

Mental and physical health

Purpose: Designed to measure the physical and mental health status of students

Population: Students aged between 13-15

Time: 6-8 minutes

Author: THATS Erasmus+ group of teachers

Method: paired comparison scale method

Fields: Eating and drinking, Sleeping, Addiction (drugs, alcohol, telephone), Bullying

Description: The questionnaire containing 20 statement pairs is reported to give comparable results and generally a description of our students' status. The sentences are placed so the negative ones are on the left and their positive pairs are on the right. Students can indicate which one they agree with more strongly on a 1-5 scale. It is anonymous, however the school should be signed so that the results can be compared.

Read the statement pairs and sign which one you agree with more strongly:

1 = I agree with the statement on the left.

I don't like fruit or vegetables.

I eat fast food at least once a week.

We eat ready-made meals or at restaurants.

I usually drink soft drinks.

I drink alcohol at parties.

I'd try drugs if I had the opportunity.

I love the smell of cigarettes.

I take public transport to school or go by car.

I never leave the house after school.

I don't do any sports

I don't like going to parks or to the forest.

I don't sleep well every night.

I face nightmares quite often.

When I wake up in the middle of the night I cannot fall asleep again.

The lack of sleep badly affects my performance at school.

Negative comments worry me.

5 = I agree with the statement on the right.

I eat fruit and/or vegetables at least once a day.

I hardly ever eat fast food.

We cook at home.

I usually drink water.

I say no to alcohol.

I would never try any drugs.

I can't stand the smell of cigarettes.

I cycle or walk to school.

After school I normally do some physical activities.

I do sports regularly.

I prefer being in nature.

I don't wake up during the night.

I never have nightmares.

When I wake up in the middle of the night I can easily go back to sleep.

I can sleep enough to do well at school.

I don't care about negative comments.

I get nervous when I cannot check my messages on my phone.

I don't care about my messages.

I do not feel accepted in my class.

I feel accepted in my class.

I have no idea what bullying means.

I have heard about bullying.

Criticizing my peers is acceptable.

I never say or send bad words to others.

Which school do you attend?

Liceul Teoretic Bolyai Farkas

Zo Gymnasio Almyrou

Integrierte Gesamtschule Nordend

Bajai III.Béla Gimnázium