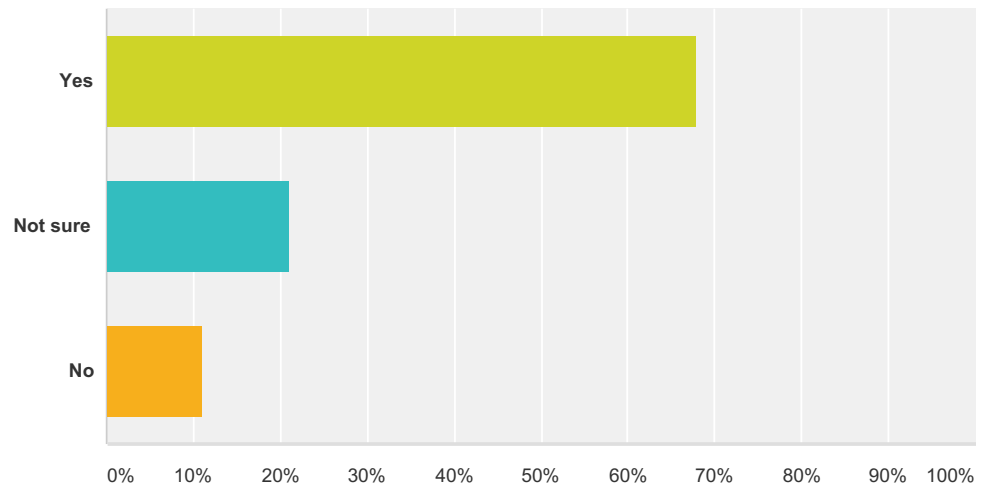
Answered: 90 Skipped: 0



Answer Choices	Responses
Yes	42.22% 38
Not sure	34.44% 31
No	23.33% 21
<b>Total</b>	<b>90</b>

### Q13 Is physical fitness important to you?

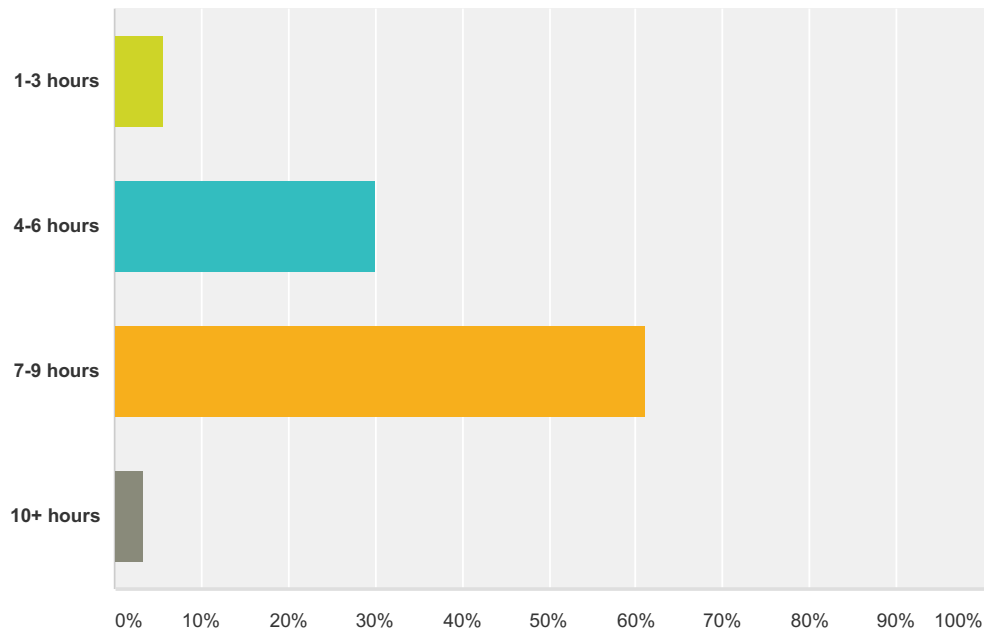
Answered: 90 Skipped: 0



Answer Choices	Responses
Yes	67.78% 61
Not sure	21.11% 19
No	11.11% 10
<b>Total</b>	<b>90</b>

