FOLKEHELSEINSTITUTTET

# The Public Health Survey in Rogaland 2026

Questionnaire for residents of Rogaland concerning health, well-being, and the local community.

> This document shows every question in the questionnaire, in the order you will see them.
>
> Some questions are only shown if you gave a particular answer to an earlier question. When that is the case, it says so above the question, for example “Shown if you answered “Yes” to question 3”. Questions without such a note are shown to everyone.
>
> You fill in the questionnaire itself on helsenorge.no. This document is for information only and should not be sent in.

## Would you like to participate in the Public Health Survey in Rogaland?

You are invited to take part in the Public Health Survey in Rogaland 2026. The purpose of this survey is to gain more knowledge on health, well-being and quality of life in the county. The Norwegian Institute of Public Health (NIPH/FHI) is responsible for the survey, in collaboration with Rogaland County Municipality.

If you decide to take part, you’ll be asked to complete a questionnaire about your health, local environment, well-being, and quality of life. We will also collect your name, national identity number, and contact information. Participation is entirely voluntary, and you may request that your information be deleted at any time.

Your responses may be used for research purposes and may be linked with data from public registers. Your information will be stored without a time limit.

You can read more about data protection and how we use your information further down on this page.

### Consent

*Choose one answer*

◯ Yes, I would like to participate
◯ No, I do not want to participate

↳ Shown if you answered “Yes, I would like to participate” to the question “Consent”

If you consent to participation, press “**Next**” at the bottom of the page. This will take you to the survey.

↳ Shown if you answered “No, I do not want to participate” to the question “Consent”

If you do not wish to participate, press the “**Submit**” button at the bottom of the page.

## More about privacy

### Why are you being asked to participate?

You have been randomly selected from the National Population Register (Folkeregisteret). We obtained your contact information from the Common Contact Register (KRR), in accordance with the Population Registration Act (folkeregisterloven) §§ 10-1 and 10-2.

### Data controller responsibility and distribution through Helsenorge

NIPH/FHI is responsible for the Public Health Survey in Rogaland. Norsk helsenett is responsible for the processing that takes place within Helsenorge.

After you submit the questionnaire, you will receive a copy of your responses in your Helsenorge inbox. Only you – and anyone you have authorised – can view this copy. Your general practitioner or other healthcare personnel will not have access. You can delete the copy from Helsenorge at any time. This does not affect the information stored at NIPH. If you wish to have your data removed from the Public Health Survey at NIPH, you must contact us directly.

### Participation is voluntary

Participation in the Public Health Survey is voluntary. There are no negative consequences if you decline or later request that your information be deleted.

### What does participation involve?

If you choose to take part, you will be asked to complete a questionnaire about health, health behaviours, your local environment, well-being, and quality of life. This takes approximately 15–20 minutes. We will also record the time of your response, the language you used, and whether or not you provided consent.

Your county and local municipality may be granted access to indirectly identifiable data for analysis purposes. Direct identifiers such as your name or national identity number will be removed before the data is shared. Analytical environments within public planning and mapping may also apply for access to such data.

Upon application, your indirectly identifiable information may also be shared with research projects, student projects, counties, municipalities, or similar institutions. When access is requested, your responses may be linked with information from various registers, such as health registers, Statistics Norway, other health surveys, and public health studies. This helps improve understanding of population health and lifestyle. No one will be able to identify you in any published results.

You will not receive individual feedback on your responses, but you can see how the survey results are used on our website:

[https://www.fhi.no/en/hs/norwegian-counties-public-health-survey/]
(https://www.fhi.no/en/hs/norwegian-counties-public-health-survey/)

You may be contacted in the future and be invited to take part in additional surveys or other data collection activities. Participation is completely voluntary.

### What gives us the right to process your information?

We process your information to contribute knowledge that benefits society. We comply with data protection regulations. The legal basis for this is GDPR Article 6(1)(e) and Article 9(2)(j), in accordance with the Public Health Act § 25 and the Regulations on Public Health Overview § 7.

### Your rights

As long as NIPH processes your personal data, you have the right to:

- Request access to the information we have about you
- Request that the information be corrected or deleted
- Object to how we use your information

If you contact us regarding your rights, we will respond within one month.

You may also complain to the Norwegian Data Protection Authority if you believe we are processing your information incorrectly.

**How we store and use your information**

**How is your information stored and used?**

NIPH stores your information securely:

- One database stores your name, contact information, and national identity number.
- A separate database securely stores your questionnaire responses.

Access to the databases is strictly controlled. Only a small number of NIPH employees have access to both databases, and they are bound by confidentiality.

**Further use of your responses**

When researchers or others apply for access to your responses, your name and national identity number are removed. However, the information may still be indirectly identifiable.

If your responses are to be linked with other registers, such as health registries, a linkage key is used. Your national identity number is replaced with a participant ID. Those who receive the data will only see this ID.

**How long do we store your information?**

The purpose of the Public Health Surveys is to monitor developments in health and living conditions over time. For this reason, we store your information indefinitely. This allows it to be used in future research and in the planning of measures to improve public health.

You may request deletion of your information at any time.

**Contact information**

If you have questions or wish to exercise your rights, you can contact us at: [fhus-deltaker@fhi.no](mailto:fhus-deltaker@fhi.no).

If you have questions about privacy or your rights, you may also contact the Data Protection Officer at NIPH at: [personvernombud@fhi.no](mailto:personvernombud@fhi.no).

**You will get the rest of the questionnaire if you answered “Yes, I would like to participate” to the question “Consent”.**

## The local community, the municipality

**1.1 To what extent do you thrive in your local community?**

*Choose one answer*

- ◯ To a large extent
- ◯ To some extent
- ◯ To a small extent
- ◯ Not at all

## The local community, the municipality

Think about your local community and your municipality.

**1.2 How do you experience the accessibility of cultural amenities?**

For example, cinemas, libraries, cultural centres, concerts and theatre.

**The accessibility is:**

*Choose one answer*

- ◯ Very good
- ◯ Good
- ◯ Neither good nor poor
- ◯ Poor
- ◯ Very poor
- ◯ Don't know

**1.2a Over the past year, approximately how often have you used the cultural amenities where you live?**

*Choose one answer*

- ◯ Weekly
- ◯ Monthly
- ◯ Quarterly
- ◯ Less often
- ◯ Never
- ◯ Don't know

### 1.3 How do you experience the accessibility of sports facilities?

For instance, sports halls, swimming pools, sports centres and tracks for skiing or running.

**The accessibility is:**

*Choose one answer*

- ◯ Very good
- ◯ Good
- ◯ Neither good nor poor
- ◯ Poor
- ◯ Very poor
- ◯ Don't know

### 1.4 How do you experience the accessibility of stores, restaurants, and other services?

**The accessibility is:**

*Choose one answer*

- ◯ Very good
- ◯ Good
- ◯ Neither good nor poor
- ◯ Poor
- ◯ Very poor
- ◯ Don't know

### 1.5 How do you experience the accessibility of public transport?

**The accessibility is:**

*Choose one answer*

- ◯ Very good
- ◯ Good
- ◯ Neither good nor poor
- ◯ Poor
- ◯ Very poor
- ◯ Don't know

### 1.6 How do you experience the accessibility to nature and outdoor recreational areas, including parks and other green areas?

**The accessibility is:**

*Choose one answer*

- ◯ Very good
- ◯ Good
- ◯ Neither good nor poor
- ◯ Poor
- ◯ Very poor
- ◯ Don't know

**1.6a Over the past year, approximately how often have you visited parks, nature or outdoor recreational areas?**

*Choose one answer*

- ◯ Weekly
- ◯ Monthly
- ◯ Quarterly
- ◯ Less often
- ◯ Never
- ◯ Don't know

**1.7 How do you experience the accessibility to the coastline/beaches or the sea/lakes where you live?**

**The accessibility is:**

*Choose one answer*

- ◯ Very good
- ◯ Good
- ◯ Neither good nor poor
- ◯ Poor
- ◯ Very poor
- ◯ Don't know
- ◯ I don’t live near the sea or a lake

**1.8 How well developed do you think walking and cycling paths are in your local area?**

*Choose one answer*

- ◯ Very well
- ◯ Well
- ◯ Neither well nor poorly
- ◯ Poorly
- ◯ Very poorly
- ◯ Don't know

## Participation in activities

**1.9 How often do you participate in organised activities / volunteer work?**

Examples include sports clubs, local political organisations, religious organisations, choirs, or similar.

