

Global School-based Student Health Survey (GSHS)

# 2008 Montserrat GSHS Questionnaire

For more information:

[www.cdc.gov/gshs](http://www.cdc.gov/gshs) or  
[www.who.int/chp/gshs/en/](http://www.who.int/chp/gshs/en/)



## 2008 MONTSERRAT GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY

This survey is about your health and the things you do that may affect your health. Students like you all over your country are doing this survey. Students in many other countries around the world also are doing this survey. The information you give will be used to develop better health programs for young people like yourself.

DO NOT write your name on this survey or the answer sheet. The answers you give will be kept private. No one will know how you answer. Answer the questions based on what you really know or do. There are no right or wrong answers.

Completing the survey is voluntary. Your grade or mark in this class will not be affected whether or not you answer the questions. If you do not want to answer a question, just leave it blank.

Make sure to read every question. Fill in the circles on your answer sheet that match your answer. Use only the pencil you are given. When you are done, do what the person who is giving you the survey says to do.

Here is an example of how to fill in the circles:

Fill in the circles like this  Not like this  or 

Survey

1. Do fish live in water?
  - A. Yes
  - B. No

Answer sheet

1.        

Thank you very much for your help.

1. How old are you?
  - A. 11 years old or younger
  - B. 12 years old
  - C. 13 years old
  - D. 14 years old
  - E. 15 years old
  - F. 16 years old or older

2. What is your sex?
  - A. Male
  - B. Female

3. In what form are you?
  - A. Form 2
  - B. Form 3
  - C. Form 4
  - D. Form 5

**The next 2 questions ask about physical attacks. A physical attack occurs when one or more people hit or strike someone, or when one or more people hurt another person with a weapon (such as a stick, knife, or gun). It is not a physical attack when two students of about the same strength or power choose to fight each other.**

4. During the past 12 months, how many times were you physically attacked?
  - A. 0 times
  - B. 1 time
  - C. 2 or 3 times
  - D. 4 or 5 times
  - E. 6 or 7 times
  - F. 8 or 9 times
  - G. 10 or 11 times
  - H. 12 or more times

5. During the past 12 months, did your boyfriend or girlfriend ever hit, slap, or physically hurt you on purpose?
  - A. I have not had a boyfriend or girlfriend during the past 12 months
  - B. Yes
  - C. No

**The next question asks about sexual harassment. A man or a woman is sexually harassed when, against his/her will, he/she receives physical or verbal aggressions of a sexual nature.**

6. During the past 12 months, how many times were you sexually harassed?
  - A. 0 times
  - B. 1 time
  - C. 2 or 3 times
  - D. 4 or 5 times
  - E. 6 or 7 times
  - F. 8 or 9 times
  - G. 10 or 11 times
  - H. 12 or more times

**The next question asks about being physically forced to have sexual intercourse.**

7. Have you ever been physically forced to have sexual intercourse when you did not want to?
  - A. Yes
  - B. No

**The next question asks about physical fights. A physical fight occurs when two or more students of about the same strength or power choose to fight each other.**

8. During the past 12 months, how many times were you in a physical fight?
- A. 0 times
  - B. 1 time
  - C. 2 or 3 times
  - D. 4 or 5 times
  - E. 6 or 7 times
  - F. 8 or 9 times
  - G. 10 or 11 times
  - H. 12 or more times

**The next 5 questions ask about the most serious injury that happened to you during the past 12 months. An injury is serious when it makes you miss at least one full day of usual activities (such as school, sports, or a job) or requires treatment by a doctor or nurse.**

9. During the past 12 months, how many times were you seriously injured?
- A. 0 times
  - B. 1 time
  - C. 2 or 3 times
  - D. 4 or 5 times
  - E. 6 or 7 times
  - F. 8 or 9 times
  - G. 10 or 11 times
  - H. 12 or more times

10. During the past 12 months, **what were you doing** when the most serious injury happened to you?

- A. I was not seriously injured during the past 12 months
- B. Playing or training for a sport
- C. Walking or running, but not as part of playing or training for a sport
- D. Riding a bicycle
- E. Riding or driving in a car or other motor vehicle
- F. Doing any paid or unpaid work, including housework, yard work, or cooking
- G. Nothing
- H. Something else

