



ArctiChildren InNet (2012-2014) Empowering School e-Health Model in the Barents region

Questionnaire for school children in the Barents region

Background information

1. Gender *

- Boy Girl

2. Do you have sibling(s)? *

- Yes No, I'm an only child

3. Class *

6. 7. 8. 9. 10.

4. Year of birth *

choose

5. Where do you live? *

- City, in the center
 City, outside of the center
 Countryside, population center in the countryside
 Countryside, outside population center in the countryside

6. Family status *

- Living with parents
 Living with mother
 Living with father
 Living with mother and stepfather
 Living with father and stepmother
 Other (specify, what)

7. Are your parents at present? *

Father

- Working full time
 Working part time
 Unemployed

Mother

- Working full time
 Working part time
 Unemployed

- Something else, what?
- Something else, what?

Sport and exercise

Sport and exercise refers to for example running, brisk walking, roller skating, cycling, dancing, skate boarding, swimming, skiing, cross country skiing, football, basketball and ice hockey.

8. How often during the last seven days have you exercised (so that your heart beat has increased and you have sweat and shortness of breath) at least 60 minutes? Exercise can consist of numerous ≥10 minute periods. *

- 0
- 1
- 2
- 3
- 4
- 5
- 6
- 7

9. How do you assess your physical condition at present? *

- Excellent
- Good
- Moderate
- Bad

Social relationships

10. How many good friends do you have? *

Male

Female

- | | |
|---------------------------------|---------------------------------|
| <input type="radio"/> 3 or more | <input type="radio"/> 3 or more |
| <input type="radio"/> 2 | <input type="radio"/> 2 |
| <input type="radio"/> 1 | <input type="radio"/> 1 |
| <input type="radio"/> 0 | <input type="radio"/> 0 |

11. How many friends do you have in the internet (e.g. facebook)? *

- More than 500
- 101-500
- 50-100
- 1-49
- 0

12. Do you ever feel yourself lonely? *

- Yes, very often
- Yes, quite often
- Yes, sometimes
- No

13. How often do you meet your friends after school? *

- Every day
- 3-6 days a week
- 1-2 days a week
- Less than once a week
- Never

14. How often are you in contact with your friends in the internet? *

- Every day
- 3-6 days a week
- 1-2 days a week
- Less than once a week
- Never

15. A. Have you ever met someone in person whom you first met via Internet? If no, move to question 16. *

- Yes, male
 - Yes, female
 - No
- 15. B. The person was**
- Younger than me
 - About the same age as me
 - Slightly older than me
 - Significantly older than me

16. Have you been bullied during the last few months? *

In school

- Never
- Once or twice
- 2 to 3 times a month
- About once a week
- Numerous times a week

In the internet (e.g. facebook)

- Never
- Once or twice
- 2 to 3 times a month
- About once a week
- Numerous times a week

Sleeping and rest

17. At what time do you go to bed during school days? *

- Earlier than 21.00
- Between 21.00-22.00
- Between 22.00-23.00
- Between 23.00-00.00
- Between 00.00-1.00
- Later than 1.00

18. How often do you feel that you have slept enough? *

- Every or almost every morning
- 3-5 mornings a week
- 1-2 mornings a week
- Hardly ever

Use of internet

19. How many hours do you spend online (computer, mobile phone, tablet, game consoles) a day? *

School days

- Not at all
- Less than 1 hour per day
- About 1-2 hours a day
- About 3-4 hours a day
- About 5-6 hours a day
- About 7-8 hours a day
- More than 8 hours a day

Weekends and holidays

- Not at all
- Less than 1 hour per day
- About 1-2 hours a day
- About 3-4 hours a day
- About 5-6 hours a day
- About 7-8 hours a day
- More than 8 hours a day

20. Have you been participating in online games with money during last few months? *

- Once a week
- 2-3 times a month
- Once a month
- Less than once a month
- No

Schooling

21. Going to school is... (scale: 1. strongly agree – 2. partly agree – 3. partly disagree – 4. strongly disagree) *

| | | 1 | 2 | 3 | 4 |
|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| An opportunity to learn new things. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| An opportunity to communicate with peer students and friends. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| A waste of time. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| An opportunity to learn life skills (e.g. to discuss and listen other persons with respect, ability to tell and share own feelings, thoughts and opinions). | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Other (please, specify). Select 1-4 from scale before writing <input style="width: 150px; height: 15px;" type="text"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

22. What do you think your teacher would say about your school achievement? *

- Very good
- Good
- Average
- Bad
- Very bad

23. What would you say about your school achievement? *

- Very good
- Good
- Average
- Bad
- Very bad

24. My parents are interested in my schooling. *

- Strongly agree
- Partly agree
- Partly disagree
- Strongly disagree

25. Life events during the last 12 months. Mark which events you have experienced and judge whether the events was positive or negative. If you answer "No", leave "negative/positive/do not know" boxes empty. *

| | | No | Yes | Negative | Positive | Do not know |
|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Moving inside town or municipality | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Moving to another town or municipality | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Moving to a new school | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Serious illness in the family | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Marital separation in the family | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Marital divorce in the family | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Change in the economic situation of my family | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Starting a new hobby or leisure activity | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Disagreements with parents | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Disputes with fellow students at school | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Change in the school achievements | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Participation in an traffic accident | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Being object of an assault | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Change in the circle of friends | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

26. How do you normally behave or think when you have problems, such as you get a bad mark at school. The rating scale is 1 to 5 such that 1=never, 2=hardly ever, 3=sometimes, 4=most of the time, 5=always *

| | 1 | 2 | 3 | 4 | 5 |
|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Tell a friend or family member what happened | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Try to think of different ways to solve it | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Take it out on others because I feel sad or angry | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Become so upset that I can't talk to anyone | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Talk to somebody about how it made me to feel | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Change something so things will work out | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| I forget the whole thing | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Worry too much about it | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Cry about | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| I get involved in new activities | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Get help from a friend | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Tell myself it doesn't matter | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| I worry that others will think badly about me | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| I yell to let off steam | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| I listen to music as a way to cope | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| I know there are things I can do to make it | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| I do something else to take my mind off the problem | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

27. Number 10 describes your life situation as "best possible/optimal" and the 0 as "worst possible". Mark on the scale from 0 to 10 your current life situation. *

- 10
- 9
- 8
- 7
- 6
- 5
- 4
- 3
- 2
- 1
- 0

28. Mark the option that best describes your feelings during the last few months. *

| | Never | Sometimes | Often | Almost always |
|--|-----------------------|-----------------------|-----------------------|-----------------------|
| My life is going well | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| I would like to change several things in my life | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| What happens to me, feels good | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

29. It is important that students feel good physically, psychologically and socially to learn. How can, technology, such as mobile phones, apps and computers, be used to facilitate your well-being as a student in school?

Submit