*Choose one answer*

- ◯ Daily
- ◯ Weekly
- ◯ 1-3 times per month
- ◯ Less often
- ◯ Never

### 1.10 How often are you involved in other activities?

Such as clubs, meetings, meeting friends, exercise walks with friends/colleagues or others?

*Choose one answer*

- ◯ Daily
- ◯ Weekly
- ◯ 1-3 times per month
- ◯ Less often
- ◯ Never

## Health

### 2.1.1 How would you rate your overall health?

Would you say it is:

*Choose one answer*

- ◯ Very good
- ◯ Good
- ◯ Neither good nor bad
- ◯ Bad
- ◯ Very bad

### 2.1.2 How would you rate your dental health?

Would you say it is:

*Choose one answer*

- ◯ Very good
- ◯ Good
- ◯ Neither good nor bad
- ◯ Bad
- ◯ Very bad

### 2.1.3 When was the last time you visited a dentist or dental hygienist?

*Choose one answer*

- ◯ 0-2 years ago
- ◯ 3-5 years ago
- ◯ More than 5 years ago

↳ Shown if you answered “More than 5 years ago” to question 2.1.3

**2.1.3a Why has it been more than 5 years since you visited a dentist or dental hygienist?**

Select one or more options.

*You can choose more than one answer*

- ☐ Financial reasons
- ☐ Fear
- ☐ Problem with transport / travel distance
- ☐ Other reasons

## Height and weight

**2.2.1 How tall are you without shoes?**

Specify in centimetres.

*Enter a number from 50 to 250*

**2.2.2 How much do you weigh without clothes and shoes?**

Specify in whole kilograms.

(If you are pregnant, specify weight before pregnancy).

*Enter a number from 25 to 500*

## Psychological distress

**2.3.1 During the last week, to what extent have you been bothered by nervousness or shakiness inside?**

*Choose one answer*

- ○ Not at all
- ○ A little
- ○ Quite a bit
- ○ Very much

**2.3.2 During the last week, to what extent have you been bothered by feeling fearful?**

*Choose one answer*

- ○ Not at all
- ○ A little
- ○ Quite a bit
- ○ Very much

**2.3.3 During the last week, to what extent have you been bothered by feeling hopeless about the future?**

*Choose one answer*

- ◯ Not at all
- ◯ A little
- ◯ Quite a bit
- ◯ Very much

**2.3.4 During the last week, to what extent have you been bothered by feeling blue?**

*Choose one answer*

- ◯ Not at all
- ◯ A little
- ◯ Quite a bit
- ◯ Very much

**2.3.5 During the last week, to what extent have you been bothered by worrying too much about things?**

*Choose one answer*

- ◯ Not at all
- ◯ A little
- ◯ Quite a bit
- ◯ Very much

## Sleep

The following questions about your sleep concern how you usually feel now.

**2.4.1 How often do you experience sleep onset problems?**

*Choose one answer*

- ◯ Never/rarely
- ◯ Sometimes
- ◯ 1-2 times per week
- ◯ At least 3 times per week

**2.4.2 How often do you experience nightly awakenings?**

*Choose one answer*

- ◯ Never/rarely
- ◯ Sometimes
- ◯ 1-2 times per week
- ◯ At least 3 times per week

### 2.4.3 How often are you tired or sleepy during the day?

*Choose one answer*

- ◯ Never/rarely
- ◯ Sometimes
- ◯ 1-2 times per week
- ◯ At least 3 times per week

### 2.4.4 If you have sleep problems, how long have they lasted?

*Choose one answer*

- ◯ Less than 1 month
- ◯ 1-2 months
- ◯ 3-6 months
- ◯ 7-12 months
- ◯ More than 1 year
- ◯ I do not have sleep problems

## Long-term health problems and daily life functioning

### 2.5.1 Do you have any long-term illnesses or health problems?

This includes illnesses or health problems that are seasonal or come and go. They should have lasted or are expected to last for at least six months.

*Choose one answer*

- ◯ Yes
- ◯ No

↳ Shown if you answered “Yes” to question 2.5.1

### 2.5.1a To what extent do these health problems affect your daily life?

*Choose one answer*

- ◯ To a large extent
- ◯ To some extent
- ◯ To a small extent
- ◯ Not at all

### 2.5.2 Do you have any disability or health problem resulting from injury?

This also includes disabilities and health problems that come and go.

*Choose one answer*

- ◯ Yes
- ◯ No

↳ Shown if you answered “Yes” to question 2.5.2

**2.5.2a To what extent does this disability or health problem influence your daily life?**

*Choose one answer*

- ◯ To a large extent
- ◯ To some extent
- ◯ To a small extent
- ◯ Not at all

## Low back and neck pain

**2.6.1 In the past 28 days (4 weeks), have you had pain in your lower back?**

*Choose one answer*

- ◯ Yes
- ◯ No

↳ Shown if you answered “Yes” to question 2.6.1

**2.6.1a How many days have you had low back pain symptoms in the past 28 days (4 weeks)?**

Pain for part of a day counts as one day.

*Choose one answer from the list*

1-5 days · 6-10 days · 11-15 days · 16-20 days · 21-27 days · All 28 days

↳ Shown if you answered “Yes” to question 2.6.1

**2.6.1b On how many of the past 28 days (4 weeks) have your low back symptoms caused you to limit your usual activities or change your daily routine?**

*Choose one answer from the list*

No days · 1-5 days · 6-10 days · 11-15 days · 16-20 days · 21-27 days · All 28 days

**2.6.2 In the past 28 days (4 weeks), have you had pain in your neck?**

*Choose one answer*

- ◯ Yes
- ◯ No

↳ Shown if you answered “Yes” to question 2.6.2

**2.6.2a How many days have you had pain in your neck in the past 28 days (4 weeks)?**

Pain for part of a day counts as one day.

*Choose one answer from the list*

1-5 days · 6-10 days · 11-15 days · 16-20 days · 21-27 days · All 28 days

↳ Shown if you answered “Yes” to question 2.6.2

### 2.6.2b On how many of the past 28 days (4 weeks) has your neck pain caused you to limit your usual activities or change your daily routine?

*Choose one answer from the list*

No days · 1-5 days · 6-10 days · 11-15 days · 16-20 days · 21-27 days · All 28 days

## Social support

### 3.1 How many people are so close to you that you can count on them if you have serious personal problems?

Include close family members.

*Choose one answer*

- ◯ None
- ◯ 1–2
- ◯ 3–5
- ◯ 6 or more

### 3.2 How much concern and interest do people show in what you are doing?

**Would you say that they show:**

*Choose one answer*

- ◯ A lot of concern and interest
- ◯ Some concern and interest
- ◯ Neither great nor slight concern and interest
- ◯ Little concern and interest
- ◯ No concern and interest

### 3.3 How easy is it to get practical help from neighbours if you should need it?

**Is it:**

*Choose one answer*

- ◯ Very easy
- ◯ Easy
- ◯ Neither easy nor difficult
- ◯ Difficult
- ◯ Very difficult

## Loneliness

### 3.4 How often do you feel that you lack companionship?

*Choose one answer*

- ◯ Never
- ◯ Seldom
- ◯ Sometimes
- ◯ Often
- ◯ Very often

### 3.5 How often do you feel left out?

*Choose one answer*

- ◯ Never
- ◯ Seldom
- ◯ Sometimes
- ◯ Often
- ◯ Very often

### 3.6 How often do you feel isolated from others?

*Choose one answer*

- ◯ Never
- ◯ Seldom
- ◯ Sometimes
- ◯ Often
- ◯ Very often

## Physical activity

### 4.1.1 How often do you usually exercise or work out?

By exercise we mean for instance going for a walk, skiing, swimming, or working out/engaging in sports. Also include any exercise to/from work. Take an average.

*Choose one answer*

- ◯ Never
- ◯ Less than once a week
- ◯ Once a week
- ◯ 2-3 times per week
- ◯ 4-5 times a week
- ◯ Almost every day

↳ Shown if you did not answer “Never” to question 4.1.1

### 4.1.1a How intensely do you exercise or work out?

Take an average.

*Choose one answer*

- ◯ I take it easy without getting out of breath and/or sweating
- ◯ I exercise so hard that I get out of breath and/or sweat
- ◯ I am almost exhausted

↳ Shown if you did not answer “Never” to question 4.1.1

### 4.1.1b For how long do you exercise each time?

Take an average.

