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3. Informed Consent

1. Study Well Health Assessment

When Congress enacted the Health Insurance Portability and Accountability Act of 1996 (HIPAA, P.L. 104-191) establishing minimal standards for managing care and other insurance plans, it included provisions concerning standards for the privacy and protection of individually identifiable health information.

Because the questions and results of your Study Well Health Assessment contains confidential medical information about you, it is important for you to understand the security issues involved. All of your data will be stored on our secured servers. None of your data will be released to anyone without your prior approval.

Your answers will only used without your name or identifiers combined with others in a large statistical database for determining programs to provide and evaluation of programs. This research will allow Ease Health Management and your university to continually improve programs to help students.

If you select the "I agree" below or if you complete any assessments, you are agreeing to the above statements and release your anonymous information to be used only as specified above.

	Response Percent	Response Total
I Agree 	96.6%	28
I Disagree 	3.4%	1
Total Respondents		29
(skipped this question)		0

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2. In order to provide you with your personalized report from the appraisal we need a name. You may use your real name, a false name or a number. Please the name or number you would like us to use. ALSO, REMEMBER WHAT YOU USE.

[View](#) **Total Respondents** 26
(skipped this question) 3

3. What is your sex?

	Response Percent	Response Total
Female 	75%	21
Male 	25%	7
Total Respondents		28
(skipped this question)		1

4. What is your birthdate?

	Response Percent	Response Total
View Birthdate 	100%	27
Total Respondents		27
(skipped this question)		2

5. What is your age in years?

[View](#) **Total Respondents** 28
(skipped this question) 1

6. How tall are you in inches? Reminder: There are 12 inches per foot, therefore, if you are 5 feet 3.25 inches tall you are 63.25 inches tall. If you only recall your height in centimeters, to convert to inches divide centimeters by 2.54. Example: 158 cm = 62.2. Also, to be accurate, you might get someone to measure your height.

[View](#) **Total Respondents** 27
(skipped this question) 2

7. What is your weight in pounds? Reminder: If you only recall your weight in kilograms to convert to pounds divide kilograms by 2.2.

View	Total Respondents	27
	(skipped this question)	2

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8. Considering your age, how would you describe your general health?

	Response Percent	Response Total
Excellent	3.7%	1
Very good	25.9%	7
Good	44.4%	12
Fair	25.9%	7
Poor	0%	0
Don't know	0%	0
Total Respondents		27
(skipped this question)		2

9. On which of the following health topics have you ever received information from your college or university? (Select all that apply)

	Response Percent	Response Total
Tobacco use prevention	15.4%	4
Alcohol and other drug use prevention	34.6%	9
Sexual assault/relationship violence prevention	57.7%	15
Violence prevention	57.7%	15
Injury prevention and safety	11.5%	3
Suicide prevention	11.5%	3
Pregnancy prevention	15.4%	4
AIDS or HIV infection prevention	34.6%	9
Sexually transmitted disease (STD) prevention	34.6%	9
Dietary Behaviors and nutrition	26.9%	7
Physical activity and fitness	26.9%	7
None of the above	34.6%	9
Total Respondents		26
(skipped this question)		3

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10. The last time you "partied"/socialized, how many alcoholic drinks did you have? Please enter the number in numerals such as 0, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, etc. A drink is a 12 oz. can or bottle of beer, a wine cooler, a shot of liquor, a 4 oz. glass of wine.

View	Total Respondents	27
	(skipped this question)	2

11. If you have been or are sexually active in the year, did you use a barrier (i.e., condom, dental dam) the last time you had vaginal, oral or anal intercourse? Reminder: This is confidential and you do not have to answer.

	Response Percent	Response Total
Never did this sexual activity in the last year	38.5%	10
No	30.8%	8
Yes	30.8%	8
Don't know / don't remember	0%	0
Total Respondents		26
(skipped this question)		3

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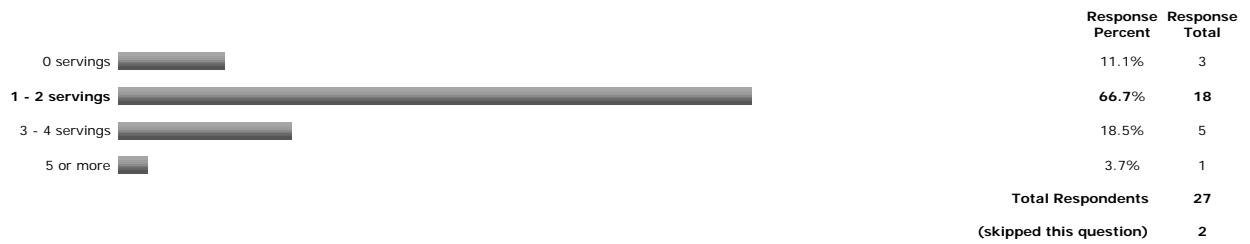
12. On how many of the last 7 days did you participate in:

- vigorous exercise for at least 20 minutes or
- moderate exercise for at least 30 minutes?



13. How many servings of fruits and vegetables do you usually have per day? A serving is:

- 1 medium piece of fruit;
- 1/2 measuring cup of chopped, cooked or canned fruits or vegetables;
- 3/4 measuring cup of fruit or vegetable juice;
- a small bowl of salad greens; or
- 1/2 measuring cup of dried fruit.



