Chronological and Subjective Age Among Icelanders: Alcohol, Self-esteem, Positive and Negative Affect

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Foreword

Submitted in partial fulfillment of the requirements of the BSc Psychology degree, Reykjavik University, this thesis is presented in the style of an article for submission to a peer-reviewed journal.
Abstract
Studies have shown that chronological age (actual age) affects our subjective age (felt age). Younger adults tend to feel older than their actual age and older adults tend to feel younger. Studies have also shown relationships between alcohol consumption and subjective age; those who drink more feel older than those who drink less. The main purpose of the current study was to examine if previous findings would be generalizable to a sample of Icelanders and to examine the relationship between subjective age, self-esteem, and positive and negative affect. A survey was posted on social media, gathering responses from 750 Icelanders ranging from age 20 years and younger to 30 years old and over. The results show that younger adults feel older than their actual age, middle-aged adults feel both younger and older, and older adults feel younger than their actual age. However, alcohol consumption was not related to subjective age and subjective age was not related to self-esteem or positive and negative affect. Further studies are needed to examine the effects of subjective age on well-being.

Key words: Subjective age, chronological age, self-esteem, positive affect and negative affect

Abstract – Icelandic

Lykilhugtök: Huglægur aldur, líffræðilegur aldur, sjálfstraut, jákvæð og neikvæð áhrif
Chronological and Subjective Age Among Icelanders: Alcohol, Self-esteem, Positive and Negative Affect

We identify our age by the years that have gone by since we were born, which is known as *chronological age* (Stephan, Sutin, & Terracciano, 2014). *Subjective age* is a term which describes how old we feel regardless of our chronological age (Diehl et al., 2014; Hubley & Arım, 2012). Subjective age is a multidimensional construct (Kleinspehn-Ammerlahn, Kotter-Grühn, & Smith, 2008) of how individuals experience themselves, whether this means feeling older or younger (Stephan, Sutin, & Terracciano, 2015). Subjective age is most commonly assessed with questions, for example: “How old do you feel right now?” and “How old do you feel compared to others” (Eibach et al., 2010; Fang & Galambos, 2015; Hubley & Russell, 2009; Keyes & Westerhof, 2012; Kleinspehn-Ammerlahn et al., 2008; Kotter-Grühn & Hess, 2012; Stephan et al., 2011, 2014, 2015).

Around the 1950s the term “subjective age” was brought to light by researchers who were interested in the term “age” and wanted to understand adults’ behavior towards their age (Peters, 1971). Initial research, which mostly focused on older adults, found that individuals in most cases felt younger than their actual age (Barnes-Farrell & Piotrowski, 1989). Rubin and Berntsen (2006), for example, found that people 40 years of age and older feel on average 20% younger than their chronological age.

In the 1990s researchers started to pay more attention to young adults and found that this age cohort often tends to feel older than their chronological age, which is contrary to how older adults feel about their age. Thus, young adults tend to feel older than their chronological age, but as they grow older they start to feel younger than their actual age. Galambos and her colleagues (1999) studied subjective and chronological age to examine when individuals start to feel a change between their subjective age and actual age. Participants in their study were in the age
range from 14 to 83 years old. Adolescents – those 20 years old and younger – reported feeling older than their chronological age, individuals in their 20s reported feeling the same age as their peers, and individuals older than 31 reported feeling younger than their chronological age (Galambos et al., 1999). Another study by Rubin and Berntsen (2006) also showed similar results, observing that around the age of 25 individual starts to feel younger than their actual age.

Keyes and Westerhof (2012) examined both subjective age and chronological age. In their study they compared how these terms were related to major depressive episodes (MDE) and flourishing mental health (FMH). Participants in their study ranged in age from 25 to 75 years old. Their findings showed that feeling younger than one’s actual age increased the development of FMH and decreased the risk of MDE, meaning that feeling younger than one’s age had a more positive effect on one’s health than feeling older. Their results also showed that chronological and subjective age had a strong effect on FMH. However subjective age had a greater effect than chronological age on MDE.