*Choose one answer*

- ◯ Less than 15 minutes
- ◯ 15 minutes - 29 minutes
- ◯ 30 minutes – 1 hour
- ◯ More than 1 hour

### 4.1.2 Below are several reasons for not exercising or being physically active, or for not exercising or being physically active as often as you would like.

Check one or more options that apply to you.

*You can choose more than one answer*

- ☐ I don't have time
- ☐ I don’t think I can manage it
- ☐ Because of injury/overuse
- ☐ Due to my physical health/disability
- ☐ Due to my mental health
- ☐ I cannot afford it
- ☐ I'm afraid of getting injured (for example falling or spraining something)
- ☐ I have problems with transport/travel distance
- ☐ I don't have anyone to be physically active with
- ☐ I don’t have the energy
- ☐ I would rather spend my time doing other things
- ☐ There is a lack of activities within my areas of interest
- ☐ It is difficult to exercise or be physically active in the area where I live
- ☐ Other reasons
- ☐ Not applicable, I do not experience any barriers to exercising

### 4.1.3 If you are in a job, paid or unpaid, how would you describe your work?

Choose the option that fits best.

*Choose one answer*

- ◯ Mostly sedentary work (e.g. desk work, assembly)
- ◯ Work that requires a lot of walking (e.g. shop assistant work, light industrial work, teaching)
- ◯ Work where you walk and lift a lot (e.g. carer, construction worker)
- ◯ Heavy manual labour
- ◯ Not working

**4.1.4 During the past week, how many times did you walk or cycle continuously for at least 10 minutes — for recreation, for exercise or to get to or from somewhere?**

*Choose one answer*

- ◯ Several times a day
- ◯ About once a day
- ◯ 4–6 times
- ◯ 1–3 times
- ◯ Not at all
- ◯ Don't know

## Diet

**4.2.1 How often do you usually drink fizzy drinks/squash/other soft drinks with added sugar (including iced tea, energy drinks, sports drinks and nectar)?**

*Choose one answer*

- ◯ Rarely/never
- ◯ 1-3 times per month
- ◯ 1 time per week
- ◯ 2-3 times per week
- ◯ 4-6 times per week
- ◯ 1 time per day
- ◯ Several times per day

**4.2.2 How often do you usually eat fruit and berries (do not include juice or fruit squash)?**

*Choose one answer*

- ◯ Rarely/never
- ◯ 1-3 times per month
- ◯ 1 time per week
- ◯ 2-3 times per week
- ◯ 4-6 times per week
- ◯ 1 time per day
- ◯ Several times per day

**4.2.3 How often do you usually eat vegetables (including salad)? Do not include potatoes.**

*Choose one answer*

- ◯ Rarely/never
- ◯ 1-3 times per month
- ◯ 1 time per week
- ◯ 2-3 times per week
- ◯ 4-6 times per week
- ◯ 1 time per day
- ◯ Several times per day

#### 4.2.4 How often do you usually eat fish (as a topping, for lunch or for dinner)?

*Choose one answer*

- ◯ Rarely/never
- ◯ 1-3 times per month
- ◯ 1 time per week
- ◯ 2-3 times per week
- ◯ 4-6 times per week
- ◯ 1 time per day
- ◯ Several times per day

## Tobacco

#### 4.3.1 Do you ever smoke?

This includes only tobacco products, **not e-cigarettes**.

*Choose one answer*

- ◯ Yes
- ◯ No

↳ Shown if you answered “Yes” to question 4.3.1

#### 4.3.1a How often do you smoke?

*Choose one answer*

- ◯ Daily
- ◯ Occasionally

#### 4.3.2 Do you ever use snus (moist oral tobacco)?

*Choose one answer*

- ◯ Yes
- ◯ No

↳ Shown if you answered “Yes” to question 4.3.2

#### 4.3.2a How often do you use snus?

*Choose one answer*

- ◯ Daily
- ◯ Occasionally

# Alcohol

### 4.4.1 Have you ever had alcohol?

This refers to all alcoholic beverages, such as beer, wine, spirits, alcopops, etc.

*Choose one answer*

- ◯ Yes
- ◯ No

↳ Shown if you answered “Yes” to question 4.4.1

### 4.4.1a During the past 12 months, how often have you had alcohol?

*Choose one answer*

- ◯ Never
- ◯ Monthly or less
- ◯ 2-4 times per month
- ◯ 2-3 times per week
- ◯ 4 or more times per week

↳ Shown if you answered “Monthly or less”, “2-4 times per month”, “2-3 times per week” or “4 or more times per week” to question 4.4.1a

### 4.4.1b How many alcohol units do you have on a "typical" day when you drink alcohol?

One unit of alcohol is equivalent to one small bottle of beer, one glass of wine, or one standard serving size of spirits.

*Choose one answer*

- ◯ 1-2
- ◯ 3-4
- ◯ 5-6
- ◯ 7-9
- ◯ 10 or more

↳ Shown if you answered “Monthly or less”, “2-4 times per month”, “2-3 times per week” or “4 or more times per week” to question 4.4.1a

### 4.4.1c How often do you have six alcohol units or more on a single occasion?

One unit of alcohol is equivalent to one small bottle of beer, one glass of wine, or one standard serving size of spirits.

*Choose one answer*

- ◯ Never
- ◯ Less than monthly
- ◯ Monthly
- ◯ Weekly
- ◯ Daily or almost daily

## Other drugs

**4.4.2 Have you ever tried or used narcotic substances such as for example hash / cannabis, amphetamine, cocaine, crack, khat, ecstasy, LSD, GHB, heroin?**

*Choose one answer*

- ◯ Yes
- ◯ No
- ◯ Prefer not to answer

↳ Shown if you answered “Yes” to question 4.4.2

**4.4.2a During the past 12 months, how often have you used hash, marijuana or other cannabis products?**

*Choose one answer*

- ◯ Not used in the past 12 months
- ◯ Less than monthly
- ◯ Monthly
- ◯ Weekly
- ◯ Daily or almost daily
- ◯ Prefer not to answer

↳ Shown if you answered “Yes” to question 4.4.2

**4.4.2b During the past 12 months, how often have you used other narcotic substances (such as amphetamine, cocaine, crack, khat, ecstasy, LSD, GHB, and heroin)?**

*Choose one answer*

- ◯ Not used in the past 12 months
- ◯ Less than monthly
- ◯ Monthly
- ◯ Weekly
- ◯ Daily or almost daily
- ◯ Prefer not to answer

#### 4.4.3 During the past 12 months, how often have you used prescription medications in a higher dose or more frequently than recommended by your doctor, or used prescription medications that were not prescribed to you?

Prescription medications may include, for example, sleeping pills, sedatives/anxiety-reducing medications, strong painkillers, and medication used in the treatment of ADHD.

*Choose one answer*

- ◯ Not used in the past 12 months
- ◯ Less than monthly
- ◯ Monthly
- ◯ Weekly
- ◯ Daily or almost daily
- ◯ Prefer not to answer

## Quality of life

#### 5.1.1 All in all, how satisfied are you with your life at the moment?

*Choose one answer*

- ◯ 0: Not satisfied at all
- ◯ 1
- ◯ 2
- ◯ 3
- ◯ 4
- ◯ 5
- ◯ 6
- ◯ 7
- ◯ 8
- ◯ 9
- ◯ 10: Very satisfied

#### 5.1.2 How satisfied do you think that you will be with your life five years from now?

*Choose one answer*

- ◯ 0: Not satisfied at all
- ◯ 1
- ◯ 2
- ◯ 3
- ◯ 4
- ◯ 5
- ◯ 6
- ◯ 7
- ◯ 8
- ◯ 9
- ◯ 10: Very satisfied

**5.1.3 All in all, to what extent do you experience/feel that the things you do in life are meaningful/worthwhile?**

*Choose one answer*

- ◯ 0: Not at all meaningful
- ◯ 1
- ◯ 2
- ◯ 3
- ◯ 4
- ◯ 5
- ◯ 6
- ◯ 7
- ◯ 8
- ◯ 9
- ◯ 10: Very meaningful

