

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

Population: Students aged between 13-17

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, Dancing

Description: The questionnaire containing 23 statement pairs is reported to give comparable results and generally a description of our students' status after realizing the three-year project focusing on mental and physical health. 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. 5 = I agree with the statement on the right.

I don't like fruit or vegetables.

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

I eat fast food at least once a week.

I hardly ever eat fast food.

We eat ready-made meals or at restaurants.

We cook at home.

I usually drink soft drinks.

I usually drink water.

I drink alcohol at parties.

I say no to alcohol.

I'd try drugs if I had the opportunity.

I would never try any drugs.

I love the smell of cigarettes.

I can't stand the smell of cigarettes.

I take public transport to school or go by car.

I cycle or walk to school.

I never leave the house after school.

After school I normally do some physical activities.

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.

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

I do not feel accepted in my class.

I have no idea what bullying means.

Criticizing my peers is acceptable.

Covid19 did not affect my every day routine.

I don't understand people becoming vegan.

I spend more than 2 hours on social media sites.

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 don't care about my messages.

I feel accepted in my class.

I have heard about bullying.

I never say or send bad words to others.

I definitely follow the health regulations.

I can accept people not eating meat.

I meet my friends in person and we talk.

Which school do you attend?

Liceul Teoretic Bolyai Farkas 2o Gimnasio Almyrou

Integrierte Gesamtschule Nordend

Bajai III.Béla Gimnázium