Fang and Galambos (2015) examined how subjective age among first-year college students affected their positive and negative affect, self-esteem, and stressful experiences. There were 170 participants in total (with a female majority) and the age range was from 17 to 19 years old. Subjective age was measured with a 7-point scale, from “a lot younger” to “a lot older”. Positive and negative affects were measured with 5-point scale and stressful experiences were measured with a 4-point scale, from “non-stressful” to “very stressful”. The results from their study showed that increased subjective age – feeling older than one’s actual age – was beneficial for first-year college students. This was observed, for example, through higher scores on positive affects as well as a protective effect on psychological well-being. Even though higher subjective age was beneficial for these students, they also reported being more stressed, which does not
reflect the results that most studies have shown (Fang & Galambos, 2015; Hubley & Arım, 2012; Joann M. Montepare, 1989; Kleinspehn-Ammerlahn et al., 2008; Montepare, 2009; Stephan, Caudroît, & Chalabaev, 2011; Stephan et al., 2014, 2015).

These discrepant findings might be due to participants’ environments and the different age ranges included in these studies. Fang and Galambos (2015) focused on college students while Keyes and Westerhof (2012) focused on a sample with a wider age range from 25 to 75 years old.

Another variable that affects subjective age is alcohol consumption. Galambos, Albrecht, and Jansson (2009) conducted a two-year study on individuals from 12 to 19 years of age. Their research showed that alcohol consumption was related to felt age (subjective age); those who drank more alcohol felt older than their actual age compared to their peers who did not drink alcohol.

As discussed above, most studies focusing on subjective age show the same results: chronological age affects subjective age in such a way that older people feel younger and younger people feel older. While it is clear that chronological age and alcohol affect subjective age, research on the relationship between subjective age and well-being has been inconsistent. Some studies show that feeling younger than one’s actual age is associated with better well-being, while others show the reverse. In addition, most of the studies on subjective age have been conducted in the U.S. and Canada. Studies on this phenomenon have also been conducted in England, France, Switzerland, and Germany. However, little is known about whether the findings are generalizable in Iceland.

The goal of the present study was to examine how chronological age and alcohol use affect subjective age among a sample of Icelanders, and how subjective age affects well-being
(measured by positive, affect, negative affect and self-esteem). First, it was hypothesized that younger adults aged 20 years old and younger would feel older than their actual age, adults 21 to 30 years old would feel the same age, and adults older than 30 years old would feel younger than their actual age. Second, it was hypothesized that those who consume alcohol would feel older than their actual age. Lastly, it was hypothesized that among those 20 years old and younger, positive affect and self-esteem would increase with higher subjective age.

**Method**

**Participants**

Participants were gathered with a convenience sample through social media. The total number of participants in the current study was 750. Most of the participants were around age 20 (46.7%) and the fewest were around age 50 (1.7%). The female participants were dominant at 600 total (80%), while there were 144 male participants (19%).

**Procedure**

On March 9th 2016 a survey was posted the three Facebook groups: 1) a girls-only group called Beauty Tips; 2) an all-boys group called Sjomla Tips; and 3) on the researcher’s profile (see Appendix B). Before participants could access the survey, they had to read a consent form. The consent form described the study and informed participants that they could discontinue at any time and skip questions that they did not want to answer. The survey was open on Facebook for two days; on the first day participation went from zero to almost 500 participants, and on the second day participation reached 750 participants.

**Instruments and measures**

The questionnaire consisted of five questions that assessed chronological age, subjective
age, self-esteem, positive and negative affect, and alcohol use. Subjective age was used as the dependent variable, while age, self-esteem, positive and negative affect and alcohol were independent variables.

*Chronological age* was measured with the question: “How old are you?” The possible responses were: 20 years old or younger, 21 to 30 years old, 31 to 40 years old, 41 to 50 years old, and 50 years old and older. The age responses were later grouped into the following categories: 20 years old and younger, 21 to 30 years old, and 31 years old and older.

*Subjective age* was measured with the question: “How old do you feel at this moment?” However, before the question participants were told that many individuals sometimes feel younger or older than actual age (Eibach, Mock, & Courtney, 2010). The question was rated on a 5-point Likert scale ranging from *I feel a lot younger than my actual age* to *I feel a lot older than my actual age*. The variable was then computed into three outcomes: feeling younger, feeling the same age, and feeling older.

