

Global School-based Student Health Survey (GSHS)

2015 Seychelles GSHS Questionnaire

For more information:

www.cdc.gov/gshs or
www.who.int/chp/gshs/en/



2015 SEYCHELLES 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
 - G. 17 years old
 - H. 18 years old or older

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

3. In what grade/class/ standard are you?
 - A. S1
 - B. S2
 - C. S3
 - D. S4
 - E. S5

4. Which of your parents who you live with work for pay?
 - A. Only my father, stepfather, or mother's male partner
 - B. Only my mother, stepmother, or father's female partner
 - C. Both of my parents
 - D. Neither of my parents
 - E. I do not know

5. Do the parents you live with (father, stepfather, mother, or stepmother) own a car or pick up truck?
 - A. Yes
 - B. No

6. Do you have cable TV or Dish TV at your home?
 - A. Yes
 - B. No
 - C. I do not know

The next 8 questions ask about your height, weight, lunch, and going hungry.

7. How tall are you without your shoes on?
ON THE ANSWER SHEET, WRITE YOUR HEIGHT IN THE SHADED BOXES AT THE TOP OF THE GRID. THEN FILL IN THE OVAL BELOW EACH NUMBER.

Example

Height (cm)		
1	5	3
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<input type="radio"/>	<input checked="" type="radio"/>
	<input type="radio"/>	<input type="radio"/>
	<input checked="" type="radio"/>	<input type="radio"/>
	<input type="radio"/>	<input type="radio"/>
	<input type="radio"/>	<input type="radio"/>
	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	I do not know	

8. How much do you weigh without your shoes on?
ON THE ANSWER SHEET, WRITE YOUR WEIGHT IN THE SHADED BOXES AT THE TOP OF THE GRID. THEN FILL IN THE OVAL BELOW EACH NUMBER.

Example

Weight (kg)		
0	5	2
<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
	<input type="radio"/>	<input type="radio"/>
	<input type="radio"/>	<input type="radio"/>
	<input checked="" type="radio"/>	<input type="radio"/>
	<input type="radio"/>	<input type="radio"/>
	<input type="radio"/>	<input type="radio"/>
	<input type="radio"/>	<input type="radio"/>
	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	I do not know	

9. How do you describe your weight?
- A. Very underweight
 - B. Slightly underweight
 - C. About the right weight
 - D. Slightly overweight
 - E. Very overweight
10. Which of the following are you trying to do about your weight?
- A. I am **not trying to do anything** about my weight
 - B. **Lose** weight
 - C. **Gain** weight
 - D. **Stay** the same weight

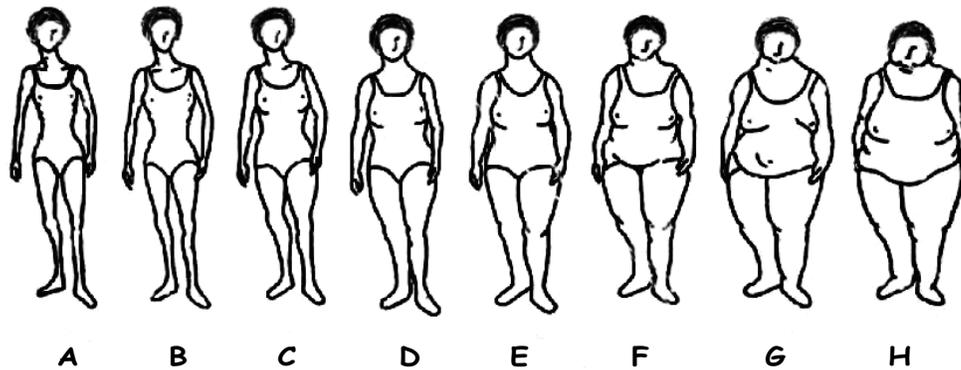
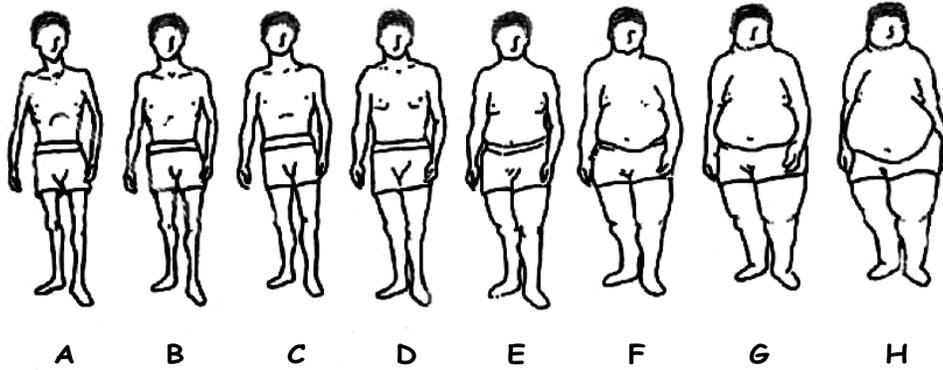
11. During the past 30 days, how often did you go hungry because there was not enough food in your home?
- A. Never
 - B. Rarely
 - C. Sometimes
 - D. Most of the time
 - E. Always
12. Where do you usually get your lunch on the days you are at school?
- A. I usually do not eat lunch on the days I am at school
 - B. I bring it from home
 - C. I get it in the school canteen or some other place in the school
 - D. I bring it from a take away outside school
 - E. Some other place

13. Choose the drawing that best reflects how you think you look.

- A. Drawing A
- B. Drawing B
- C. Drawing C
- D. Drawing D
- E. Drawing E
- F. Drawing F
- G. Drawing G
- H. Drawing H

14. Choose the drawing that best corresponds to how you would like to look.

- A. Drawing A
- B. Drawing B
- C. Drawing C
- D. Drawing D
- E. Drawing E
- F. Drawing F
- G. Drawing G
- H. Drawing H



The next 8 questions ask about what you might eat and drink.

15. During the past 30 days, how many times per day did you **usually** eat fruit, such as apples, oranges, bananas, avocados, mangoes, papayas, zanmalak, friser, karanbol, or any other local or imported fruits?
- A. I did not eat fruit during the past 30 days
 - B. Less than one time per day
 - C. 1 time per day
 - D. 2 times per day
 - E. 3 times per day
 - F. 4 times per day
 - G. 5 or more times per day
16. During the past 30 days, how many times per day did you **usually** eat vegetables, such as carrots, lettuce, tomato, cabbage, cucumber, kreson, bred, zariko, or any other local or imported vegetables?
- A. I did not eat vegetables during the past 30 days
 - B. Less than one time per day
 - C. 1 time per day
 - D. 2 times per day
 - E. 3 times per day
 - F. 4 times per day
 - G. 5 or more times per day
17. During the past 30 days, how many times per day did you **usually** drink carbonated soft drinks, such as Coke, Fanta, Sprite, Bitter Lemon, Cocktail, Pepsi, Mirenda, Yacinthe lemonade? (Do not include diet soft drinks.)
- A. I did not drink carbonated soft drinks during the past 30 days
 - B. Less than one time per day
 - C. 1 time per day
 - D. 2 times per day
 - E. 3 times per day
 - F. 4 times per day
 - G. 5 or more times per day

18. What type of soft drink do you drink most often?
- A. I do not drink soft drinks
 - B. Diet Coke (Coke without sugar)
 - C. Regular Coke
 - D. I prefer other types of soft drinks (such as Sprite, Bitter Lemon, lemonade, or Yacinthe lemonade)
19. During the past 30 days, how many glasses or small packets of fruit juice did you **usually** drink per day? (Do not include soft drinks or milk.)
- A. I did not drink a glass or small packet of fruit juice during the past 30 days
 - B. Less than one glass or small packet per day
 - C. 1 glass or small packet per day
 - D. 2 glasses or small packets per day
 - E. 3 glasses or small packets per day
 - F. 4 glasses or small packets per day
 - G. 5 or more glasses or small packets per day
20. During the past 30 days, how many glasses or small bottles of water did you usually drink per day?
- A. I did not drink a glass or small bottle of water during the past 30 days
 - B. Less than one glass or small bottle per day
 - C. 1 glass or small bottle per day
 - D. 2 glasses or small bottles per day
 - E. 3 glasses or small bottles per day
 - F. 4 glasses or small bottles per day
 - G. 5 or more glasses or small bottles per day
21. During the past 30 days, how many cups (“tas”) of tea did you usually drink per day?
- A. I did not drink a cup of tea during the past 30 days
 - B. Less than one cup per day
 - C. 1 cup per day
 - D. 2 cups per day
 - E. 3 cups per day
 - F. 4 cups per day
 - G. 5 or more cups per day

22. During the past 7 days, on how many days did you eat food from a fast food restaurant, such as butcher's grill, a pizzeria, or fast food caravan?

- 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 2 questions ask about the benefits of healthy eating and eating more fruits and vegetables.

23. During this school year, were you taught in any of your classes of the benefits of healthy eating?

- A. Yes
- B. No
- C. I do not know

24. During this school year, were you taught in any of your classes of the benefits of eating more fruits and vegetables?

- A. Yes
- B. No
- C. I do not know

The next question asks 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.

25. 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

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

26. 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 3 questions ask about serious injuries that happened to you. 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.

27. 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

28. 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 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 was poisoned or took too much of a drug
- H. Something else happened to me

29. 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 attacked or abused or was fighting with someone
- F. I was in a fire or too near a flame or something hot
- G. I inhaled or swallowed something bad for me
- H. Something else caused my injury

The next 3 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.

30. 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

31. During the past 30 days, how were you bullied **most often**?
- 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, nationality, 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 6 questions ask about your feelings and friendships. The term “suicide” means trying to kill yourself.

32. During the past 12 months, how often have you felt lonely?
- A. Never
 - B. Rarely
 - C. Sometimes
 - D. Most of the time
 - E. Always
33. 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
34. During the past 12 months, did you ever **seriously** consider attempting suicide?
- A. Yes
 - B. No

35. During the past 12 months, did you make a plan about how you would attempt suicide?
- A. Yes
 - B. No
36. During the past 12 months, how many times did you actually attempt suicide?
- A. 0 times
 - B. 1 time
 - C. 2 or 3 times
 - D. 4 or 5 times
 - E. 6 or more times
37. How many close friends do you have?
- A. 0
 - B. 1
 - C. 2
 - D. 3 or more

The next 6 questions ask about cigarette and other tobacco use.

38. How old were you when you first tried a cigarette?
- A. I have never smoked cigarettes
 - 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 or 17 years old
 - H. 18 years old or older

39. During the past 30 days, on how many days did you smoke cigarettes?
- 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
40. During the past 30 days, on how many days did you use any tobacco products other than cigarettes, such as snuff (“sike”)?
- 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
41. During the past 12 months, have you ever tried to stop smoking cigarettes?
- A. I have never smoked cigarettes
 - B. I did not smoke cigarettes during the past 12 months
 - C. Yes
 - D. No
42. During the past 7 days, on how many days have people smoked in your presence?
- A. 0 days
 - B. 1 or 2 days
 - C. 3 or 4 days
 - D. 5 or 6 days
 - E. All 7 days

43. Which of your parents or guardians use any form of tobacco?
- A. Neither
 - B. My father or male guardian
 - C. My mother or female guardian
 - D. Both
 - E. I do not know

The next 8 questions ask about drinking alcohol. This includes drinking beer, Guinness, wine, spirits (whiskey, rum, vodka, Takamaka, or Tropical), vermouth, Porto, Martini, Vodka Breezer, Bacardi Breezer, Red Ice, Black Ice, liquors, baka, kalu, or lapire. Drinking alcohol does not include drinking a few sips of wine for religious purposes. A “drink” is a glass of wine, a bottle of beer, a small glass of liquor, or a mixed drink.

44. 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 or 17 years old
 - H. 18 years old or older
45. 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

46. 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
47. 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. Imported spirits, such as whiskey, rum, vodka, or Old Brown Cherry
 - E. Locally made spirits such as Tropical, Takamaka, Smironoff, Black ice, or Island Magic
 - F. Baka, kalu, or lapire
 - G. Liquor such as brandy, Martini, Porto, or vermouth, or Irish Cream
 - H. Some other type
48. 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 my family
 - F. I stole it or got it without permission
 - G. I got it some other way

Staggering when walking, not being able to speak right, and throwing up are some signs of being really drunk.

49. 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
50. During your life, how many times have you 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
51. During this school year, were you taught in any of your classes the problems associated with drinking alcohol?
- A. Yes
 - B. No
 - C. I do not know

The next 4 questions ask about drug use. This includes using marijuana, amphetamines, cocaine, inhalants, lapay, steam, stuff, joint, tyalas, lapoud, sache, nof, and ecstasy.

