

Introductory questionnaire

30

Odpovědi

05:35

Průměrná doba vyplňování

Aktivní

Stav

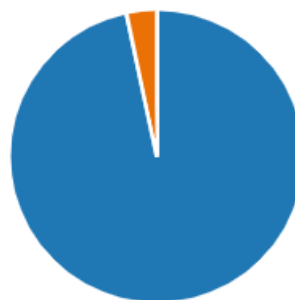
1. What does „mental health“ mean to you? (0 b.)

● Emotional well-being	21
● Social well-being	9
● Psychological well-being	24

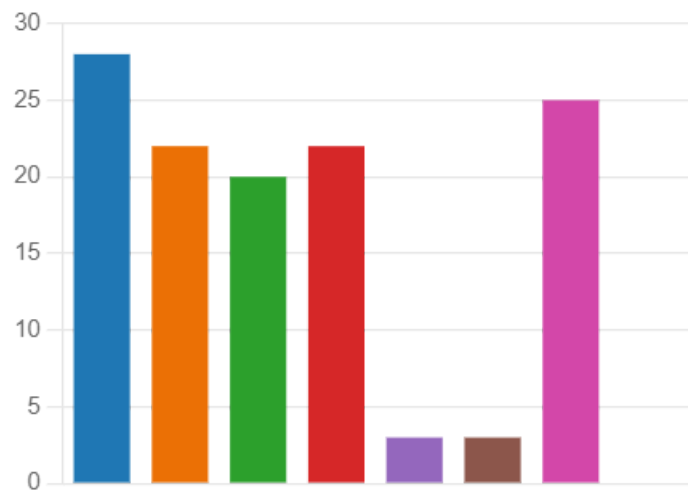


2. Does mental health imbalances affect our cognition and behaviour? (0 b.)

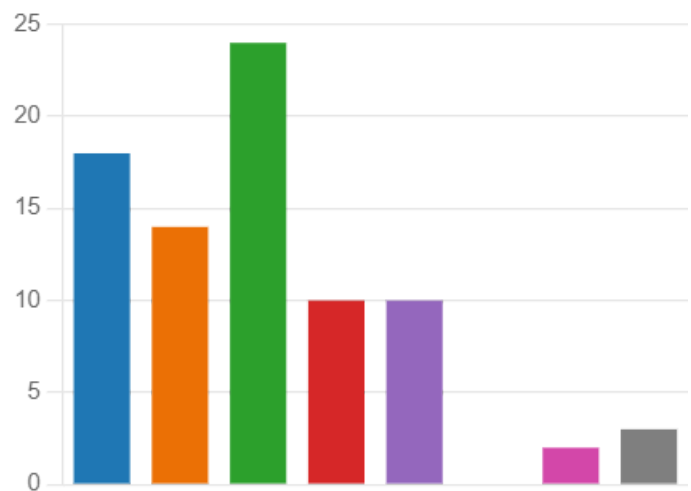
● Yes	29
● No	1



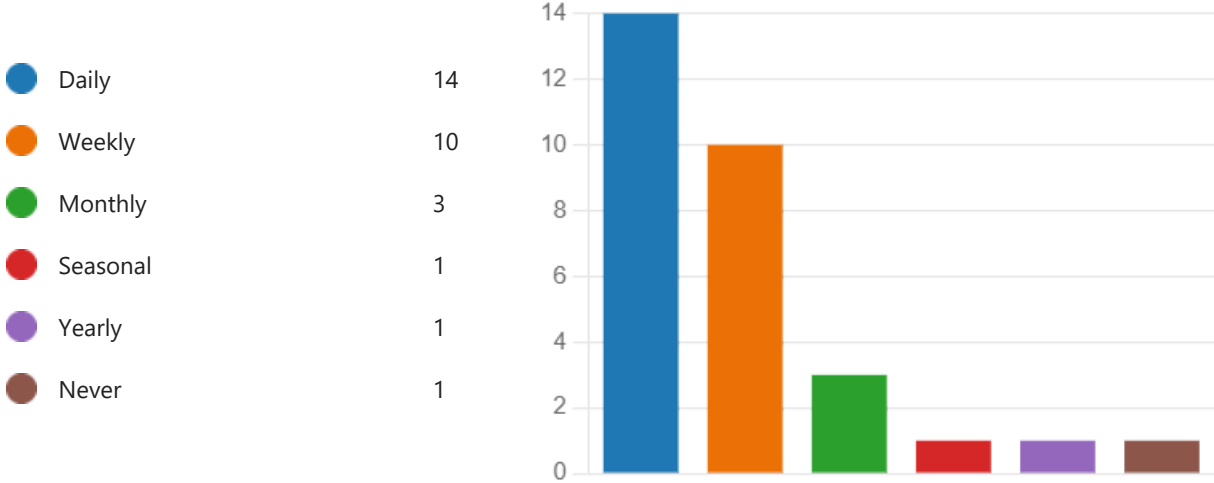
3. Which aspects of healthy lifestyle do you see the most important? (0 b.)



