

生活型態 Lifestyle

※ 請勾選最合適的選項 Tick the box that best describes your lifestyle :

1. 過去 7 天內 (不含假日) , 睡眠習慣 :

How much did you sleep during the past 7 days (*not including weekends, or days off*) ?

☐①每日睡足 7 小時; ≥ 7 hours a day ☐②不足 7 小時; < 7 hours a day ☐③時常失眠; I suffer from insomnia

2. 過去 7 天內 (不含假日) , 早餐習慣 :

How many days did you eat breakfast during the past 7 days (not including weekends, or days off)?

☐①都不吃; Never ☐②有時吃; Seldom, _____ 天 days ☐③每天吃, 幾點吃? _____ 點; Every day at (time) ? _____

3. 過去一個月內 (不含假日及寒暑假) , 若以每週至少運動 3 次, 每次至少 30 分鐘為基準, 心跳達每分鐘 130 下, 您做到了嗎? During the past month (*not including weekends, days off, or winter or summer vacation*), have you exercised three times a week, for at least 30 minutes each time, and achieving a heartbeat rate of 130 bpm each time? :

☐①有; Yes ☐②沒有; No

4. 過去一個月內, 吸菸行為 During the past month, did you smoke? :

☐①不吸菸; No ☐②時常吸菸; Often ☐③每天吸菸, _____ 支/天; Every day: _____ # cigarettes per day
☐④已戒除; Quit

5. 過去一個月內, 喝酒行為 During the past month, did you drink alcohol? :

☐①不喝酒; No ☐②時常喝酒; Often ☐③每天喝酒, _____ 杯/天; Every day: _____ # glasses per day
☐④已戒除; Quit

(1 杯的定義: 啤酒 330 ml、葡萄酒 120 ml、烈酒 45 ml)

(Note for ③: please say how many glasses, 'one glass' means: beer 330 ml, wine 120 ml, liquor 45 ml)

6. 過去一個月內, 嚼檳榔 During the past month, did you chew betel quid?

☐①不嚼檳榔; No ☐②時常嚼檳榔; Often ☐③每天嚼檳榔, _____ 粒/天; Every day, _____ # quids per day
☐④已戒除; Quit

7. 常覺得焦慮、憂鬱嗎 Do you feel worried or depressed ?

☐①沒有; No ☐②很少; Seldom ☐③時常; Often

8. 常覺得胸悶嗎 Do you regularly feel chest discomfort ?

☐①沒有; No ☐②很少; Seldom ☐③時常; Often

9. 常覺得胃痛嗎 Do you regularly feel stomach discomfort ?

☐①沒有; No ☐②很少; Seldom ☐③時常; Often

10. 常覺得頭痛嗎 Do you regularly have headaches ?

☐①沒有; No ☐②很少; Seldom ☐③時常; Often

11. 排便習慣: 過去 7 天內, 多久排便一次 Bowel habits: During the past 7 days, how often did you defecate ?

☐①每天至少一次 At least once every day ☐②兩天 Once in 2 days ☐③三天 Once in 3 days ☐④四天以上 Once in 4 or more days

12. 網路使用習慣: 過去 7 天內 (不含假日) 每日除了上課及作功課需要之外, 累積網路使用的時間?

Internet use: During the past seven days (not including weekends, or days off), how many hours did you use the internet every day, apart from when doing homework or in class?

☐①每天少於 1 小時; ≤ 1 hour ☐②每天約 1-2 小時; 1-2 (less than) hours ☐③每天約 2-4 小時; 2-4 (less than) hours ☐④每天約 4-5 小時; 4-5 (less than) hours ☐⑤每天約 5 小時或以上; ≥ 5 hours