52. How old were you when you first used drugs?
- A. I have never used drugs
 - 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 or 17 years old
 - H. 18 years old or older

53. During your life, how many times have you used marijuana (also called cannabis or hashish or staff, lapay, skunk, sensi, awia, staff durban))?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 or more times

54. During the past 30 days, how many times have you used marijuana (also called cannabis, hashish, staff, lapay, skunk, sensi, awia, or staff durban)?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 or more times

55. During your life, how many times have you used amphetamines or methamphetamines (also called speed or poppers)?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 or more times

56. Have you ever tried cocaine, heroin, lapoud, sache, nof, or ecstasy?

- A. Yes
- B. No
- C. I do not know

The next 8 questions ask about sexual intercourse and HIV/AIDS.

57. Have you ever had sexual intercourse?

- A. Yes
- B. No

58. How old were you when you had sexual intercourse for the first time?

- A. I have never had sexual intercourse
- B. 11 years old or younger
- C. 12 years old
- D. 13 years old
- E. 14 years old
- F. 15 years old
- G. 16 or 17 years old
- H. 18 years old or older

59. During your life, with how many people have you had sexual intercourse?

- A. I have never had sexual intercourse
- B. 1 person
- C. 2 people
- D. 3 people
- E. 4 people
- F. 5 people
- G. 6 or more people

60. The **last time** you had sexual intercourse, did you or your partner use a condom or kapot?

- A. I have never had sexual intercourse
- B. Yes
- C. No

61. The **last time** you had sexual intercourse, did you or your partner use any other method of birth control, such as withdrawal, rhythm (safe time), birth control pills, or any other method to prevent pregnancy?

- A. I have never had sexual intercourse
- B. Yes
- C. No
- D. I do not know

62. During this school year, were you taught in any of your classes how to avoid HIV infection or AIDS?

- A. Yes
- B. No
- C. I do not know

63. Have you ever been forced to have sexual intercourse when you did not want to?

- A. Yes
- B. No

64. If you have ever been forced to have sexual intercourse when you did not want to, was the person a family member?

- A. I have never been forced to have sexual intercourse
- B. Yes
- C. No

The next 3 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, football, basketball, and swimming.

65. During the past **7 days**, on how many days were you physically active for a total of at least 60 minutes per day? **ADD UP ALL THE TIME YOU SPENT IN ANY KIND OF PHYSICAL ACTIVITY EACH 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

66. During the past 7 days, on how many days did you walk or ride a bicycle to or 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

67. 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 4 questions ask about physical education, playing on sports teams, benefits of physical activity, and extracurricular activities.

68. During this school year, on how many days did you go to physical education (PE) class each week?

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 or more days

69. During the past 12 months, on how many sports teams did you play?
- A. 0 teams
 - B. 1 team
 - C. 2 teams
 - D. 3 or more teams
70. During the past 12 months, did you take part in any extracurricular activities that were related to physical activity such as basketball, football, hiking, swimming, or dancing?
- A. Yes
 - B. No
71. During this school year, were you taught in any of your classes the benefits of physical activity?
- A. Yes
 - B. No
 - C. I do not know

The next 4 questions ask about the time you spend mostly sitting when you are not in school or doing homework.

72. 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 watching DVD videos?
- 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

73. How many hours per day do you **usually** watch TV or videos on a typical weekday?
- A. I do not watch TV or videos on weekdays
 - B. Less than 1 hour per day
 - C. 1 to 2 hours per day
 - D. 2 to 3 hours per day
 - E. 4 to 5 hours per day
 - F. 6 or more hours per day
74. How many hours per day do you **usually** watch TV or videos on a typical weekend?
- A. I do not watch TV or videos on weekends
 - B. Less than 1 hour per day
 - C. 1 to 2 hours per day
 - D. 2 to 3 hours per day
 - E. 4 to 5 hours per day
 - F. 6 or more hours per day
75. How many hours per WEEK do you **usually** play computer games on your television, computer, Game Boy, X-box, Nintendo, or Playstation?
- A. I do not play computer games
 - B. Less than 1 hour per week
 - C. 1 to 3 hours per week
 - D. 4 to 6 hours per week
 - E. 7 to 9 hours per week
 - F. 10 or more hours per week

The next 6 questions ask about your experiences at school and at home.

76. 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

77. 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

78. 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

79. 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

80. 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

81. During the past 30 days, how often did your parents or guardians go through your things without your approval?

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

The next question asks about pocket money.

82. How much pocket money do you **usually** get every day?

- A. I do not receive any pocket money
- B. Less than 10 rupees per day
- C. 10 to 20 rupees per day
- D. 21 to 30 rupees per day
- E. 31 to 40 rupees per day
- F. 41 to 50 rupees per day
- G. More than 50 rupees per day