APPENDIX.

Questionnaire

Acute Mountain Sickness Awareness Survey

This questionnaire is part of a medical study examining skiers and acute mountain sickness (AMS) awareness. Responses are strictly confidential.

Thank you for your time.

1. Age ______
2. Nationality __________________
3. Gender: Male Female
4. What is your highest level of education attained? (Circle one)
   - High school
   - Some college/university
   - College/university graduate
   - Some graduate study
5. Where do you live most days of the year (City, State)? ________________
6. Do you have access to the Internet at home? Yes No
7. Which sport(s) applies to you the majority of the time? (Circle all that apply)
   - Alpine skiing
   - Snowboarding
   - Telemark skiing
8. On average, how many total days do you spend skiing/snowboarding in a year?
9. How many years of skiing/snowboarding experience do you have?
   - Less than one
   - 1–5
   - 5–10
   - 10–20
   - over 20
10. Where do you do most of your skiing/snowboarding?
    State (s) ________________
    Resort(s) _________________________________
11. Have you ever skied/snowboarded out of ski resort boundaries? Yes No
12. Have you ever participated in a backcountry skiing/snowboarding experience?
13. What other outdoor activities do you participate in regularly? (Circle all that apply)
    - Hiking/camping
    - Skiing/snowboarding
    - Skydiving
    - Climbing/mountaineering
    - Bicycling
    - None
    - Other (specify) ___
14. What is the estimated maximum altitude you will/have attained on this ski trip?
    ___________ Feet Unsure
15. What is the estimated maximum altitude you have ever achieved?
    ___________ Feet Unsure
16. Have you ever heard of acute mountain sickness (AMS)? Yes No
17. If yes, how did you learn about it? (Circle all that apply)
    - Book
    - Lecture
    - The Internet
    - Climbing guide
    - Wilderness first-aid course
    - Television
    - Health professional
    - Magazine
    - While buying outdoor gear
    - Skiing partner
    - Other (specify) ________________
18. Which of the following are symptoms of acute mountain sickness? (Circle all that apply)
    - Headache
    - Fever
    - Poor balance
    - Dizziness
    - Confusion
    - Visual problems
    - Nosebleeds
    - Nausea (upset stomach)
    - Vomiting
    - Abdominal pain/cramps
    - Loss of appetite
    - General weakness
    - Pain with deep breaths
    - Shortness of breath
    - Difficulty sleeping
    - Fainting
19. What is the lowest altitude at which acute mountain sickness can occur?
    - < 5000 feet (1500 m)
    - 5000–10,000 feet (1500 m)
    - 10,000–15,000 feet (3000 m)
    - 15,000–20,000 feet (4500 m)
    - over 20,000 feet (6000 m)
20. What contributes to acute mountain sickness? (Circle all that apply)
   - Breathing cold air
   - Gaining altitude too quickly
   - Gaining altitude without supplemental oxygen
   - Overexertion
   - Poor nutrition
   - Sleeping at high altitude
   - Respiratory infection
   - Dehydration
   - Poor physical fitness

21. Have you ever had acute mountain sickness (AMS)?
   - Yes
   - No
   - I don’t know

22. What percentage of skiers in the US are affected with AMS each year? _____%
23. What percentage of skiers in the US are killed by avalanches each year? _____%
24. Can AMS be prevented? Yes No
25. Can AMS be treated? Yes No
26. If your skiing companion could not catch his/her breath while resting at the top of the mountain, what would be the first thing to do? (Circle one)
   - Send the companion down alone
   - Alert the local ski patrol
   - Continue skiing
   - Let him/her rest alone at the top
   - Give more fluids

27. What drug might provide the best treatment for him/her?
   - None
   - Acetazolamide (Diamox)
   - Lasix (furosemide)
   - Dexamethasone (Decadron)
   - Maalox or Rolaids
   - Codeine
   - Tylenol (acetaminophen)
   - Aspirin
   - Unsure

28. Have you ever taken medications to relieve the symptoms of acute mountain sickness? Yes No
29. If yes, what did you take? ____________________
30. How did you learn about the use of this medication? (Circle all that apply)
   - Book
   - Magazine
   - Television
   - Lecture
   - Health professional (doctor, nurse, pharmacist)
   - Climbing guide
   - Climbing/skiing partner
   - Moutaineering-oriented first-aid course
   - The Internet
   - While buying outdoor gear
   - Other (specify) ___________________________

31. Would you be interested in learning more about acute mountain sickness? Yes No
32. From what source would you be most inclined to seek this information? (Circle all that apply)
   - Book
   - Magazine
   - Television
   - Lecture
   - Health professional (doctor, nurse, pharmacist)
   - Skiing guide
   - Skiing-oriented first-aid course
   - The Internet
   - While buying outdoor gear
   - Other (specify) ___________________________

Thank you for participating