

### Questionnaire for pharmacy students

1. Sex:     Male     Female
2. University number: .....
3. Year of study:    a) 2<sup>nd</sup>    b) 3<sup>rd</sup>    c) 4<sup>th</sup>    d) 5<sup>th</sup>    e) 6<sup>th</sup> (internship year)
4. Social status:
  - a) Single
  - b) Married
  - c) Divorced
5. Total family number: .....
6. Do you live with your family:    a) Yes    b) No
7. Did you have any family problems?
  - a) Divorced parents
  - b) Death of a first relative during your medical studying
  - c) A family member with chronic illnesses
  - d) I do not have any problem or death in my family
8. Monthly income of the family:
  - a) <5,000 SR
  - b) 5,000–20,000 SR
  - c) >20,000 SR
9. Your monthly income:
  - a) <1,000 SR
  - b) 1,000–3,000 SR
  - c) >3,000 SR
10. Are you financially responsible for anyone in the family other than yourself?
  - a) Yes    b) No
11. Modes of transportation to college:
  - a) Private driver.
  - b) With a family member.
  - c) I drive my own car.
  - d) Public transportation (taxi, bus).
12. Do you have to share your transportation method with others:
  - a) Yes    b) No
13. Are you responsible to drive other family members throughout the day?
  - a) Yes    b) No    c) I do not drive.
14. Are you socially responsible for taking care of anyone in the family other than yourself (e.g.: doing house chores, sick family member, rising a child)?
  - a) Yes    b) No
15. How many hours do you spend on movies, series, and music/day?
  - a) <2 hours/day
  - b) 3–4 hours/day
  - c) >4 hours/day
  - d) I do not watch television.

16. How many hours do you spend on social networking/chatting (online/BB) “*not related to college work*”?
- a) <2 hours
  - b) 3–4 hours
  - c) >4 hours
  - d) I do not use it.
17. Which of the following sentences is most accurate:
- a) I spend some of my time on my hobbies every day.
  - b) I spend some of my time on my hobbies once every week.
  - c) I spend some of my time on my hobbies at least once every month.
  - d) I do not have a hobby.
18. Regarding smoking (cigarettes, cigars, Ma’asel, etc) habits:
- a) I am a smoker.
  - b) I smoke at least once every week.
  - c) I am a social smoker
  - d) I do not smoke.
  - e) I used to smoke but I quit.
19. Regarding consumption of caffeine containing beverages (coffee, Cola, Red Bull, etc), I:
- a) Regularly consume such beverages once every day.
  - b) Regularly consume such beverages several times every day.
  - c) I do not consume caffeinated drinks.
20. Regarding my social life (outside the university, only for the purpose of socializing), I:
- a) Spend time with my friends every day.
  - b) Spend  $\geq 3$  times/week with my friends.
  - c) Spend <3 times/week with my friends.
  - d) Do not spend time with my friends.
21. Regarding extracurricular activities (volunteer and charity work, organizing committees, etc), I:
- a) Spend at least 5 hours/week on such activities.
  - b) Spend less than 5 hours/week.
  - c) Participate in 1–2 events every year.
  - d) Do not spend time on extracurricular activities.
22. Regarding medical conferences and courses “*not related to college work*”, I:
- a) Attend less than four events/year.
  - b) Attend more than four/year.
  - c) I do not attend such events.
23. After university hours, I:
- a) Take a nap before studying, and sleep at night.
  - b) Do not take naps, and just sleep at night.
  - b) I am a “*night owl*” or evening person “*a person who tends to stay up until late at night, or the early hours of the morning*”
24. Regarding my sleeping hours/day: (including nap hours)
- a) I sleep <6 hours/day.
  - b) I sleep 6–8 hours/day.
  - c) I sleep >8 hours/day.

25. I am motivated to study harder because: (you can choose more than one)

- a) I enjoy studying.
- b) I have always had high scores.
- c) I feel pressured by my family.
- d) I want to get a scholarship/get hired by the university.
- e) I do not feel motivated.

26. When I study:

- a) I like to study alone.
- b) I like to study with one of my colleagues.
- c) I like to study in groups.

27. Regarding my English proficiency:

- a) I speak fluent English.
- b) My English is good enough to study and understand day-to-day conversations.
- c) My English is deficient, that I face some difficulties when I study.

28. During the day, I study:

- a) <2 hours/day.
- b) 3–4 hours/day.
- c) >4 hours/day.
- d) I do not study daily.

29. During the weekends, I study:

- a) <5 hours/day.
- b) 5–8 hours/day.
- c) >8 hours/day.
- d) I do not study during weekends.

30. Arrange the following resources according to their importance in your studying: from 1 to 5, in which 1 is most important and 5 is least important:

- a) Internet    b) Books    c) Handouts    d) My own notes    e) Other (videos)

31. When I study I use the following: (choose the most important three)

- a) Mapping
- b) Note forming
- c) Highlighting
- d) Summarizing
- e) Recording
- f) Reading loudly
- g) Reading silently
- h) Start by reading then memorizing
- i) Start by memorizing

32. Rate the following according to your attendance

- 1) 100%    2) 75%    3) 50%    4) 25%    5) I do not attend
- a) Lectures
  - b) Tutorials
  - c) Practical sessions
  - d) Problem-based learning

- e) Clinical teaching
33. When facing difficulties during studying, I:
- a) Seek clearance independently (self-directed learning).
  - b) Ask a colleague.
  - c) Ask a faculty member.
  - d) Skip it.
34. When I study, I: (you can choose more than one)
- a) Drink coffee.
  - b) Eat snacks.
  - c) Have to ensure silence and no interruptions.
  - d) Favor a certain place (eg, I only like to study in my living room).
  - e) Favor a certain body position (lying on the floor, sitting on a desk).
  - f) Listening to Qur'an/music and television.
35. During vacations, I prefer to: (You can choose more than one)
- a) Start reading for the next year subjects.
  - b) Have clinical training.
  - c) Conduct research.
  - d) Enjoy my vacation.
36. In a course of 2–3 months duration, I start preparing for the exam:
- a) 1 month before exam.
  - b) 2–3 weeks before exam.
  - c) Few days before exam.

**Academic Pharmacy Resilience Scale (APRS-16)**

|  | <b>5=<br/>Likely</b> | <b>4=<br/>Somewhat<br/>likely</b> | <b>3=<br/>Neutral</b> | <b>2=<br/>Somewhat<br/>unlikely</b> | <b>1=<br/>Unlikely</b> |
|--|----------------------|-----------------------------------|-----------------------|-------------------------------------|------------------------|
| 1. I would begin to doubt my chances of success in the PharmD program.                 |                      |                                   |                       |                                     |                        |
| 2. I would probably get depressed.   |                      |                                   |                       |                                     |                        |
| 3. I would be very disappointed.   |                      |                                   |                       |                                     |                        |
| 4. I would begin to think my chances of getting the job or residency I want were poor. |                      |                                   |                       |                                     |                        |
| 5. I would feel like everything was ruined and going wrong.                            |                      |                                   |                       |                                     |                        |
| 6. I would try to think of new solutions.  |                      |                                   |                       |                                     |                        |
| 7. I would use my past successes to help motivate myself.                              |                      |                                   |                       |                                     |                        |
| 8. I would set my own goals for achievements.  |                      |                                   |                       |                                     |                        |
| 9. I would seek encouragement from my family and friends.                              |                      |                                   |                       |                                     |                        |
| 10. I would try to think about my strengths and weaknesses to help me work better.     |                      |                                   |                       |                                     |                        |
| 11. I would see the situation as a challenge.  |                      |                                   |                       |                                     |                        |

|  |  |  |  |  |  |
|--|--|--|--|--|--|
| 12. I would do my best to stop thinking negative thoughts. |  |  |  |  |  |
| 13. I would see the situation as temporary.                |  |  |  |  |  |
| 15. I would change my career plans.                        |  |  |  |  |  |
| 16. I would not change my long-term goals and ambitions.   |  |  |  |  |  |