

# HOW YOU FEEL ABOUT YOUR HEALTH

This booklet asks some questions about your health and how it affects your daily life. The questions are about things that other children have said are important to them.

Below is an **example** of how to answer the questions.

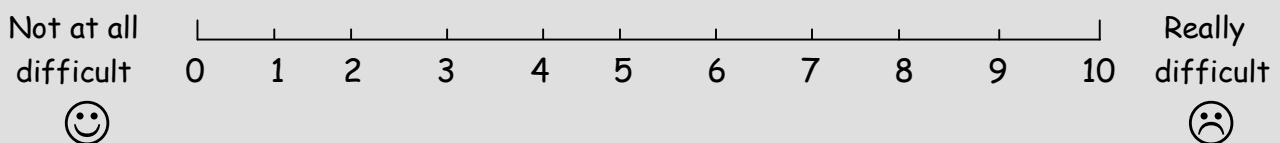
## In the past week...

how often have you been made to go to bed earlier than you wanted to?

- Not at all
- A few days
- Most days
- Every day

For this part of the question tick **ONE** box which best applies to you. So if you have not been allowed to stay up as late as you like every day in the last week - tick the last box.

On the scale from 0 to 10 shown below, please draw a cross on the line to show how much in the past week, being made to go to bed earlier than you wanted to has made life difficult for you?



For this part of the question put a cross on the line which best marks how you feel. You can put a cross anywhere on the line. So if you feel that not being able to stay up as late as you like in the last week has made your life a bit difficult you might put a cross between the number 2 and the number 3.

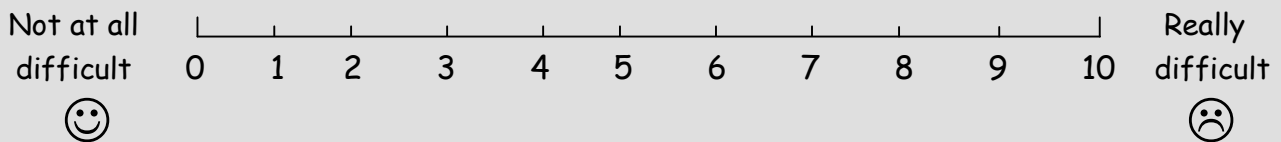
- Some of the questions have two parts like the one above, some questions just ask you to put a cross on the scale.
- Please try and answer all of the questions if you can.
- This is not a test, there are no right or wrong answers.

## In the past week...

1. how often have you felt short of breath or puffed out ?

- Not at all
- A few days
- Most days
- Every day

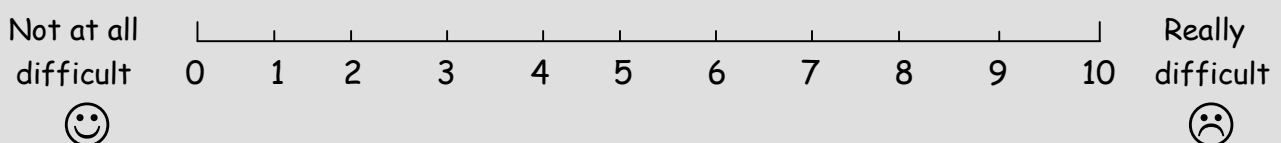
1a. On the scale from 0 to 10 shown below, please draw a cross on the line to show how much in the past week, feeling short of breath or puffed out has made life difficult for you?



2. how often have you felt too tired?

- Not at all
- A few days
- Most days
- Every day

2a. On the scale from 0 to 10 shown below, please draw a cross on the line to show how much in the past week, feeling too tired has made life difficult for you?



## In the past week...

3. how often have you had aches and pains in any part of your body?

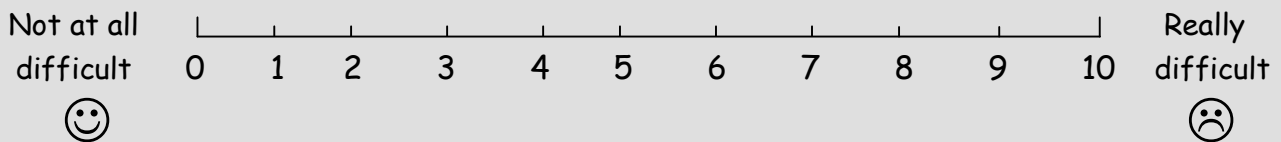
Not at all

A few days

Most days

Every day

3a. On the scale from 0 to 10 below, please draw a cross on the line to show how much in the past week, feeling aches and pains has made life difficult for you?



4. how often have you felt dizzy or faint?

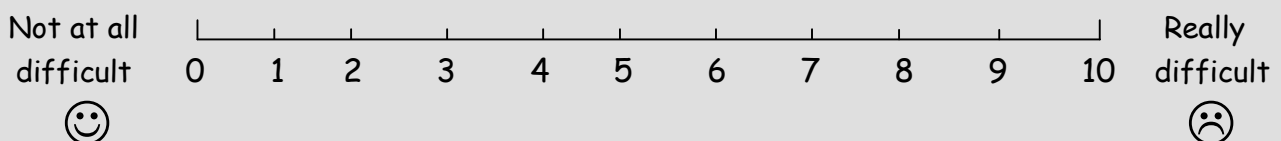
Not at all

A few days

Most days

Every day

4a. On the scale from 0 to 10 below, please draw a cross on the line to show how much in the past week, feeling dizzy or faint has made life difficult for you?



## In the past week...

5. how often have you felt that you couldn't keep up with schoolwork and homework?

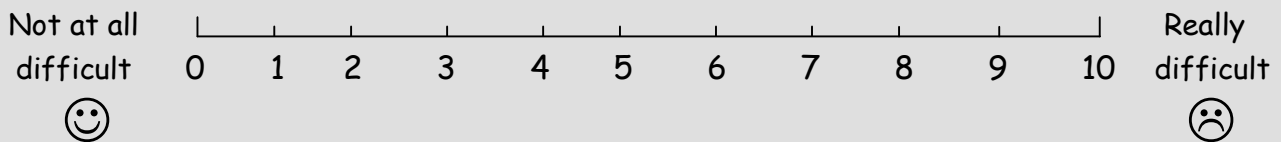
Not at all

A few days

Most days

Every day

5a. On the scale from 0 to 10 below, please draw a cross on the line to show how much in the past week, not feeling able to keep up at school and with homework has made life difficult for you?



6. how often have you found it hard to concentrate at school?

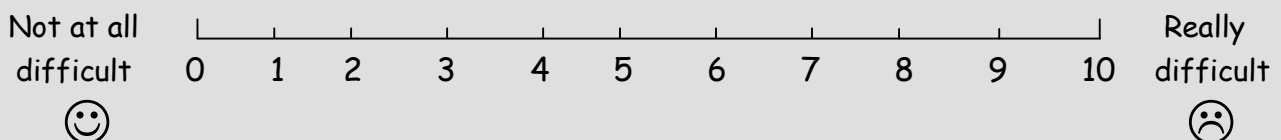
Not at all

A few days

Most days

Every day

6a. On the scale from 0 to 10 below please draw a cross on the line to show how much in the past week, finding it hard to concentrate at school has made life difficult for you?



## In the past week...

7. how often have you forgotten to do things you were supposed to do?

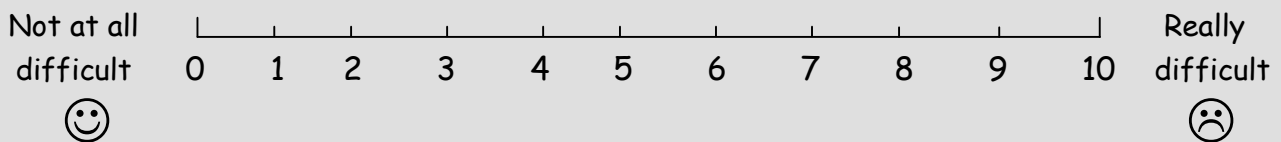
Not at all

A few days

Most days

Every day

7a. On the scale from 0 to 10 below, please draw a cross on the line to show how much in the past week, forgetting things you were supposed to do has made life difficult for you?



8. how often have you felt slowed down in your thoughts?

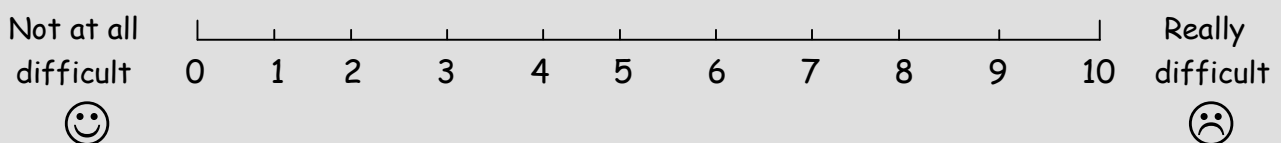
Not at all

A few days

Most days

Every day

8a. On the scale from 0 to 10 below, please draw a cross on the line to show how much in the past week, feeling slowed down has made life difficult for you?

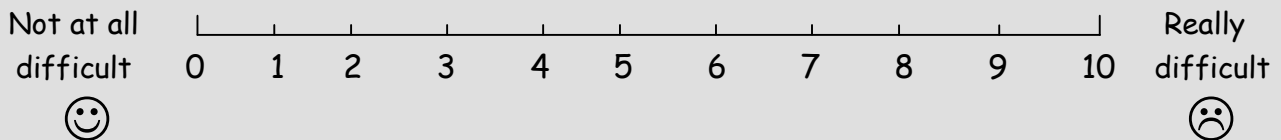


## In the past week...

9. how often have you felt sad or fed up?

- Not at all
- A few days
- Most days
- Every day

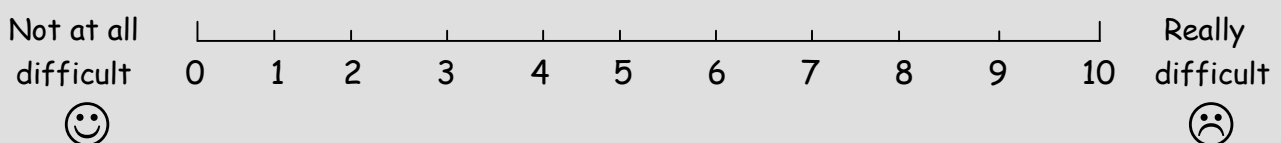
9a. On the scale from 0 to 10 below, please draw a cross on the line to show how much in the past week, feeling sad or fed up has made life difficult for you.



10. have you felt worried or nervous?

- Not at all
- A few days
- Most days
- Every day

10a. On the scale from 0 to 10 below, please draw a cross on the line to show how much in the past week, feeling worried or nervous has made life difficult for you.



## In the past week...

11. how often have you felt like you were different to other people?

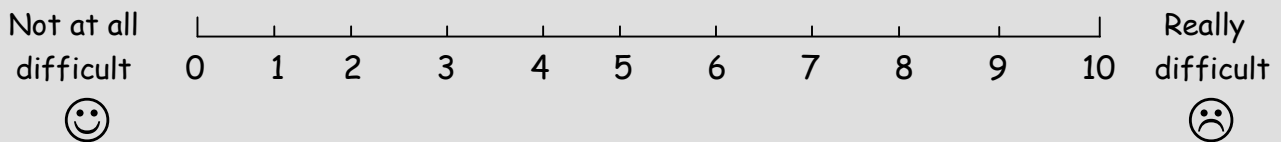
Not at all

A few days

Most days

Every day

11a. On the scale from 0 to 10 below, please draw a cross on the line to show how much in the past week, feeling like you were different to other people has made life difficult for you.



12. how often have you felt that people treated you differently from others?

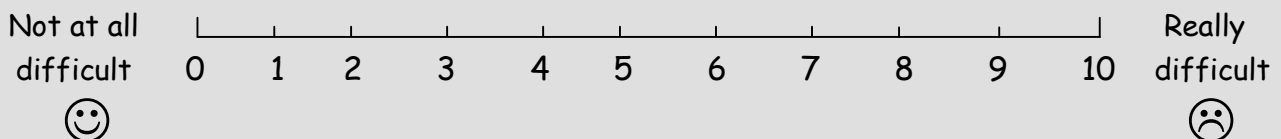
Not at all

A few days

Most days

Every day

12a. On the scale from 0 to 10 below, please draw a cross on the line to show how much in the past week, feeling that people treated you differently from others has made life difficult for you?



## In the past week...

13. how often have you felt that there is something about the way you look that you don't like?

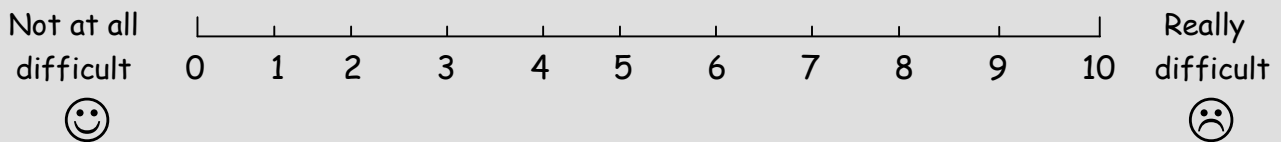
Not at all

A few days

Most days

Every day

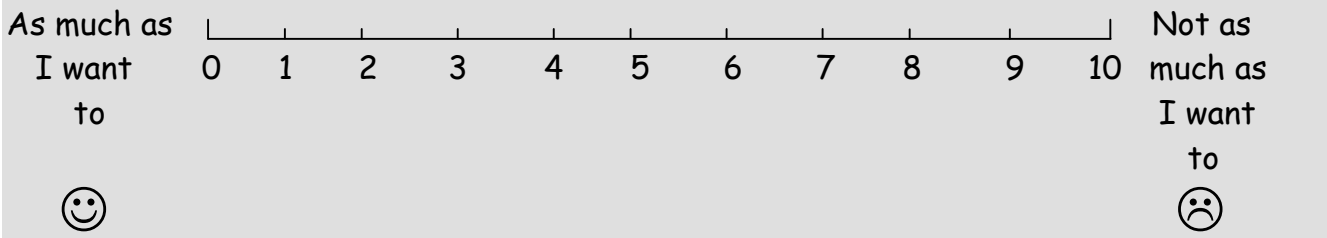
13a. On the scale from 0 to 10 below, please draw a cross on the line to show how much in the past week, feeling that there is something about the way you look that you don't like has made life difficult for you?



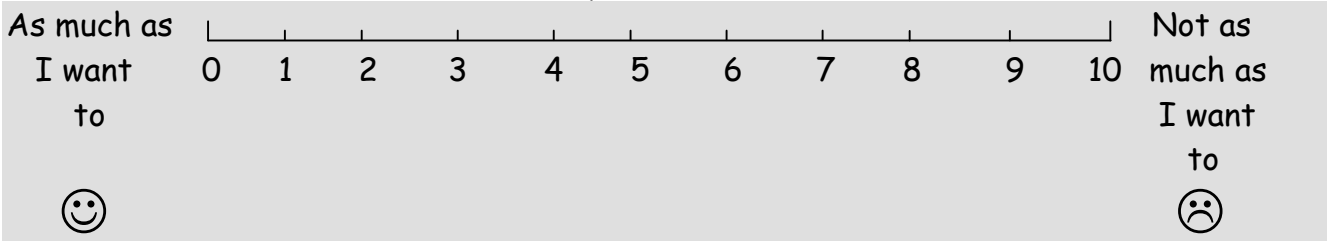
- In the past week, how much have you been able to do the following activities?
- Please answer the questions by putting a cross on the scale.

