

Global School-based Student Health Survey (GSHS)

2016 Lebanon GSHS Questionnaire

For more information:

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



2016 LEBANON 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 are you?

- A. Grade 7
- B. Grade 8
- C. Grade 9
- D. Grade 10
- E. Grade 11
- F. Grade 12

4. What is your nationality?

- A. Lebanese
- B. Syrian
- C. Palestinian
- D. Some other nationality

The next 5 questions ask about your height, weight, and going hungry.

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

6. 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	

7. How do you describe your weight compared to other boys or girls your age?
- Very underweight
 - Slightly underweight
 - About the right weight
 - Slightly overweight
 - Very overweight
8. During the past 30 days, did you **take any diet pills, powders, or liquids** without a doctor's advice to lose weight or to keep from gaining weight?
- Yes
 - No

9. During the past 30 days, how often did you go hungry because there was not enough food in your home?
- Never
 - Rarely
 - Sometimes
 - Most of the time
 - Always

The next 5 questions ask about what you might eat and drink.

10. During the past 30 days, how many times per day did you **usually** eat fruit, such as apples, bananas, or oranges?
- I did not eat fruit during the past 30 days
 - Less than one time per day
 - 1 time per day
 - 2 times per day
 - 3 times per day
 - 4 times per day
 - 5 or more times per day
11. During the past 30 days, how many times per day did you **usually** eat vegetables, such as salad, spinach, eggplant, tomatoes, or cucumbers?
- I did not eat vegetables during the past 30 days
 - Less than one time per day
 - 1 time per day
 - 2 times per day
 - 3 times per day
 - 4 times per day
 - 5 or more times per day

12. During the past 30 days, how many times per day did you **usually** drink carbonated soft drinks, such as Pepsi, Coca Cola, Fanta, or 7-Up? (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

13. During the past 7 days, on how many days did you eat food from a fast food restaurant, such as hamburger, shawarma, falafel, pizza, or mnakish?

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

14. During the past 12 months, were you taught in any of your classes the benefits of healthy eating?

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

The next 4 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. Less than 1 time per day
- C. 1 time per day
- D. 2 times per day
- E. 3 times per day
- F. 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. During the past 12 months, were you taught in any of your classes the importance of hand washing with soap and water?

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

The next question asks about oral health.

20. During the past 12 months, what was the **main reason** for your visit to the dentist?

- A. I have not been to the dentist during the past 12 months
- B. Something was wrong with my teeth or gums
- C. For follow-up treatment from an earlier visit
- D. As part of a dental check-up or exam at school
- E. As part of a dental check-up or exam outside of school
- F. Some other reason
- G. I do not know

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.

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

22. During the past 12 months, did your teacher ever hit, slap, or physically hurt you on purpose?

- A. Yes
- B. No

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.

23. 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.

24. 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

25. 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

26. 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 4 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.

27. 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

28. 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

29. During the past 30 days, how did you bully others **most often**, whether alone or as part of a group?

- A. I did not bully anyone during the past 30 days
- B. I hit, kicked, pushed, or shoved around others or locked others indoors
- C. I made fun of others because of their race, nationality, or color
- D. I made fun of others because of their religion
- E. I made fun of others with sexual jokes, comments, or gestures
- F. I completely ignored others or left them out of activities on purpose
- G. I made fun of others because of their body, their face, or the way they looked
- H. I bullied others in some other way

30. During the past 30 days, how often were you teased in a mean way or called hurtful names?

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

The next question asks about seat belt use.

31. During the past 30 days, how often did you use a seat belt when riding in a car or other motor vehicle driven by someone else?

- A. I did not ride in a motor vehicle driven by someone else
- B. Never
- C. Rarely
- D. Sometimes
- E. Most of the time
- F. Always

The next 7 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 **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

38. During the past 12 months, who did you talk with **most often** about a mental health problem you were having? **SELECT ONLY ONE RESPONSE.**

- A. I did not have a mental health problem during the past 12 months
- B. I did not talk with anyone about a mental health problem I was having during the past 12 months
- C. My friends
- D. My parents
- E. A religious leader
- F. A social worker, counselor, or psychologist
- G. A doctor or nurse
- H. Someone else

The next 10 questions ask about cigarette and other tobacco use.

39. 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

40. 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

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. During the past 30 days, on how many days did you use any tobacco products other than cigarettes, such as a narghile or waterpipe?

- 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

44. How old were you when you first tried a narghile or waterpipe?

- A. I have never tried a narghile or waterpipe
- 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 smoke a Medwakh or smoking pipe?

- 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. 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

47. Do you think cigarette smoking is harmful to your health?

- A. Definitely not
- B. Probably not
- C. Probably yes
- D. Definitely yes

48. Do you think smoking a narghile or waterpipe is harmful to your health?

- A. Definitely not
- B. Probably not
- C. Probably yes
- D. Definitely yes

The next 8 questions ask about drinking alcohol. This includes drinking beer, arak, whiskey, wine, vodka, and juices that contain alcohol (Smirnoff ice, Barcardi breeze, XLL, or Buzz). 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.

49. 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

50. 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

51. 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
52. 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
53. 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

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

54. 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
55. 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
56. During the past 12 months, 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 8 questions ask about drug use. This includes using marijuana, amphetamines, cocaine, and inhalants.

57. 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

58. During your life, how many times have you used marijuana (also called hash or hashish)?

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

59. During the past 30 days, how many times have you used marijuana (also called hash or hashish)?

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

60. During your life, how many times have you used amphetamines or methamphetamines (also called Captagon, MDMA (Ecstasy), Adderall, Ritalin, Concerta, Ephedrine, Bupropion, or Pseudoephedrine)?

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

61. During past 12 months, have you ever had a **chance** to try an illegal drug (such as someone offered you drugs or you were with other people who were using drugs), even if you did not try it?

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

62. During the past 12 months, which of these drugs did you use **most often** without a doctor's prescription or differently than how a doctor told you to use it? **SELECT ONLY ONE RESPONSE.**

- A. I did not use a drug without a doctor's prescription or differently than how a doctor told me to use it during the past 12 months
- B. Sedatives, tranquilizers, or sleeping pills (such as Xanax, Rivotril, Rivo, Lexotanil, Lexo, Valium, Dormicum, Stilnox, or Inductal)
- C. Pain relievers (such as Vicodin, Tramal, Dolosal, Solpadeine, or morphine)
- D. Stimulants (such as Ritalin or Concerta)
- E. Anti-depressants (such as Prozac, Zoloft, Seroxat, Cipralext, or Effexor)
- F. Some other drug

63. During the past 12 months, how did you **usually** get the drug you used most often without a doctor's prescription or differently than how a doctor told you to use it?

- A. I did not use a drug without a doctor's prescription or differently than how a doctor told me to use it during the past 12 months
- B. I took it from home
- C. A family member gave it to me
- D. A friend gave it to me for free
- E. I bought it from a friend
- F. I bought it from a pharmacy
- G. A doctor gave it to me
- H. I got it some other way

64. During the past 12 months, were you taught in any of your classes the problems associated with using drugs?

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

The next 9 questions ask about education on reproductive health including physical changes that occur during adolescence (which is called puberty), pregnancy, sexually transmitted infections, and HIV infection or AIDS.

65. When do you think education on reproductive health should start?
- A. Before the age of puberty
 - B. During the age of puberty
 - C. When one is getting ready for marriage
 - D. At marriage
 - E. I do not know
66. Would you support being taught about reproductive health in school?
- A. Yes
 - B. No
 - C. I do not know
67. Should education about reproduction be taught in “boys only” or “girls only” classes or in classes with both boys and girls?
- A. Boys only and girls only classes
 - B. Classes with both boys and girls
 - C. I do not know
68. Have you ever heard of HIV infection or the disease called AIDS?
- A. Yes
 - B. No
69. Where do you look **most often** for information about HIV infection or AIDS? **SELECT ONLY ONE RESPONSE.**
- A. I do not look for information about HIV infection or AIDS
 - B. To my parents or guardians
 - C. To my teachers at school
 - D. To my friends or peers
 - E. To the Internet or social media
 - F. To magazines
 - G. To the TV or radio
 - H. Some other place
70. Have you ever talked about HIV infection or AIDS with your parents or guardians?
- A. Yes
 - B. No
71. How many of your friends have had intimate physical relationships?
- A. None of them
 - B. A few of them
 - C. Most of them
 - D. All of them
 - E. I do not know
72. How old were you when you had intimate physical relationships for the first time?
- A. I have never had intimate physical relationships
 - 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 year old or older

73. Have you ever said **no** to someone who wanted to have intimate physical relationships with you?

- A. No, I was never asked
- B. Yes, I was asked and **was able** to say **no**
- C. Yes, I was asked and I **was not able** to say **no**
- D. I do not know

The next 2 questions asks about what you have been taught in school.

74. During the past 12 months, were you taught in any of your classes how to avoid HIV infection or AIDS?

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

75. During the past 12 months, were you taught in any of your classes how to avoid pregnancy or sexually transmitted infections?

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

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, and basketball.

76. 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

77. 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

78. 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

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

79. 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 with a PC or video games, playing on an Ipad or other tablet, or chatting with your friends on the phone.

- 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 question asks about your sleep.

80. On an average school night, how many hours of sleep do you get?

- A. 4 or less hours
- B. 5 hours
- C. 6 hours
- D. 7 hours
- E. 8 hours
- F. 9 hours
- G. 10 or more hours

The next 8 questions ask about your experiences at school and at home.

81. 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

82. 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

83. 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

84. 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

85. 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

86. 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

87. During the past 30 days, how often did your parents or guardians embarrass you in public or in front of your friends?

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

88. During the past 30 days, how often did your parents or guardians give you attention and listen to you?

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