11. During the past 12 months, **what was the major cause** of the most serious injury that happened to you?

- A. I was not seriously injured during the past 12 months
- B. I was in a motor vehicle accident or hit by a motor vehicle
- C. I fell
- D. Something fell on me or hit me
- E. I was fighting with someone
- F. I was attacked, assaulted, or abused by someone
- G. I was in a fire or too near a flame or something hot
- H. Something else caused my injury

12. During the past 12 months, **how** did the most serious injury happen to you?

- A. I was not seriously injured during the past 12 months
- B. I hurt myself by accident
- C. Someone else hurt me by accident
- D. I hurt myself on purpose
- E. Someone else hurt me on purpose

13. During the past 12 months, **what was** the most serious injury that happened to you?
- A. I was not seriously injured during the past 12 months
  - B. I had a broken bone or a dislocated joint
  - C. I had a cut, puncture, or stab wound
  - D. I had a concussion or other head or neck injury, was knocked out, or could not breathe
  - E. I had a gunshot wound
  - F. I had a bad burn
  - G. I lost all or part of a foot, leg, hand, or arm
  - H. Something else happened to me

**The next 2 questions ask about bullying. Bullying occurs when a student or group of students say or do bad and unpleasant things to another student. It is also bullying when a student is teased a lot in an unpleasant way or when a student is left out of things on purpose. It is not bullying when two students of about the same strength or power argue or fight or when teasing is done in a friendly and fun way.**

14. During the past 30 days, on how many days were you bullied?
- A. 0 days
  - B. 1 or 2 days
  - C. 3 to 5 days
  - D. 6 to 9 days
  - E. 10 to 19 days
  - F. 20 to 29 days
  - G. All 30 days

15. During the past 30 days, how were you bullied **most often**? SELECT ONLY ONE RESPONSE.
- A. I was not bullied during the past 30 days
  - B. I was hit, kicked, pushed, shoved around, or locked indoors
  - C. I was made fun of because of my race or color
  - D. I was made fun of because of my religion
  - E. I was made fun of with sexual jokes, comments, or gestures
  - F. I was left out of activities on purpose or completely ignored
  - G. I was made fun of because of how my body or face looks
  - H. I was bullied in some other way

**The next question asks about violent activities. Violence occurs when a person or a group of people attack other people or a group of people with insults, bullying, hits, assault, robbery, or rape.**

16. Do you belong to any violent group?
- A. Yes
  - B. No

**The next question asks about carrying a weapon.**

17. During the past 30 days, on how many days did you carry a weapon, such as a gun, knife, a piece of stick, a bat, scissors, ice-pick, or cutlass?
- A. 0 days
  - B. 1 day
  - C. 2 or 3 days
  - D. 4 or 5 days
  - E. 6 or more days

**The next 15 questions ask about your feelings and friendships.**

18. During the past 12 months, how often have you felt lonely?
- A. Never
  - B. Rarely
  - C. Sometimes
  - D. Most of the time
  - E. Always
19. During the past 12 months, how often have you been so worried about something that you could not sleep at night?
- A. Never
  - B. Rarely
  - C. Sometimes
  - D. Most of the time
  - E. Always
20. During the past 12 months, how often have you been so worried about something that you could not eat or did not have an appetite?
- A. Never
  - B. Rarely
  - C. Sometimes
  - D. Most of the time
  - E. Always
21. During the past 12 months, how often have you been so worried about something that you wanted to use alcohol or other drugs to feel better?
- A. Never
  - B. Rarely
  - C. Sometimes
  - D. Most of the time
  - E. Always
22. During the past 12 months, how often have you had a hard time staying focused on your homework or other things you had to do?
- A. Never
  - B. Rarely
  - C. Sometimes
  - D. Most of the time
  - E. Always
23. During the past 12 months, did you ever feel so sad or hopeless almost every day for **two weeks or more in a row** that you stopped doing your usual activities?
- A. Yes
  - B. No
24. At this point in time, do you feel like your future looks dark?
- A. Yes
  - B. No
25. During the past 12 months, did you ever **seriously** consider attempting suicide?
- A. Yes
  - B. No
26. During the past 12 months, did you make a plan about how you would attempt suicide?
- A. Yes
  - B. No
27. How many close friends do you have?
- A. 0
  - B. 1
  - C. 2
  - D. 3 or more