**5.2.1 Think about how you have felt during the last 7 days. To what extent did you feel joy?**

*Choose one answer*

- ◯ 0: No joy at all
- ◯ 1
- ◯ 2
- ◯ 3
- ◯ 4
- ◯ 5
- ◯ 6
- ◯ 7
- ◯ 8
- ◯ 9
- ◯ 10: Very much joy

**5.2.2 Think about how you have felt during the last 7 days. To what extent were you worried?**

*Choose one answer*

- ◯ 0: Not worried at all
- ◯ 1
- ◯ 2
- ◯ 3
- ◯ 4
- ◯ 5
- ◯ 6
- ◯ 7
- ◯ 8
- ◯ 9
- ◯ 10: Very worried

**5.2.3 Think about how you have felt during the last 7 days. To what extent were you down or sad?**

*Choose one answer*

- ◯ 0: Not down or sad at all
- ◯ 1
- ◯ 2
- ◯ 3
- ◯ 4
- ◯ 5
- ◯ 6
- ◯ 7
- ◯ 8
- ◯ 9
- ◯ 10: Very down or sad

**5.2.4 Think about how you have felt during the last 7 days. To what extent were you irritated?**

*Choose one answer*

- ◯ 0: Not irritated at all
- ◯ 1
- ◯ 2
- ◯ 3
- ◯ 4
- ◯ 5
- ◯ 6
- ◯ 7
- ◯ 8
- ◯ 9
- ◯ 10: Very irritated

**5.2.5 Think about how you have felt during the last 7 days. To what extent were you lonely?**

*Choose one answer*

- ◯ 0: Not lonely at all
- ◯ 1
- ◯ 2
- ◯ 3
- ◯ 4
- ◯ 5
- ◯ 6
- ◯ 7
- ◯ 8
- ◯ 9
- ◯ 10: Very lonely

**5.2.6 Think about how you have felt during the last 7 days. To what extent were you engaged?**

*Choose one answer*

- ◯ 0: Not engaged at all
- ◯ 1
- ◯ 2
- ◯ 3
- ◯ 4
- ◯ 5
- ◯ 6
- ◯ 7
- ◯ 8
- ◯ 9
- ◯ 10: Very engaged

**5.2.7 Think about how you have felt during the last 7 days. To what extent were you calm and relaxed?**

*Choose one answer*

- ◯ 0: Not calm and relaxed at all
- ◯ 1
- ◯ 2
- ◯ 3
- ◯ 4
- ◯ 5
- ◯ 6
- ◯ 7
- ◯ 8
- ◯ 9
- ◯ 10: Very calm and relaxed

**5.2.8 Think about how you have felt during the last 7 days. To what extent were you anxious?**

*Choose one answer*

- ◯ 0: Not anxious at all
- ◯ 1
- ◯ 2
- ◯ 3
- ◯ 4
- ◯ 5
- ◯ 6
- ◯ 7
- ◯ 8
- ◯ 9
- ◯ 10: Very anxious

**5.2.9 Think about how you have felt during the last 7 days. To what extent were you grateful?**

*Choose one answer*

- ◯ 0: Not grateful at all
- ◯ 1
- ◯ 2
- ◯ 3
- ◯ 4
- ◯ 5
- ◯ 6
- ◯ 7
- ◯ 8
- ◯ 9
- ◯ 10: Very grateful

**5.2.10 Think about how you have felt during the last 7 days. To what extent were you happy?**

*Choose one answer*

- ◯ 0: Not happy at all
- ◯ 1
- ◯ 2
- ◯ 3
- ◯ 4
- ◯ 5
- ◯ 6
- ◯ 7
- ◯ 8
- ◯ 9
- ◯ 10: Very happy

## Social relationships, participation and belonging

**How much do you agree with the statements below?**

### 5.3.1 My social relationships are supportive and rewarding.

*Choose one answer*

- ◯ 0: Totally disagree
- ◯ 1
- ◯ 2
- ◯ 3
- ◯ 4
- ◯ 5
- ◯ 6
- ◯ 7
- ◯ 8
- ◯ 9
- ◯ 10: Totally agree

### 5.3.2 I contribute actively to others' happiness and quality of life.

*Choose one answer*

- ◯ 0: Totally disagree
- ◯ 1
- ◯ 2
- ◯ 3
- ◯ 4
- ◯ 5
- ◯ 6
- ◯ 7
- ◯ 8
- ◯ 9
- ◯ 10: Totally agree

## Social relationships, participation and belonging

### 5.3.3 How often do you spend time with good friends?

Don't include members of your own family.

*Choose one answer*

- ◯ Daily or almost daily
- ◯ Weekly
- ◯ Monthly
- ◯ Yearly
- ◯ Less than yearly / never
- ◯ I have no close friends

**5.4.1 Would you generally say that most people can be trusted or that you can’t be too careful in dealing with people?**

*Choose one answer*

- ◯ 0: Can't be too careful
- ◯ 1
- ◯ 2
- ◯ 3
- ◯ 4
- ◯ 5
- ◯ 6
- ◯ 7
- ◯ 8
- ◯ 9
- ◯ 10: Most people can be trusted

**5.4.2 To what extent do you feel that you belong to the place where you live?**

*Choose one answer*

- ◯ 0: I feel no belongingness at all
- ◯ 1
- ◯ 2
- ◯ 3
- ◯ 4
- ◯ 5
- ◯ 6
- ◯ 7
- ◯ 8
- ◯ 9
- ◯ 10: I feel a high degree of belongingness

**5.4.3 All in all, how safe do you feel when you go for a walk in your neighbourhood?**

*Choose one answer*

- ◯ 0: Not safe at all
- ◯ 1
- ◯ 2
- ◯ 3
- ◯ 4
- ◯ 5
- ◯ 6
- ◯ 7
- ◯ 8
- ◯ 9
- ◯ 10: Very safe

## Your background

### 6.1 What is your highest level of completed education?

*Choose one answer*

- ◯ Primary school or equivalent (e.g. secondary school, folk high school)
- ◯ Upper secondary school or equivalent (e.g. vocational school, gymnasium)
- ◯ Post-secondary vocational school
- ◯ College/university, one-year programme or equivalent (less than 2 years)
- ◯ College/university, bachelor's degree, cand.mag. or equivalent (2-4 years)
- ◯ College/university, master's degree, main subject or equivalent (more than 4 years)
- ◯ No completed education

### 6.2 If you live alone, consider your total income. If you live with others, consider the total income of everyone in the household. How easy or difficult is it for you, with this income, to make ends meet in your daily life?

*Choose one answer*

- ◯ Very difficult
- ◯ Difficult
- ◯ Relatively difficult
- ◯ Relatively easy
- ◯ Easy
- ◯ Very easy
- ◯ Don't know

### 6.3 What is your current work or life situation?

Select one or more options.

*You can choose more than one answer*

- ☐ Employed full-time (32 hours or more per week)
- ☐ Employed part-time (less than 32 hours per week)
- ☐ Self-employed
- ☐ On sick leave
- ☐ Unemployed
- ☐ Receiving disability pension or receiving work assessment allowance (AAP)
- ☐ Receiving social benefits
- ☐ Pensioner including early retirement
- ☐ School pupil or student
- ☐ Conscript, civilian service worker
- ☐ Working at home (unpaid)

### 6.4 Are you married, cohabiting, single or do you have a partner?

Select one or more options.

*You can choose more than one answer*

- ☐ Married / registered partner
- ☐ Cohabitation
- ☐ Have a partner (without living together)
- ☐ Single
- ☐ Widow / widower

### 6.5 How many people live in your household?

Including yourself.

*Choose one answer from the list*

1 · 2 · 3 · 4 · 5 or more

### 6.6 How many children under 18 years old are you responsible/caring for?

*Choose one answer from the list*

0 · 1 · 2 · 3 · 4 · 5 or more

↳ Shown if you answered “1”, “2”, “3”, “4” or “5 or more” to question 6.6

### 6.6a Check the box for which age group(s) your child/children belong(s) to:

Select one or more options.

*You can choose more than one answer*

- ☐ Before preschool age
- ☐ Preschool age
- ☐ Primary school age (1st-4th grade)
- ☐ Primary school age (5th-7th grade)
- ☐ Lower secondary school age (8th-10th grade)
- ☐ Upper secondary school age (high school)

### 6.7 Do you own or rent your home?

*Choose one answer*

- ○ Own
- ○ Rent
- ○ I live for free with family or friends

### 6.8 How long have you lived in your current home?

*Choose one answer*

- ◯ Less than one year
- ◯ 1–2 years
- ◯ 3–5 years
- ◯ 6–10 years
- ◯ More than 10 years

## Your background

### 6.9 Are you or at least one of your parents born outside Norway?

*Choose one answer*

- ◯ Yes
- ◯ No

↳ Shown if you answered “Yes” to question 6.9

### 6.9a Which region were you born in?

*Choose one answer from the list*

Norway · Nordic countries except Norway · Europe except Norway and Nordic countries · Northern Africa · Sub-Saharan Africa · Western Asia · Asia except Western Asia · Northern America · Latin America and the Caribbean · Australia and New Zealand · Oceania except Australia and New Zealand · Other

↳ Shown if you answered “Nordic countries except Norway” to question 6.9a

### 6.9a_1 Which country or territory were you born in?

*Choose one answer from the list*

Denmark · Faroe Islands (the) · Finland · Greenland · Iceland · Sweden

↳ Shown if you answered “Europe except Norway and Nordic countries” to question 6.9a

### 6.9a_2 Which country or territory were you born in?

*Choose one answer from the list*

Albania · Andorra · Austria · Belarus · Belgium · Bosnia and Herzegovina · Bulgaria · Croatia · Cyprus · Czechia · Estonia · France · Germany · Gibraltar · Greece · Guernsey · Holy See (the) · Hungary · Ireland · Isle of Man · Italy · Jersey · Kosovo · Latvia · Liechtenstein · Lithuania · Luxembourg · Malta · Moldova (the Republic of) · Monaco · Montenegro · Netherlands (the) · North Macedonia · Poland · Portugal · Romania · Russian Federation (the) · San Marino · Serbia · Slovakia · Slovenia · Spain · Switzerland · Ukraine · United Kingdom of Great Britain and Northern Ireland (the)

↳ Shown if you answered “Northern Africa” to question 6.9a

### 6.9a_3 Which country or territory were you born in?

*Choose one answer from the list*

Algeria · Egypt · Libya · Morocco · Sudan · Tunisia · Western Sahara

↳ Shown if you answered “Sub-Saharan Africa” to question 6.9a

### 6.9a_4 Which country or territory were you born in?

*Choose one answer from the list*

Angola · Benin · Botswana · British Indian Ocean Territory (the) · Burkina Faso · Burundi · Cabo Verde · Cameroon · Central African Republic (the) · Chad · Comoros (the) · Congo (the Democratic Republic of the) · Congo (the) · Côte d'Ivoire · Djibouti · Equatorial Guinea · Eritrea · Eswatini · Ethiopia · Gabon · Gambia (the) · Ghana · Guinea · Guinea-Bissau · Kenya · Lesotho · Liberia · Madagascar · Malawi · Mali · Mauritania · Mauritius · Mayotte · Mozambique · Namibia · Niger (the) · Nigeria · Réunion · Rwanda · Saint Helena, Ascension and Tristan da Cunha · Sao Tome and Principe · Senegal · Seychelles · Sierra Leone · Somalia · South Africa · South Sudan · Tanzania, the United Republic of · Togo · Uganda · Zambia · Zimbabwe

↳ Shown if you answered “Western Asia” to question 6.9a

### 6.9a_5 Which country or territory were you born in?

*Choose one answer from the list*

Armenia · Azerbaijan · Bahrain · Georgia · Iraq · Israel · Jordan · Kuwait · Lebanon · Oman · Palestine, State of · Qatar · Saudi Arabia · Syrian Arab Republic (the) · Türkiye · United Arab Emirates (the) · Yemen

↳ Shown if you answered “Asia except Western Asia” to question 6.9a

### 6.9a_6 Which country or territory were you born in?

*Choose one answer from the list*

Afghanistan · Bangladesh · Bhutan · Brunei Darussalam · Cambodia · China · Hong Kong · India · Indonesia · Iran (Islamic Republic of) · Japan · Kazakhstan · Korea (the Democratic People's Republic of) · Korea (the Republic of) · Kyrgyzstan · Lao People's Democratic Republic (the) · Macao · Malaysia · Maldives · Mongolia · Myanmar · Nepal · Pakistan · Philippines (the) · Singapore · Sri Lanka · Taiwan (Province of China) · Tajikistan · Thailand · Timor-Leste · Turkmenistan · Uzbekistan · Viet Nam

↳ Shown if you answered “Northern America” to question 6.9a

### 6.9a_7 Which country or territory were you born in?

*Choose one answer from the list*

Bermuda · Canada · Saint Pierre and Miquelon · United States of America (the)

↳ Shown if you answered “Latin America and the Caribbean” to question 6.9a

### 6.9a_8 Which country or territory were you born in?

*Choose one answer from the list*

Anguilla · Antigua and Barbuda · Argentina · Aruba · Bahamas (the) · Barbados · Belize · Bolivia (Plurinational State of) · Bonaire, Sint Eustatius and Saba · Brazil · Cayman Islands (the) · Chile · Colombia · Costa Rica · Cuba · Curaçao · Dominica · Dominican Republic (the) · Ecuador · El Salvador · Falkland Islands (the) [Malvinas] · French Guiana · Grenada · Guadeloupe · Guatemala · Guyana · Haiti · Honduras · Jamaica · Martinique · Mexico · Montserrat · Nicaragua · Panama · Paraguay · Peru · Puerto Rico · Saint Barthélemy · Saint Kitts and Nevis · Saint Lucia · Saint Martin (French part) · Saint Vincent and the Grenadines · Sint Maarten (Dutch part) · Suriname · Trinidad and Tobago · Turks and Caicos Islands (the) · Uruguay · Venezuela (Bolivarian Republic of) · Virgin Islands (British) · Virgin Islands (U.S.)

↳ Shown if you answered “Australia and New Zealand” to question 6.9a

### 6.9a_9 Which country or territory were you born in?

*Choose one answer from the list*

Australia · Christmas Island · Cocos (Keeling) Islands (the) · Cook Islands (the) · New Zealand · Niue · Norfolk Island · Tokelau

↳ Shown if you answered “Oceania except Australia and New Zealand” to question 6.9a

### 6.9a_10 Which country or territory were you born in?

*Choose one answer from the list*

American Samoa · Fiji · French Polynesia · Guam · Kiribati · Marshall Islands (the) · Micronesia (Federated States of) · Nauru · New Caledonia · Northern Mariana Islands (the) · Palau · Papua New Guinea · Pitcairn · Samoa · Solomon Islands · Tonga · Tuvalu · United States Minor Outlying Islands (the) · Vanuatu · Wallis and Futuna

↳ Shown if you answered “Yes” to question 6.9

### 6.9b Which region was your mother born in?

*Choose one answer from the list*

Norway · Nordic countries except Norway · Europe except Norway and Nordic countries · Northern Africa · Sub-Saharan Africa · Western Asia · Asia except Western Asia · Northern America · Latin America and the Caribbean · Australia and New Zealand · Oceania except Australia and New Zealand · Other

↳ Shown if you answered “Nordic countries except Norway” to question 6.9b

### 6.9b_1 Which country or territory was your mother born in?

*Choose one answer from the list*

Denmark · Faroe Islands (the) · Finland · Greenland · Iceland · Sweden

↳ Shown if you answered “Europe except Norway and Nordic countries” to question 6.9b

### 6.9b_2 Which country or territory was your mother born in?

*Choose one answer from the list*

Albania · Andorra · Austria · Belarus · Belgium · Bosnia and Herzegovina · Bulgaria · Croatia · Cyprus · Czechia · Estonia · France · Germany · Gibraltar · Greece · Guernsey · Holy See (the) · Hungary · Ireland · Isle of Man · Italy · Jersey · Kosovo · Latvia · Liechtenstein · Lithuania · Luxembourg · Malta · Moldova (the Republic of) · Monaco · Montenegro · Netherlands (the) · North Macedonia · Poland · Portugal · Romania · Russian Federation (the) · San Marino · Serbia · Slovakia · Slovenia · Spain · Switzerland · Ukraine · United Kingdom of Great Britain and Northern Ireland (the)

↳ Shown if you answered “Northern Africa” to question 6.9b

### 6.9b_3 Which country or territory was your mother born in?

*Choose one answer from the list*

Algeria · Egypt · Libya · Morocco · Sudan · Tunisia · Western Sahara

↳ Shown if you answered “Sub-Saharan Africa” to question 6.9b

### 6.9b_4 Which country or territory was your mother born in?

*Choose one answer from the list*

Angola · Benin · Botswana · British Indian Ocean Territory (the) · Burkina Faso · Burundi · Cabo Verde · Cameroon · Central African Republic (the) · Chad · Comoros (the) · Congo (the Democratic Republic of the) · Congo (the) · Côte d'Ivoire · Djibouti · Equatorial Guinea · Eritrea · Eswatini · Ethiopia · Gabon · Gambia (the) · Ghana · Guinea · Guinea-Bissau · Kenya · Lesotho · Liberia · Madagascar · Malawi · Mali · Mauritania · Mauritius · Mayotte · Mozambique · Namibia · Niger (the) · Nigeria · Réunion · Rwanda · Saint Helena, Ascension and Tristan da Cunha · Sao Tome and Principe · Senegal · Seychelles · Sierra Leone · Somalia · South Africa · South Sudan · Tanzania, the United Republic of · Togo · Uganda · Zambia · Zimbabwe

↳ Shown if you answered “Western Asia” to question 6.9b

### 6.9b_5 Which country or territory was your mother born in?

*Choose one answer from the list*

Armenia · Azerbaijan · Bahrain · Georgia · Iraq · Israel · Jordan · Kuwait · Lebanon · Oman · Palestine, State of · Qatar · Saudi Arabia · Syrian Arab Republic (the) · Türkiye · United Arab Emirates (the) · Yemen

↳ Shown if you answered “Asia except Western Asia” to question 6.9b

### 6.9b_6 Which country or territory was your mother born in?

*Choose one answer from the list*

Afghanistan · Bangladesh · Bhutan · Brunei Darussalam · Cambodia · China · Hong Kong · India · Indonesia · Iran (Islamic Republic of) · Japan · Kazakhstan · Korea (the Democratic People's Republic of) · Korea (the Republic of) · Kyrgyzstan · Lao People's Democratic Republic (the) · Macao · Malaysia · Maldives · Mongolia · Myanmar · Nepal · Pakistan · Philippines (the) · Singapore · Sri Lanka · Taiwan (Province of China) · Tajikistan · Thailand · Timor-Leste · Turkmenistan · Uzbekistan · Viet Nam

↳ Shown if you answered “Northern America” to question 6.9b

### 6.9b_7 Which country or territory was your mother born in?

*Choose one answer from the list*

Bermuda · Canada · Saint Pierre and Miquelon · United States of America (the)

↳ Shown if you answered “Latin America and the Caribbean” to question 6.9b

### 6.9b_8 Which country or territory was your mother born in?

*Choose one answer from the list*

Anguilla · Antigua and Barbuda · Argentina · Aruba · Bahamas (the) · Barbados · Belize · Bolivia (Plurinational State of) · Bonaire, Sint Eustatius and Saba · Brazil · Cayman Islands (the) · Chile · Colombia · Costa Rica · Cuba · Curaçao · Dominica · Dominican Republic (the) · Ecuador · El Salvador · Falkland Islands (the) [Malvinas] · French Guiana · Grenada · Guadeloupe · Guatemala · Guyana · Haiti · Honduras · Jamaica · Martinique · Mexico · Montserrat · Nicaragua · Panama · Paraguay · Peru · Puerto Rico · Saint Barthélemy · Saint Kitts and Nevis · Saint Lucia · Saint Martin (French part) · Saint Vincent and the Grenadines · Sint Maarten (Dutch part) · Suriname · Trinidad and Tobago · Turks and Caicos Islands (the) · Uruguay · Venezuela (Bolivarian Republic of) · Virgin Islands (British) · Virgin Islands (U.S.)

↳ Shown if you answered “Australia and New Zealand” to question 6.9b

### 6.9b_9 Which country or territory was your mother born in?

*Choose one answer from the list*

Australia · Christmas Island · Cocos (Keeling) Islands (the) · Cook Islands (the) · New Zealand · Niue · Norfolk Island · Tokelau

↳ Shown if you answered “Oceania except Australia and New Zealand” to question 6.9b

### 6.9b_10 Which country or territory was your mother born in?

*Choose one answer from the list*

American Samoa · Fiji · French Polynesia · Guam · Kiribati · Marshall Islands (the) · Micronesia (Federated States of) · Nauru · New Caledonia · Northern Mariana Islands (the) · Palau · Papua New Guinea · Pitcairn · Samoa · Solomon Islands · Tonga · Tuvalu · United States Minor Outlying Islands (the) · Vanuatu · Wallis and Futuna

↳ Shown if you answered “Yes” to question 6.9

### 6.9c Which region was your father born in?

*Choose one answer from the list*

Norway · Nordic countries except Norway · Europe except Norway and Nordic countries · Northern Africa · Sub-Saharan Africa · Western Asia · Asia except Western Asia · Northern America · Latin America and the Caribbean · Australia and New Zealand · Oceania except Australia and New Zealand · Other

↳ Shown if you answered “Nordic countries except Norway” to question 6.9c

### 6.9c_1 Which country or territory was your father born in?

*Choose one answer from the list*

Denmark · Faroe Islands (the) · Finland · Greenland · Iceland · Sweden

↳ Shown if you answered “Europe except Norway and Nordic countries” to question 6.9c

### 6.9c_2 Which country or territory was your father born in?

*Choose one answer from the list*

Albania · Andorra · Austria · Belarus · Belgium · Bosnia and Herzegovina · Bulgaria · Croatia · Cyprus · Czechia · Estonia · France · Germany · Gibraltar · Greece · Guernsey · Holy See (the) · Hungary · Ireland · Isle of Man · Italy · Jersey · Kosovo · Latvia · Liechtenstein · Lithuania · Luxembourg · Malta · Moldova (the Republic of) · Monaco · Montenegro · Netherlands (the) · North Macedonia · Poland · Portugal · Romania · Russian Federation (the) · San Marino · Serbia · Slovakia · Slovenia · Spain · Switzerland · Ukraine · United Kingdom of Great Britain and Northern Ireland (the)

↳ Shown if you answered “Northern Africa” to question 6.9c

### 6.9c_3 Which country or territory was your father born in?

*Choose one answer from the list*

Algeria · Egypt · Libya · Morocco · Sudan · Tunisia · Western Sahara

↳ Shown if you answered “Sub-Saharan Africa” to question 6.9c

### 6.9c_4 Which country or territory was your father born in?

*Choose one answer from the list*

Angola · Benin · Botswana · British Indian Ocean Territory (the) · Burkina Faso · Burundi · Cabo Verde · Cameroon · Central African Republic (the) · Chad · Comoros (the) · Congo (the Democratic Republic of the) · Congo (the) · Côte d'Ivoire · Djibouti · Equatorial Guinea · Eritrea · Eswatini · Ethiopia · Gabon · Gambia (the) · Ghana · Guinea · Guinea-Bissau · Kenya · Lesotho · Liberia · Madagascar · Malawi · Mali · Mauritania · Mauritius · Mayotte · Mozambique · Namibia · Niger (the) · Nigeria · Réunion · Rwanda · Saint Helena, Ascension and Tristan da Cunha · Sao Tome and Principe · Senegal · Seychelles · Sierra Leone · Somalia · South Africa · South Sudan · Tanzania, the United Republic of · Togo · Uganda · Zambia · Zimbabwe

↳ Shown if you answered “Western Asia” to question 6.9c

### 6.9c_5 Which country or territory was your father born in?

*Choose one answer from the list*

Armenia · Azerbaijan · Bahrain · Georgia · Iraq · Israel · Jordan · Kuwait · Lebanon · Oman · Palestine, State of · Qatar · Saudi Arabia · Syrian Arab Republic (the) · Türkiye · United Arab Emirates (the) · Yemen

↳ Shown if you answered “Asia except Western Asia” to question 6.9c

### 6.9c_6 Which country or territory was your father born in?

*Choose one answer from the list*

Afghanistan · Bangladesh · Bhutan · Brunei Darussalam · Cambodia · China · Hong Kong · India · Indonesia · Iran (Islamic Republic of) · Japan · Kazakhstan · Korea (the Democratic People's Republic of) · Korea (the Republic of) · Kyrgyzstan · Lao People's Democratic Republic (the) · Macao · Malaysia · Maldives · Mongolia · Myanmar · Nepal · Pakistan · Philippines (the) · Singapore · Sri Lanka · Taiwan (Province of China) · Tajikistan · Thailand · Timor-Leste · Turkmenistan · Uzbekistan · Viet Nam

↳ Shown if you answered “Northern America” to question 6.9c

### 6.9c_7 Which country or territory was your father born in?

*Choose one answer from the list*

Bermuda · Canada · Saint Pierre and Miquelon · United States of America (the)

↳ Shown if you answered “Latin America and the Caribbean” to question 6.9c

### 6.9c_8 Which country or territory was your father born in?

*Choose one answer from the list*

Anguilla · Antigua and Barbuda · Argentina · Aruba · Bahamas (the) · Barbados · Belize · Bolivia (Plurinational State of) · Bonaire, Sint Eustatius and Saba · Brazil · Cayman Islands (the) · Chile · Colombia · Costa Rica · Cuba · Curaçao · Dominica · Dominican Republic (the) · Ecuador · El Salvador · Falkland Islands (the) [Malvinas] · French Guiana · Grenada · Guadeloupe · Guatemala · Guyana · Haiti · Honduras · Jamaica · Martinique · Mexico · Montserrat · Nicaragua · Panama · Paraguay · Peru · Puerto Rico · Saint Barthélemy · Saint Kitts and Nevis · Saint Lucia · Saint Martin (French part) · Saint Vincent and the Grenadines · Sint Maarten (Dutch part) · Suriname · Trinidad and Tobago · Turks and Caicos Islands (the) · Uruguay · Venezuela (Bolivarian Republic of) · Virgin Islands (British) · Virgin Islands (U.S.)

↳ Shown if you answered “Australia and New Zealand” to question 6.9c

### 6.9c_9 Which country or territory was your father born in?

*Choose one answer from the list*

Australia · Christmas Island · Cocos (Keeling) Islands (the) · Cook Islands (the) · New Zealand · Niue · Norfolk Island · Tokelau

↳ Shown if you answered “Oceania except Australia and New Zealand” to question 6.9c

### 6.9c_10 Which country or territory was your father born in?

*Choose one answer from the list*

American Samoa · Fiji · French Polynesia · Guam · Kiribati · Marshall Islands (the) · Micronesia (Federated States of) · Nauru · New Caledonia · Northern Mariana Islands (the) · Palau · Papua New Guinea · Pitcairn · Samoa · Solomon Islands · Tonga · Tuvalu · United States Minor Outlying Islands (the) · Vanuatu · Wallis and Futuna

↳ Shown if you answered “Yes” to question 6.9

### 6.10 How many years have you lived in Norway?

*Choose one answer from the list*

Less than a year · 1-4 years · 5-9 years · 10-19 years · 20-29 years · 30 years or more · I have lived in Norway my whole life

## Additional module

### 7.1.1 Do you consider yourself to be:

*Choose one answer*

- ◯ Heterosexual
- ◯ Homosexual
- ◯ Lesbian
- ◯ Bisexual
- ◯ Pansexual
- ◯ Queer
- ◯ Unsure / questioning
- ◯ Asexual
- ◯ Other
- ◯ Prefer not to answer

## Discrimination

### 7.2.1 During the past 12 months, have you experienced being treated worse than others because of age?

*Choose one answer*

- ◯ Never
- ◯ Once
- ◯ A few times
- ◯ Monthly
- ◯ Weekly or more often
- ◯ Prefer not to answer

### 7.2.2 During the past 12 months, have you experienced being treated worse than others because of gender?

*Choose one answer*

- ◯ Never
- ◯ Once
- ◯ A few times
- ◯ Monthly
- ◯ Weekly or more often
- ◯ Prefer not to answer

### 7.2.3 During the past 12 months, have you experienced being treated worse than others because of health problems, illness or injury?

*Choose one answer*

- ◯ Never
- ◯ Once
- ◯ A few times
- ◯ Monthly
- ◯ Weekly or more often
- ◯ Prefer not to answer

### 7.2.4 During the past 12 months, have you experienced being treated worse than others because of disability?

*Choose one answer*

- ◯ Never
- ◯ Once
- ◯ A few times
- ◯ Monthly
- ◯ Weekly or more often
- ◯ Prefer not to answer

### 7.2.5 During the past 12 months, have you experienced being treated worse than others because of ethnic background?

*Choose one answer*

- ◯ Never
- ◯ Once
- ◯ A few times
- ◯ Monthly
- ◯ Weekly or more often
- ◯ Prefer not to answer

### 7.2.6 During the past 12 months, have you experienced being treated worse than others because of skin colour?

*Choose one answer*

- ◯ Never
- ◯ Once
- ◯ A few times
- ◯ Monthly
- ◯ Weekly or more often
- ◯ Prefer not to answer

### 7.2.7 During the past 12 months, have you experienced being treated worse than others because of religion or belief?

*Choose one answer*

- ◯ Never
- ◯ Once
- ◯ A few times
- ◯ Monthly
- ◯ Weekly or more often
- ◯ Prefer not to answer

### 7.2.8 During the past 12 months, have you experienced being treated worse than others because of political views?

*Choose one answer*

- ◯ Never
- ◯ Once
- ◯ A few times
- ◯ Monthly
- ◯ Weekly or more often
- ◯ Prefer not to answer

### 7.2.9 During the past 12 months, have you experienced being treated worse than others because of sexual orientation, gender identity or gender expression?

*Choose one answer*

- ◯ Never
- ◯ Once
- ◯ A few times
- ◯ Monthly
- ◯ Weekly or more often
- ◯ Prefer not to answer

### 7.2.10 During the past 12 months, have you experienced being treated worse than others because of something else?

*Choose one answer*

- ◯ Never
- ◯ Once
- ◯ A few times
- ◯ Monthly
- ◯ Weekly or more often
- ◯ Prefer not to answer

↳ Shown if you answered “Once”, “A few times”, “Monthly” or “Weekly or more often” to question 7.2.1, you answered “Once”, “A few times”, “Monthly” or “Weekly or more often” to question 7.2.2, you answered “Once”, “A few times”, “Monthly” or “Weekly or more often” to question 7.2.3, you answered “Once”, “A few times”, “Monthly” or “Weekly or more often” to question 7.2.4, you answered “Once”, “A few times”, “Monthly” or “Weekly or more often” to question 7.2.5, you answered “Once”, “A few times”, “Monthly” or “Weekly or more often” to question 7.2.6, you answered “Once”, “A few times”, “Monthly” or “Weekly or more often” to question 7.2.7, you answered “Once”, “A few times”, “Monthly” or “Weekly or more often” to question 7.2.8, you answered “Once”, “A few times”, “Monthly” or “Weekly or more often” to question 7.2.9 or you answered “Once”, “A few times”, “Monthly” or “Weekly or more often” to question 7.2.10

### 7.2.11 Where did you experience this?

Select one or more options.

*You can choose more than one answer*

- ☐ At the workplace
- ☐ When applying for a job
- ☐ At school or in education
- ☐ When interacting with public services
- ☐ When accessing health and care services
- ☐ When purchasing goods or services
- ☐ When renting a home
- ☐ During leisure activities or in social settings
- ☐ When dealing with the police or the justice system
- ☐ On the internet or social media
- ☐ Elsewhere

↳ Shown if you answered “Once”, “A few times”, “Monthly” or “Weekly or more often” to question 7.2.1, you answered “Once”, “A few times”, “Monthly” or “Weekly or more often” to question 7.2.2, you answered “Once”, “A few times”, “Monthly” or “Weekly or more often” to question 7.2.3, you answered “Once”, “A few times”, “Monthly” or “Weekly or more often” to question 7.2.4, you answered “Once”, “A few times”, “Monthly” or “Weekly or more often” to question 7.2.5, you answered “Once”, “A few times”, “Monthly” or “Weekly or more often” to question 7.2.6, you answered “Once”, “A few times”, “Monthly” or “Weekly or more often” to question 7.2.7, you answered “Once”, “A few times”, “Monthly” or “Weekly or more often” to question 7.2.8, you answered “Once”, “A few times”, “Monthly” or “Weekly or more often” to question 7.2.9 or you answered “Once”, “A few times”, “Monthly” or “Weekly or more often” to question 7.2.10

### 7.2.12 How distressing have these experiences been for you?

*Choose one answer*

- ◯ 0: Not at all distressing
- ◯ 1
- ◯ 2
- ◯ 3
- ◯ 4
- ◯ 5
- ◯ 6
- ◯ 7
- ◯ 8
- ◯ 9
- ◯ 10: Very distressing

## Violence

The following questions are about violence and may be particularly difficult or uncomfortable to answer. If you do not wish to answer a particular question, you can choose the response option “Prefer not to answer.”