*The Rosenberg self-esteem scale (RSES)* was used to measure participants’ self-esteem. The RSES is a widely used scale for measuring self-esteem (Robins, Hendin, & Trzesniewski, 2001). It is a 10-point scale measured with: “I feel that I am a person of worth, at least on an equal plane with others” and “I take a positive attitude toward myself”. The responses were rated on a 4-point scale from *strongly disagree* to *strongly agree* (see Appendix B). Self-esteem was calculated by summing all the items from the Rosenberg scale into a new variable. The scale had a very good reliability (α = .925).

*The PANAS questionnaire* is a 20-point scale that consists of different words that describe both positive and negative emotions and feelings for the past 30 days (Watson, Clark, & Tellegen, 1988) (see Appendix B). For this study, PANAS was divided into a 10-point positive
affect section and 10-point negative affect section. The responses were measured on a 5-point scale from *very little* to *a lot*. The positive affect questions were evaluated with positive items, for example: *proud, interested,* and *powerful*. The PANAS positive affect scale had good reliability ($\alpha = .863$). The negative affect questions were evaluated with negative items, for example: *hostile, scared,* and *irritated*. The PANAS negative affect scale also had good reliability ($\alpha = .920$).

*Alcohol* consumption was assessed with the following question: “Do you consume the following drugs?” The response options were: *light alcohol, strong alcohol, nicotine, cannabis, cocaine,* and *other*. The possible responses were: *never, rarely, sometimes,* and *often*. Light and strong alcohol were the only responses that were used in current study. *Light* and *strong alcohol* were combined into a new variable called *alcohol,* and the answers (*never, rarely, sometimes,* and *often*) were combined into two possible answers: *yes* and *no.* *Never* was kept as the option *no,*” while the answers *rarely, sometimes,* and *often* were combined into *yes.*

**Design and data analysis**

SPSS Statistics was used for data analysis. Pearson correlation was used to examine the relationships between all variables in the study and a chi-square test was used to examine the relationship between subjective age and chronological age, and subjective age and alcohol. The first chi-square assumption was met in both cases since the design of the study was not a repeated measure. The second assumption was also met in both cases because all the expected frequencies were greater than 5.0. Factorial ANOVA was used to find a relationship between chronological age, subjective age, self-esteem, and negative and positive affect. A Bonferroni *post hoc* test was used to find where there was a significant difference.
Results

Descriptive statistics for all the variables show that there were no missing data for chronological age, subjective age, and alcohol. However, the self-esteem scale (RSES), negative affect (PANAS negative scale), and positive affect (PANAS positive scale) had 48 - 78 missing responses from participants.

Correlations

Higher subjective age was associated with higher chronological age and higher levels of negative affect. Correlations between the main variables are shown in Table 1.

Table 1.

<table>
<thead>
<tr>
<th>Variables</th>
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<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Chron.age</td>
<td>-.306**</td>
<td>.079*</td>
<td>.156**</td>
<td>-.169**</td>
<td>.168**</td>
</tr>
<tr>
<td>2 Subj.age</td>
<td>.027</td>
<td>-0.051</td>
<td>.106**</td>
<td>-0.037</td>
<td></td>
</tr>
<tr>
<td>3 Alcohol</td>
<td>-0.07</td>
<td>.168**</td>
<td>-.192**</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4 Pos.affect</td>
<td></td>
<td>-.136**</td>
<td>.504**</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5 Neg.affect</td>
<td></td>
<td></td>
<td></td>
<td>-.562**</td>
<td></td>
</tr>
<tr>
<td>6 Rosenberg</td>
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</tbody>
</table>

** Correlation is significant at the 0.01 level.
* Correlation is significant at the 0.05 level.

Chi-square testing the relationships between subjective age and chronological age

Most of the participants who were 20 years old and younger reported feeling older than their actual age (46.9%), as well as participants in the age range of 21 to 30 years old (37.1%).
The older participants – those aged 31 years and older – reported feeling younger than their actual age (56.8%). There was a significant association between chronological age and subjective age: $\chi^2 (4, N = 750) = 83.05, p < 0.001$.

Table 2.

*Relationship between subjective age and chronological age*

<table>
<thead>
<tr>
<th>Subjective age</th>
<th>Chronological age</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feel younger</td>
<td></td>
<td></td>
</tr>
<tr>
<td>N</td>
<td>51</td>
<td>101</td>
</tr>
<tr>
<td>% within cron.age</td>
<td>14.60%</td>
<td>32.30%</td>
</tr>
<tr>
<td>Feel the same</td>
<td></td>
<td></td>
</tr>
<tr>
<td>N</td>
<td>135</td>
<td>96</td>
</tr>
<tr>
<td>% within chron.age</td>
<td>38.60%</td>
<td>30.70%</td>
</tr>
<tr>
<td>Feel older</td>
<td></td>
<td></td>
</tr>
<tr>
<td>N</td>
<td>164</td>
<td>116</td>
</tr>
<tr>
<td>% within chron.age</td>
<td>46.90%</td>
<td>37.10%</td>
</tr>
</tbody>
</table>

*Chi-square testing the relationships between subjective age and alcohol consumption*

Among those who felt younger than their actual age 27.7% consumed alcohol. Of those who felt the same age, 30.7% consumed alcohol. For the last group – those who felt older than their actual age – 41.6% consumed alcohol. However, there was not a significant association between subjective age and alcohol consumption: $\chi^2 (2, N = 750) = 4.09, p = 0.129$
Table 3.

*Relationship between subjective age and alcohol consumption*

<table>
<thead>
<tr>
<th>Subjective age</th>
<th>Alcohol</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>No</td>
<td>Yes</td>
</tr>
<tr>
<td>Feel younger</td>
<td>109</td>
<td>94</td>
</tr>
<tr>
<td>% within Alcohol</td>
<td>26.50%</td>
<td>27.70%</td>
</tr>
<tr>
<td>Feel the same</td>
<td>154</td>
<td>104</td>
</tr>
<tr>
<td>% within Alcohol</td>
<td>37.50%</td>
<td>30.70%</td>
</tr>
<tr>
<td>Feel older</td>
<td>148</td>
<td>141</td>
</tr>
<tr>
<td>% within Alcohol</td>
<td>36.00%</td>
<td>41.60%</td>
</tr>
</tbody>
</table>

**Factorial ANOVA**

A 3 (chronological age) x 3 (subjective age) factorial ANOVA revealed a relationship between chronological age and positive affect: $F(2, 662) = 6.52, p = 0.002$. A Bonferroni *post hoc* test showed a significant difference between chronological age for those aged 20 years and younger and those 21 to 30 years old, and between those aged 20 years and younger and those 30 years old and older (both $ps < 0.05$) on positive affect outcome only. However, there was no main effect for subjective age: $F(2, 662) = 0.52, p = 0.59$. The interaction between chronological age and subjective age was also not significant: $F(4, 662) = 0.70, p = 0.59$. 
As can be seen in Figure 1, there is a positive correlation between chronological age and subjective age. With higher chronological age the positive affect increases, but the trend does not seem to be quite strong among those who are older than 30 years of age. Nevertheless, the interaction between subjective age and chronological age was not significant: $p = 0.59$.

![Figure 1](image)

*Figure 1.* Interaction between positive affect, chronological age and subjective age.

An identical analysis was performed for negative affect. The relationship between subjective age and negative affect was not significant, nor was the interaction between subjective age and chronological age.

A 3 (chronological age) x 3 (subjective age) factorial ANOVA revealed that chronological age affected self-esteem: $F(2, 693) = 8.71, p < .001$. A Bonferroni *post hoc* test showed a significant difference between chronological age for those aged 20 years and younger and those 21 to 30 years old, and between those aged 20 years and younger and those 31 years old and older (both $ps < 0.001$) on self-esteem only. There was no significant difference between those 21 to 30 years old and those 31 years old and older ($p = .588$). Furthermore, there was no
main effect for subjective age: $F(2, 693) = 2.12, p = .12$. The interaction between chronological age and subjective age was also not significant: $F(4, 693) = 1.44, p = .22$. Those who are youngest and feel younger then their actual age have the lowest self-esteem, and those who are 31 years old and older but feel younger than their actual age have the highest self-esteem. As shown in Table 7, chronological age is significant ($p < 0.001$), which means that how old you actually are can affect your self-esteem.

Figure 2 shows that there seems to be some interaction, but this is not strong enough to be significant, which means that there is a trend in the right direction. Feeling the same as one’s actual age seems to be the greatest predictor of high self-esteem.