14. Within the last 12 months, how many times have you felt so depressed that it was difficult to function?



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15. Within the last 12 months, did relationship difficulties affect your academic performance? Please select the most serious outcome.



16. Within the last 12 months, did stress affect your academic performance? Please select the most serious outcome.



Received a lower grade on an exam or important project		15.4%	4
Received a lower grade in a course		23.1%	6
Received an incomplete or dropped a course		3.8%	1
Total Respondents			26
(skipped this question)			3

17. Within the last 12 months, did sleep difficulties affect your academic performance? Please select the most serious outcome.

		Response Percent	Response Total
This did not happen to me / not applicable		26.9%	7
Experienced sleep difficulties, but my academics were not affected		42.3%	11
Received a lower grade on an exam or important project		26.9%	7
Received a lower grade in a course		3.8%	1
Received an incomplete or dropped a course		0%	0
Total Respondents			26
(skipped this question)			3

18. Within the last 12 months, did cold/flu/sore throat affect your academic performance? Please select the most serious outcome.

		Response Percent	Response Total
This did not happen to me / not applicable		26.9%	7
Experienced cold/flu/sore throat, but my academics were not affected		61.5%	16
Received a lower grade on an exam or important project		11.5%	3
Received a lower grade in a course		0%	0
Received an incomplete or dropped a course		0%	0
Total Respondents			26
(skipped this question)			3

19. Within the last 12 months, did concern for a family member or friend affect your academic performance? Please select the most serious outcome.




		Response Percent	Response Total
This did not happen to me / not applicable		42.3%	11
Experienced concern for a family member or friend, but my academics were not affected		46.2%	12
Received a lower grade on an exam or important project		3.8%	1
Received a lower grade in a course		7.7%	2
Received an incomplete or dropped a course		0%	0
Total Respondents			26
(skipped this question)			3

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20. Do you have any kind of health insurance (including prepaid plans such as HMOs - health maintenance organizations)?

		Response Percent	Response Total
Yes		73.1%	19
No		23.1%	6
Don't know		3.8%	1
Total Respondents			26
(skipped this question)			3

21. Have you had your blood pressure checked in the past two years?

		Response Percent	Response Total
Yes		80.8%	21
No		15.4%	4
Don't know		3.8%	1

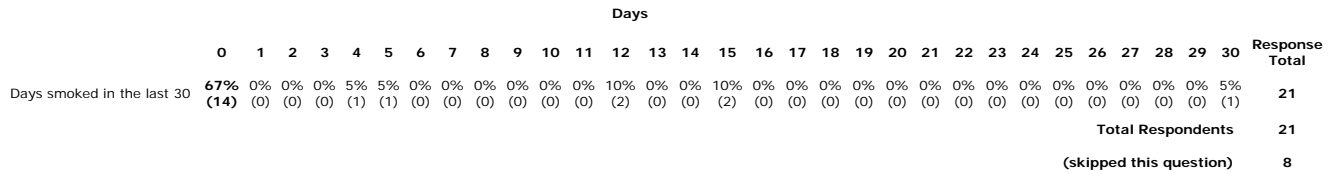
Total Respondents 26
(skipped this question) 3

22. Do you now or have you ever smoked cigarettes?
If you answer "Never Smoked" you will be taken to page 8.
If you answer "now" or "ever smoked" you will be taken to page 7 for number of days you smoked in the last 30 days.



10. Study Well Health Assessment - Page 7 of 9

23. On about how many days of the last 30 did you smoke?



11. Study Well Health Assessment - Page 8 of 9

24. What is your relationship status?



25. How do you usually describe yourself? Mark all that apply.

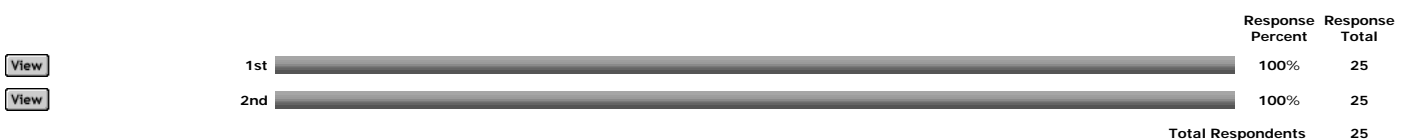


26. What is your major?

[View](#) Total Respondents 27
(skipped this question) 2

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27. **This is very important:** Type one or two things you are serious about doing in the next 6-months to improve your health and perform better in school.



(skipped this question) 4

28. We would like to send (via email attachment) a personalized report tailored to your responses and interests. The report will be 4 pages long and you will also be sent resources that will help you achieve your health goals. If you would like this report please give a false first and last name, plus your email address.
NOTE: if you have been told you will get your report personally you do not need to provide this information.

		Response Percent	Response Total
<input type="button" value="View"/>	First Name:	100%	19
<input type="button" value="View"/>	Last Name (optional):	42.1%	8
<input type="button" value="View"/>	Email Address:	100%	19
Total Respondents			19
(skipped this question)			10

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