

# Questionnaire



## demographic questions:

1. Ambulance stations in Makkah region
  - a) Makkah
  - b) Jeddah
  - c) Taif
  - d) Other
  - e) Air ambulance
  
2. Age
  - a) <25
  - b) 25-34
  - c) 35-44
  - d) 45-54
  - e) ≥55
  
3. Marital status
  - a) Single
  - b) Married
  - c) Divorced
  - d) Widowed
  - e) Unknown
  
4. Education
  - a) Diploma paramedic
  - b) Bachelor paramedic
  
5. Position
  - a) Ground ambulance
  - b) Air ambulance
  - c) Unknown
  
6. Years of experience
  - a) <5
  - b) 5-9
  - c) 10-14
  - d) 15-19
  - e) ≥20
  
7. Monthly income
  - a) <8000
  - b) 8000-15,000
  - c) ≥15,000



**Lifestyle habits questions:**

1. Smoking status
  - a) Smoker
  - b) Nonsmoker
  - c) Ex-smoker
  - d) Unknown
  
2. Medications for noncommunicable diseases
  - a) Yes, prescription medication
  - b) Yes, nonprescription medication
  - c) No noncommunicable diseases
  - d) Unknown
  
3. Coffee intake
  - a) Yes
  - b) No
  - c) Unknown
  
4. Tea intake
  - a) Yes
  - b) No
  - c) Unknown
  
5. Energy drinks' intake
  - a) Yes
  - b) No
  - c) Unknown
  
6. Other stimulant beverages
  - a) Yes
  - b) No
  
7. Hours of sleep
  - a) <6
  - b) 6-8
  - c) >8
  - d) Unknown

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The rating scale is as follows:

0 Did not apply to me at all 1 Applied to me to some degree, or some of the time 2 Applied to me to a considerable degree or a good part of time 3 Applied to me very much or most of the time

1 (s) I found it hard to wind down 0 1 2 3

2 (a) I was aware of dryness of my mouth 0 1 2 3

3 (d) I couldn't seem to experience any positive feeling at all 0 1 2 3

4 (a) I experienced breathing difficulty (e.g. excessively rapid breathing, breathlessness in the absence of physical exertion) 0 1 2 3

5 (d) I found it difficult to work up the initiative to do things 0 1 2 3

6 (s) I tended to over-react to situations 0 1 2 3

7 (a) I experienced trembling (e.g. in the hands) 0 1 2 3

8 (s) I felt that I was using a lot of nervous energy 0 1 2 3

9 (a) I was worried about situations in which I might panic and make a fool of myself 0 1 2 3

10 (d) I felt that I had nothing to look forward to 0 1 2 3

11 (s) I found myself getting agitated 0 1 2 3

12 (s) I found it difficult to relax 0 1 2 3

13 (d) I felt down-hearted and blue 0 1 2 3

14 (s) I was intolerant of anything that kept me from getting on with what I was doing 0 1 2 3

15 (a) I felt I was close to panic 0 1 2 3

16 (d) I was unable to become enthusiastic about anything 0 1 2 3

17 (d) I felt I wasn't worth much as a person 0 1 2 3

18 (s) I felt that I was rather touchy 0 1 2 3

19 (a) I was aware of the action of my heart in the absence of physical exertion (e.g. sense of heart rate increase, heart missing a beat) 0 1 2 3

20 (a) I felt scared without any good reason 0 1 2 3

21 (d) I felt that life was meaningless 0 1 2 3

