Appendix 1

Questionnaire Dementia
This file contains the questionnaire for both students and GPs/practice nurses. The number of the question is stated first for the students’ questionnaire, and for the GPs/practice nurses’ questionnaire it is given between brackets. When an X is indicated, the question is not included in the questionnaire of that specific population.

General information

1 (1). What is your age?
Please write your answer here:

2 (2). What is your gender?
Please choose only one of the following:
- Female
- Male

3 (X). What Bachelor's program(s) are you following at the moment and which year are you in?
Please choose all that apply:
- Health Sciences Year 1
- Health Sciences Year 2
- Health Sciences Year 3
- Geneeskunde/International Track in Medicine Year 1
- Geneeskunde/International Track in Medicine Year 2
- Geneeskunde/International Track in Medicine Year 3
- Biomedical Sciences Year 1
- Biomedical Sciences Year 2
- Biomedical Sciences Year 3
- European Public Health Year 1
- European Public Health Year 2
- European Public Health Year 3
- Psychology Year 1
- Psychology Year 2
- Psychology Year 3
- None of the above

If you are not following a Bachelor's program at Maastricht University, please choose 'None of the above'.

If Health Sciences year 2 or 3 is chosen:
4 (X). What specialization of Health Sciences are you enrolled in?
Please choose only one of the following:
- Mental Health Sciences
- Biology and Health
- Prevention and Health Policy, Management and Evaluation of Health Care

X (3). Are you a general practitioner or a general practice nurse?
Please choose **only one** of the following:

- General practitioner
- General practice nurse
- None of the above

**X (4). For how long have you been working as a general practitioner/general practice nurse?**

Please choose **only one** of the following:

- 0-10 years
- 10-20 years
- 20-30 years
- 30-40 years
- 40+ years

**Questions**

**5 (5). Dementia consists of a collection of symptoms, including memory loss, sudden mood swings, not being able to recognise people or not being able to say certain words. Alzheimer's disease is one of the forms of dementia. How do you rate your own knowledge about dementia?**

Please choose **only one** of the following:

- Excellent
- Good
- Reasonable
- Little
- None
- I do not know
- I prefer to not answer

**6 (6). Have you ever personally known someone with dementia?**

Please choose **all** that apply:

- No, I do not know anyone who has dementia or has ever had dementia
- Yes, my work consists / consisted of working with people with dementia
- Yes, my partner, (grand) parents or children
- Yes, my grandfather / grandmother or sibling
- Yes, a friend I know well
- Yes, a friend or acquaintance that I do not know very well
- Yes, a colleague / someone at work
- Yes, someone else
- I am not sure
- I prefer to not answer

**7 (7). Apart from any paid work or studies, what are you doing now or what have you ever done for someone with dementia?**

Please choose **all** that apply:

- Caring for someone who lives with me
- Regularly caring for someone who does not live with me
Being responsible for making appointments for someone who needs care (for example: making it possible to visit somewhere or arranging a place in a care home)
Occasionally helped someone
Encouraged someone with symptoms of dementia to seek professional help
Occasionally visit someone
None of the above
I prefer not to answer
Other:

**Statements**
Indicate below if you agree or disagree with the following statement:

8 (8). ‘You cannot do anything to decrease your risk for dementia.’
Please choose **only one** of the following:
- Completely agree
- Agree
- Do not agree/disagree
- Disagree
- Completely disagree

9 (9). ‘High blood pressure increases the risk of dementia.’
Choose one of the following answers
Please choose **only one** of the following:
- Completely agree
- Agree
- Do not agree/disagree
- Disagree
- Completely disagree

10 (10). ‘Your risk of dementia increases if one of your parents acquires dementia.’
Please choose **only one** of the following:
- Completely agree
- Agree
- Do not agree/disagree
- Disagree
- Completely disagree

11 (11). ‘The use of painkillers decreases the risk of dementia.’
Please choose **only one** of the following:
- Completely agree
- Agree
- Do not agree/disagree
- Disagree
- Completely disagree

