

Ensure realistic representation of the population

Criteria	Person	Suggested responses
Gender	I am	<ul style="list-style-type: none"> • Female • Male • Other
Environment	My environment is	<ul style="list-style-type: none"> • Mainly urban • Mainly rural
Origin	I have	<ul style="list-style-type: none"> • Belgian nationality • European nationality • Nationality from outside Europe
Age	I am	<ul style="list-style-type: none"> • Between 18 and 24 years old • Between 25 and 44 years old • Between 45 and 64 years old • Older than 65

Social resources

Level of isolation	How would you describe your social relationships?	<ul style="list-style-type: none"> • I have a large social network and am socially very active. • I have a close relationship with my family and with a limited group of friends. • I have a fairly varied social network (family, friends, colleagues, etc.). • I live in relative isolation and do not have many outdoor activities. • I live alone and know hardly anyone.
Level of income	Which statement best describes your family income level?	<ul style="list-style-type: none"> • We have no financial problems, we can buy an apartment. • We have enough money for everything except more expensive purchases (apartment, etc.). • We take care of ourselves, but we have consumer credit. • We have enough money for food, but buying clothes is difficult. • We don't always have enough money, even for food.

Personal resources

Level of competence	Indicate your level of education	<ul style="list-style-type: none"> • Post-graduate • Higher education (bachelor or higher) • Technical or professional secondary education • General secondary education • I did not finish my secondary education
Spoken languages	Which languages do you speak?	<ul style="list-style-type: none"> • Dutch, French and others • Only Dutch, French or German • A language other than the national languages (Dutch, French, German), but I understand these well • A language other than the national languages and I do not understand them well at all • A language other than the national languages and I do not understand them at all

Relation to digital services

Access to devices	How frequently do you use a computer, a tablet or a smartphone?	<ul style="list-style-type: none"> • I use a computer regularly and I know what I'm doing. • I use a computer regularly, and I sometimes need help. • I rarely use a computer, but I know how to manage. • I rarely use a computer, and I need help. • I never use a computer.
Access to devices	How much confidence do you have when using a computer, tablet or smartphone?	<ul style="list-style-type: none"> • I feel very comfortable. • I feel comfortable most of the time. • I sometimes feel at ease and sometimes not at all. • I rarely feel at ease. • I don't feel comfortable at all.