



## OTC Panel



Portugal

### Features

Panel size (ISO): 32.637  
 People profiled (ISO): 21.588  
 Estimated response rate (ISO): 63%  
 Updated: 15/12/2014

Size (ISO): number of panelists according to ISO 26362

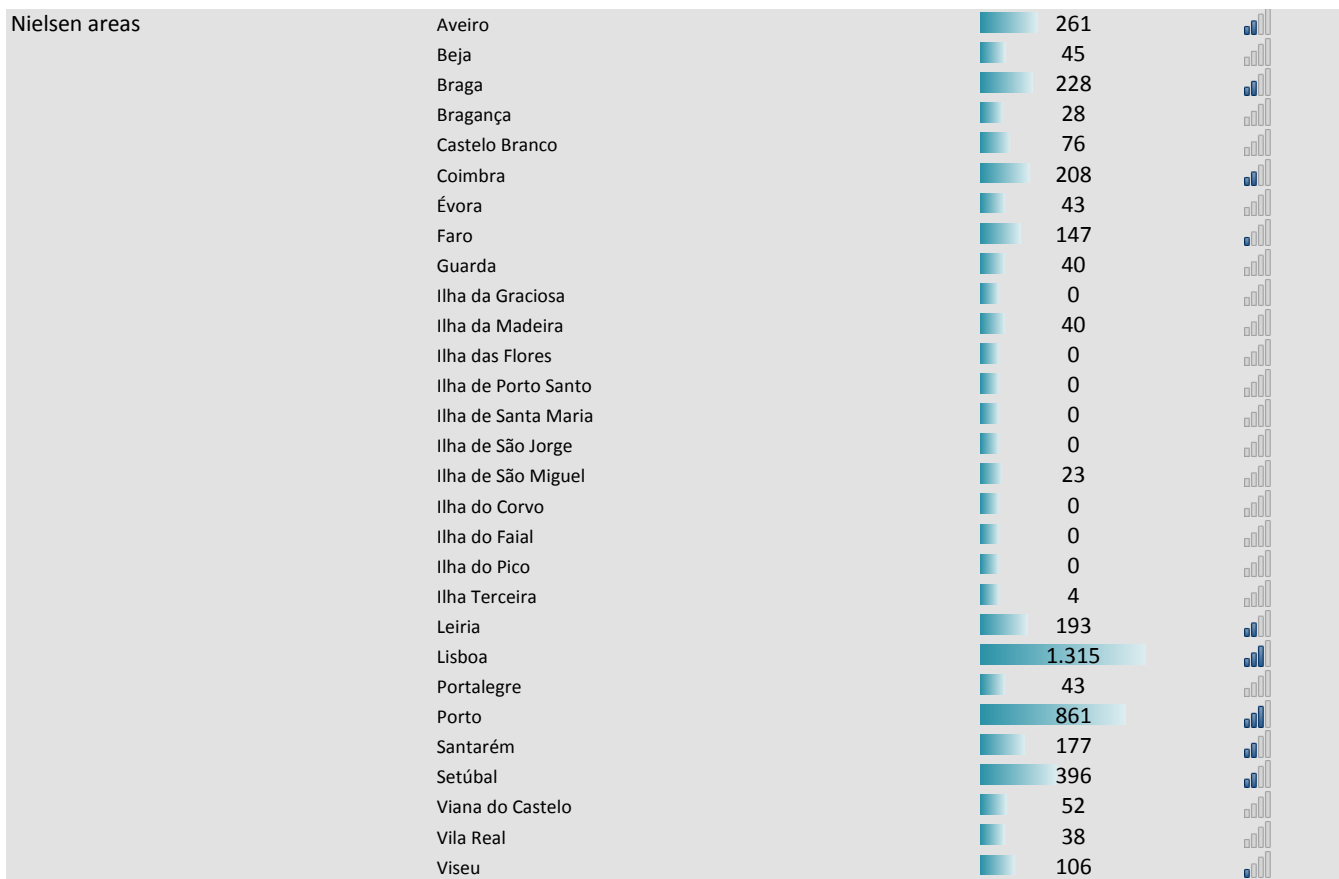
Real delivery: maximum sample size of a specific target that we can deliver on a real project. It is the sum of profiled panelists and the estimated number of panelists not yet profiled.




















































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











IR% Panel: panel Netquest's incidence rate for the particular target. It is not obtained from a representative population sample. It is the result of a progressive and random panel data collection. It shows the difficulty of the target:


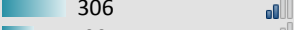









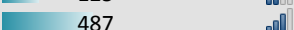
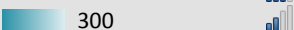
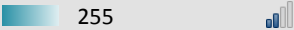
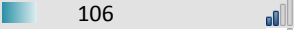


























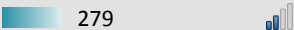
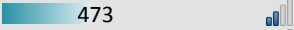
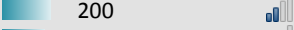
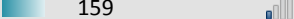




<0,5% | <1% | <5% | <10% | >=10%


















Sociodemographic profile		Real delivery	Panel IR%
		Total panelists: 4.379	26,0%
Sex	Man	2.421	
	Woman	1.953	
Age	<18	0	
	18-24	693	
	25-34	1.384	
	35-44	1.191	
	45-54	761	
	55-64	278	
Social class	>=65	60	
	AB	2.570	
	C1	1.729	
	C2	407	
Nielsen areas	D	102	
	Area I - Grande Lisboa	1.374	
	Area II - Grande Porto	676	
	Area III Norte - Litoral Norte	909	
	Area III Sud - Litoral Centro	559	
	Area IV - Interior Norte	344	
	Area V - Algarve Sul	427	



Common diseases and medications, diets, treatments		Real delivery	Panel IR%
		Total panelists:	4.379
			26,0%
Illness	Flu	1.185	
	Constipated / Cold	2.612	
	Conjunctivitis	179	
	Eye irritation	590	
	Stress	1.331	
	Insomnia	1.024	
	Other sleep disorders	289	
	Snoring	449	
	None of the above	809	
Medication	Medicines for colds, flu, throat	2.396	
	Reducing fever drugs	1.389	
	Allergy drugs	971	
	Diarrhea drugs	395	
	Laxatives	210	
	Antidepressants or stimulants	469	
	Sleeping medications: Tranquilizers, relaxing, sleeping pills	614	
	Nonprescription or herbal products for sleeping	306	
	Vitamins for hair	284	
	Other vitamins	524	
	Antioxidants	238	
	Minerals: Calcium, Iron, Magnesium, Sodium, Iodine, Fluorine?	517	
	Oligoelements	42	
	Other food supplements	232	
	Slimming Drugs	183	
	Weight Loss Diet Products	281	
	Food substitutes: Drinks, bars, powders?	325	
	Fall Hair Products	327	
	Firming creams	468	
	Firming creams	431	
	None	757	
	Vaccines	Flu Vaccine, last season	600
Vaccine Human Papillomavirus (HPV) to prevent cervical cancer an		238	
None of the above		3.577	
Diets	Yes	754	
	No	3.624	
Diet types	To lose weight	403	
	To maintain your current weight	127	
	Diet for constipation	33	
	To live healthier	356	
	For a disease or health problem: indicate which health problem	112	
	For another reason	25	
Treatments	Aesthetic plastic or reconstructive surgery	55	
	Facial Plastic Surgery (injectable dermal fillers, nose, lips, implants?)	8	
	Fertility treatment	26	
	Teeth whitening treatment	200	
	Acupuncture	134	
	Aromatherapy	60	
	Homeopathy	108	
	None of the above	3.881	
Fertility Treatments	Yes, I am currently following a treatment	10	
	No, I finished it less than 6 months ago	4	
	No, I finished it 6 or more months ago	8	

Contraceptive Methods	Male condom	1.730	
	Vasectomy	7	
	Female condom	38	
	Diaphragm	10	
	Contraceptive pill	1.244	
	Vaginal ring	56	
	Nicotine patch	18	
	Hormonal implant	36	
	Hormone injection	2	
	Spermicidal cream or jelly	22	
	UID	99	
	Tubal Ligation	40	
	Intratubárico Device (D.I.T.)	1	
	Another type of contraceptive methods	20	
	None	1.461	
I do not want to answer	206		
Menstruation problems	Premenstrual Syndrome (PMS)	759	
	Period pains	972	
	Menopausal symptoms	137	
	None of the above	614	
Menstruation medication	Premenstrual Syndrome (PMS)	52	
	Period pains	576	
	Menopausal symptoms	31	
	None of the above	709	

Tobacco and other addictions		Real delivery	Panel IR%
		Total panelists:	4.379
			26,0%
Smokers	Yes, usually (what brand?)	923	
	Yes, occasionally	306	
	Yes, but I'm quitting	90	
	No, but I smoked (what brand?)	833	
	No, I have never smoked	2.212	
Tobacco type	Cigarettes	1.067	
	Rolling tobacco	393	
	Cigars	36	
	Pipe	10	
	Smokeless Tobacco (snuss)	2	
	Other	40	
Number of Cigarettes	More than 20 a day	125	
	Between 11 and 20 a day	487	
	#N/A	300	
	Between 1 and 5 a day	255	
	Less than 1 per week	106	
Tobacco brands	1498 American Blend	12	
	Aguaia	40	
	Black Devil Cherry FLV	10	
	Black Devil Finest FLV	10	
	Black Devil Special Flavour	34	
	Black Devil Zero FLV	3	
	Chesterfield	323	
	Chesterfield Classic Blue	130	
	Detroit	15	
	High-leafe	12	
	Karelia KS Menthol	3	
	Karelia KS White	0	
	Karelia Slims	16	
	Karelia Slims Blue	1	
	Karelia Slims Creme	1	
	Karelia Slims Menthol	8	
	Kentuky	8	
	L&M Blue Label	94	
	Marlboro Gold	170	
	Omé Superslims	1	
	Omé Superslims Yellow	0	
	Português Suave	95	
	Português Suave sem filtro	3	
	SG Lights--SG Azul	25	
	SG Mentol Lights	20	
	SG Super Lights	1	
	SG Ultra Lights	7	
Other (specify):	685		
Smoking years	5 years or less	206	
	6-10 years	279	
	1-12 years	473	
	21-30 years	200	
	More than 30 years	159	

Methods to quit smoking (now)	Prescription drugs	27	
	Nicotine chewing gum	51	
	Nicotine patch	65	
	Nicotine lozenges	7	
	Cigarettes without tobacco	19	
	Herbal Products	9	
	Acupuncture	13	
	Behavioral therapies	17	
	Homeopathy	0	
	Nothing but my willpower	1.651	
	Other	44	
former smokers	I quit smoking in the past 12 months	103	
	I quit smoking more than 12 months ago	728	
Other addictions	Alcoholism	56	
	Other: indicate which	162	
	No	4.100	
	Decline to answer	53	

Skin, mouth and feet		Real delivery	Panel IR%
		Total panelists:	4.379
			26,0%
Skin problems	Dermatitis	114	
	Eczema	221	
	Lyme's disease	1	
	Psoriasis	93	
	Rosacea	80	
	Warts	67	
	Cold sore	506	
	Acne	415	
	Spots on the skin of the face	85	
	Dry skin	654	
	Nail problems: Fragile, grooved, fungi, discolored?	443	
	Fall or hair loss	717	
	Alopecia	319	
	Dandruff	741	
	None of the above	1.721	
Mouth Problems	I have halitosis (bad breath)	406	
	I have dry mouth	252	
	I have periodontitis	83	
	I have gingivitis (inflammation and bleeding of gums)	598	
	I wear braces (appliances, braces, invisible braces?)	204	
	Regular use of electric toothbrushes	483	
	I carry removable dentures (complete or partial)	403	
	None of the above	2.470	
Foot problems	Toes deformities	124	
	Pain in the heel of the foot	177	
	Nail fungus (Onychomycosis)	411	
	Bunions, calluses, cracks	455	
	Smell	472	
	Athlete's foot	279	
	Flat Feet	110	
	Plantar warts	36	
	None of the above	2.778	



#### Other health information available

Allergies and intolerances

Visual and auditory system diseases

Eating disorders (anorexia, bulimia)

Diabetes - Type 1 / Type 2 (insulin use)

Cancer / Cancer types

Cardiovascular and respiratory system diseases

Digestive system diseases



#### Netquest is certified with ISO26362 standard

The way how a panel recruits, interviews and rewards panelists is key to the reliability of the data you get. In Netquest we care about every detail, thinking of you. That's the reason why we are the only panel in Spain, Portugal and Latin America with the ISO26362 certificate, the specific standard for online Access Panels



## Patients Panel



Portugal

### Features

Panel size (ISO): 32.637  
 People profiled (ISO): 5.778  
 Estimated response rate (ISO): 43%  
 Updated: 15/12/2014

Size (ISO): number of panelists according to ISO 26362

Real delivery: maximum sample size of a specific target that we can deliver on a real project. It is the sum of profiled panelists and the estimated number of panelists not yet profiled.

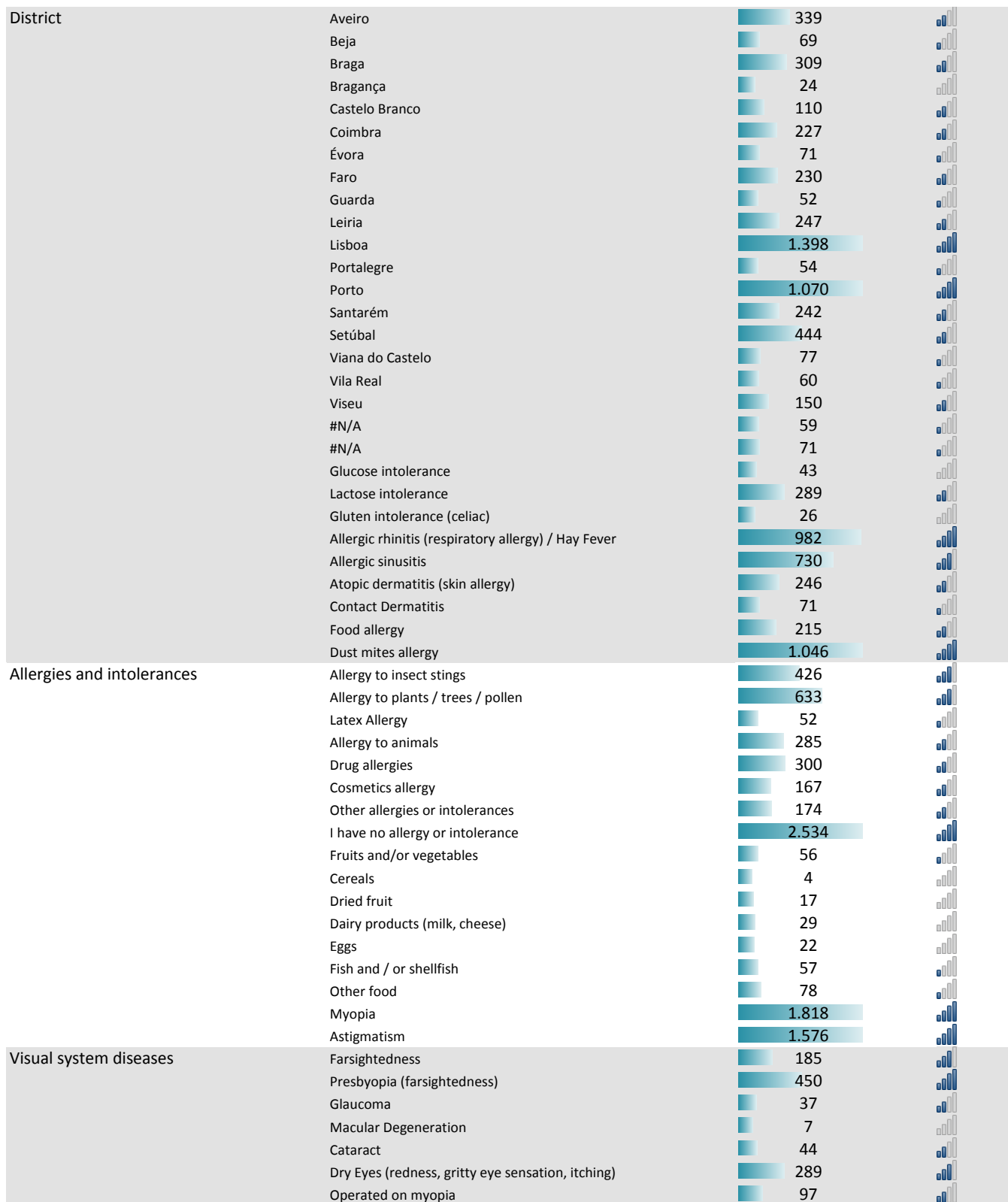
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IR% Panel: panel Netquest's incidence rate for the particular target. It is not obtained from a representative population sample. It is the result of a progressive and random panel data collection. It shows the difficulty of the target:

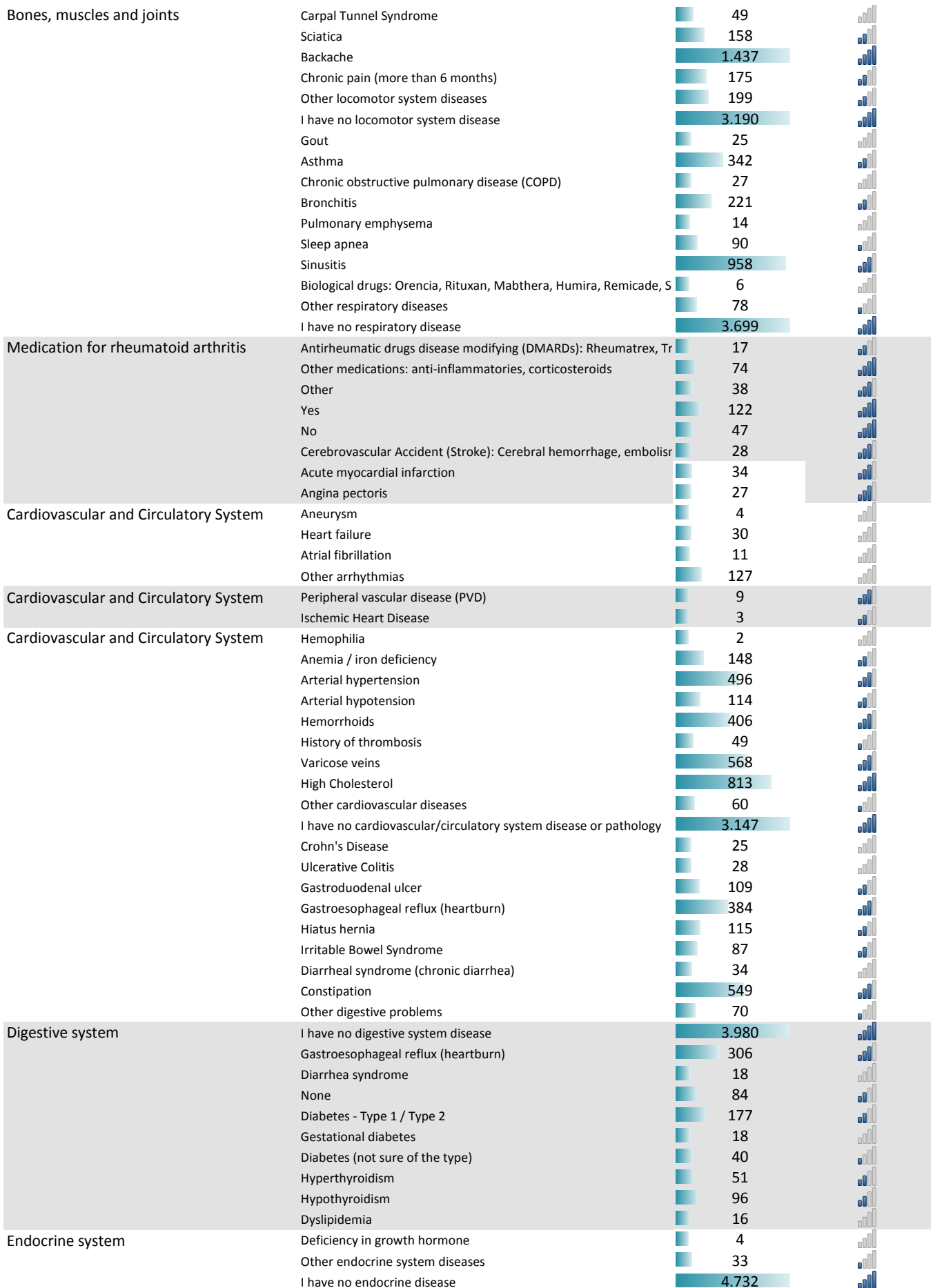
<0,5% <1% <5% <10% >=10%

Patients		Real delivery	Panel IR%
		Total panelists:	5.778
			100,0%
Sex	Man	2.757	
	Woman	2.605	
Age	18-24	676	
	25-34	1.500	
	35-44	1.474	
	45-54	1.045	
	55-64	508	
	>=65	144	
Social class	AB	2.976	
	C1	2.094	
	C2	561	
	D	148	
Nielsen areas	Area I - Grande Lisboa	1.465	
	Area II - Grande Porto	848	
	Area III Norte - Litoral Norte	1.141	
	Area III Sud - Litoral Centro	676	
	Area IV - Interior Norte	462	
	Area V - Algarve Sul	616	


































Visual system diseases	Operated on for a cataract	41		
	Other sight problems: specify which	163		
	I have no sight problems	1,937		
	Tinnitus (ringing in the ear)	448		
	Dizziness	303		
	Hearing loss	363		
	Other hearing problems	51		
	I have no hearing problems	4,227		
	Less than 1 year	7		
	Between 1 and 5 years	34		
	5 years or more	49		
	Less than 1 year	6		
	#N/A	Between 1 and 5 years	22	
	#N/A	5 years or more	5	
Nervous system	I wear contact lenses	2,547		
	I wear glasses	605		
	I do not wear glasses	304		
	Migraines	749		
Nervous system	Headache - excluding migraine	950		
	Restless Legs Syndrome (RLS)	99		
	Reflex Sympathetic Dystrophy (RDS)	0		
Nervous system	Other nervous system diseases: please specify which	73		
	I have no nervous system disease	3,584		
Nervous system	Obsessive-compulsive disorder (OCD)	43		
	Attention deficit hyperactivity disorder (ADHD)	19		
	Panic Attack	100		
	Bipolar disorder	30		
	Schizophrenia	6		
	Generalized Anxiety Disorder (GAD)	109		
	Depression	400		
	Agoraphobia	11		
	Other mental disorders: tell us which	28		
	Mental health	I have no mental illness	4,574	
		Bulimia	26	
		Anorexia	17	
		Other eating disorders	63	
I have no eating disorder		4,979		
Binge Eating Disorder		76		
Migraines		496		
Obsessive-compulsive disorder (OCD)		19		
Attention deficit hyperactivity disorder (ADHD)		9		
Panic Attack		65		
Mental health: disease diagnosed by a phys	Anxiety	88		
	Depression	340		
	None of the above	283		
	Bulimia	7		
	Anorexia	12		
	Bulimia	I am currently suffering it	2	
Less than 1 year		4		
More than 1 year, but less than 5		4		
5 years or more		8		
I am currently suffering it		3		
Less than 1 year		2		
More than 1 year, but less than 5		1		
5 years or more		8		
Rheumatoid arthritis (rheumatism)		130		
Bones, muscles and joints	Non rheumatoid arthritis	30		
	Arthritis (other)	61		
	Ankylosing spondylitis	33		
	Myositis	4		
	Bones, muscles and joints	Osteoarthritis	220	
Osteoporosis		87		
Fibromyalgia		48		
Myofascial Pain Syndrome		0		