12 (12). ‘Smoking increases the risk of dementia.’
Please choose **only one** of the following:
- Completely agree
- Agree
- Do not agree/disagree
Disagree
Completely disagree

13 (13). ‘Little or no alcohol use decreases the risk of dementia.’
Please choose only one of the following:
   Completely agree
   Agree
   Do not agree/disagree
   Disagree
   Completely disagree

14 (14). ‘Regular physical activity decreases the risk of dementia.’
Please choose only one of the following:
   Completely agree
   Agree
   Do not agree/disagree
   Disagree
   Completely disagree

15 (15). ‘Working in a noisy environment increases the risk of dementia.’
Please choose only one of the following:
   Completely agree
   Agree
   Do not agree/disagree
   Disagree
   Completely disagree

16 (16). ‘Depression increases the risk of dementia.’
Please choose only one of the following:
   Completely agree
   Agree
   Do not agree/disagree
   Disagree
   Completely disagree

17 (17). ‘Diabetes increases the risk of dementia.’
Please choose only one of the following:
   Completely agree
   Agree
   Do not agree/disagree
   Disagree
   Completely disagree

18 (18). ‘Being overweight increases the risk of dementia.’
Please choose only one of the following:
   Completely agree
   Agree
   Do not agree/disagree
   Disagree
   Completely disagree
19 (19). ‘Poor personal hygiene increases the risk of dementia.’
Please choose only one of the following:
  Completely agree
  Agree
  Do not agree/disagree
  Disagree
  Completely disagree

20 (20). ‘Being mentally active decreases the risk of dementia.’
Please choose only one of the following:
  Completely agree
  Agree
  Do not agree/disagree
  Disagree
  Completely disagree

21 (21). ‘Heart disease increases the risk of dementia.’
Please choose only one of the following:
  Completely agree
  Agree
  Do not agree/disagree
  Disagree
  Completely disagree

22 (22). ‘Kidney disease increases the risk of dementia.’
Please choose only one of the following:
  Completely agree
  Agree
  Do not agree/disagree
  Disagree
  Completely disagree

23 (23). ‘Having kids increases the risk of dementia.’
Please choose only one of the following:
  Completely agree
  Agree
  Do not agree/disagree
  Disagree
  Completely disagree

24 (24). ‘A high cholesterol level increases the risk of dementia.’
Please choose only one of the following:
  Completely agree
  Agree
  Do not agree/disagree
  Disagree
  Completely disagree

25 (25). ‘Healthy nutrition decreases the risk of dementia.’
Please choose only one of the following:
   Completely agree
   Agree
   Do not agree/disagree
   Disagree
   Completely disagree

Factors

26 (26). Below are factors listed that play a role in the development of dementia. There are also several factors listed that do not play a role in the development of dementia. Which of the factors listed below are, according to you, the three most important factors for the development of dementia?
Please select 3 answers:
   High blood pressure
   Parents with dementia
   Use of painkillers
   Smoking
   Little to no alcohol use
   Regular physical activity
   Working in a noisy environment
   Depression
   Diabetes
   Obesity (being overweight)
   Bad personal hygiene
   Being mentally active
   Heart disease
   Kidney disease
   Having children
   High cholesterol level
   Healthy nutrition

Extra information

27 (27). Would you be interested in information concerning how you can change your brain health?
Please choose only one of the following:
   Yes
   No
   Maybe

28 (28). Imagine that you want to know more about your own brain health. How would you like to get this information?
Please choose all that apply:
   Internet (via a search term)
   General Practitioner
   Website of GGD (municipal health service)
   Website of Alzheimer Netherlands
   Library
   My study program
29 (29). Imagine that you consider doing something about your brain health. What would keep you from doing something about your own brain health? Please choose all that apply:
- Insufficient knowledge about this topic
- Insufficient time
- Financial problems
- Insufficient motivation
- Difficult to organize
- Health issues
- None of the above
- I do not know
- I prefer to not answer
Other:

30 (X). At what moment during your studies did you learn more about dementia and the related risk factors? Think for example about courses, subjects and projects. Please also mention if you did not learn about this during your studies.
Please write your answer here: