Elämäntavat- terveys- ja elinympäristökyselyssä käytetyt validoidut kyselyt ja näiden viitetiedot

Liikunta: International Physical Activity Questionnaire-Short Form; IPAQ-SF (Craig ym., 2003; Husu ym., 2024)

Ruokavalio: Index of Diet Quality; IDQ (Leppälä ym., 2010)

Omaan kehoon liittyvät asenteet / sisäistetty painostigma: Modified Weigt Bias Internalization; WBIS-M (Pearl & Puhl, 2014)

Uni: Jenkins Sleep Scale, Jenkinsin unikysely (Jenkins ym., 1988)

Koettu stressi: Perceived Stress Scale; PSS-10 (Cohen & Williamson, 1988)

Työstressi: Effort–reward imbalance; ERI (Siegrist ym., 2009)

Työn imu: Utrecht Work Engagement Scale (Schaufeli ym., 2006)

Elinpiiri: Life-Space Assessment; LSA (Baker ym., 2003; Portegijs ym., 2014)

Asuinympäristöön liittyvät kokemukset: The Perceived Living Environment (Scholtens ym., 2015)

Tyypin 2 diabeteksen riski: Diabeteksen riskitesti (Lindström & Tuomilehto, 2003; Saaristo ym. 2005)

Lisäosat:

Ruokavalio: Healthy Diet Index; HDI (Lindström ym., 2021)

Terveys (naiset ja miehet): Women's Health Questionnaire (kysytty sopivilta osin myös miehiltä) (Girod ym., 2006; Hunter, 2003)

Menopaussioireet (naiset ≥ 40 vuotta): Menopause Rating Scale (Heinemann ym., 2003)

Lantionpohjan oireet (naiset): Pelvic Floor Distress Inventory; PDFI-20 (Mattsson ym., 2017)

Seksuaaliterveys (naiset): Female Sexual Function Index; FSFI (Rosen ym., 2000)

Alempien virtsateiden terveys (miehet ≥ 40 vuotta): Danish Prostatic Symptom Score; DAN-PSS-1 (Hansen ym., 1995)

Lähteet

Baker, P. S., Bodner, E. V., & Allman, R. M. (2003). Measuring life-space mobility in community-dwelling older adults. *Journal of the American Geriatrics Society*, *51*(11), 1610–1614. https://doi.org/10.1046/j.1532-5415.2003.51512.x

Cohen, S., & Williamson, G. (1988). Perceived stress in a probability sample of the United States. In S. Spacapan & S. Oskamp (Eds.), *He Social Psychology of Health: Claremont Symposium on Applied Social Psychology* (pp. 31–67). Sage. https://www.semanticscholar.org/paper/Perceived-stress-in-a-probability-sample-of-the-Cohen/049f44c5e6a7e3cfc5621e5e9ead6483573b7ab5

Craig, C. L., Marshall, A. L., Sjöström, M., Bauman, A. E., Booth, M. L., Ainsworth, B. E., Pratt, M., Ekelund, U., Yngve, A., Sallis, J. F., & Oja, P. (2003). International physical activity questionnaire: 12-country reliability and validity. *Medicine and Science in Sports and Exercise*, *35*(8), 1381–1395. https://doi.org/10.1249/01.MSS.0000078924.61453.FB

Girod, I., de la Loge, C., Keininger, D., & Hunter, M. S. (2006). Development of a revised version of the Women's Health Questionnaire. *Climacteric: The Journal of the International Menopause Society*, *9*(1), 4–12. https://doi.org/10.1080/13697130500487372

Hansen, B. J., Flyger, H., Brasso, K., Schou, J., Nordling, J., Thorup Andersen, J., Mortensen, S., Meyhoff, H. H., Walter, S., & Hald, T. (1995). Validation of the self-administered Danish Prostatic Symptom Score (DAN-PSS-1) system for use in benign prostatic hyperplasia. *British Journal of Urology*, *76*(4), 451–458. https://doi.org/10.1111/j.1464-410x.1995.tb07744.x

Heinemann, L. A., Potthoff, P., & Schneider, H. P. (2003). International versions of the Menopause Rating Scale (MRS). *Health and Quality of Life Outcomes*, *1*(1), 28. https://doi.org/10.1186/1477-7525-1-28

Hunter, M. S. (2003). The Women's Health Questionnaire (WHQ): Frequently Asked Questions (FAQ). *Health and Quality of Life Outcomes*, *1*, 41. https://doi.org/10.1186/1477-7525-1-41

Husu, P., Vähä-Ypyä, H., Tokola, K., Sievänen, H., Rocha, P., & Vasankari, T. (2024). Reliability and Validity of Self-Reported Questionnaires Assessing Physical Activity and Sedentary

