



# Frequently asked questions Public Health Monitor for Young Adults 2024

## Frequently asked questions: Public Health Monitor Young Adults 2024

### GENERAL

#### 1. What is the Public Health Monitor Young Adults?

The Public Health Monitor Young Adults is a national online questionnaire. This year, it will be carried out for the second time. It is a large-scale study about the health, well-being, and lifestyle of young adults aged 16 to 25 years who live in the Netherlands and the influence of the coronavirus pandemic.

#### 2. What is the purpose of the study?

Municipalities in the Netherlands are legally obliged to monitor the health of their residents, also after disasters and crises, including the corona crisis. This statutory task is carried out by the GGDs for the municipalities. The aim of this study is to obtain insight into the physical and mental health of young adults during and after the coronavirus pandemic, at the national, regional, and municipal levels. The municipalities can then use this information to determine the best policy response. The results of the study will thus form an important basis for the development and implementation of local youth and health policy. For example, the results may show that more help is needed for certain groups of young adults, or that extra facilities are required in a municipality.

Because the corona crisis was a national crisis, the Dutch Ministry of Health, Welfare and Sport (VWS) is involved as a commissioning party. VWS will also use the results for policy development.

#### 3. Which organisations are involved in the study?

The GGDs are conducting this study as part of the ZonMw [GOR-COVID-19 programme](#). Within this programme, the GGDs are working together with GGD GHOR Nederland, the National Institute for Public Health and the Environment (RIVM), Nivel, and ARQ National Psychotrauma Centre. SocialMediaMen is involved in the recruitment of participants to fill in the questionnaire, and the market research agency Ipsos I&O is assisting with the administration of the digital questionnaire and the data collection.

#### 4. When and where will the study be carried out?

The study will be conducted throughout the Netherlands and the questionnaire can be filled in between 8 April and 7 July 2024.

#### 5. Why is it important that as many young adults as possible take part in the Public Health Monitor Young Adults?

This is necessary to obtain a good idea of the health, well-being, and lifestyle of all young adults. If too few people participate, the results of the questionnaire will not be a good representation of the whole of the target population, making the research results less reliable.

#### 6. What is the questionnaire about?

The questionnaire deals with various subjects, such as background information, financial situation, health and well-being, lifestyle, diversity in gender, sex and sexual orientation, abuse, care and support, standing up for yourself, negative thoughts, digital environment and the coronavirus pandemic.

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## 7. When will the results of the study be known, and how will they be published?

We will analyse the results in autumn 2024 and publish the results on various dashboards (VZinfo, RIVM StatLine, Dashboards GGDs) and as reports in early 2025. The results of 2022 can be found [here](#).

## 8. Where can I find more information?

For more information or if you have other questions (such as technical problems), you can contact Ipsos I&O via WhatsApp, telephone or email. Make sure to mention the 'Public Health Monitor Young Adults' in your message.

**WhatsApp:** 06 868 26 208

**Telephone:** 0800 0191 (Monday to Friday from 08.30 to 21.00 and Saturday from 09.00 to 17.00).

**Email:** [helpdesk@ioresearch.nl](mailto:helpdesk@ioresearch.nl)

## PARTICIPATION

### 9. Who can take part in the Public Health Monitor Young Adults?

Young adults aged 16 to 25 who live in the Netherlands.

### 10. Why should I take part in the Public Health Monitor Young Adults?

By filling in the questionnaire, you are helping yourself and other young adults in your local area and the rest of the Netherlands, as you will provide information that will be used by municipalities and the government to develop youth and health policy and implement changes that benefit young adults. For example, the results may show that more help is needed for certain groups of young adults, or that extra facilities are required in a municipality. By filling in the questionnaire, you can help your municipality to help you!

By participating in the study, you also have a chance to win a gift voucher of €25 or €400. [Read more about the competition under 'Prize draw'](#).

### 11. Why do you want to know all this about me?

By telling us about your opinions and feelings, we will have the information we need to develop and implement local youth and health policy.

The GGDs will not use the individual answers provided by respondents to the questionnaire; they are only interested in the answers of the total group of young adults and the subgroups (e.g. all young men in the Netherlands or all young adults in the City of Amsterdam). We always present the results of the completed questionnaires at group level. [Read more about what will happen with your answers under 'Privacy'](#).

### 12. Do I need to give permission somewhere for you to process my data?

By starting the questionnaire, you indicate that you understand that your answers to the questions will provide data about your health. The data will be analyzed at group level by the RIVM and the GGD in your region. The storage and use of this data complies with the legal regulations (GDPR).

