### Material and methods

The Finnish Student Health Surveys are targeted at Finnish undergraduate students aged 35 and under. The first two surveys covered academic universities only, but in 2008 and 2012, universities of applied sciences (or ‘polytechnics’) were included as well. The health survey is a postal questionnaire (also online since 2008) study with 3 reminders (5 in 2012) after the initial round.

The aim of these nationwide surveys is to regularly gather information about students’ physical, mental and social health and well-being, health behaviours and relevant factors, study-related issues, and finances and subsistence during studies. Another aim is to explore the use of health services and opinions about their quality. The basic question sets have been the same for all years. Each survey has also contained sections on varying special themes, many of which are linked to the concept of study ability.

<table>
<thead>
<tr>
<th>Year</th>
<th>Sample</th>
<th>Response rate (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2000</td>
<td>5 000</td>
<td>63</td>
</tr>
<tr>
<td>2004</td>
<td>5 000</td>
<td>63</td>
</tr>
<tr>
<td>2008</td>
<td>10 000</td>
<td>51</td>
</tr>
<tr>
<td>2012</td>
<td>10 000</td>
<td>47</td>
</tr>
</tbody>
</table>

### Examples of special themes:

- Electronic health services
- Internet use
- Gambling
- Travelling
- Harassment, bullying
- Study burnout, study engagement
- Sexual health
- Asthma, atopic diseases
- Physical activity

### Results and significance

Summary results have been published in 2001, 2005 and 2009. The results of the 2012 survey will be published in February 2013. ([www.yths.fi](http://www.yths.fi))

The Finnish Student Health Surveys provide valuable information that enables us to further develop student health services and study communities, and to promote their co-operation. The results have been utilised by health services, universities and student associations, both for scientific research and practical initiatives. The study ability model and the instrument for measuring study burnout are examples of practical tools developed on the basis of the survey results.