![Figure 2](image_url)

**Figure 2.** Interaction graph on self-esteem, chronological age, and subjective age

**Discussion**

The goal of the present study was to examine if chronological age and alcohol consumption were related to subjective age among a sample of Icelanders and to examine the relationship between subjective age and well-being (self-esteem, positive and negative affect).
The results show that younger adults feel older than their actual age, middle-aged adults feel both younger and older, and older adults feel younger than their actual age. However, alcohol consumption was not related to subjective age, and subjective age was not related to self-esteem or positive and negative affect.

The first hypothesis in the current study was to examine if the finding that individuals 20 and younger feel older than their actual age, that those between 20 and 30 feel the same, and those over 31 feel older would be replicated in a sample of Icelanders. This hypothesis was partly supported, since the youngest participants in the study reported feeling older than their actual age and the oldest participants reported feeling younger. However, participants in the age range 21-30 felt both younger and older than their actual age, which is not what other studies have confirmed. Previous studies, for example by Galambos et al. (1999), showed that individuals 20 years old and younger felt older than their actual age, while individuals 21 to 30 years old felt about the same age and individuals over the age of 31 felt younger than their actual age (Galambos et al., 1999). Another study by Rubin and Berntsen (2006) showed similar results, however in their study individuals started to feel younger at the age of 25 instead of at age 30 and older. The current study was a case study and this could have been the reason for the difference in the results compared to previous studies.

The second hypothesis that those who consume alcohol feel older than their subjective age was not supported. This finding is inconsistent with other studies which have shown that alcohol consumption has effects on individuals’ subjective age (Galambos, Albrecht, & Jansson, 2009), with those who drink more reporting higher subjective age. Chronological age was the only variable that was significantly correlated with alcohol consumption in the current study. Descriptive statistics show that older participants (31 years old and older) drank more alcohol
than younger participants. However, there was a weakness in the alcohol consumption question in this study. The researcher only asked one question measuring alcohol consumption, which could be the reason for discrepancy between previous studies and the current study. With more detailed questions about alcohol consumption, the results might have been different.

The third hypothesis that among those who are 20 years old and younger, positive affect and self-esteem increase with higher subjective age, was not supported. Subjective age was not significant, which means that how young or how old participants feel they are does not affect how high they rate on positive affect. Figure 1 shows that those who are 31 years and older and feel the same age as their actual age rated highest on positive affect. This relationship has been inconsistent, as some studies show positive affect while others show negative affect. The current study shows no relationship between being a younger adult feeling older and having a higher level of positive affect and self-esteem.

Further studies are needed to examine the complex relationships between subjective age and well-being. However, chronological age had the strongest relation to subjective age, self-esteem, and positive affect. These findings are inconsistent with Fang & Galambos’ (2015) results, which showed that younger adults who feel older than their actual age had better self-esteem and positive affect, but also higher negative affect (for example stress).

The phenomenon of subjective age, self-esteem, and positive and negative affect can differ between each person depending upon what is happening in one’s life. A longitudinal study over months or even years could be the best option to examine this relationship. Another limitation in the current study was the age cohorts. There were only 87 participants in the 31 years old and older cohort, while there were 313 in the 21 to 30 years old cohort and 350 in the 20 years old and younger cohort. The age question should have been asked differently to avoid
the trouble of not knowing participants’ ages below 20 and over 50. A large age gap like this could have affected the results from the current study. Furthermore, there was a large discrepancy with regard to gender, as female participants represented more than two-thirds of the entire participant group. The benefit of this study is that this phenomenon (subjective age) has not been researched much in Iceland compared to other countries.

Future researchers should focus on longitudinal studies using environment as a predictor for higher subjective age. In the current study, there was a significant correlation between having a child and younger subjective age; unfortunately, there are no peer-reviewed studies that support those results. There seem to be many factors in our environment that can influence our subjective age, and these should be studied further.
References


behind


http://doi.org/10.1177/0146167201272002


http://doi.org/10.1111/jopy.12090


http://doi.org/10.1371/journal.pone.0119293

Appendix A

The consent form

Upplýst samþykki til þátttakanda

Kæri viðtakandi, vinsamlegast lestu vel upplýsingar hér að neðan áður en þú ákveður að taka þátt í rannsókninni. Ég heiti Helga Maren Pálsdóttir og ég er nemi í sálfræði við háskólan í Reykjavík. Í rannsókninni minni er ég að skoða áhrif aldurs á sjálfstraus og velliðan einstaklinga. Þátttaka þín í rannsókninni felur í sér að svara spurningum um aldur og líðan á tölvtæku formi. Engin áhætta né ávinningur fylgir þátttöku í þessari rannsókn.