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

Answered: 90 Skipped: 0

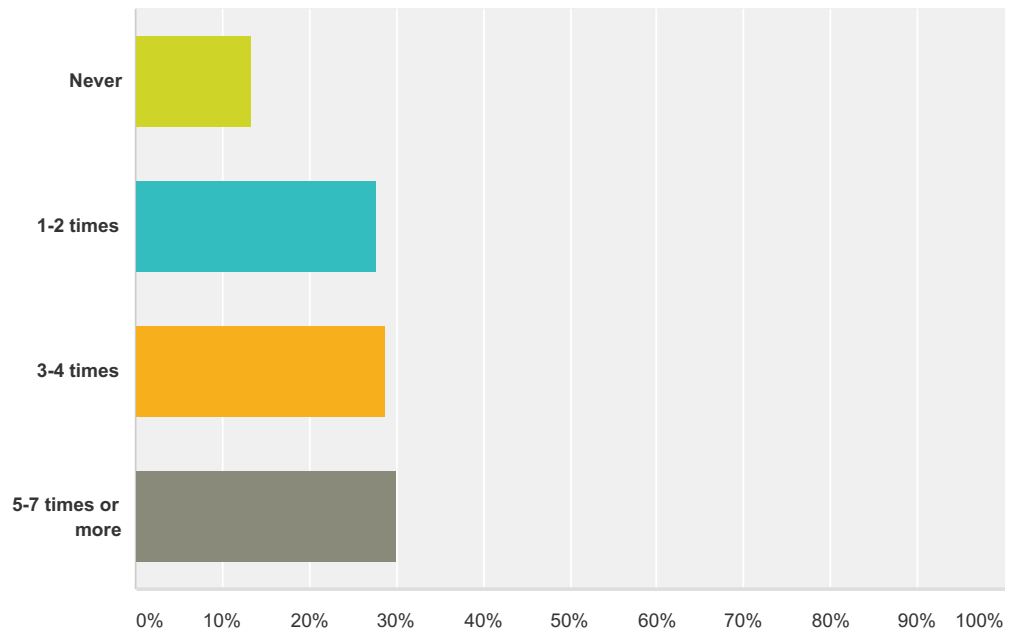


Answer Choices	Responses
1-3 hours	5.56% 5
4-6 hours	30.00% 27
7-9 hours	61.11% 55
10+ hours	3.33% 3
<b>Total</b>	<b>90</b>



## Q15 How often do you exercise per week?

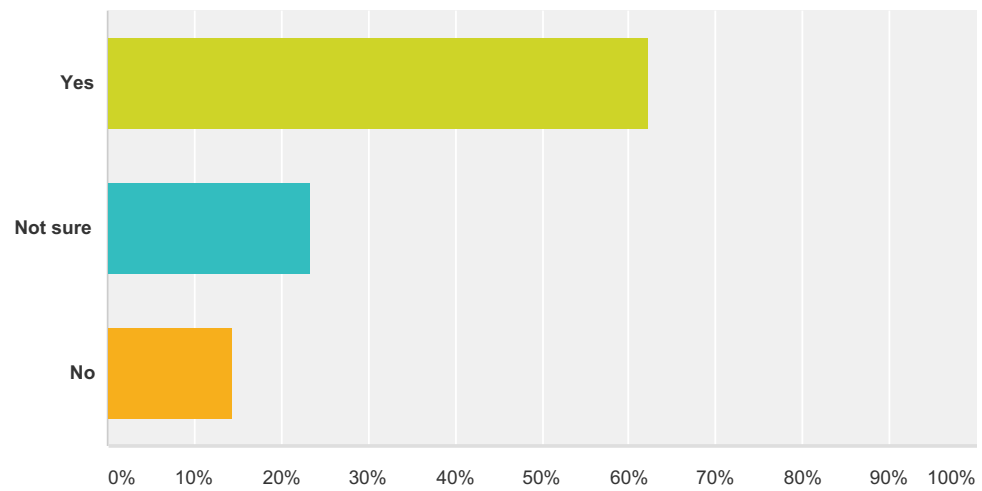
Answered: 90 Skipped: 0



Answer Choices	Responses	
Never	13.33%	12
1-2 times	27.78%	25
3-4 times	28.89%	26
5-7 times or more	30.00%	27
<b>Total</b>		<b>90</b>

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

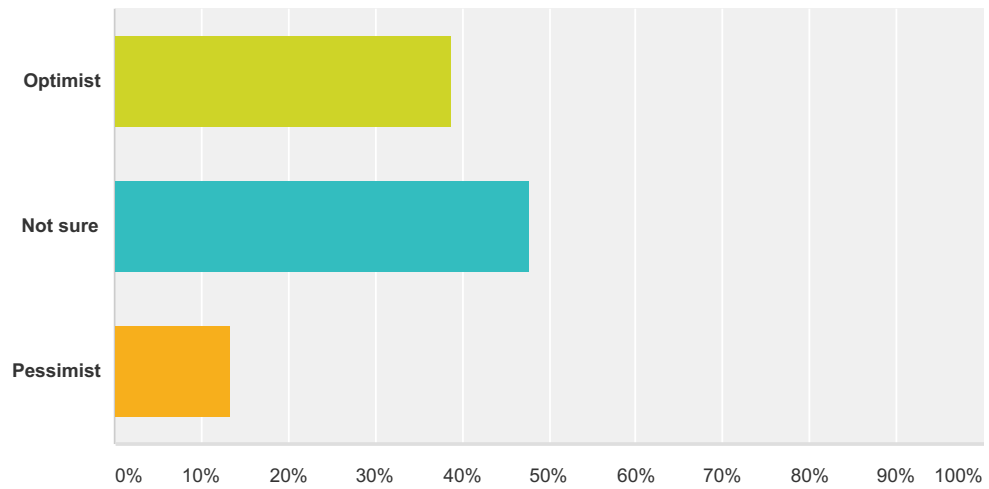
Answered: 90 Skipped: 0



Answer Choices	Responses
Yes	62.22% 56
Not sure	23.33% 21
No	14.44% 13
<b>Total</b>	<b>90</b>

