

Additional file 2. Practice test one with demographical questions

Practice test 1: Mental Health

Welcome to the first quiz of the SELF-course!

The quiz consists of eight questions in total, of which four are multiple-choice questions and four are very short answer questions (VSAQs). For the VSAQs, you are expected to give a short answer (maximum of four words). This first test will be preceded by a number of questions about personal data. We would like to use this for the analyses of the research. If you agree with the informed consent (indicate below), your (anonymized) data will be used for our study. If you do not agree, your data will only be used for the course and scoring.

It is **not allowed** to use study materials while taking the test.

Good luck!

Informed Consent

- I have read the information letter. I have been given the opportunity to ask additional questions and have received a clear answer to them. I have been given enough time to decide whether to participate.
- I know that my participation is entirely voluntary and that I can withdraw my consent to participate at any time without giving a reason.
- I give permission for the collection, storage, and use of my data for the above-mentioned purposes of the research.
- I know that only the principal investigator (Elise van Wijk) has access to my personal data. I know that only the principal investigator and her supervisor (Alexandra Langers) can view the anonymized data.
- I give permission to keep my data for fifteen years after the end of this research for possible further analysis.

o I agree to the use of my (anonymized) answers to the questionnaire for the purpose of this research.

Demographical questions

1. What is your age?
2. What is your gender?
 - Female
 - Male
 - Non-binary
3. What do you study?
 - Biomedical Sciences
 - Medicine
 - Clinical Technology
 - Psychology
 - Nursing
 - Vitality and Aging
 - I already finished my study, and work as a:
 - Other, namely:

4. Which study year are you in?
 - ☐ Bachelor year 1
 - ☐ Bachelor year 2
 - ☐ Bachelor year 3
 - ☐ Master year 1
 - ☐ Master year 2
 - ☐ Master year 3
 - ☐ Waiting period before clinical clerkships
 - ☐ Not applicable

5. Do you participate in the honours program?
 - ☐ Yes
 - ☐ No

6. Did you participate in previous SELF-courses or other courses related to prevention and life style?
 - ☐ Yes
 - ☐ How many SELF-courses did you follow?
 - ☐ How many other lifestyle courses did you follow?
 - ☐ No

Practice test one (Version A)

Very Short Answer Questions (VSAQs)

Please answer these open-ended questions with a very short response (1 to 4 words).

Question 1

Which lifestyle factor has both a preventive protective effect on anxiety disorders and effectiveness in the treatment of anxiety disorders?

Answer:

Question 2

Which lifestyle intervention is mentioned as the first treatment step in the guidelines for depressive disorders?

Answer:

Question 3

Which category of psychotropic drugs carries the highest risk of obesity as a side effect?

Answer:

Question 4

What type of food is associated with an increased risk of mental health issues?

Answer:

Multiple Choice Questions (MCQs)

Question 1

In about 40% of cases, no clear physical cause is found for complaints in general practice. In what percentage of cases do such complaints become chronic?

- A. 10%
- B. 30%
- C. 50%
- D. 70%

Question 2

Pain is an important protective mechanism of the brain. What is it trying to protect you from? Choose the best option.

- A. Emotional stress
- B. Physical damage
- C. Physical fatigue
- D. Anticipated danger

Question 3

What is the first intervention for patients suspected of having Medically Unexplained Symptoms (MUS)?

- A. Additional examination
- B. Psychoeducation
- C. Lifestyle adjustments
- D. Referral to a specialist

Question 4

There is a theory that suggests the brain actively predicts incoming sensory input rather than passively registering it. This may play a role in the development of chronic pain. What is this theory called?

- A. Extended cognition
- B. Neurophenomenology
- C. Predictive coding
- D. Unconscious inference

Practice test one (Version B)

Multiple Choice Questions (MCQs)

Question 1

Which lifestyle factor has both a protective effect in preventing anxiety disorders and is effective in the treatment of anxiety disorders?

- A. Exercise
- B. Sleep
- C. Quitting smoking
- D. Diet

Question 2

Which lifestyle intervention is mentioned as the first step in the treatment guidelines for depressive disorders?

- A. Exercise
- B. Sleep
- C. Quitting smoking
- D. Diet

Question 3

Which category of psychotropic drugs carries the highest risk of obesity as a side effect?

- A. Antidepressants
- B. Antipsychotics
- C. Benzodiazepines
- D. Stimulants

Question 4

What type of food is associated with an increased risk of mental health issues?

- A. Fermented food
- B. Highly processed food
- C. Herbs and spices
- D. Fatty fish

Very Short Answer Questions (VSAQs)

Please answer these open-ended questions with a very short response (1 to 4 words).

Question 1

In about 40% of cases, no clear physical cause is found for complaints in general practice. In what percentage of cases do such complaints become chronic?

Answer:

Question 2

Pain is an important protective mechanism of the brain. What is it trying to protect you from?

Answer:

Question 3

What is the first intervention for patients suspected of having Medically Unexplained Symptoms (MUS)?

Answer:

Question 4

There is a theory that suggests the brain actively predicts incoming sensory input rather than passively registering it. This may play a role in the development of chronic pain. What is this theory called?

Answer: