

The WISE Project

Wellbeing in Secondary Education



Student Questionnaire

There are no right or wrong answers to these questions. If you do not want to answer a question you do not have to, just leave it blank and go on to the next one.

PART I: School staff and you

Thinking about your life in school right now, please answer these questions.

1. In the past school year, how often have you gone to a teacher to help you out with a personal or social problem? Please tick one

- | | | |
|----------------------------|--------------------------|---------------------------------|
| Never | <input type="checkbox"/> | Please go to question 3. |
| Once or twice | <input type="checkbox"/> | |
| Once a term | <input type="checkbox"/> | |
| Once a month | <input type="checkbox"/> | |
| More than once a month | <input type="checkbox"/> | |
| I haven't had any problems | <input type="checkbox"/> | Please go to question 4. |

2. If you have gone to a teacher for this sort of help, how helpful were they? Please tick one

- | | |
|--------------------|--------------------------|
| Not at all helpful | <input type="checkbox"/> |
| They helped | <input type="checkbox"/> |
| They helped a lot | <input type="checkbox"/> |

3. In the past year, how often have you wanted to go to a teacher in school to help you out with a personal or social problem, but have not felt able to? Please tick one

- | | |
|----------------------------|--------------------------|
| Never | <input type="checkbox"/> |
| Once or twice | <input type="checkbox"/> |
| Once a term | <input type="checkbox"/> |
| Once a month | <input type="checkbox"/> |
| More than once a month | <input type="checkbox"/> |
| I haven't had any problems | <input type="checkbox"/> |

Please rate how much you agree with the following statements:

4. This school cares about student wellbeing

- | | |
|-------------------|--------------------------|
| Strongly agree | <input type="checkbox"/> |
| Agree | <input type="checkbox"/> |
| Disagree | <input type="checkbox"/> |
| Strongly disagree | <input type="checkbox"/> |

5. Teachers and students generally have good relationships in this school

- | | |
|-------------------|--------------------------|
| Strongly agree | <input type="checkbox"/> |
| Agree | <input type="checkbox"/> |
| Disagree | <input type="checkbox"/> |
| Strongly disagree | <input type="checkbox"/> |

6. At my school, teachers care about students

- Strongly agree
- Agree
- Disagree
- Strongly disagree

7. Teachers at my school listen to the students

- Strongly agree
- Agree
- Disagree
- Strongly disagree

8. My teachers are there for me when I need them

- Strongly agree
- Agree
- Disagree
- Strongly disagree

9. Most teachers at my school are interested in me as a person, not just as a student

- Strongly agree
- Agree
- Disagree
- Strongly disagree

PLEASE GO TO PART II on the next page

PART II: Your Emotional Health and Wellbeing

QUESTION A

Below are some statements about feelings and thoughts. Please tick the box that best describes your experience of each over the last **2 weeks**

	STATEMENTS	None of the time	Rarely	Some of the time	Often	All of the time
1	I've been feeling optimistic about the future	1	2	3	4	5
2	I've been feeling useful	1	2	3	4	5
3	I've been feeling relaxed	1	2	3	4	5
4	I've been feeling interested in other people	1	2	3	4	5
5	I've had energy to spare	1	2	3	4	5
6	I've been dealing with problems well	1	2	3	4	5
7	I've been thinking clearly	1	2	3	4	5
8	I've been feeling good about myself	1	2	3	4	5
9	I've been feeling close to other people	1	2	3	4	5
10	I've been feeling confident	1	2	3	4	5
11	I've been able to make up my own mind about things	1	2	3	4	5
12	I've been feeling loved	1	2	3	4	5
13	I've been interested in new things	1	2	3	4	5
14	I've been feeling cheerful	1	2	3	4	5

Warwick-Edinburgh Mental Well-Being Scale (WEMWBS)

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QUESTION B

For each item, please mark the box for Not True, Somewhat True or Certainly True. It would help us if you answered all items as best you can even if you are not absolutely certain or the item seems daft! Please give your answers on the basis of how things have been for you over the **last six months**

	STATEMENTS	Not True	Somewhat True	Certainly True
1	I try to be nice to other people. I care about their feelings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	I am restless, I cannot stay still for long	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	I get a lot of headaches, stomach-aches or sickness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	I usually share with others (food, games, pens etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5	I get very angry and often lose my temper	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6	I am usually on my own. I generally play alone or keep to myself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7	I usually do as I am told	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8	I worry a lot	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9	I am helpful if someone is hurt, upset or feeling ill	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10	I am constantly fidgeting or squirming	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11	I have one good friend or more	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12	I fight a lot. I can make other people do what I want	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13	I am often unhappy, down-hearted or tearful	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14	Other people my age generally like me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15	I am easily distracted, I find it difficult to concentrate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16	I am nervous in new situations. I easily lose confidence	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17	I am kind to younger children	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18	I am often accused of lying or cheating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19	Other children or young people pick on me or bully me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20	I often volunteer to help others (parents, teachers, children)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21	I think before I do things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22	I take things that are not mine from home, school or elsewhere	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- | | | | | |
|----|---|--------------------------|--------------------------|--------------------------|
| 23 | I get on better with adults than with people my own age | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 24 | I have many fears, I am easily scared | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 25 | I finish the work I'm doing. My attention is good | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Strengths and Difficulties Questionnaire. © Robert Goodman, 2005

PART III: A bit about you

Finally we'd like to know a bit more about you. We will not be able to tell who you are ; this information.

1) Are you? Please tick one

- Male
Female

2) Do you have free school meals? Please tick one

- Yes
No

3) What is your ethnic group? Please tick one

- White
Mixed
Asian or Asian British
Black or Black British
Chinese or other ethnic group

Thanks very much for your help!

Remember, if you would like to talk to someone about how you are feeling or any problems you have, you can use the list of websites and helplines that you have been given.