In this questionnaire, you are being asked questions about yourself. There are no 'right' or 'wrong' answers. Your answers should be the ones that are 'right' for you.

You may ask for help if there is something you do not understand or you are not sure how to answer a question.

Your answers will be combined with others to make totals and averages in which no individual can be identified. All your answers will be kept confidential.

WBIntro1

How is your health?

(Please select one response.)

Excellent	WB150Q01HA01
Good	WB150Q01HA02
Fair	WB150Q01HA03
Poor	WB150Q01HA04

WB150

How much do you weigh?

(If you normally weigh yourself in pounds or stones, ask the test administrator for help.)

(Please enter the appropriate number.)

Kilograms	WB151Q01HA01

WB151

How tall are you?

(If you normally measure your height in feet and inches, ask the test administrator for help.)

(Please enter the appropriate number.)

Centimetres	WB152Q01HA01

WB152

Thinking about yourself, how much do you agree with each of the following statements?

(Please select one response in each row.)

	Strongly disagree	Disagree	Agree	Strongly agree	I don't have an opinion
I like my look just the way it is.	WB153Q01HA01	WB153Q01HA02	WB153Q01HA03	WB153Q01HA04	WB153Q01HA05
I consider myself to be attractive.	WB153Q02HA01	WB153Q02HA02	WB153Q02HA03	WB153Q02HA04	WB153Q02HA05
I am not concerned about my weight.	WB153Q03HA01	WB153Q03HA02	WB153Q03HA03	WB153Q03HA04	WB153Q03HA05
I like my body.	WB153Q04HA01	WB153Q04HA02	WB153Q04HA03	WB153Q04HA04	WB153Q04HA05
I like the way my clothes fit me.	WB153Q05HA01	WB153Q05HA02	WB153Q05HA03	WB153Q05HA04	WB153Q05HA05

In the past six months, how often have you had the following?

(Please select one response in each row.)

	Rarely or never	About every month	About every week	More than once a week	About every day
Headache	WB154Q01HA01	WB154Q01HA02	WB154Q01HA03	WB154Q01HA04	WB154Q01HA05
Stomach pain	WB154Q02HA01	WB154Q02HA02	WB154Q02HA03	WB154Q02HA04	WB154Q02HA05
Back pain	WB154Q03HA01	WB154Q03HA02	WB154Q03HA03	WB154Q03HA04	WB154Q03HA05
Feeling depressed	WB154Q04HA01	WB154Q04HA02	WB154Q04HA03	WB154Q04HA04	WB154Q04HA05
Irritability or bad temper	WB154Q05HA01	WB154Q05HA02	WB154Q05HA03	WB154Q05HA04	WB154Q05HA05
Feeling nervous	WB154Q06HA01	WB154Q06HA02	WB154Q06HA03	WB154Q06HA04	WB154Q06HA05
Difficulties in getting to sleep	WB154Q07HA01	WB154Q07HA02	WB154Q07HA03	WB154Q07HA04	WB154Q07HA05
Feeling dizzy	WB154Q08HA01	WB154Q08HA02	WB154Q08HA03	WB154Q08HA04	WB154Q08HA05
Feeling anxious	WB154Q09HA01	WB154Q09HA02	WB154Q09HA03	WB154Q09HA04	WB154Q09HA05

WB154

How satisfied are you with each of the following?

(Please select one response in each row.)

	Not at all satisfied	Not satisfied	Satisfied	Totally satisfied
Your health	WB155Q01HA01	WB155Q01HA02	WB155Q01HA03	WB155Q01HA04
The way that you look	WB155Q02HA01	WB155Q02HA02	WB155Q02HA03	WB155Q02HA04
What you learn at school	WB155Q03HA01	WB155Q03HA02	WB155Q03HA03	WB155Q03HA04
The friends you have	WB155Q04HA01	WB155Q04HA02	WB155Q04HA03	WB155Q04HA04
The neighbourhood you live in	WB155Q05HA01	WB155Q05HA02	WB155Q05HA03	WB155Q05HA04
All the things you have	WB155Q06HA01	WB155Q06HA02	WB155Q06HA03	WB155Q06HA04
How you use your time	WB155Q07HA01	WB155Q07HA02	WB155Q07HA03	WB155Q07HA04
Your relationship with your parents/guardians	WB155Q08HA01	WB155Q08HA02	WB155Q08HA03	WB155Q08HA04
Your relationship with your teachers	WB155Q09HA01	WB155Q09HA02	WB155Q09HA03	WB155Q09HA04
Your life at school	WB155Q10HA01	WB155Q10HA02	WB155Q10HA03	WB155Q10HA04

The following questions concern your relationship with your close friends. Close friends are those with whom you can talk to about anything and on whom you can rely when you need help or support.

At present, how many close friends do you have?

(Please enter the number below.)

WB156Q01HA01

WB156

How many days a week do you usually spend time with your friends right after school?

(Please select from the drop-down menu to answer the question.)

WB158Q01HA01

Select...
0 days
1 day
2 days
3 days
4 days
5 days
6 days

WB158

How often do you talk to your friends on the phone, send them text messages or have contact through social media?

(Please select one response.)

Rarely or never	WB160Q01HA01
Every day	WB160Q01HA02
Several times a day	WB160Q01HA03

WB160

Are your friends well accepted by your parents or guardians?

(Please select one response.)

No	WB161Q01HA01
Yes, but only some of them	WB161Q01HA02
Yes, all of them	WB161Q01HA03
My parents don't know my friends	WB161Q01HA04

How easy is it for you to talk to the following people about things that really bother or worry you?

(Please select one response in each row.)

	Very difficult	Difficult	Easy	Very easy	I don't have or see this person
Your father	WB162Q01HA01	WB162Q01HA02	WB162Q01HA03	WB162Q01HA04	WB162Q01HA05
Your mother's partner	WB162Q02HA01	WB162Q02HA02	WB162Q02HA03	WB162Q02HA04	WB162Q02HA05
Your mother	WB162Q03HA01	WB162Q03HA02	WB162Q03HA03	WB162Q03HA04	WB162Q03HA05
Your father's partner	WB162Q04HA01	WB162Q04HA02	WB162Q04HA03	WB162Q04HA04	WB162Q04HA05
Your brother(s)	WB162Q05HA01	WB162Q05HA02	WB162Q05HA03	WB162Q05HA04	WB162Q05HA05
Your sister(s)	WB162Q06HA01	WB162Q06HA02	WB162Q06HA03	WB162Q06HA04	WB162Q06HA05
Your close friend(s)	WB162Q07HA01	WB162Q07HA02	WB162Q07HA03	WB162Q07HA04	WB162Q07HA05
Your teachers	WB162Q08HA01	WB162Q08HA02	WB162Q08HA03	WB162Q08HA04	WB162Q08HA05
Other family members	WB162Q09HA01	WB162Q09HA02	WB162Q09HA03	WB162Q09HA04	WB162Q09HA05

Thinking about your parents or guardians, how often do they do each of the following?

(Please select one response in each row.)

	Almost never	Sometimes	Almost always
Help me as much as I need	WB163Q01HA01	WB163Q01HA02	WB163Q01HA03
Let me do the things I like doing	WB163Q02HA01	WB163Q02HA02	WB163Q02HA03
Show that they care	WB163Q03HA01	WB163Q03HA02	WB163Q03HA03
Try to understand my problems and worries	WB163Q04HA01	WB163Q04HA02	WB163Q04HA03
Encourage me to make my own decisions	WB163Q05HA01	WB163Q05HA02	WB163Q05HA03
Try to control everything I do	WB163Q06HA01	WB163Q06HA02	WB163Q06HA03
Treat me like a baby	WB163Q07HA01	WB163Q07HA02	WB163Q07HA03
Make me feel better when I am upset	WB163Q08HA01	WB163Q08HA02	WB163Q08HA03

How often do you worry about how much money your family has?

(Please select one response.)

Never	WB164Q01HA01
Sometimes	WB164Q01HA02
Often	WB164Q01HA03
Always	WB164Q01HA04

When was the last time you attended a mathematics class at school?

(Please select one response.)

Today or yesterday	WB165Q01HA01
More than two days ago	WB165Q01HA02
More than seven days ago	WB165Q01HA03
I've never attended such a class	WB165Q01HA04

Rule: IF (^WB165Q01HA=04) THEN GOTO ^WB167 ELSE GOTO ^WB166
Message:

WB165R01

How did you feel the last time you attended a mathematics class at school?

(Please select one response in each row.)

	Not at all	A little	Quite a bit	Extremely
Bored	WB166Q01HA01	WB166Q01HA02	WB166Q01HA03	WB166Q01HA04
Challenged	WB166Q02HA01	WB166Q02HA02	WB166Q02HA03	WB166Q02HA04
Nervous or tense	WB166Q03HA01	WB166Q03HA02	WB166Q03HA03	WB166Q03HA04
Motivated or inspired	WB166Q04HA01	WB166Q04HA02	WB166Q04HA03	WB166Q04HA04

When was the last time you attended an English class at school?

(Please select one response.)

Today or yesterday	WB167Q01HA01
More than two days ago	WB167Q01HA02
More than seven days ago	WB167Q01HA03
I've never attended such a class	WB167Q01HA04

WB167

Rule: IF (^WB167Q01HA=04) THEN GOTO ^WB171 ELSE GOTO ^WB168
Message:

WB167R01

How did you feel the last time you attended an English class at school?

(Please select one response in each row.)

	Not at all	A little	Quite a bit	Extremely
Bored	WB168Q01HA01	WB168Q01HA02	WB168Q01HA03	WB168Q01HA04
Challenged	WB168Q02HA01	WB168Q02HA02	WB168Q02HA03	WB168Q02HA04
Nervous or tense	WB168Q03HA01	WB168Q03HA02	WB168Q03HA03	WB168Q03HA04
Motivated or inspired	WB168Q04HA01	WB168Q04HA02	WB168Q04HA03	WB168Q04HA04

Now think of the last time you <u>had a break between classes at school</u>. How did you feel?

(Please select one response in each row.)

	Not at all	A little	Quite a bit	Extremely
Happy	WB171Q01HA01 ○	WB171Q01HA02 ○	WB171Q01HA03 ○	WB171Q01HA04 ○
Lonely	WB171Q02HA01 ○	WB171Q02HA02 ○	WB171Q02HA03 ○	WB171Q02HA04 ○
Nervous or tense	WB171Q03HA01 ○	WB171Q03HA02 ○	WB171Q03HA03 ○	WB171Q03HA04 ○
Full of energy	WB171Q04HA01 ○	WB171Q04HA02 ○	WB171Q04HA03 ○	WB171Q04HA04 ○

When was the last time you spent time outside your home with your friends?

(Please select one response.)

Today	WB172Q01HA01
Yesterday	WB172Q01HA02
More than two days ago	WB172Q01HA03
More than seven days ago	WB172Q01HA04
I never spend time outside my home with my friends.	WB172Q01HA05

Rule: IF (^WB172Q01HA=05) THEN GOTO ^WB176 ELSE GOTO ^WB173
Message:

WB172R01

How did you feel the last time you spent time outside your home with your friends?

(Please select one response in each row.)

	Not at all	A little	Quite a bit	Extremely
Bored	WB173Q01HA01	WB173Q01HA02	WB173Q01HA03	WB173Q01HA04
Happy	WB173Q02HA01	WB173Q02HA02	WB173Q02HA03	WB173Q02HA04
Nervous or tense	WB173Q03HA01	WB173Q03HA02	WB173Q03HA03	WB173Q03HA04
Full of energy	WB173Q04HA01	WB173Q04HA02	WB173Q04HA03	WB173Q04HA04

When was the last time you did your homework/studied for school?

(Please select one response.)

Today	WB176Q01HA01
Yesterday	WB176Q01HA02
More than two days ago	WB176Q01HA03
More than seven days ago	WB176Q01HA04
I never do homework or study for school	WB176Q01HA05

Rule: IF (^WB176Q01HA=05) THEN GOTO ^WB032 ELSE GOTO ^WB177
Message:

WB176R01

How did you feel the last time you did your homework/studied for school?

(Please select one response in each row.)

	Not at all	A little	Quite a bit	Extremely
Bored	WB177Q01HA01	WB177Q01HA02	WB177Q01HA03	WB177Q01HA04
Challenged	WB177Q02HA01	WB177Q02HA02	WB177Q02HA03	WB177Q02HA04
Nervous or tense	WB177Q03HA01	WB177Q03HA02	WB177Q03HA03	WB177Q03HA04
Motivated or inspired	WB177Q04HA01	WB177Q04HA02	WB177Q04HA03	WB177Q04HA04

Outside of school, during the past 7 days, on how many days did you engage in the following physical activities?

(Please select one response from the drop-down menus to answer the question.)

Moderate physical activities for a total of at least 60 minutes per day (e.g. walking, climbing stairs, riding a bike to school)	WB032Q01NA01 Select... 0 days 1 day 2 days 3 days 4 days 5 days 6 days 7 days
Vigorous physical activities for at least 20 minutes per day that made you sweat and breathe hard (e.g. running, cycling, cardio training, soccer, netball, rugby/touch rugby)	WB032Q02NA01 Select... 0 days 1 day 2 days 3 days 4 days 5 days 6 days 7 days

WB032

This school year, on average, on how many days do you attend physical education classes each week?

(Please select from the drop-down menu to answer the question.)

WB031Q01NA01

- Select...
- 0 days
- 1 day
- 2 days
- 3 days
- 4 days
- 5 days
- 6 days
- 7 days

WB031

The following questions refer to your day yesterday.

(Please select one response in each row.)

	Yes	No
Overall, did you feel that you accomplished something yesterday?	WB178Q01HA01	WB178Q01HA02
Were you treated with respect all day yesterday?	WB178Q02HA01	WB178Q02HA02
Did you smile or laugh a lot yesterday?	WB178Q03HA01	WB178Q03HA02
Did you learn or do something interesting yesterday?	WB178Q04HA01	WB178Q04HA02
Did you have enough energy to get things done yesterday?	WB178Q05HA01	WB178Q05HA02
Overall, are you satisfied with how you spent your time yesterday?	WB178Q06HA01	WB178Q06HA02
Was yesterday a typical day?	WB178Q07HA01	WB178Q07HA02

WB178

Thank you very much for your co-operation in completing this questionnaire!

WBEnd01