

Global School-based Student Health Survey (GSHS)

Uganda 2003 GSHS Questionnaire

For more information:

www.cdc.gov/gshs or

www.who.int/school_youth_health/gshs



2003 UGANDA 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.

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 tells you 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. ☒ (B) (C) (D) (E) (F) (G) (H)

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 class are you?

- A. S 1
- B. S 2
- C. S 3

4. Where do the students or pupils who attend your school live?

- A. At school
- B. At home or somewhere else
- C. Both at school and at home or somewhere else

5. Who attends your school?

- A. Boys only
- B. Girls only
- C. Both boys and girls

The next 3 questions ask about your height, weight, and going hungry.

6. 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 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"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	I do not know	

7. 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 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"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	I do not know	

8. 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

The next 3 questions ask about foods you might eat.

9. During the past 30 days, how many times per day did you **usually** eat fruit, such as ripe bananas, mangoes, oranges, guavas, avocado, or pawpaw?
- 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
10. During the past 30 days, how many times per day did you **usually** eat vegetables, such as dodo, gobe, ntula, sekuma wiki, buga, or nakati?
- 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
11. During the past 30 days, how many times per day did you **usually** eat food containing animal protein, such as milk, eggs, meat, fish, or chicken?
- A. I did not eat food containing animal protein during the past 30 days
 - B. Less than 1 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

The next 3 questions ask about meals you might have eaten.

12. During the past 30 days, how often did you eat breakfast?
- A. Never
 - B. Rarely
 - C. Sometimes
 - D. Most of the time
 - E. Always
13. During the past 30 days, how often was breakfast offered to you at school?
- A. Never
 - B. Rarely
 - C. Sometimes
 - D. Most of the time
 - E. Always
14. During the past 30 days, how often was lunch offered to you at school?
- A. Never
 - B. Rarely
 - C. Sometimes
 - D. Most of the time
 - E. Always

The next 6 questions ask about cleaning your teeth and washing your hands.

15. During the past 30 days, how many times per day did you **usually** clean or brush your teeth?
- A. I did not clean or brush my teeth during the past 30 days
 - B. 1 time per day
 - C. 2 times per day
 - D. 3 times per day
 - E. 4 or more times per day

16. During the past 30 days, how often did you wash your hands before eating?
- A. Never
 - B. Rarely
 - C. Sometimes
 - D. Most of the time
 - E. Always
17. During the past 30 days, how often did you wash your hands after using the toilet or latrine?
- A. Never
 - B. Rarely
 - C. Sometimes
 - D. Most of the time
 - E. Always
18. During the past 30 days, how often did you use soap when washing your hands?
- A. Never
 - B. Rarely
 - C. Sometimes
 - D. Most of the time
 - E. Always
19. Is there a place for you to wash your hands after using the toilet or latrine at school?
- A. Yes
 - B. No
20. Is it fashionable and right to have long finger nails?
- 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 pupils or students of about the same strength or power choose to fight each other.

21. 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 or more students of about the same strength or power choose to fight each other.

22. 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.

23. 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

24. 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 or scooter
- 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

25. 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

26. 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
27. 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.

28. 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

29. 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 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 2 questions ask about other violence-related topics.

30. Have you ever been physically forced to have sexual intercourse when you did not want to?
- A. Yes
 - B. No
31. During the past 12 months, have you been physically forced to have sexual intercourse when you did not want to?
- A. Yes
 - B. No

The next 8 questions ask about your feelings and friendships.

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 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

35. During the past 12 months, did you ever seriously consider attempting suicide?

- A. Yes
- B. No

36. During the past 12 months, did you make a plan about how you would attempt suicide?

- A. Yes
- B. No

37. How many close friends do you have?

- A. 0
- B. 1
- C. 2
- D. 3 or more

38. During the past 12 months, how often have you been so worried about something that you wanted to use alcohol or drugs to feel better?

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

39. 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

The next 11 questions ask about cigarette and other tobacco use.

40. 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 years old or older

41. 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

42. During the past 30 days, on how many days did you use any other form of tobacco, such as pipe smoking or cigar smoking?