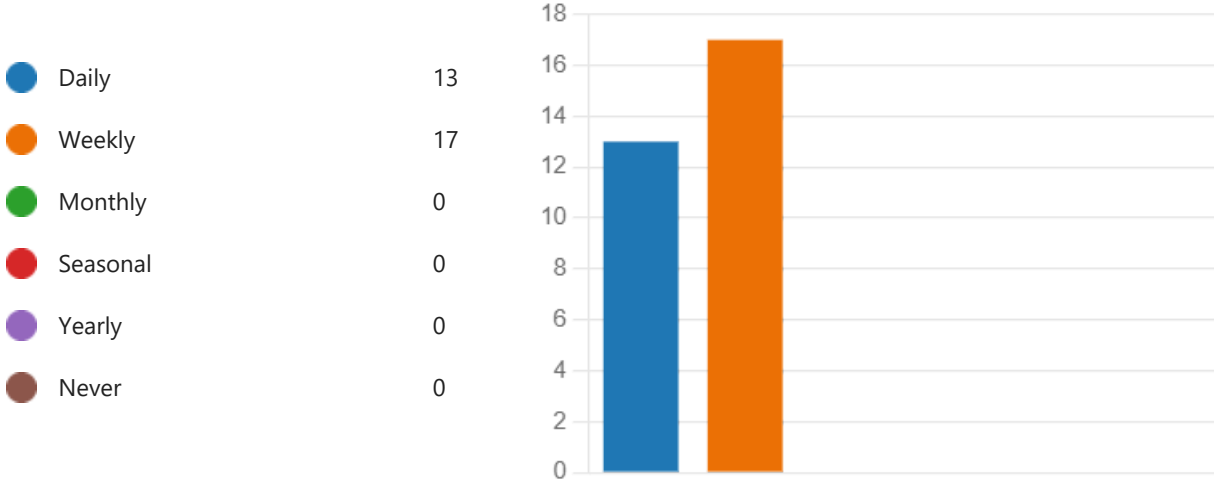
4. Which sources of information do you use the most? (0 b.)



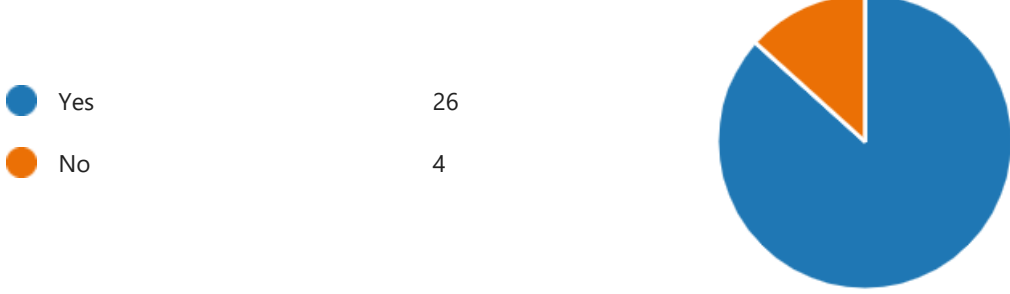
5. How often do you experience any stress situations? (0 b.)



6. How often do you feel happy and relaxed? (0 b.)



7. Do you sometimes use some stuff to boost you mood? (0 b.)



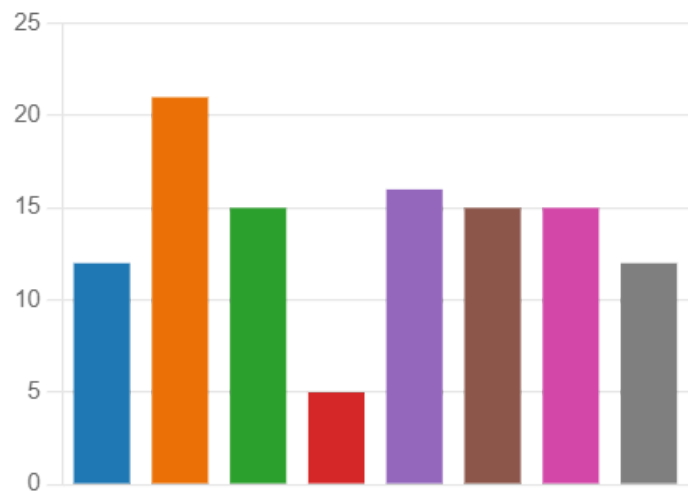
8. If you do use something to boost your mood, so which one? (0 b.)

● Energy drinks	8
● Coffee	17
● Nicotine	8
● Alcohol	18
● Other	10



9. Things that mentally strong people do not do. (0 b.)

● Fear a change (any change is sc...	12
● Feeling sorry about yourself (to ...	21
● Focus on things you cannot con...	15
● Meet any others' demands (try n...	5
● Dwell on the past (think about t...	16
● Do not compare themselves wit...	15
● Fear being alone	15
● Expect immediate results	12



10. Why are you taking part in Erasmus+ Healthy Mind mobility? (0 b.)

● My interest in healthy mind	24
● An opportunity to visit another ...	28
● To improve my language skills	27
● To learn new cultures	28
● Other	5



11. What do you do for your healthy mind? (0 b.)

30
Odpovědi

Nejnovější odpovědi

"try to stay healthy, try to be calm and not be anxious "

"Exercise, family and friends time, relax, travelling "

"Exercise, relax, rest, listen to music, anything that makes me..."

Počet respondentů, kteří odpověděli **exercise** na tuto otázku: **10 (33%)**.

