

Age	
Gender	Male
	Female
Study Field	Business Administration
	Technology specialisation
	Dentistry
	Engineering
	Other
Chewing gum	
How often do you chew gum?	Daily
	Several times during the week
	Occasionally (irregular intervals)
	Don't use chewing gum
Reason to use chewing gum	Reduced stress and anxiety
	As a distraction method
	Improve the mood
	Reduce food cravings
	Don't use chewing gum
In which of these situations have you chewed gum to relieve stress?	While studying
	Between classes
	During an exam
	All the time
	Don't use chewing gum
Do you feel that chewing gum helps reduce your stress levels?	Yes
	No
Stress	
How frequently do you experience stress?	Daily
	Weekly
	Rarely
	Never
level of stress (on scale of 10)	
sources of stress	Personal expectations and self-pressure
	Personal relationships
	Study-related stress
	Family responsibilities
	More than one sources
Aphthous stomatitis	
Have you ever been diagnosed with aphthous stomatitis?	Yes
	No
frequently of aphthous stomatitis?	Often (2-3 times a year)
	Usually (more than 4 times a year)
	Occasionally (once a year or less)
	Never
Do you notice any increase in frequency or severity of aphthous stomatitis during exams?	Yes, often
	Yes, always
	Sometimes
	No

