

The prevalence of sedative use among KSU's medical students

DISCLOSURE: This questionnaire has been developed independently by the research group and has no corporate interests. The information obtained will be treated with the highest confidentiality measures.

KINDLY ANSWER THE FOLLOWING:

1- Age:

2- Sex: Male Female

3- Class (the first three numbers in your university I.D e.g. 428):

4- Academic year: 1st 2nd 3rd 4th 5th

5- G.P.A: 5-4.5 4.5-4 3.5-4 3-3.5 2.5-3 2.5 or less

6- Marital status: Single Married Divorced Widowed Other, specify:

7- Fathers' level of education: High school Bachelors Masters PhD Other, specify

8- Mothers' level of education: High school Bachelors Masters PhD

Other, please specify:.....

9- Family size (number of family members including yourself)

10- Average family income per month in S.R:

1000-5000 5000-10,000 10,000-15,000 15,000-20,000 more than 20,000

11- Residence: With family With friends In the dorm Alone Other, specify

12- Are you a smoker (cigarettes, cigars, pipe, Shisha etc...): Yes No Occasionally Ex-smoker

13-Do you exercise regularly? (Regular exercise means 20 minutes 3 times a week): Yes No

14- Do you use any type of stimulants including (Coffee ,Tea ,Cola drinks ,Energy Drinks ,etc...)

A-During non-exam periods:

Never Rarely Occasionally Always

B- During exam periods:

Never Rarely Occasionally Always

15- On average how much time do you spend studying per week?

16- On average how many hours do you sleep per day?

4-6 6-8 8-10 more than 10

17- On average how much time do you need to fall asleep?

18- Can you specify your sleeping pattern: Night only Night and day

19- How can you describe your sleep quality?

- Excellent: uninterrupted, 6-8 hours, deep.
- Good: wake up once or twice, 5-6 hours, complete rest.
- Poor: interrupted, less than 5 hours, superficial incomplete rest.

20- Do you experience any of these sleeping disorders?

- Insomnia: difficulty initiating or maintaining sleep.
- Sleep apnea: obstruction of the airway during sleep.
- Restless legs syndrome: An irresistible urge to move legs.
- Narcolepsy: falling asleep spontaneously at inappropriate times.
- None.
- Other, specify

21- Since entering the college of medicine have you ever used sedative drugs e.g. (Panadol Night®, Tylenol pm®, or any other drugs that help you fall asleep): Yes No

If NO, you have finished your questionnaire. If YES please proceed to the following questions:

22- When have you used these drugs?

- Regularly Occasionally Exam periods At the beginning of the school year\term
- Other (specify)

23- For how long have you been using these drugs?

- Isolated occasions Less than 1 year 1 – 2 years 2 – 3 years more than 3 years

24- Can you please specify the name of the drug:

25- Was the drug prescribed to you by a doctor: Yes No

If Yes, Please specify cause.....

THANK YOU FOR COMPLETING THIS SURVEY.

Group (A5) 2010 – 2011, 3rd year medical school, King Saud University.