## Q17 Are you an optimist or a pessimist?

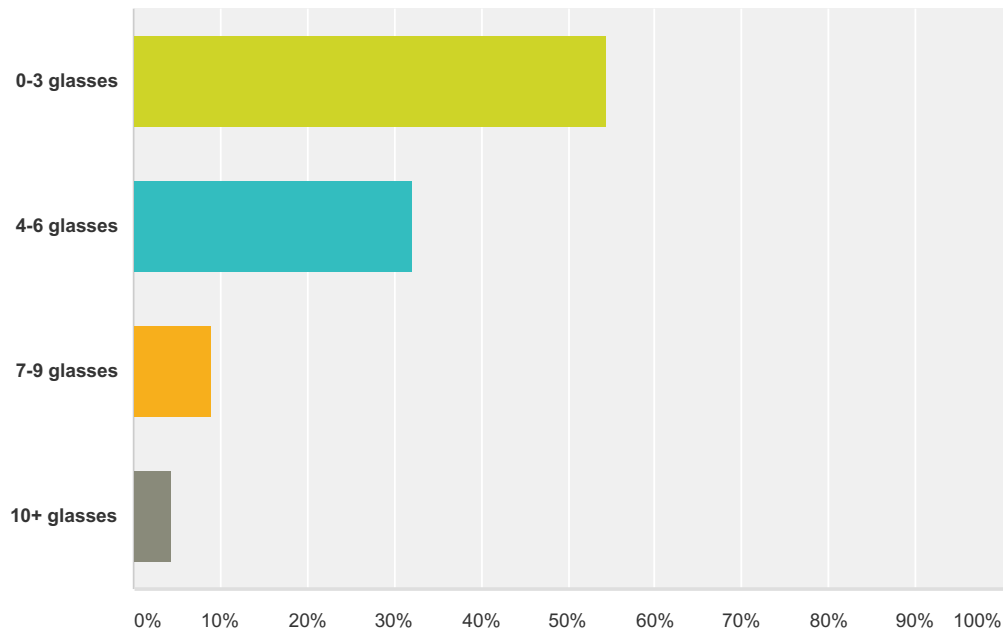
Answered: 90 Skipped: 0



Answer Choices	Responses
Optimist	38.89% 35
Not sure	47.78% 43
Pessimist	13.33% 12
<b>Total</b>	<b>90</b>

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

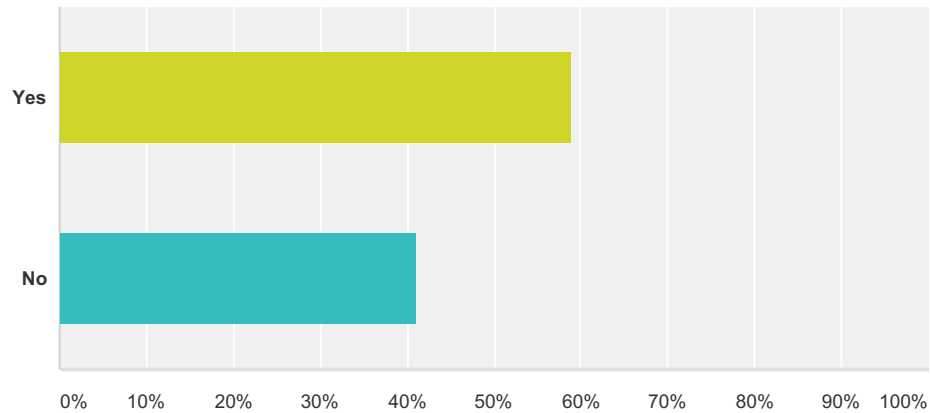
Answered: 90 Skipped: 0



Answer Choices	Responses
0-3 glasses	54.44% 49
4-6 glasses	32.22% 29
7-9 glasses	8.89% 8
10+ glasses	4.44% 4
<b>Total</b>	<b>90</b>

## Q19 Do you do any sports?

Answered: 90 Skipped: 0



Answer Choices	Responses	
Yes	58.89%	53
No	41.11%	37
<b>Total</b>		<b>90</b>

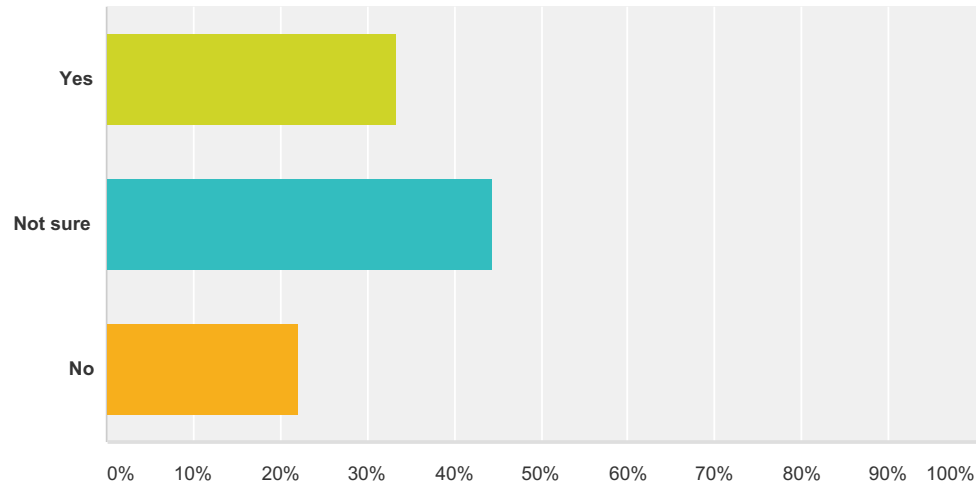
#	If yes, what kind of sports?	Date
1	CYCLING,RUNNING,	3/24/2017 3:57 PM
2	tennis	3/24/2017 3:53 PM
3	BASKETBALL BADMINTON MARTIAL ARTS FOOTBALL	3/24/2017 3:50 PM
4	football	3/24/2017 1:00 PM
5	canoeing , tiju , walking dog .	3/24/2017 12:09 PM
6	skateboarding	3/24/2017 11:31 AM
7	Gym	3/24/2017 11:29 AM
8	Walking, Jogging, Running	3/24/2017 11:29 AM
9	Skateboarding	3/24/2017 11:28 AM
10	Football and cricket	3/21/2017 3:51 PM
11	FOOTBALL	3/21/2017 3:51 PM
12	football, cricket	3/21/2017 3:51 PM
13	football	3/21/2017 3:51 PM
14	Football and running	3/21/2017 3:50 PM
15	football cricket	3/21/2017 3:50 PM
16	football,boxing,gym	3/21/2017 3:49 PM
17	Football	3/21/2017 3:49 PM
18	Football	3/21/2017 3:03 PM
19	Football, cricket and pool.	3/21/2017 2:53 PM
20	football, running	3/21/2017 2:51 PM

## Erasmus+

21	football	3/21/2017 2:51 PM
22	FOOTBALL,GOLF,RUNNING,GYM,SQUSH	3/21/2017 2:51 PM
23	Football	3/21/2017 2:50 PM
24	football, basketball	3/21/2017 2:50 PM
25	gym	3/21/2017 2:49 PM
26	football	3/21/2017 2:49 PM
27	football	3/21/2017 2:49 PM
28	football	3/21/2017 2:49 PM
29	football	3/21/2017 2:48 PM
30	football	3/21/2017 2:48 PM
31	Football	3/21/2017 2:47 PM
32	swimming	3/21/2017 11:15 AM
33	football and darts	3/21/2017 10:58 AM
34	FOOTBALL	3/20/2017 3:00 PM
35	FOOTBALL	3/20/2017 2:56 PM
36	FOOTBALL AND BOXING	3/20/2017 2:54 PM
37	football	3/20/2017 2:53 PM
38	FOOTBALL	3/20/2017 2:52 PM
39	Football	3/20/2017 2:52 PM
40	Football.	3/20/2017 2:52 PM
41	football	3/20/2017 2:51 PM
42	football	3/20/2017 2:51 PM
43	Football	3/20/2017 2:49 PM
44	MotorSport	3/20/2017 2:03 PM
45	gYM	3/20/2017 1:53 PM
46	GYM 3 TIMES A WEEK	3/20/2017 1:50 PM
47	Badminton	3/6/2017 10:00 AM
48	football,cricket and cycling	3/3/2017 4:46 PM

**Q20 Do you think you are healthy?**

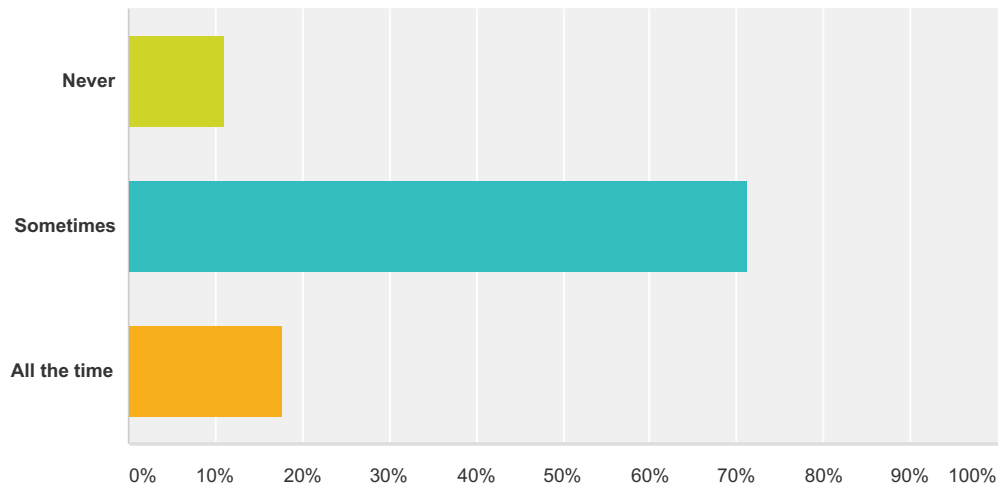
Answered: 90 Skipped: 0



Answer Choices	Responses	
Yes	33.33%	30
Not sure	44.44%	40
No	22.22%	20
<b>Total</b>		<b>90</b>

### Q21 How often do you feel stressed per week?

Answered: 90 Skipped: 0

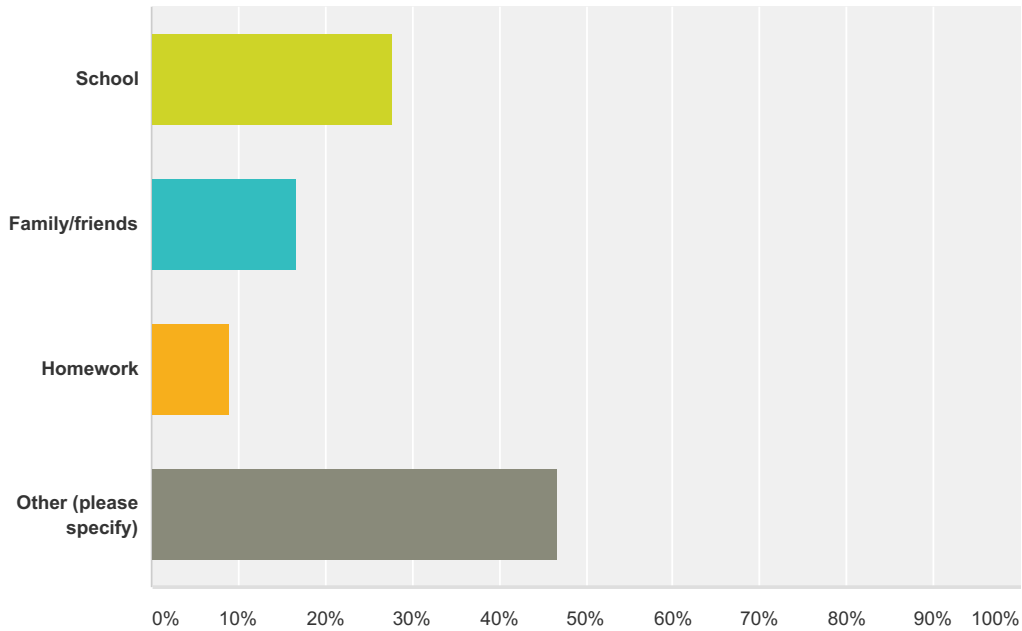


Answer Choices	Responses
Never	11.11% 10
Sometimes	71.11% 64
All the time	17.78% 16
<b>Total</b>	<b>90</b>



## Q22 What makes you most stressed?

Answered: 90 Skipped: 0



Answer Choices	Responses
School	27.78% 25
Family/friends	16.67% 15
Homework	8.89% 8
Other (please specify)	46.67% 42
<b>Total</b>	<b>90</b>

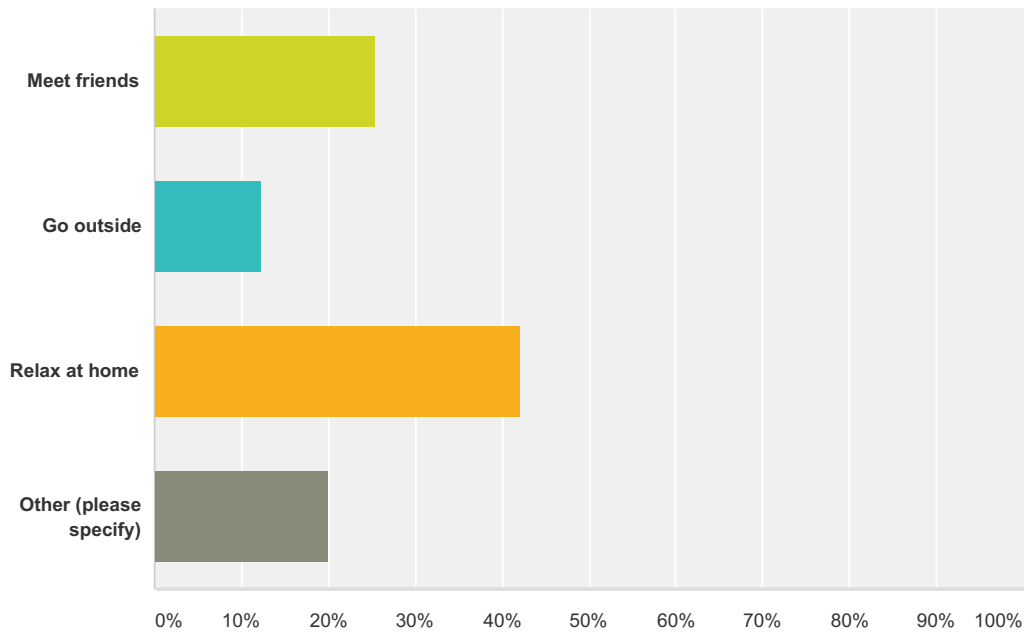
#	Other (please specify)	Date
1	college	3/24/2017 3:54 PM
2	work	3/24/2017 3:53 PM
3	WORK	3/24/2017 3:50 PM
4	College	3/24/2017 3:50 PM
5	nothing	3/24/2017 1:27 PM
6	college	3/24/2017 1:00 PM
7	COLLEGE	3/24/2017 12:11 PM
8	Uncertainty (being uncertain to do anything or feeling useess)	3/24/2017 12:11 PM
9	college and family/friends	3/24/2017 11:53 AM
10	Life	3/24/2017 11:39 AM
11	evie mae smith	3/24/2017 11:38 AM
12	Being bored	3/24/2017 11:33 AM
13	relationships (with either girls or family and friends)	3/24/2017 11:32 AM

## Erasmus+

14	money	3/24/2017 11:31 AM
15	Don't Know	3/24/2017 11:29 AM
16	Money and hate	3/24/2017 11:28 AM
17	Life	3/24/2017 11:25 AM
18	work and college work	3/21/2017 3:51 PM
19	work	3/21/2017 3:51 PM
20	work	3/21/2017 3:51 PM
21	Maddie	3/21/2017 3:50 PM
22	girls	3/21/2017 3:50 PM
23	Nothing	3/21/2017 3:03 PM
24	life sometimes	3/21/2017 2:58 PM
25	life	3/21/2017 2:51 PM
26	people	3/21/2017 2:49 PM
27	social life	3/21/2017 2:49 PM
28	all of them 3	3/21/2017 2:49 PM
29	a bit of everything	3/21/2017 2:47 PM
30	Nothing	3/20/2017 4:25 PM
31	Work	3/20/2017 3:56 PM
32	xbox	3/20/2017 3:00 PM
33	getting bullied at college each day	3/20/2017 2:53 PM
34	Work	3/20/2017 2:52 PM
35	The female	3/20/2017 2:52 PM
36	bitches	3/20/2017 2:51 PM
37	Money	3/20/2017 2:49 PM
38	College/ finding a job	3/20/2017 2:03 PM
39	all of the above	3/20/2017 1:54 PM
40	money worries and boy drama	3/20/2017 1:52 PM
41	college assignments	3/20/2017 1:51 PM
42	SCHOOL WORK AND WORK	3/20/2017 1:50 PM

### Q23 What do you do when you are stressed?

Answered: 90 Skipped: 0



Answer Choices	Responses
Meet friends	25.56% 23
Go outside	12.22% 11
Relax at home	42.22% 38
Other (please specify)	20.00% 18
<b>Total</b>	<b>90</b>

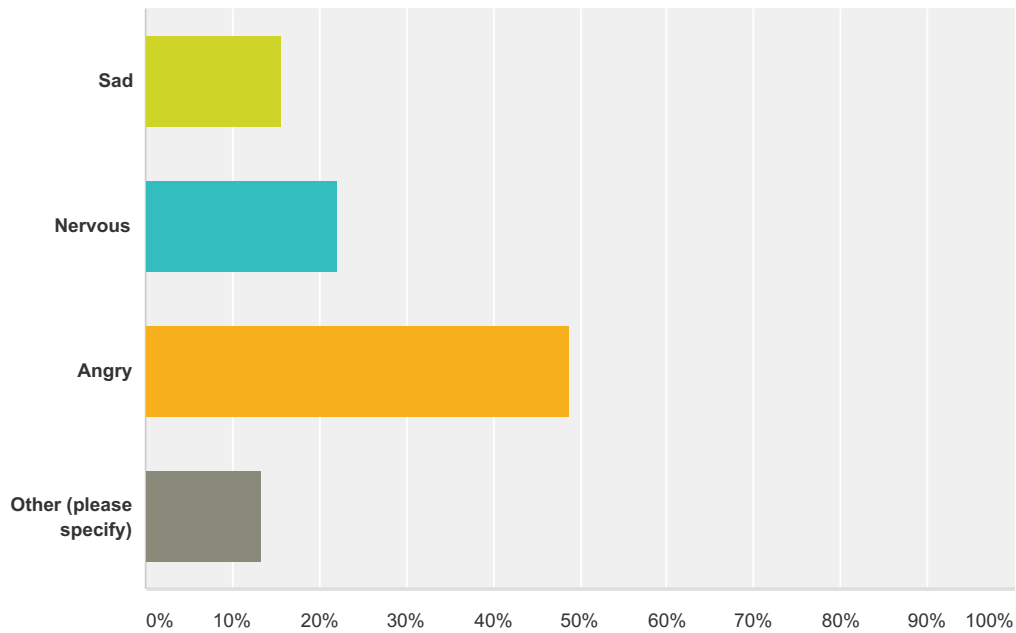
#	Other (please specify)	Date
1	walk around, fiddle, smoke	3/24/2017 3:54 PM
2	shout	3/24/2017 3:52 PM
3	Gaming	3/24/2017 3:50 PM
4	nothing	3/24/2017 1:27 PM
5	dont do much	3/24/2017 12:39 PM
6	Either relax one way or another or going outside	3/24/2017 12:11 PM
7	just stay indoors in my bedroom	3/24/2017 11:53 AM
8	punch things	3/24/2017 11:38 AM
9	Music	3/24/2017 11:33 AM
10	say in doors	3/24/2017 11:32 AM
11	Skate	3/24/2017 11:28 AM
12	Nothing	3/21/2017 3:03 PM

## Erasmus+

13	meet girl friend	3/21/2017 2:58 PM
14	I go to the gym or play football	3/21/2017 2:47 PM
15	listen to music	3/21/2017 11:21 AM
16	Smash my xbox controller	3/20/2017 2:52 PM
17	Relax at home and use Social Media and Online gaming	3/20/2017 2:03 PM
18	sleep	3/20/2017 1:51 PM

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

Answered: 90 Skipped: 0

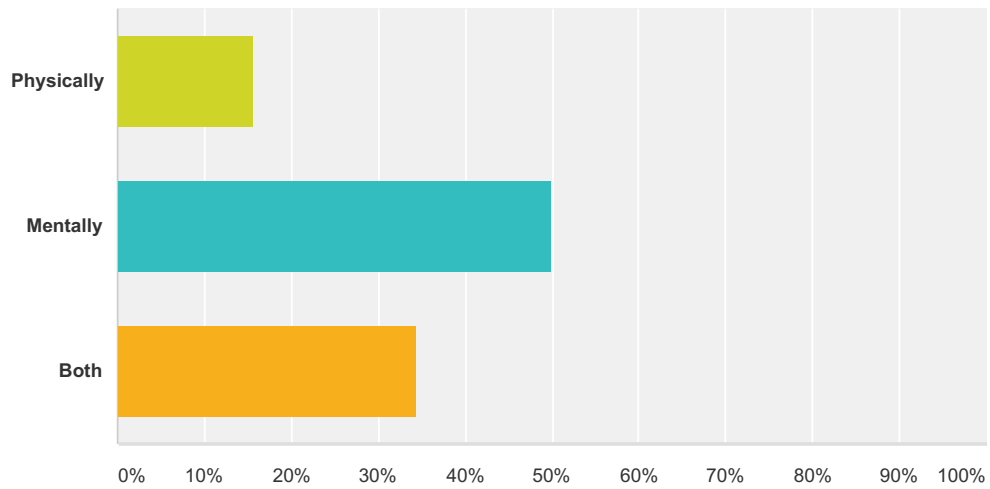


Answer Choices	Responses
Sad	15.56% 14
Nervous	22.22% 20
Angry	48.89% 44
Other (please specify)	13.33% 12
<b>Total</b>	<b>90</b>

#	Other (please specify)	Date
1	nothing	3/24/2017 1:27 PM
2	idk	3/24/2017 11:53 AM
3	All	3/24/2017 11:33 AM
4	Angry and sad	3/21/2017 3:50 PM
5	anxious	3/21/2017 3:50 PM
6	None	3/21/2017 3:03 PM
7	anxious	3/21/2017 11:21 AM
8	annoyed	3/21/2017 10:58 AM
9	None of the above	3/20/2017 4:25 PM
10	i get anxious and my anxiety kicks in.	3/20/2017 2:56 PM
11	upset, unwanted, helpless	3/20/2017 2:53 PM
12	Driven - become obsessive	3/20/2017 1:51 PM

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

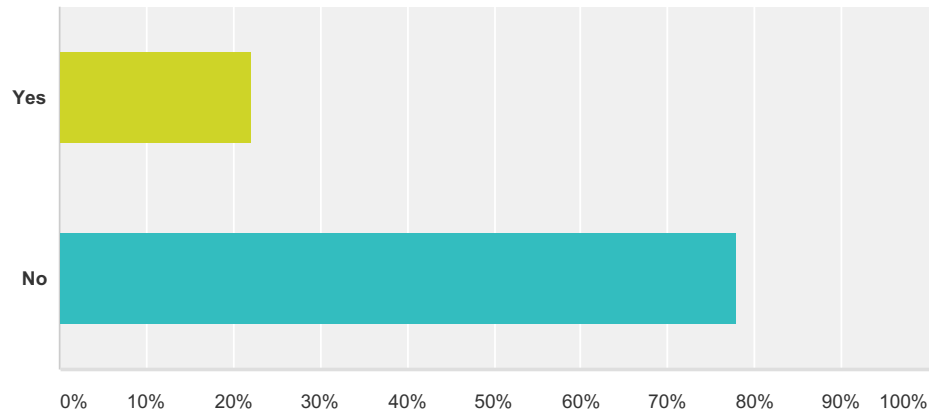
Answered: 90 Skipped: 0



Answer Choices	Responses	
Physically	15.56%	14
Mentally	50.00%	45
Both	34.44%	31
<b>Total</b>		<b>90</b>

## Q26 Do you smoke?

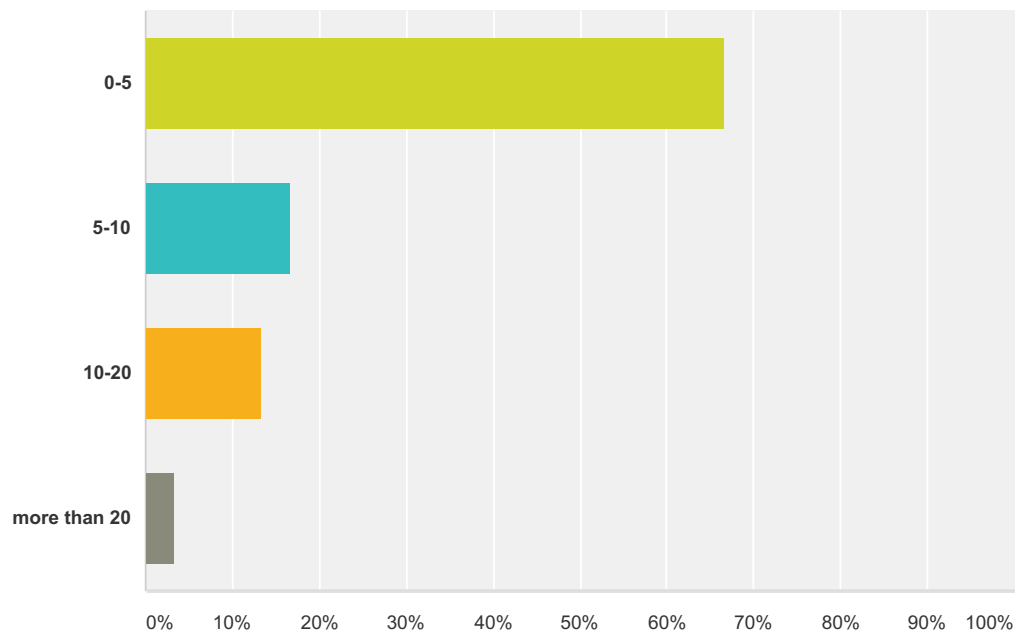
Answered: 90 Skipped: 0



Answer Choices	Responses
Yes	22.22% 20
No	77.78% 70
<b>Total</b>	<b>90</b>

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

Answered: 30 Skipped: 60

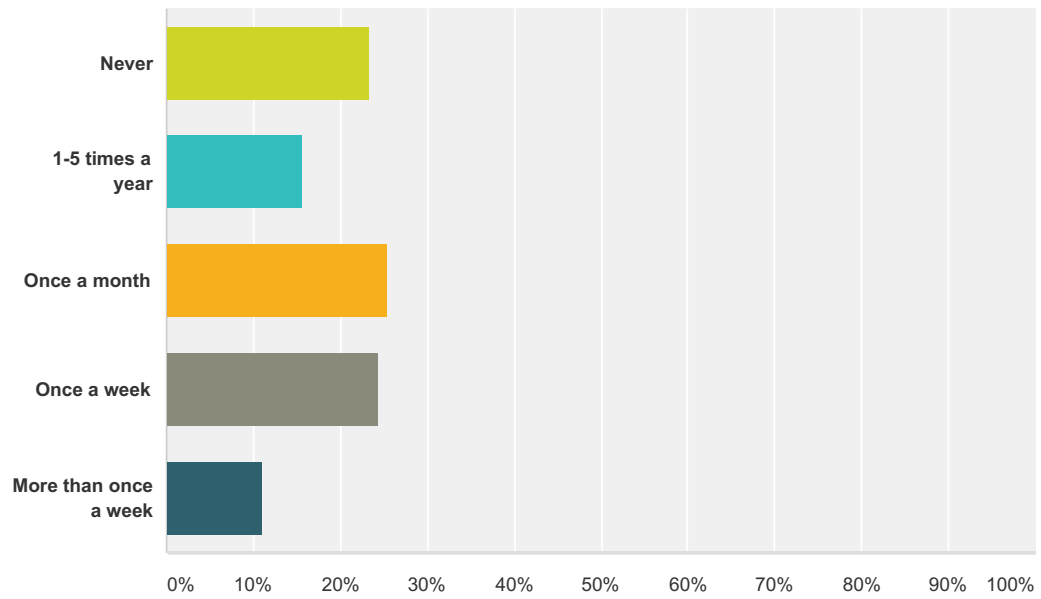


Answer Choices	Responses
0-5	66.67% 20
5-10	16.67% 5
10-20	13.33% 4
more than 20	3.33% 1
<b>Total</b>	<b>30</b>



## Q28 How often do you drink alcohol?

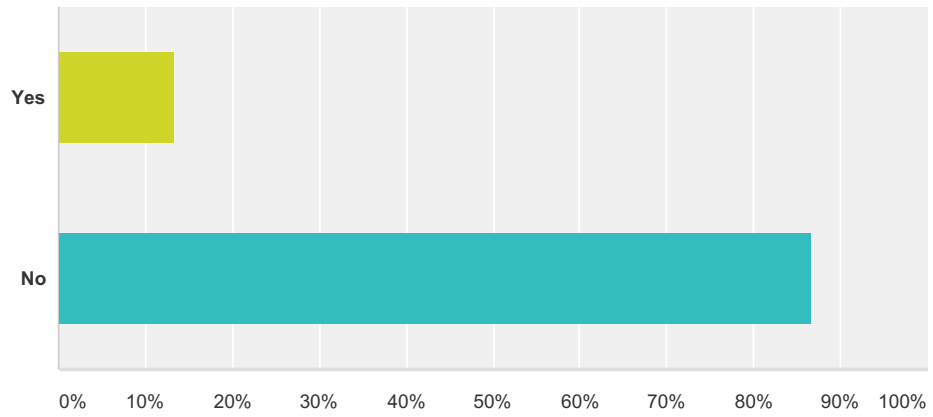
Answered: 90 Skipped: 0



Answer Choices	Responses	Count
Never	23.33%	21
1-5 times a year	15.56%	14
Once a month	25.56%	23
Once a week	24.44%	22
More than once a week	11.11%	10
<b>Total</b>		<b>90</b>

**Q29 Do you take any drugs?**

Answered: 90 Skipped: 0



Answer Choices	Responses
Yes	13.33% 12
No	86.67% 78
<b>Total</b>	<b>90</b>