

# Endogenous Ouabain in Human and Animal Models of Hypoxia Supplemental Questionnaire

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## Questionnaire for Elite Apnea Divers

(Questionnaire for scientific research; do not provide false information)

Date:

a. Personal data

First name:

Last name:

Date of birth:

Code (assigned by researchers):

b. Anamnesis

1. Allergies:

Yes, specify . . .

No

2. Diseases (e.g., celiac disease, asthma, diabetes, arterial hypertension, etc.):

Yes, specify . . .

No

3. Smoker:

Yes

Yes, but maximum 5 cigarettes per day

No

4. Diet:

Varied, well-balanced

With medical limitations (e.g., food intolerances)

Diet with personal limitations (e.g., vegetarian, vegan)

5. Consumption of alcohol:

Non-alcohol drinker

Casual

During meals

After meals

6. In the last 12 months, have you obtained a medical certificate of suitability for apnea activity?

Yes

No

6a. Have you shown post-apnea neurological syndromes (e.g., SAMBA, blackout)?

Yes How many times? \_\_\_\_\_ When was the last one? \_\_\_\_\_

No

c. Apnea Activity I

7. Starting year of the practice of scuba diving:

8. Enrollment year at Sports Association/Federation related to apnea diving:

9. Year of achievement of the first diving apnea patent/license:

10. Year of achievement of the last diving apnea license:

11. Specify the highest level patent obtained:

d. Apnea Activity 2

12. Currently, you are part of a Sports Association/Federation with apnea purposes?

- Yes
- No

13. Where do you train?

- Sea
- Pool
- Both

14. How often do you train in the pool per week?

15. How many months a year do you train in the pool?

16. Type of training practiced in the pool:

- Static
- Dynamics with tools
- Dynamics without tools

17. Duration of a training session in the pool (hours):

18. Maximum depth of the pool (m):

19. The number of dives in open water, with purposes related to the deep dive, performed in a year:

20. How often do you train in open water in winter (apnea on cable):

21. How often do you train in open water in summer (apnea on cable):

22. Duration of an open water training session (hours):

23. The average number of dives performed in an open water training session:

24. The average depth at which you set your training session in open water:

- 10-20 m
- 20-30 m
- 30-40 m
- 40-50 m
- Other, specify . . .

25. Average dive time for dives at the above depths (minutes [min]):

26. Type of training performed in open water:

- Free immersion constant weight    \_\_\_\_ m - \_\_\_\_ min
- Monofin constant weight    \_\_\_\_ m - \_\_\_\_ min
- Bifin constant weight    \_\_\_\_ m - \_\_\_\_ min
- Underwater frog constant weight    \_\_\_\_ m - \_\_\_\_ min
- Other, specify . . .

e. Personal records

27. All personal records

- Static breath-hold    \_\_\_\_ m - \_\_\_\_ min
- Dynamic with tools    \_\_\_\_ m - \_\_\_\_ min
- Dynamic without tools    \_\_\_\_ m - \_\_\_\_ min
- Free immersion constant weight    \_\_\_\_ m - \_\_\_\_ min
- Monofin constant weight    \_\_\_\_ m - \_\_\_\_ min
- Bifin constant weight    \_\_\_\_ m - \_\_\_\_ min
- Underwater frog constant weight    \_\_\_\_ m - \_\_\_\_ min
- Other, specify . . .

27a. What year did you obtain your first/last medal? \_\_\_\_/\_\_\_\_  
In which challenge (World Championships, Italian Championships, other)? \_\_\_\_\_/\_\_\_\_\_  
Which position did you obtain (1st, 2nd, or 3rd)? \_\_\_\_/\_\_\_\_

28. In the last 12 months, what competitive performances have you done?

- Static breath-hold                    \_\_\_\_ m - \_\_\_\_ min
- Dynamic with tools                    \_\_\_\_ m - \_\_\_\_ min
- Dynamic without tools                \_\_\_\_ m - \_\_\_\_ min
- Free immersion constant weight    \_\_\_\_ m - \_\_\_\_ min
- Monofin constant weight            \_\_\_\_ m - \_\_\_\_ min
- Bifin constant weight                \_\_\_\_ m - \_\_\_\_ min
- Underwater frog constant weight   \_\_\_\_ m - \_\_\_\_ min
- Other, specify . . .

29. What is the last competitive performance done?

- Static breath-hold                    \_\_\_\_ m - \_\_\_\_ min
- Dynamic with tools                    \_\_\_\_ m - \_\_\_\_ min
- Dynamic without tools                \_\_\_\_ m - \_\_\_\_ min
- Free immersion constant weight    \_\_\_\_ m - \_\_\_\_ min
- Monofin constant weight            \_\_\_\_ m - \_\_\_\_ min
- Bifin constant weight                \_\_\_\_ m - \_\_\_\_ min
- Underwater frog constant weight   \_\_\_\_ m - \_\_\_\_ min
- Other, specify . . .

Signature:

#### Processing of Personal Data

According to Articles 13 and 23 of Legislative Decree No. 196/03, we inform you that the personal data you provide will be processed following the aforementioned law and the obligations of confidentiality to which our activity aspires.