28. During the past 12 months, how many of your friends really knew what was going on in your life?
- A. I do not have any friends
  - B. 0
  - C. 1
  - D. 2
  - E. 3
  - F. 4 or more
29. During this school year, were you taught in any of your classes the signs of depression and suicidal behavior?
- A. Yes
  - B. No
  - C. I do not know
30. During this school year, were you taught in any of your classes what to do if a friend is thinking about suicide?
- A. Yes
  - B. No
  - C. I do not know
31. During this school year, were you taught in any of your classes how to handle stress in healthy ways?
- A. Yes
  - B. No
  - C. I do not know
32. During this school year, were you taught in any of your classes how to manage anger?
- A. Yes
  - B. No
  - C. I do not know

**The next 18 questions ask about drinking alcohol. This includes drinking vodka, Wray and Nephew, Smirnoff Ice, or Magnum. Drinking alcohol does not include drinking a few sips of wine for religious purposes.**

33. How old were you when you had your first drink of alcohol other than a few sips?
- A. I have never had a drink of alcohol other than a few sips
  - B. 7 years old or younger
  - C. 8 or 9 years old
  - D. 10 or 11 years old
  - E. 12 or 13 years old
  - F. 14 or 15 years old
  - G. 16 years old or older
34. Where were you the **first time** you had a drink of alcohol?
- A. I have never had a drink of alcohol
  - B. At home
  - C. At someone else's home
  - D. At school
  - E. Out on the street, in a park, or in some other open area
  - F. At a bar, pub, or disco
  - G. In a restaurant
  - H. Some other place
35. During your life, how many times did you drink so much alcohol that you were really drunk?
- A. 0 times
  - B. 1 or 2 times
  - C. 3 to 9 times
  - D. 10 or more times

36. During your life, how many times have you ever had a hang-over, felt sick, got into trouble with your family or friends, missed school, or got into fights, as a result of drinking alcohol?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 or more times

37. During the past 30 days, on how many days did you have at least one drink containing alcohol?

- A. 0 days
- B. 1 or 2 days
- C. 3 to 5 days
- D. 6 to 9 days
- E. 10 to 19 days
- F. 20 to 29 days
- G. All 30 days

38. During the past 30 days, on the days you drank alcohol, how many drinks did you **usually** drink per day?

- A. I did not drink alcohol during the past 30 days
- B. Less than one drink
- C. 1 drink
- D. 2 drinks
- E. 3 drinks
- F. 4 drinks
- G. 5 or more drinks

39. During the past 30 days, how did you **usually** get the alcohol you drank? **SELECT ONLY ONE RESPONSE.**

- A. I did not drink alcohol during the past 30 days
- B. I bought it in a store, shop, or from a street vendor
- C. I gave someone else money to buy it for me
- D. I got it from my friends
- E. I got it from home
- F. I stole it
- G. I got it some other way

40. Where were you the last time you had a drink of alcohol?

- A. I have never had a drink of alcohol
- B. At home
- C. At someone else's home
- D. At school
- E. Out on the street, in a park, or in some other open area
- F. At a bar, pub, or disco
- G. In a restaurant
- H. Some other place

41. With whom do you **usually** drink alcohol?

- A. I do not drink alcohol
- B. With my friends
- C. With my family
- D. With persons I have just met
- E. I usually drink alone

42. What type of alcohol do you usually drink? **SELECT ONLY ONE RESPONSE.**

- A. I do not drink alcohol
- B. Beer, lager, or stout
- C. Wine
- D. Spirits, such as rum, vodka, gin, or whiskey
- E. Smirnoff Ice
- F. Magnum
- G. Some other type

43. How difficult do you think it would be for you to get alcohol, such as vodka, Wray and Nephew, Smironoff Ice, or Magnum, if you wanted to?
- A. Impossible
  - B. Very difficult
  - C. Fairly difficult
  - D. Fairly easy
  - E. Very easy
  - F. I do not know
44. How many of your friends drink alcohol?
- A. None
  - B. A few
  - C. Some
  - D. Most
  - E. All
45. If one of your best friends offered you a drink of alcohol, would you drink it?
- A. Definitely not
  - B. Probably not
  - C. Probably yes
  - D. Definitely yes
46. Do your parents or guardians know that you drink alcohol?
- A. I do not drink alcohol
  - B. Yes
  - C. No
  - D. I do not know
47. Has anyone in your family discussed with you the harmful effect of drinking alcohol?
- A. Yes
  - B. No

**The next question asks about how often you saw alcohol advertisements on videos, in magazines, or on the internet or at movie theaters, sports events, or music concerts.**

48. During the past 30 days, how often did you see any alcohol advertisements?
- A. Never
  - B. Rarely
  - C. Sometimes
  - D. Almost daily
  - E. Daily
49. When you watch television, videos, or movies, how often do you see actors drinking alcohol?
- A. I never watch television, videos, or movies
  - B. Never
  - C. Rarely
  - D. Sometimes
  - E. Most of the time
  - F. Always
50. During this school year, were you taught in any of your classes the reasons why people drink alcohol?
- A. Yes
  - B. No
  - C. I do not know

**The next 4 questions ask about drugs.**

51. During your life, how many times have you used drugs, such as crack, crack-cocaine, ganja, weed, or marijuana?
- A. 0 times
  - B. 1 or 2 times
  - C. 3 to 9 times
  - D. 10 or more times

52. How old were you when you tried drugs, such as crack, crack-cocaine, ganja, weed, or marijuana, for the first time?

- A. I have never tried drugs, such as crack, crack-cocaine, ganja, weed, or marijuana
- B. 7 years old or younger
- C. 8 or 9 years old
- D. 10 or 11 years old
- E. 12 or 13 years old
- F. 14 or 15 years old
- G. 16 years old or older

53. Which one of the drugs listed below have you used most often? **SELECT ONLY ONE RESPONSE.**

- A. I have never used any of these drugs
- B. Marijuana (also called ganja or weed) or hashish
- C. Tranquilisers or sedatives, such as valium, without a doctor or nurse telling you to do so
- D. Amphetamines
- E. Methamphetamine
- F. Crack or other forms of cocaine
- G. Solvents or inhalants
- H. Some other drug

54. During the past 30 days, has anyone offered, sold, or given you a drug, such as crack, crack-cocaine, ganja, weed, or marijuana, **at school**?

- A. Yes
- B. No

**The next 2 questions ask about physical activity. Physical activity is any activity that increases your heart rate and makes you get out of breath some of the time. Physical activity can be done in sports, playing with friends, or walking to school. Some examples of physical activity are running, fast walking, biking, dancing, and football.**

**ADD UP ALL THE TIME YOU SPEND IN PHYSICAL ACTIVITY EACH DAY. DO NOT INCLUDE YOUR PHYSICAL EDUCATION OR GYM CLASS.**

55. During the past **7 days**, on how many days were you physically active for a total of at least 60 minutes per day?

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 days
- G. 6 days
- H. 7 days

56. During a **typical or usual** week, on how many days are you physically active for a total of at least 60 minutes per day?

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 days
- G. 6 days
- H. 7 days

**The next question asks about the time you spend mostly sitting when you are not in school or doing homework.**

57. How much time do you spend during a **typical or usual** day sitting and watching television, playing computer games, talking with friends, or doing other sitting activities, such as playing dominoes, draft, or gameboys?
- A. Less than 1 hour per day
  - B. 1 to 2 hours per day
  - C. 3 to 4 hours per day
  - D. 5 to 6 hours per day
  - E. 7 to 8 hours per day
  - F. More than 8 hours per day

**The next 2 questions ask about going to and coming home from school.**

58. During the past 7 days, on how many days did you walk or ride a bicycle to and from school?
- A. 0 days
  - B. 1 day
  - C. 2 days
  - D. 3 days
  - E. 4 days
  - F. 5 days
  - G. 6 days
  - H. 7 days
59. During the past 7 days, how long did it **usually** take for you to get to and from school each day?  
**ADD UP THE TIME YOU SPEND GOING TO AND COMING HOME FROM SCHOOL.**
- A. Less than 10 minutes per day
  - B. 10 to 19 minutes per day
  - C. 20 to 29 minutes per day
  - D. 30 to 39 minutes per day
  - E. 40 to 49 minutes per day
  - F. 50 to 59 minutes per day
  - G. 60 or more minutes per day

**The next question asks about physical education or gym class at school**

60. During this school year, on how many days did you go to physical education class each week?
- A. 0 days
  - B. 1 day
  - C. 2 days
  - D. 3 days
  - E. 4 days
  - F. 5 or more days

**The next question asks about preventing injury during physical activity.**

61. During this school year, were you taught in any of your classes about preventing injury during physical activity?
- A. Yes
  - B. No
  - C. I do not know

**The next 18 questions ask about your experiences at school and at home, as well as in your spiritual life.**

62. During the past 30 days, on how many days did you miss classes or school without permission?
- A. 0 days
  - B. 1 or 2 days
  - C. 3 to 5 days
  - D. 6 to 9 days
  - E. 10 or more days
63. During the past 30 days, how often were most of the students in your school kind and helpful?
- A. Never
  - B. Rarely
  - C. Sometimes
  - D. Most of the time
  - E. Always

64. During the past 30 days, how much did your teachers care about you?

- A. Not at all
- B. Very little
- C. Somewhat
- D. Quite a bit
- E. Very much

65. How happy are you to be at your school?

- A. Not at all
- B. Very little
- C. Somewhat
- D. Quite a bit
- E. Very much

66. How safe do you feel at your school?

- A. Not at all
- B. Very little
- C. Somewhat
- D. Quite a bit
- E. Very much

67. During the past 30 days, how often did your parents or guardians check to see if your homework was done?

- A. Never
- B. Rarely
- C. Sometimes
- D. Most of the time
- E. Always

68. During the past 30 days, how often did your parents or guardians understand your problems and worries?

- A. Never
- B. Rarely
- C. Sometimes
- D. Most of the time
- E. Always

69. During the past 30 days, how often did your parents or guardians **really** know what you were doing with your free time?

- A. Never
- B. Rarely
- C. Sometimes
- D. Most of the time
- E. Always

70. During the past 30 days, how often was your mother or female guardian warm and loving to you?

- A. Never
- B. Rarely
- C. Sometimes
- D. Most of the time
- E. Always

71. During the past 30 days, how often did you feel close to your mother or female guardian?

- A. Never
- B. Rarely
- C. Sometimes
- D. Most of the time
- E. Always

72. During the past 30 days, how often was your father or male guardian warm and loving to you?

- A. Never
- B. Rarely
- C. Sometimes
- D. Most of the time
- E. Always

73. During the past 30 days, how often did you feel close to your father or male guardian?

- A. Never
- B. Rarely
- C. Sometimes
- D. Most of the time
- E. Always

74. During the past 30 days, how much did your family care about you?

- A. Not at all
- B. Very little
- C. Somewhat
- D. Quite a bit
- E. Very much

75. During the past 30 days, how much did you and your family have fun together?

- A. Not at all
- B. Very little
- C. Somewhat
- D. Quite a bit
- E. Very much

76. Do you think of yourself as a religious or spiritual person?

- A. Yes
- B. No

77. During the past 12 months, how often did you pray?

- A. Once or more a day
- B. Once a week
- C. Once a month
- D. Less than once a month
- E. Never

78. How important is religion to you?

- A. Very important
- B. Fairly important
- C. Fairly unimportant
- D. Not important at all

79. During the past 30 days, how often did your teachers show any support or appreciation towards you at school?

- A. Never
- B. Rarely
- C. Sometimes
- D. Most of the time
- E. Always