Behavior in Finland. *International Journal of Environmental Research and Public Health*, *21*(6), 686. https://doi.org/10.3390/ijerph21060686

Jenkins, C. D., Stanton, B. A., Niemcryk, S. J., & Rose, R. M. (1988). A scale for the estimation of sleep problems in clinical research. *Journal of Clinical Epidemiology*, *41*(4), 313–321. https://doi.org/10.1016/0895-4356(88)90138-2

Leppälä, J., Lagström, H., Kaljonen, A., & Laitinen, K. (2010). Construction and evaluation of a self-contained index for assessment of diet quality. *Scandinavian Journal of Public Health*, *38*(8), 794–802. https://doi.org/10.1177/1403494810382476

Lindström, J., Aittola, K., Pölönen, A., Hemiö, K., Ahonen, K., Karhunen, L., Männikkö, R., Siljamäki-Ojansuu, U., Tilles-Tirkkonen, T., Virtanen, E., Pihlajamäki, J., & Schwab, U. (2021). Formation and Validation of the Healthy Diet Index (HDI) for Evaluation of Diet Quality in Healthcare. *International Journal of Environmental Research and Public Health*, *18*(5), 2362. https://doi.org/10.3390/ijerph18052362

Lindström, J., & Tuomilehto, J. (2003). The diabetes risk score: a practical tool to predict type 2 diabetes risk. *Diabetes care,* 26(3), 725–731. https://doi.org/10.2337/diacare.26.3.725

Mattsson, N. K., Nieminen, K., Heikkinen, A.-M., Jalkanen, J., Koivurova, S., Eloranta, M.-L., Suvitie, P., & Tolppanen, A.-M. (2017). Validation of the short forms of the Pelvic Floor Distress Inventory (PFDI-20), Pelvic Floor Impact Questionnaire (PFIQ-7), and Pelvic Organ Prolapse/Urinary Incontinence Sexual Questionnaire (PISQ-12) in Finnish. *Health and Quality of Life Outcomes*, *15*(1), 88. https://doi.org/10.1186/s12955-017-0648-2

Pearl, R. L., & Puhl, R. M. (2014). Measuring internalized weight attitudes across body weight categories: Validation of the modified weight bias internalization scale. *Body Image*, *11*(1), 89–92. https://doi.org/10.1016/j.bodyim.2013.09.005

Portegijs, E., Iwarsson, S., Rantakokko, M., Viljanen, A., & Rantanen, T. (2014). Life-space mobility assessment in older people in Finland; measurement properties in winter and spring. *BMC Research Notes*, *7*(1), 323. https://doi.org/10.1186/1756-0500-7-323

Rosen, R., Brown, C., Heiman, J., Leiblum, S., Meston, C., Shabsigh, R., Ferguson, D., & D'Agostino, R. (2000). The Female Sexual Function Index (FSFI): A multidimensional self-report instrument for the assessment of female sexual function. *Journal of Sex & Marital Therapy*, *26*(2), 191–208. https://doi.org/10.1080/009262300278597

Saaristo, T., Peltonen, M., Lindström, J., Saarikoski, L., Sundvall, J., Eriksson, J. G., & Tuomilehto, J. (2005). Cross-sectional evaluation of the Finnish Diabetes Risk Score: a tool to identify undetected type 2 diabetes, abnormal glucose tolerance and metabolic syndrome. *Diabetes & vascular disease research,* 2(2), 67–72. https://doi.org/10.3132/dvdr.2005.011

Schaufeli, W. B., Bakker, A. B., & Salanova, M. (2006). The Measurement of Work Engagement With a Short Questionnaire: A Cross-National Study. *Educational and Psychological Measurement*, *66*(4), 701–716. https://doi.org/10.1177/0013164405282471

Scholtens, S., Smidt, N., Swertz, M. A., Bakker, S. J. L., Dotinga, A., Vonk, J. M., van Dijk, F., van Zon, S. K. R., Wijmenga, C., Wolffenbuttel, B. H. R., & Stolk, R. P. (2015). Cohort Profile: LifeLines, a three-generation cohort study and biobank. *International Journal of Epidemiology*, *44*(4), 1172–1180. https://doi.org/10.1093/ije/dyu229

Siegrist, J., Wege, N., Pühlhofer, F., & Wahrendorf, M. (2009). A short generic measure of work stress in the era of globalization: Effort-reward imbalance. *International Archives of Occupational and Environmental Health*, *82*(8), 1005–1013. https://doi.org/10.1007/s00420-008-0384-3