- 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

43. During the past 30 days, on the days you smoked, how many cigarettes did you **usually** smoke?

- A. I did not smoke cigarettes during the past 30 days
- B. Less than 1 cigarette per day
- C. 1 cigarette per day
- D. 2 to 5 cigarettes per day
- E. 6 to 10 cigarettes per day
- F. 11 to 20 cigarettes per day
- G. More than 20 cigarettes per day

44. During the past 30 days, how did you **usually** get your own cigarettes? **SELECT ONLY ONE RESPONSE.**

- A. I did not smoke cigarettes during the past 30 days
- B. I bought them in a store, shop, or from a street vendor
- C. I bought them from a vending machine
- D. I gave someone else money to buy them for me
- E. I borrowed them from someone else
- F. I stole them
- G. An older person gave them to me
- H. I got them some other way

45. Where do you **usually** smoke? **SELECT ONLY ONE RESPONSE.**

- A. I have never smoked cigarettes
- B. At home
- C. At school
- D. At work
- E. At friends' houses
- F. At social events
- G. In public spaces, such as parks, shopping centres, and street corners
- H. Other

46. Do you ever have a cigarette or feel like having a cigarette first thing in the morning?

- A. I have never smoked cigarettes
- B. I no longer smoke cigarettes
- C. No, I do not have or feel like having a cigarette first thing in the morning
- D. Yes, I sometimes have or feel like having a cigarette first thing in the morning
- E. Yes, I always have or feel like having a cigarette first thing in the morning

47. In a usual month, how much pocket money do you get?

- A. I do not receive any pocket money
- B. Less than 2000/=
- C. 2001/= to 10,000/=
- D. 10,001/= to 20,000/=
- E. 20,001/= to 40,000/=
- F. 40,001/= to 60,000/=
- G. More than 60,000/=

48. 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

49. 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 to 4 days
- D. 5 to 6 days
- E. All 7 days

50. 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 11 questions ask about drinking alcohol. This includes drinking Tonto, Mwenge, crude, Waragi, Kasese, Lira lira, Uganda Waragi, Whisky, Bond 7, Tyson, Malwa, Kwete, Komek, Bell Beer, Special, Pilsener, Club, Chairman (ESB), Eagle, and Citizen. Drinking alcohol does not include drinking a few sips of church wine for religious purposes.

51. 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

52. 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

53. 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

54. 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 made it myself
- H. I got it some other way

55. 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

56. 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. Local spirits such as Kasese or Lira lira
- E. Distilled spirits such as Whisky or Uganda Waragi
- F. Local brews such as Tonto, Malwa, or Kwete
- G. Some other type

57. 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

58. 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

59. 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

60. Which of your parents or guardians drink alcohol?

- A. Neither
- B. My father or male guardian
- C. My mother or female guardian
- D. Both
- E. I do not know

61. How many of your friends drink alcohol?

- A. None
- B. A few
- C. Some
- D. Most
- E. All

The next question asks about drugs.

62 During your life, how many times have you used drugs, such as marijuana (njaga or bangi) or opium (njaye) or sniffed aviation fuel?

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

The next 17 questions ask about sexual intercourse.

63. Have you ever had sexual intercourse?

- A. Yes
- B. No

64. 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 years old or older

65. Who or what influenced you to have sex for the first time?

- A. I have never had sexual intercourse
- B. Friends
- C. Brothers or sisters
- D. Aunts or uncles
- E. A video or television
- F. Someone or something else

66. 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

67. With whom have you had sexual intercourse?

- A. I have never had sexual intercourse
- B. Females only
- C. Males only
- D. Both females and males

68. What is the **main** reason you have not had sexual intercourse?

- A. I have had sexual intercourse
- B. I want to wait until I am older
- C. I want to wait until I am married
- D. I do not want to risk getting pregnant
- E. I do not want to risk getting a sexually transmitted infection such as HIV or AIDS
- F. I have not had a chance to have sex or met anyone I wanted to have sex with
- G. It is against my religious values
- H. Some other reason