### 7.3.1 During the past 12 months, have you been hit with a fist or a hard object, kicked, strangled, beaten up, threatened with a weapon or physically attacked in other ways?

*Choose one answer*

- ◯ Yes
- ◯ No
- ◯ Prefer not to answer

↳ Shown if you answered “Yes” to question 7.3.1

### 7.3.1a Who did this?

*You can choose more than one answer*

- ☐ Spouse/cohabitant/partner/boyfriend or girlfriend
- ☐ Former partner
- ☐ Another family member
- ☐ Friend(s) or acquaintance(s)
- ☐ A superior at work
- ☐ A colleague at work
- ☐ A customer, client, patient, service user or pupil
- ☐ A stranger / do not know who it was
- ☐ Others

### 7.3.2 During the past 12 months, have you been pinched, had your hair pulled, been scratched or slapped?

*Choose one answer*

- ◯ Yes
- ◯ No
- ◯ Prefer not to answer

↳ Shown if you answered “Yes” to question 7.3.2

### 7.3.2a Who did this?

*You can choose more than one answer*

- ☐ Spouse/cohabitant/partner/boyfriend or girlfriend
- ☐ Former partner
- ☐ Another family member
- ☐ Friend(s) or acquaintance(s)
- ☐ A superior at work
- ☐ A colleague at work
- ☐ A customer, client, patient, service user or pupil
- ☐ A stranger / do not know who it was
- ☐ Others

### 7.3.3 During the past 12 months, have you been threatened, violated or controlled in a way that made you feel afraid, do something against your will, or kept you from doing something you wanted to do?

*Choose one answer*

- ◯ Yes
- ◯ No
- ◯ Prefer not to answer

↳ Shown if you answered “Yes” to question 7.3.3

**7.3.3a Who did this?**

*You can choose more than one answer*

- ☐ Spouse/cohabitant/partner/boyfriend or girlfriend
- ☐ Former partner
- ☐ Another family member
- ☐ Friend(s) or acquaintance(s)
- ☐ A superior at work
- ☐ A colleague at work
- ☐ A customer, client, patient, service user or pupil
- ☐ A stranger / do not know who it was
- ☐ Others

**7.3.4 During the past 12 months, have you been pressured into sex or sexual acts you did not want, or been filmed during sex or sexual acts against your will?**

*Choose one answer*

- ◯ Yes
- ◯ No
- ◯ Prefer not to answer

↳ Shown if you answered “Yes” to question 7.3.4

**7.3.4a Who did this?**

*You can choose more than one answer*

- ☐ Spouse/cohabitant/partner/boyfriend or girlfriend
- ☐ Former partner
- ☐ Another family member
- ☐ Friend(s) or acquaintance(s)
- ☐ A superior at work
- ☐ A colleague at work
- ☐ A customer, client, patient, service user or pupil
- ☐ A stranger / do not know who it was
- ☐ Others

## Housing

The following questions are about your home. Do you …

**7.4.1 ... have enough space for yourself and/or your family?**

*Choose one answer*

- ◯ Yes
- ◯ No

**7.4.2 ... have problems with damp or rot (e.g. a leaking roof, damp walls or rotting window frames)?**

*Choose one answer*

- ◯ Yes
- ◯ No

**7.4.3 ... have problems with insufficient daylight in your home?**

*Choose one answer*

- ◯ Yes
- ◯ No

**7.4.4 ... have access to a garden or green spaces outside your home?**

*Choose one answer*

- ◯ Yes
- ◯ No

**7.4.5 … experience problems with dust, odours or other pollution from traffic or industry in the surrounding area when you are inside your home?**

*Choose one answer*

- ◯ Yes
- ◯ No

**7.4.6 … experience problems with noise from neighbours or other outside sources (e.g. traffic, industry or construction work) when you are inside your home?**

*Choose one answer*

- ◯ Yes
- ◯ No

↳ Shown if you answered “Yes” to question 7.4.6

When you are inside your home, how bothered are you by noise from…?

↳ Shown if you answered “Yes” to question 7.4.6

**7.5.1 Neighbours**

*Choose one answer*

- ◯ Not bothered at all
- ◯ Slightly bothered
- ◯ Quite bothered
- ◯ Very much bothered

↳ Shown if you answered “Yes” to question 7.4.6

### 7.5.2 Road traffic

*Choose one answer*

- ◯ Not bothered at all
- ◯ Slightly bothered
- ◯ Quite bothered
- ◯ Very much bothered

↳ Shown if you answered “Yes” to question 7.4.6

### 7.5.3 Rail traffic (metro, tram, train)

*Choose one answer*

- ◯ Not bothered at all
- ◯ Slightly bothered
- ◯ Quite bothered
- ◯ Very much bothered

↳ Shown if you answered “Yes” to question 7.4.6

### 7.5.4 Building and construction work

*Choose one answer*

- ◯ Not bothered at all
- ◯ Slightly bothered
- ◯ Quite bothered
- ◯ Very much bothered

↳ Shown if you answered “Yes” to question 7.4.6

### 7.5.5 Industry and commercial activity

*Choose one answer*

- ◯ Not bothered at all
- ◯ Slightly bothered
- ◯ Quite bothered
- ◯ Very much bothered

↳ Shown if you answered “Yes” to question 7.4.6

### 7.5.6 Restaurants and nightlife

*Choose one answer*

- ◯ Not bothered at all
- ◯ Slightly bothered
- ◯ Quite bothered
- ◯ Very much bothered

↳ Shown if you answered “Yes” to question 7.4.6

### 7.5.7 Other noise sources

*Choose one answer*

- ◯ Not bothered at all
- ◯ Slightly bothered
- ◯ Quite bothered
- ◯ Very much bothered

## Housing

### 7.6.1 How likely is it that you will move house in the next 10 years?

*Choose one answer*

- ◯ Very likely
- ◯ Somewhat likely
- ◯ Somewhat unlikely
- ◯ Very unlikely
- ◯ Don't know

↳ Shown if you answered “Somewhat unlikely” or “Very unlikely” to question 7.6.1

### 7.6.1a Why is it unlikely that you will move house in the next 10 years?

Select one or more options.

*You can choose more than one answer*

- ☐ I/we are satisfied with the home
- ☐ I/we need the space in the home for family and guests
- ☐ I/we are happy with the garden/outdoor area
- ☐ I/we enjoy the neighbourhood where the home is located
- ☐ I/we cannot find a suitable home in the desired area
- ☐ I/we can't afford to move
- ☐ I/we do not have the capacity to move
- ☐ Other reason

↳ Shown if you answered “Somewhat likely” or “Very likely” to question 7.6.1

### 7.6.1b What is most important to you in a future home?

Select one or more options.

*You can choose more than one answer*

- ☐ That it is adapted to my age and health
- ☐ More space
- ☐ Less space
- ☐ Private garden/outdoor area
- ☐ Less maintenance
- ☐ Low housing costs
- ☐ Social living environment, e.g. opportunities for social interaction with neighbours
- ☐ Proximity to nature
- ☐ Proximity to public transport
- ☐ Proximity to services and cultural amenities such as shops, pharmacies, libraries, and cafés/restaurants
- ☐ Other

Does your home have any of the following:

### 7.6.2 Step-free access into and out of the home?

*Choose one answer*

- ◯ Yes
- ◯ No

### 7.6.3 A bathroom, at least one bedroom, a living room and a kitchen on the same floor as the entrance?

*Choose one answer*

- ◯ Yes
- ◯ No

### 7.6.4 A parking space less than 25 metres from the building’s main entrance or in a basement car park connected to the building?

*Choose one answer*

- ◯ Yes
- ◯ No

You have now answered all the questions in the Public Health Survey in Rogaland 2026. Click “**Submit**” to send in your answers. You will then be entered into a drawing of 10 gift cards worth 1000 NOK each. Thank you for taking the time to respond!

Do you need someone to talk to?

Please contact:

- Mental Helse (Mental Health): 116 123
- Kirkens SOS (Church SOS): 22 40 00 40