Your use and opinions of digital health

SECTION 1: Who are you?

1. Gender: Male/Female

2. Which are your month and year of birth?

3. Which is your field of study?

- Science and Technology
- Literature and Social Sciences
- Law and Economy
- Life and Health Sciences

4. Which is your current year of study?

- □ 1st year
- □ 2nd year
- □ 3rd year
- □ > 3rd year

5. How would you rate your general health status?

- □ Very good
- □ Good
- □ Average
- □ Bad
- □ Very bad

6. And what about your mental health?

- □ Very good
- □ Good
- □ Average
- □ Bad
- □ Very bad
SECTION 2: Use of digital health

7. Do you have a smartphone?
   □ Yes
   □ No (Go to question 11)

8. Do you have a health-related application (nutrition, running, sleep, well-being...)?
   □ Yes
   □ No (Go to question 11)

9. If yes, please provide the name

   

10. Which is your frequency of use?
    □ Often
    □ Occasionally
    □ Never

11. Do you have a health-related wearable device like a bracelet or a smartwatch?
    □ Yes
    □ No
12. During the last 12 months, have you looked for online information or support on these health and well-being topics? (MULTIPLE CHOICE)

<table>
<thead>
<tr>
<th>Topics</th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>For yourself concerning a specific disease or medical problem which might affect you</td>
<td>Out of curiosity</td>
<td></td>
</tr>
<tr>
<td>For your studies</td>
<td></td>
<td></td>
</tr>
<tr>
<td>For yourself concerning a specific disease or medical problem which might affect you</td>
<td>Out of curiosity</td>
<td></td>
</tr>
<tr>
<td>For your studies</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sleep</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Physical activity and its repercussion on health</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nutrition (weight, health habits, eating disorders, food composition)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sexuality (sexual habits, homosexuality, sexually transmitted diseases, HIV)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Contraception (condom, pill, IUD, implant)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pregnancy and/or maternity</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Alcohol risks</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Risks concerning tobacco and e-cigarettes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cannabis and other synthetic drugs</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stress/anxiety/depression</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Skin problems</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vaccinations</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Environment and health risks</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pain and illnesses</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other topics:</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* If a student answers NO to all items, do not administer the questions underlined in grey.

13. What are the sources of information you explored? How do you rate the information found?
14. Since the beginning of your university studies have you already looked online for a health professional/service (ex. general practitioner, dentist, gynaecologist)?

☐ Yes
☐ No

SECTION 3: Opinions on digital health

15. You have declared that you have already looked for health-related information online for a personal problem. Has this resulted in a consultation with a health professional/service?

☐ Yes
☐ No

15.1. If YES, why? (MULTIPLE CHOICE)

☐ Information was insufficient
☐ Information was alarming
☐ Information confirmed a real health problem

15.2. If NO, why? (MULTIPLE CHOICE)

☐ Information was sufficient
☐ Information was reassuring
16. Do you think online information and advice can be a complementary solution to real-life consultations?

□ Yes
□ No

16.1. If YES, when could they be most useful?

□ Before a consultation to get prepared
□ After a consultation to better understand the health professional's instructions
□ Before and after a consultation

17. Do you think online information and advice could be an alternative to real-life consultations now or in the future?

□ Strongly agree
□ Agree
□ Disagree
□ Strongly disagree

17.1. If DISAGREE/STRONGLY DISAGREE, do you think this will be possible in the future (for instance through a validated website by the ministry of health)?

□ Yes
□ No