69. During the past 12 months, have you had sexual intercourse?

- A. Yes
- B. No

70. During the past 12 months, with how many people have you had sexual intercourse?

- A. I have never had sexual intercourse
- B. I have had sexual intercourse, but not during the past 12 months
- C. 1 person
- D. 2 people
- E. 3 people
- F. 4 people
- G. 5 people
- H. 6 or more people

71. During the past 12 months, how many times did you have sexual intercourse?

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 to 9 times
- E. 10 to 29 times
- F. 30 or more times

72. During the past 12 months, how often did you or your partner use any method of birth control?

- A. I have never had sexual intercourse
- B. I have had sexual intercourse, but not during the past 12 months
- C. Never
- D. Rarely
- E. Sometimes
- F. Most of the time
- G. Always

73. During the past 12 months, what **one** method did you or your partner use most often to prevent pregnancy? SELECT ONLY ONE RESPONSE.

- A. I have never had sexual intercourse
- B. I have had sexual intercourse, but not during the past 12 months
- C. Traditional and or natural methods such as douches, coitus interruptus, coitus interfemora, Calendar or rhythm, cervical mucus, or basal body temperature
- D. Vaginal barriers such as diaphragms, cervical caps, contraceptive sponges, or spermicides
- E. Injectable contraceptives
- F. Oral birth control pills
- G. Condoms
- H. Some other method

74. During the past 12 months, what was the **main** reason you did not use birth control every time you had sexual intercourse?

- A. I have never had sexual intercourse
- B. I have had sexual intercourse, but not during the past 12 months
- C. I always use birth control when I have sexual intercourse
- D. I want or my partner wants to have a baby
- E. Having sex is unexpected, there is no time to prepare
- F. My partner does not want to use birth control
- G. I thought it was bad or wrong to use birth control
- H. Some other reason

75. During the past 12 months, how often did you or your partner use a condom when you had sexual intercourse?

- A. I have never had sexual intercourse
- B. I have had sexual intercourse, but not during the past 12 months
- C. Never
- D. Rarely
- E. Sometimes
- F. Most of the time
- G. Always

76. During the past 12 months, what was the **main** reason you did not use a condom every time you had sexual intercourse?

- A. I have never had sexual intercourse
- B. I have had sexual intercourse, but not during the past 12 months
- C. I always use a condom when I have sexual intercourse
- D. I want or my partner wants to have a baby
- E. Having sex is unexpected, there is no time to prepare
- F. My partner does not want to use a condom
- G. I thought it was bad or wrong to use condoms
- H. Some other reason

77. If you wanted to get a condom, how would you most likely get it?

- A. I would get it in a store or shop or from a street vendor
- B. I would get it from a pharmacy, clinic, or hospital
- C. I would give some one else money to buy it for me
- D. I would get it from school staff
- E. I would get it some other way
- F. I do not know

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

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

79. Did you drink alcohol or use other drugs before you had sexual intercourse the **last time**?

- A. I have never had sexual intercourse
- B. Yes
- C. 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, football, volley ball, cricket, and swimming.

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

80. 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

81. 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.

82. 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 cards or mweso or reading novels?

- 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.

83. 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

84. 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 2 questions ask about other physical activity related topics.

85. During the past 7 days, on how many days did you do exercises to strengthen or tone your muscles, such as push-ups, sit-ups, or weight lifting?

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

86. How do you feel after physical activity?

- A. I do not do any physical activity
- B. Tired
- C. Refreshed and happy
- D. Some other feeling

The next 7 questions ask about your experiences at school and at home.

87. 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

88. During the past 30 days, what **one** reason caused you to miss classes or school without permission most often?

- A. I did not miss classes or school during the past 30 days
- B. I did not have fees for school
- C. I had to stay at home
- D. I had to go to work at a job
- E. I was sick
- F. I had family problems, such as a lost relative
- G. Some other reason

89. 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

90. 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

91. 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

92. 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

93. When you have problem, who do you share your problems with?

- A. No one
- B. My parents or guardians
- C. My brothers or sisters
- D. My friends
- E. Other relatives
- F. Someone else

THIS IS THE END OF QUESTIONNAIRE.

THANK YOU