### 13. Is participation obligatory?

No, participation in the study is not obligatory. However, the greater the number of young adults who take part, the more reliable the research results will be. You may stop filling in the questionnaire at any time, and you may skip any questions that you do not want to answer. The only exceptions to this are the questions about age and gender, those are mandatory questions.



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#### 14. How can I participate in the Public Health Monitor Young Adults?

It is easy to take part: simply go to the website <http://www.jongerenmonitor.nl> between 8 April 2024 and 7 July 2024 and fill in the questionnaire.

#### 15. Register for interviews or group discussions?

At the end of the questionnaire, you can indicate whether you would like to participate in additional conversations (interview or group discussion) later in 2024. We will talk to young adults about how they experience their health. If you would like to participate, please enter your email address, and you may be invited to this later.

### FILLING IN THE QUESTIONNAIRE

#### 16. How long will it take to fill in the questionnaire?

The questionnaire consists of closed and multiple-choice questions. The questionnaire will take 10 to 15 minutes to complete, although this varies from person to person and depends partly on the answers you give.

#### 17. Can I also fill in the questionnaire on paper?

No, you can only fill in the questionnaire online.

### PRIVACY

#### 18. What happens to the data?

The aim of the Public Health Monitor Young Adults is to monitor the health situation of young adults over time. To enable comparisons to be made with previous monitors, we need to store the completed questionnaires. We have taken the required technical and organisational measures to ensure that the data is protected, and the data that we store does not contain any directly traceable and identifiable information. Ipsos I&O will destroy all of its data no later than three months after sending the data file to the GGDs and RIVM.

#### 19. What about privacy?

We value your privacy, and your answers will be handled and processed in the strictest confidence. Furthermore, we do not record the IP addresses of respondents when they complete the questionnaire. At the end of the questionnaire, we will ask for your email address, but this will only be used for the purposes for which specific permission has been given (prize draws and participation in interviews and group discussions). The email addresses are stored in a separate file, not connected to the earlier answers given in the questionnaire. Also note that the research reports will not contain any traceable personal information: the results are anonymous and cannot be used to identify an individual. The data will be presented at group level, so that nobody will know whether you have taken part in the study and what answers you gave. More information on privacy can be found in the [privacy statement](#), where you can read more about your rights.

### SUBJECTS IN THE QUESTIONNAIRE

#### 20. Which subjects does the questionnaire include?

The questionnaire includes the following subjects:

- General information: age, gender, zip code, migration background, family or household composition, education, work
- Financial situation
- Health: perceived health, sleep



- State of mind: satisfaction with yourself/your body/your life, mental health, stress, pressure to perform, resilience, trust in the future, loneliness
- Lifestyle: height and weight, exercise, alcohol consumption, smoking, drug use
- Diversity in gender, sex and sexual orientation
- Maltreatment
- Care and support: provision of informal care, social support
- Standing up for yourself
- Negative thoughts
- Digital environment: gaming, use of social media, online gambling
- COVID-19: impact of COVID-19, long COVID

The total questionnaire can be found [here](#).

### **21. Why do you want to know my personal characteristics?**

Municipalities are interested in the differences in health between different groups of young adults. This could show, for example, that more help is needed for certain groups. This is why the questionnaire contains several questions about your background, including your level of education, age and gender.

### **22. I would like more information about one or more subjects in the questionnaire, is that possible?**

Yes, that is possible. Once you have completed the questionnaire, you will be sent to a page with a list of websites containing more information about various health topics. You can also use the chat function on some websites if you have a question.

## **PRIZE DRAW**

### **23. What are the prizes in the prize draw?**

The following prizes can be won by respondents who have completed the questionnaire:

- 600x a gift voucher of 25 Euros
- 10x a gift voucher of 400 Euros

Click [here](#) to find out more about the Public Health Monitor Young Adults prize draw terms and conditions.

### **24. How can I take part in the prize draw?**

At the end of the questionnaire, you will immediately be informed if you are the winner of one of the gift vouchers. Only if you are a winner, are you asked to provide your contact details to be able to receive your prize. By doing that, you agree that Ipsos I&O will contact you. Ipsos I&O will contact prize winners on behalf of the GGD.

### **25. When and how will the winners be announced?**

At the end of the questionnaire, you will immediately be informed if you are the winner of one of the gift vouchers. You will see a screen showing which gift voucher you have won. Only then will we ask you to fill in your contact details. Ipsos I&O will then contact you about the gift voucher you have won.

### **26. Can I exchange my prize for cash?**

No, it is not possible to exchange the prize for cash.