QUESTIONNAIRE FOR STUDENTS

This questionnaire is used to prepare our first conversation. For this reason, we kindly ask you to answer the following questions carefully. Of course, the information you give are subject to professional discretion and the data will be protected.

I. Personal data

Family status:
☐ single
☐ engaged or in steady relationship
☐ married
☐ married, but living apart
☐ other: __________________________

Do you have children?  ☐ yes  ☐ no

Nationality:
☐ German
☐ dual nationality
☐ other nationality, which one __________________________

II. Study information

1) What is your current educational status

☐ student  (continue with question no. 2)
☐ postgraduate, PhD student  (continue with question no. 2)
☐ after exmatriculation  (continue with question no. 5)
☐ other: __________________________
2) In which academy or Hochschule are you enrolled at the moment?

☐ University of Ulm
☐ College/Hochschule of Ulm
☐ College/Hochschule of Neu-Ulm
☐ College/Hochschule of Biberach
☐ other: ________________________________

3) Which subject(s) do you study at the moment?

Subject: ________________________________
other: ________________________________

4) Status of current studies:

Which semester are you currently in? _____

Which university semester are you currently in?
(number of semesters, total duration of studies, including holiday semester) _____

5) Have you ever interrupted your studies (once or more often) for the period of one semester or longer?

   Interruption means that you maybe had a holiday semester or had not done anything for your studies.

☐ no  ☐ yes

If yes:
   For how long have you interrupted your studies (how many semesters)?  
   Why did you interrupt your studies?

   ________________________________

6) How did you reach your high-school diploma/baccalaureate?

☐ directly
☐ by second-chance education
7) Before you started your study, did you have any other professional training?

☐ yes, finished
☐ yes, but I broke off
☐ no

8) How is your study financed? (several answers are possible)

☐ by parents/by one parent
☐ by husband/wife or partner
☐ by relatives or friends
☐ special educational aid/“BAfÖG”
☐ student loans
☐ by working while studying
☐ own savings
☐ occasional jobs
☐ other
    (e.g. orphan’s pension, scholarship by a company)

9) How necessary is it for you to work beside your studies?

not at all ☐ ☐ ☐ ☐ very much ☐

10) Which hobbies/interests do you have?


III. Demographic data

1) Where or how do you live during the semester?

☐ in a room/an apartment on my own
☐ together with my partner in an apartment
☐ with parents
☐ with other family members or relatives
☐ in a students’ residence/dormitory
☐ in a flat sharing community/WG
☐ Other – which one?
## IV. Family information

### 1) Family of origin: father mother

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<tr>
<th>Age (years)</th>
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<tr>
<th>Profession</th>
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<th>Nationality</th>
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If they already died, please indicate the year of death:

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### 2) Are your parents divorced or are they separated?

- [ ] no
- [ ] yes

How old were you when they separated?

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### 3) Do you have any brothers and sisters / stepbrothers and stepsisters?

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<thead>
<tr>
<th>Sex (m/f)</th>
<th>Year of birth</th>
<th>Profession</th>
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### 4) Information about diseases within the family:

Are or were there any serious illnesses or psychic disorders (e.g. cardiac disease, impairment, depression, suicide, alcoholism etc.) in your family?

- [ ] no
- [ ] yes

Which one?

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Which person is/was affected?

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V. Information about your problems

1) Please describe the situation causing you to come to our Counselling Centre
(please tick the appropriate answer)
- existence-threatening, something must happen immediately!
- depressing, agonising, quality of life is considerably affected!
- frightening, it is a strain, quality of life is affected!
- annoying, disturbing problems/sorrows
- not so problematic, it is more a reason to get some advice and information

2) Which attempts have you made so far to cope with your (main) problem?
(several answers are possible)
- attending adult evening classes
- attending self-help groups
- sports activities
- I distract myself, I do other things to forget about it
- I consciously faced my problem(s)
- I encouraged myself with positive words
- I worked a lot
- I disciplined myself
- I talked to friends/members of my family
- I looked for professional help
- I tried to find some advice in books
- I have not tried anything so far
- Other:

3) Current and former treatments:
Have you ever been or are you still under psychological and/or psychotherapeutic, psychiatric or neurologic treatment
- no
- yes
If yes – where have you been/are you treated and for which kind of problems?
- where?
- why?
- when (from/till)?

4) Are you taking any medication at the moment:
- no
- yes
- which one(s)?
5) Please indicate which of the following problems bothered you lately and to what extent

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<tr>
<th>Study-related problems</th>
<th>not at all</th>
<th>a little</th>
<th>quite much</th>
<th>much</th>
<th>very much</th>
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<tbody>
<tr>
<td>Problems with motivation</td>
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<td>Difficulties in learning and concentration, problems with your memory</td>
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<td>Problems concerning organisation of work and time management, postponing</td>
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<td>Insecurity concerning the choice of a study subject. Thoughts about break-off or change of study subject</td>
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<td>Problems to finish your study</td>
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<td>Existential fear of failing and/or fear concerning the future (studies and/or prospective professions)</td>
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<td>Financial problems</td>
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<td>Fear of written examinations</td>
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<td>Fear of oral examinations</td>
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<td>Test anxiety or failing in examinations despite of good knowledge</td>
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<td>Inhibition in speaking (e.g. discussions, speeches)</td>
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<td>Inhibition in writing/writer’s blocks</td>
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<td>Psycho-social problems</td>
<td>not at all</td>
<td>a little</td>
<td>quite much</td>
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<td>very much</td>
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<td>Depressive mood, sadness, reduction of energy</td>
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<td>Exhaustion/Burn out</td>
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<td>Emotional imbalance, instability</td>
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<td>Problems to contact people, isolation, loneliness</td>
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<td>Many conflicts in relationships</td>
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<td>Problems with not having/finding a partner</td>
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<td>Partnership problems</td>
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<td>Personal loss (break-up, separation, death)</td>
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<td>Problems with sexuality and/or your partner’s sexuality</td>
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<td>Familial problems (parents, relatives)</td>
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<td>General or specific fears, panic attacks</td>
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<table>
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<tr>
<th>Problems in decision-making</th>
<th>not at all</th>
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<th>quite much</th>
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<tr>
<td>Obsessional thoughts, compulsive acts</td>
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<td>Low self-esteem, sense of inferiority and insecurity</td>
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<td>Addiction (e.g. alcohol, drugs, gambling, PC, television, etc.)</td>
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<td>Physical disorders (muscular stiffness, headache, sleeping disturbances, recurrent infections, gastric disorders and problems with digestion, etc.)</td>
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<td>Eating disorders</td>
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<td>Hardly-controllable aggressions</td>
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<td>Any other problems (please indicate in keywords)</td>
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6) **Is your study affected by these problems?**

- no
- a little
- medium
- much
- very much

7) **How did you hear about our Student Counselling Centre?**

(please tick the appropriate answer, several answers are possible)

- recommendation by a medical doctor or by other therapy facilities
- informative meetings of the university (e.g. freshers’ inauguration)
- recommendation by family members/relatives
- recommendation by fellow students
- posters/handouts/other brochures/lecture directory/websites
- recommendation by a lecturer
- recommendation by other information centres
- other: ___________________________________________________
8) How much effort was it for you to come to us?

not much □ □ □ □ □ □ very much □

9) Please find below some expectations and hopes often mentioned by students when they come to our Counselling Centre. Which expectations and hopes do you associate with your visit at our Centre? (please tick the appropriate answer, several answers are possible)

☐ information whether psychotherapeutic advice/therapy can be helpful to me
☐ awareness of the reasons of my difficulties
☐ self-awareness to get to know oneself better
☐ to talk about problems, helpful conversation
☐ to get over a crisis
☐ to get tips and ideas
☐ to recover from a psychic disease
☐ to learn new abilities and skills
☐ other hopes and expectations: ______________________________

If you indicated more than one expectation, please mark your most important expectation with a 1, the second most important with a 2, etc. on the provided box__ at the beginning of each line

10) Please try to describe as precise as possible your expectations and goals in counselling: