

Additional file 1. These questions were translated by the authors of the present study. The original file in Danish can be found at <http://www.rn.dk/Sundhed/Til-sundhedsfaglige-og-samarbejdspartnere/Folkesundhed/Publikationer>

**How often do you get together with friends, acquaintances and family, who you do not live with?**  
(Contact meaning that you are together, talking on the phone, writing to each other, etc.)

(set one X in each line)

	Daily or almost daily	1 or 2 times a week	1 or 2 times a month	Less than 1 time a month	Never
Family you do not live with	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Colleagues or fellow students	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Neighbours or residents in your local community	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Persons mostly known from internet (mail, chat etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Are you in contact with family, friends and acquaintances you do not live with, as often as you like?**  
(Contact meaning that that you are together, talking on the phone, writing to each other, etc.)

(Only one X)

Yes	<input type="checkbox"/>
No	<input type="checkbox"/>

**Do you have anyone to talk to, if you are in trouble or in need of support?**

(Only one X)

Yes, often	<input type="checkbox"/>
Yes, mostly	<input type="checkbox"/>
Yes, sometimes	<input type="checkbox"/>
No, never or almost never	<input type="checkbox"/>

**If you become ill and need help with practical problems (e.g. cooking, shopping, cleaning, dressing), can you expect to receive help from others?**

(Only one X)

Yes, definitely	<input type="checkbox"/>
Yes, maybe	<input type="checkbox"/>
No	<input type="checkbox"/>
Do not know	<input type="checkbox"/>