

Knowledge and Practicing Behavior Related to Personal Hygiene among the Secondary School Students of Mymensingh Sadar Upazilla, Bangladesh

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Supplementary materials

Questionnaire format

Sl. No.

Date:

1. What is your name?

2. What class do you read in?

1= Class IX	2= Class X
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3. How old are you? years.

4. Sex:

1=Male	2=Female
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5. What is your religion?

1= Islam	2= Hindu	3= Buddhist	4= Christian	9= others (specify)
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6. What is the occupation of your father/guardian?

1= Service	2= Business	3= Agriculture	4= Day labourer	9= others (specify)
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7. What is the educational qualification of your father?

0= Illiterate	1= able to sign only	2= class 1-V	3= class VI-X	4= SSC	5=HSC	6=Graduation and above
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8. What is the educational qualification of your mother?

0= Illiterate	1= able to sign only	2= class 1-V	3= class VI-X	4= SSC	5=HSC	6=Graduation and above
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9. What is the size of your family?

10. Which water is safe for drinking?

1= Tube well water	2= Tap water	3= Pond water	9= others (specify)
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11. Which water should be used for bathing?

1= Tube well water	2= Tap water	3= Pond water	9= others (specify)
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12. Which water should be used for washing?

1= Tube well water	2= Tap water	3= Pond water	9= others (specify)
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13. Do you clean your hand before taking food?

14.

1= yes	2= No
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 What should be used to clean hand before taking food?

1= Soap and water	2= only water	3= Don't know	9= others (specify)
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15. What should be used to clean hand after defecation?

1= Soap and water	2= Soil and water	3= Ashes and water	4= Don't know	9= others (specify)
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16. Do you take your bath daily?

1= yes	2= No
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17. Do you brush your teeth daily?

1= yes	2= No
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18. If yes, how many times a day?.....

19. When do you brush your teeth? (Answer may be more than one)

1= After rising from the bed in the morning	2= After breakfast	3= Before going to bed at night	4= After every meal	9= others (specify)
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20. How do you brush your teeth?

1= above downwards	2= As convenient	9= others (specify)
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21. What do you use for brushing teeth?

1= Tooth paste	2= Tooth powder	3=charcoal	4= Meswak	9=others (specify)
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22. How often do you trim your nail?

1= once a week	2= fortnightly	3= At any time
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23. How often do you have your hair- cut?

1= Once a week	2= Once a month	3= After every 2 months	9= others(specify)
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24. How many times do you comb your hair daily?.....

25. What do you use to clean your hair?

1= Soap	2= Shampoo	3= only water
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26. What do you understand by exercise? (Answer may be more than one)

1= Running	2= Walking	3= Swimming	4= Cycling	5= sports	9=others (specify)
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27. Which type of exercise you do? (Answer may be more than one)

1= Running	2= Walking	3= Swimming	4= Cycling	5= sports	9=others (specify)
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28. How many hours do you sleep in a day on an average?hours.

29. When do you go to bed at night usually?.....

30. When do you get up from the bed in the morning usually?.....

31. How many times you take your main food daily?.....

32. Do you take any food outside the home?

1= yes	2= No
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33. If yes; what type of food you take? (Answer may be more than one)

1= Fast food	2= Ice cream	3= Soft drinks	4= Food from vender	9= others (specify)
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34. Do you smoke?

1= yes	2= No
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35. If yes, for how long?

36. How many sticks you smoke in a day on an average?

Signature of the Researcher