

NR 1
2019

NEWSLETTER

MYLIFE-STUDY



What has happened so far in MyLife



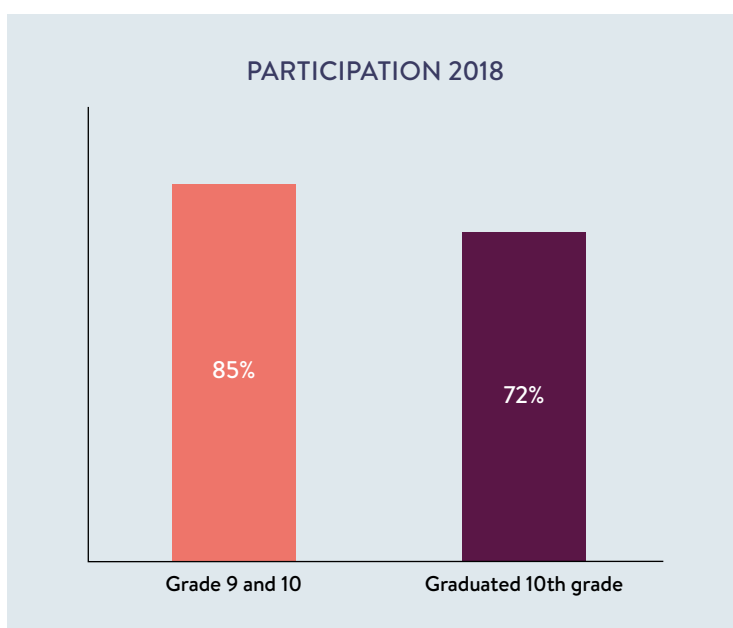
- MyLife administered its second round of electronic questionnaires during the Fall semester of 2018. There were 2 587 students who answered the survey. Participation rate was 81%!

- This Spring semester we visited the schools for the fourth time and completed face-to-face interviews with 80 students. This is 70 % of all who participated in the initial set of interviews in 2015

- We are thrilled with the effort you, your schools, and your parents have invested in this study!

LOYAL PARTICIPANTS AND GOOD SUPPORTERS

- Many more have responded than what is usual for repeated surveys of this kind
- Schools, teachers, and contact persons are our invaluable partners. In almost half of the schools participation rates exceeded 90%, and in one school it was 100%!
- Those of you who participated in the study showed both great loyalty and interest. As many as 7 in 10 completed questionnaires, even when you had to do it on your own using your computer, laptop, or smartphone



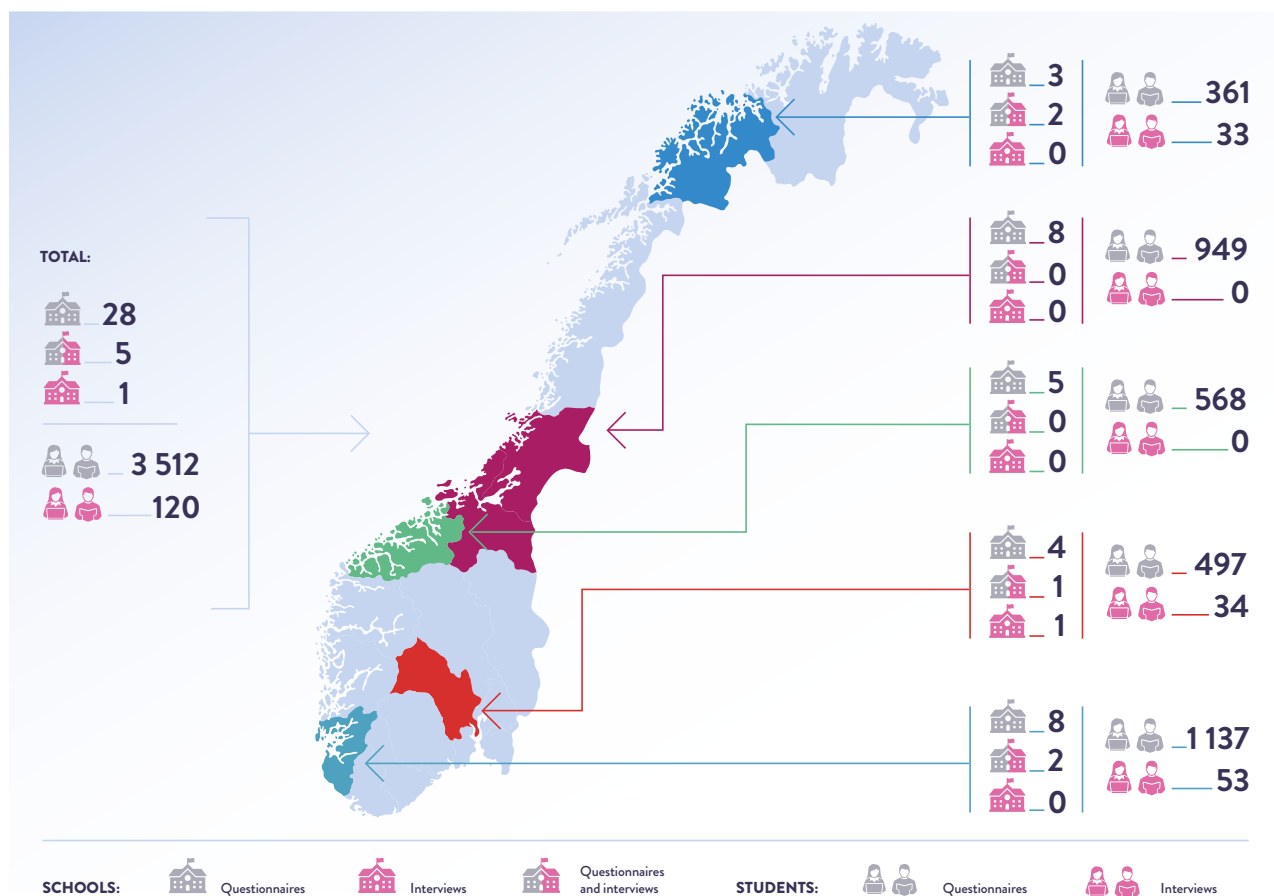


Who are you?

• **You are youth!** You agreed to participate in the MyLife study for five years. You were between 12 and 15-years old when the survey started in 2017 and will be between 17 and 19-years old when it ends in 2021

• **You come from all over the country!** You are from Troms, Trøndelag, Møre and Romsdal, Rogaland, and Buskerud. 2/3 of you live in the cities and 1/3 live in the country. Some of you attend large, and some of you attend small schools

• **You are many!** 3512 students from 33 schools (55 % girls and 45 % boys) are part of the survey questionnaire arm, while 120 students from 6 schools are part of the interview study arm



MyLife 2018

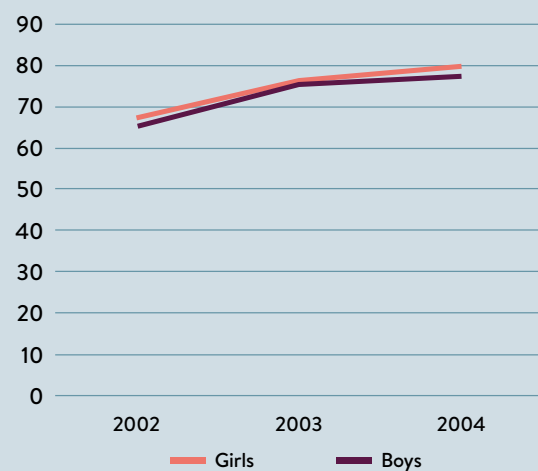
KEY FINDINGS

Results shown for all participants, by gender and year of birth

PERCENTAGE OF STUDENTS WHO PLAN TO CONTINUE WITH HIGHER EDUCATION



PERCENTAGE OF STUDENTS WHO EXERCISED ONCE A WEEK OR MORE



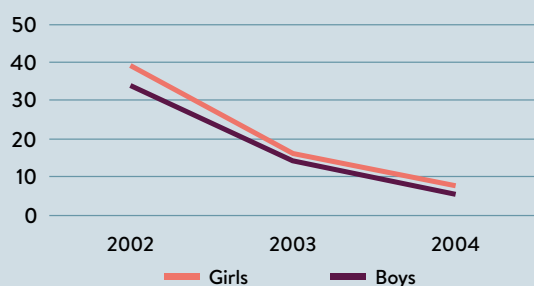
AVERAGE HOURS PER WEEK SPENT ON COMPUTER GAMES



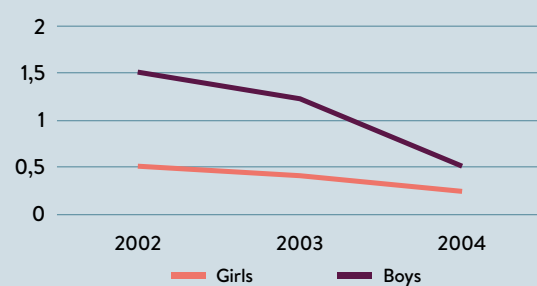
AVERAGE HOURS PER WEEK SPENT ON SOCIAL MEDIA



PERCENTAGE OF STUDENTS WHO HAVE BEEN ALCOHOL INTOXICATED DURING LAST YEAR



PERCENTAGE OF STUDENTS WHO SMOKE DAILY



iPHONE- LOTTERY

- Last year we had an extra New Year's Lottery for those participants who graduated middle-school
- Three lucky participants won an iPhone 8 plus!
- Two of the winners are from Trøndelag and one is from Rogaland



What now?

- Questionnaire-based surveys for 2019 will take place after the Fall break
- For those of you who are not graduating 10th grade this summer, the study will be administered the same way as before
- Some of you are currently being interviewed for the fourth time. The next round of our face-to-face interviews will be during the Spring semester 2021

REMEMBER!

- There are no right or wrong answers
- It is important to answer as truthfully as possible
- Your parents, teachers, or friends will never know how you answered
- You are very welcome to complete the questionnaires next year
- You are free to decide whether to continue with study participation or not

FOR 10TH GRADE STUDENTS ONLY

- Those of you who are about to graduate 10th grade will be contacted directly via SMS or email with further instructions
- You will be asked to complete computerized surveys on your own time, outside of school
- You will receive a gift card worth 200 NOK as a "thank you" for your time and effort
- It is very important that you check your email and SMS for messages from the MyLife team!
- If your contact info has changed, please send us an update at: mittliv@fhi.no

You can contact us by:

- Phone: +47 406 45 748
- Email: mittliv@fhi.no

You can also read more about the study at:
www.fhi.no/studier/mittliv