Metabolism	Overweight	1.055	
	Morbid Obesity	73	
	None of the above	4.043	
	Diabetes - Type 1 (insulin use)	27	
	Diabetes - Type 2 (oral medication)	141	
	Diabetes - Type 2 (insulin use)	11	
	Diabetes - Type 2 (GLP use)	2	
	Diabetes - Type 2 (without medication)	36	
	Once a day	71	
How many times a day do you measure your blood sugar	2-3 times per day	40	
	4-6 times per day	14	
	7-10 times per day	0	
How many times a day do you measure your blood sugar	More than 10 times a day	0	
	I do not check my sugar levels regularly	78	
	Cirrhosis	6	
	Hepatitis A	23	
Liver	Hepatitis B	9	
	Hepatitis C	19	
	Other liver diseases	56	
	I have no liver disease	5.052	
	Nephritic colic	142	
Kidneys	Renal failure (with or without dialysis)	30	
	Other kidney diseases	51	
	I have no kidney disease	4.950	
	Overactive bladder / incontinence	60	
	Urinary tract infection	227	
	Cystitis	32	
Urinary system	Benign Prostatic Hyperplasia (BPH)	43	
	Loss of urine	100	
	Other urinary system diseases	17	
	Yes	3	
Kidney Transplant	No	26	
	Less than 1 year	0	
	Between 1 and 5 years	0	
	Since 5 years or more	2	
	Lupus	17	
	Mixed connective tissue disease	1	
	Scleroderma	3	
Autoimmune Diseases	Sjogren Syndrome	8	
	Other autoimmune diseases	51	
	None of them	5.091	
Infectious Diseases	Genital herpes	27	
	Candida (vaginal yeast infections)	237	
	Human Papillomavirus (HPV)	52	
	Other infectious or sexually transmitted diseases	16	
	None of them	4.820	
Reproductive System	Erectile Dysfunction / Impotence	89	
	Ejaculation problems (early, delayed, absent)	163	
	Endometriosis	25	
	Lack of sex / sexual appetite	213	
	Other infertility problems	38	
	None of them	4.690	
	Erectile Dysfunction / Impotence	51	
	Ejaculation problems (early, delayed, absent)	69	
Reproductive system: disease diagnosed by	Lack of sex / sexual appetite	71	
	None of them	245	
	#N/A	1	
	#N/A	2	
	It's been more than 6 months since I last take it	6	
	I have never taken it	72	
#N/A	6		

#N/A	#N/A	9	
	It's been more than 6 months since I last take it	8	
	I have never taken it	58	
	#N/A	0	
Caner type	Liver Cancer	1	
	Stomach Cancer	0	
Caner type	Pancreatic Cancer	0	
	Colorectal Cancer	11	
	Breast Cancer	18	
	Ovarian Cancer	1	
	Uterine cancer or endometrial (uterine corpus)	1	
	Prostate Cancer	8	
	Testicular Cancer	3	
	Bladder Cancer	4	
	Lymphatic cancer	4	
	Bone Cancer	1	
	Leukemia	2	
	Skin Cancer: Melanoma	3	
	Skin Cancer: No Melanoma	9	
	Other	11	
	Prostate Cancer	6	
	Testicular Cancer	4	
	Bladder Cancer	4	
	Lymphatic cancer	8	
	Bone Cancer	3	
	Leukemia	3	
	Skin Cancer: Melanoma	3	
	Skin Cancer: No Melanoma	9	
	Other	17	

**Other health information available**

- Diseases in the past 12 months
- Drugs taken in the last year
- Diets
- Interventions, treatments and therapies
- Contraceptive methods use
- Smokers and former smokers: brands, number of cigarettes and smoking quitting methods
- Other diseases and disorders of the skin, mouth and ft



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