Vinsamlegast svara öllum spurningum eftir bestu getu en þér ber þó engin skilda að svara þeim öllum. Einnig máttu hætta við rannsóknina á hvaða tímapunkt sem er. Þátttaka þín er nafnlaus og því ómögulegt að vita hver svarar hverju.

Spurningarnar í rannsókninni skiptast í nokkra lið sem snúa að þínni velliðan, sjálfstrasti og bakgrunnsupplýsingar (aldur, kyn, o.s.frv.) Rannsóknin tekur um það bil 5-7 mínútur. Þegar unnið hefur verið með niðurstöður rannsóknarinnar verður öllum gögnum eytt.

Rannsakandi, Helga Maren Pálsdóttir (helgamaren@gmail.com), er ábyrgðaraðili rannsóknarinnar og leiðbeinandi minn er Heiðís B. Valdimarsdóttir, PhD í klinískri sálfræði frá University of New York at Stony Brook (heiddisb@hr.is). Hægt er að hafa samband við rannsakenda og leiðbeinanda ef spurningar vakna um rannsóknina.
Appendix B

The questioner

1. Ert þú strákur eða stelpa?
   - Strákur
   - Stelpa
   - Annað

2. Hver er aldur þinn?
   - 20 ára eða yngri
   - 21-30 ára
   - 31-40 ára
   - 41-50 ára
   - 50 ára eða eldri

3. Ert þú búin(n) með eitthvað nám?
   - Stúdent
   - 1.ár í háskóla
   - 2.ár í háskóla
   - 3.ár í háskóla
   - Ég er með háskólagráðu
   - Hvorki student né háskólanám

4. Ertu í vinnu?
   - Fullustarfí
   - Hlutastarfí
5. Hvað voru foreldrar þínir gamlir þegar þú fædist?

- Yngri en 20 ára
- 21-30
- 31-40
- 41-50
- 51 eða eldi
- Annað

6. Hvernig býðu núna? (Mertku aðeins við EINN reit hér að neðan)

- Hjá foreldrum mínun
- Hjá ættingum mínun
- Á heimavist
- Í leiguhúsnaði
- Í eigin húsnaði
- Við annað fyrirkomulag

7. Átt þú börn?

- Nei
- Já, eitt
- Já, tvö
- Já, þrjú eða fleiri

8. Hvað á best við þig núna?

- Ég er í sambúð
- Ég er ekkill/ekkja
9. Þegar ég hugsa um hvernig ég mun líta út í framtíðinni er ég ánægð(ur)
   - Lýsir mér mjög vel
   - Lýsir mér nokkuð vel
   - Lýsir mér ekki nógu vel
   - Lýsir mér als ekki

10. Ég er hamingjusóm/samur
    - Lýsir mér mjög vel
    - Lýsir mér nokkuð vel
    - Lýsir mér ekki nógu vel
    - Lýsir mér als ekki

11. Ég á auðvelt með að eignast vini?
    - Já
    - Nei
    - Veit ekki
12. Á skalanum 0-4 (0 = mjög óvænsæll – 4 = mjög vinsæll) hversu vinsæl(l) eða óvinsæl(l) telur þú þig vera meðal

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</tbody>
</table>

13. Hvað áttu mörg systkini?
   - o Engin
   - o 1
   - o 2
   - o 3
   - o 4 eða fleirri

14. Ef já, hvar ertu í systkinaröðinni?
   - o Elst/ur
   - o Í miðjunni
   - o Yngst/ur
   - o Á ekki við, er einbírni
15. Neytir þú áfengi eða vímuefni?

<table>
<thead>
<tr>
<th></th>
<th>Aldrei</th>
<th>Sjaldan</th>
<th>Stundum</th>
<th>Oft</th>
</tr>
</thead>
<tbody>
<tr>
<td>Létt áfengi (s.s vin, blandaðir drykkir, bjór)</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>Sterkt áfengi (s.s. vodka, brennivín)</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>Nikótín (sigarettur, nikótín tyggjó eða plástrar)</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>Cannabis</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>Kókain</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>Annað</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
</tbody>
</table>

16. Hversu vel finnst þér eftirfarandi staðhæfingar eiga við þig? (Merktu í EINN reit í HVERJUM lið)

<table>
<thead>
<tr>
<th></th>
<th>Á mjög vel um mig</th>
<th>Á frekar vel við um við</th>
<th>Á frekar illa við um við</th>
<th>Á mjög illa við um við</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mér finnst ég vera að minnsta kosti jafn mikils virði og aðrir</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>Mér finnst ég hafa marg að góða elginleika</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>Þegar allt kemur til alls sýnist mér ég vera miðheppnaður/-heppnuð</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>Ég get gert hluti jafn vel og flestir aðrir</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>Mér finnst ekki vera margt sem ég get verið stolt(ur) af</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>Ég haf þakvæða afstöðu til sjálfis/sjálfrar mín</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>Þegar allt kemur til alls er ég ánægð(ur) með sjálfan(n) míg</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>Ég viði óska að ég bæri meiri virðingu fyrir sjálfaðum mér</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>Stundum finnst mér ég sannarlega vera til einskið nýtt(ur)</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>Stundum finnst mér ég einskis virði</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
</tbody>
</table>
17. Hversu oft varðst þú var/vör við eftirfarandi vanlíðan eða óhægindi síðastlíðna 30 daga? 
(Merkur við EINN reit í HVERJUM lið)

<table>
<thead>
<tr>
<th>Nær alrei</th>
<th>Sjaldan</th>
<th>Stundum</th>
<th>Oft</th>
</tr>
</thead>
<tbody>
<tr>
<td>þú varst leið(ur) eða hafðir lítt ñáhuga á að gera hluti</td>
<td>o</td>
<td>o</td>
<td>o</td>
</tr>
<tr>
<td>þú hafðir lítt að mæðarlyst</td>
<td>o</td>
<td>o</td>
<td>o</td>
</tr>
<tr>
<td>þér fannst þú einmanna</td>
<td>o</td>
<td>o</td>
<td>o</td>
</tr>
<tr>
<td>þú grést auðveldlega eða langaðir til að gráta</td>
<td>o</td>
<td>o</td>
<td>o</td>
</tr>
<tr>
<td>þú áttir erfit með að sofn eða hálta þér sofandi</td>
<td>o</td>
<td>o</td>
<td>o</td>
</tr>
<tr>
<td>þú varst niðurdrégin(n) eða dafur/dópur</td>
<td>o</td>
<td>o</td>
<td>o</td>
</tr>
<tr>
<td>þú varst ekki spennt(ur) fyrir að gera nokkur hlut</td>
<td>o</td>
<td>o</td>
<td>o</td>
</tr>
<tr>
<td>þér fannst þú vera hægfara eða hafa líttinn mátt</td>
<td>o</td>
<td>o</td>
<td>o</td>
</tr>
<tr>
<td>þér fannst framtíðin vonlaus</td>
<td>o</td>
<td>o</td>
<td>o</td>
</tr>
</tbody>
</table>


<table>
<thead>
<tr>
<th>Mjög lítið</th>
<th>Mjög eða ekkert</th>
<th>Lítið</th>
<th>Nokkuð</th>
<th>Mikið</th>
<th>Mikið</th>
</tr>
</thead>
<tbody>
<tr>
<td>a) Áhugasamur/áhugasöm</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
</tr>
<tr>
<td>b) Stessaður/stressuð</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
</tr>
<tr>
<td>c) Eftirvæntingarfull(ur)</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
</tr>
<tr>
<td>d) Í uppnámi</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
</tr>
<tr>
<td>e) Krafumikil(l)</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
</tr>
</tbody>
</table>
19. Mörgum einstaklingum líður stundum eldri eða yngri helgur en þeir eru í raun og veru. O o Hvernig líður þér nákvæmlega núna miða við aldur þínn?

- o Mér líður miklu yngir miða við aldur minn
- o Mér líður aðeins yngri miða við aldur minn
- o Mér líður jafn gamalli/gömlum og ég er
o Mér liður aðeins eldri miða við aldur minn

o Mér liður miklu eldri miða við aldur minn