

For the purposes of this survey, cognitive enhancers are substances you take to improve your mental abilities.

1. Faculty

- ☐ Medical
- ☐ Dentistry

2. Gender

- ☐ woman
- ☐ man

3. Age (write the year of your birth)

- ☐

4. Have you ever used any substance to improve cognitive functions?

- ☐ YES
- ☐ NO

5. What kind of cognitive enhancer do you use? You can mark more than one answer.

- ☐ theanine
- ☐ nicotine
- ☐ caffeine
- ☐ *Bacopa monnieri*
- ☐ ginkgo
- ☐ ginseng
- ☐ lecithin
- ☐ CBD
- ☐ illicit substances (THC, cocaine, amphetamine)
- ☐ modafinil, armodafinil
- ☐ vinpocetine
- ☐ nicergoline
- ☐ piracetam, oxiracetam, aniracetam
- ☐ tolcapone
- ☐ levodopa
- ☐ rivastigmine, donepezil
- ☐ memantine
- ☐ methylphenidate
- ☐ desipramine
- ☐ atomoxetine
- ☐ other:

6. What made you decide to start taking cognitive enhancers? You can mark more than one answer.

- ☐ I felt overwhelmed by the number of tasks
- ☐ stress during studies
- ☐ friends recommended these substances to me, claiming that they could help me
- ☐ other:

7. How often do you take cognitive enhancers?

- ☐ every day
- ☐ a few times per week
- ☐ a few times per month
- ☐ a few times per year

8. For what purpose do you use cognitive enhancers? You can mark more than one answer.

- ☐ to improve attention
- ☐ to improve memory
- ☐ to have better results during studies
- ☐ to increase arousal
- ☐ to improve motor functions
- ☐ other:

9. What was your main source of knowledge about cognitive enhancers? You can mark more than one answer.

- ☐ the Internet
- ☐ radio and/or TV
- ☐ family and/or friends
- ☐ pharmacy
- ☐ medical books
- ☐ other:

10. What kind of pharmacological effects have you noticed during the use of cognitive enhancers? You can mark more than one answer.

- ☐ they improved my short-term memory
- ☐ they improved my long-term memory
- ☐ they activate me
- ☐ they increase my attention
- ☐ they increase my motivation to act
- ☐ they increase my creativity

11. What adverse effects did you notice during the use of cognitive enhancers?

- ☐ increased heart rate
- ☐ increased respiratory rate
- ☐ memory and concentration disturbances
- ☐ decreased tolerance of physical activity
- ☐ sleeping problems

- nausea
- vomiting
- diarrhea
- headaches
- overstimulation
- anxiety
- muscle aches
- tremors
- fatigue
- other:

12. Did the COVID-19 pandemic and remote learning increase the frequency of taking the cognitive enhancers by you?

- YES
- NO