**In the past week...**

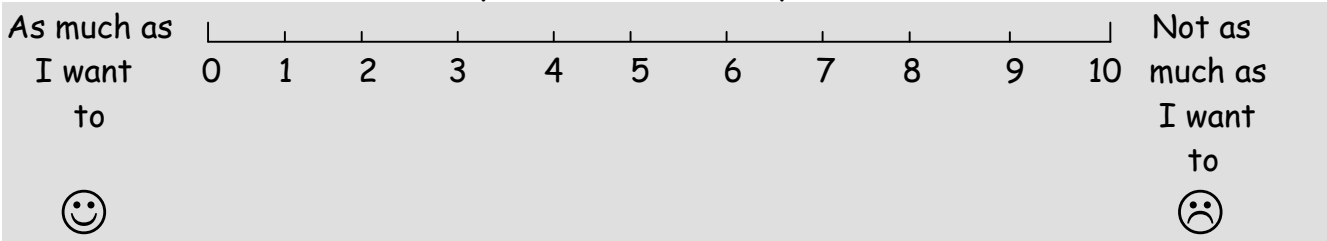
14. I have been able to run about ...



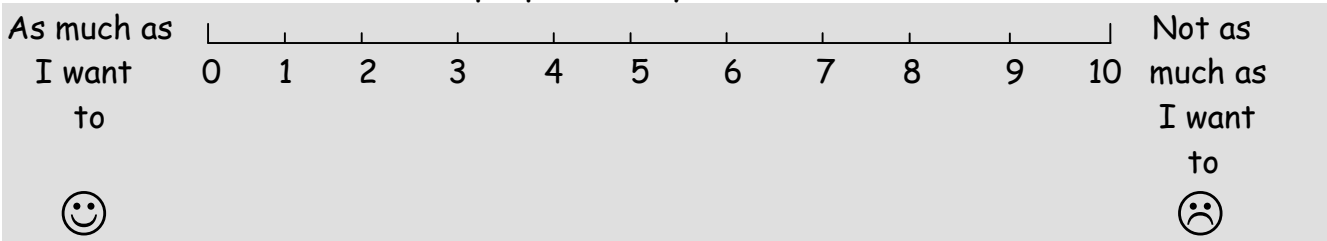
15. I have been allowed to do sports and exercise...



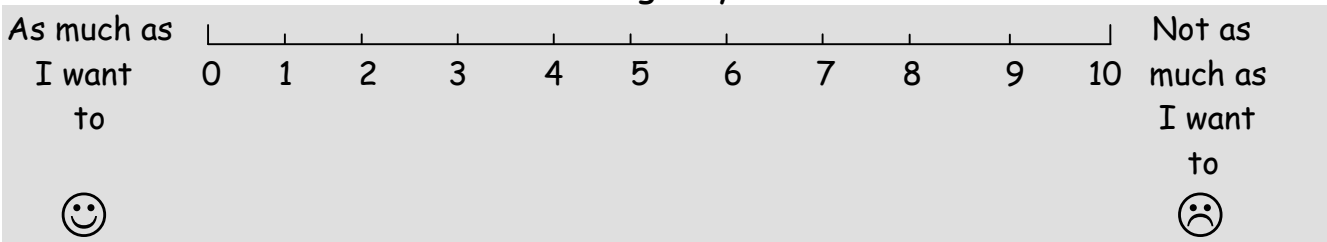
16. I have been able to spend time with my friends...



17. I have been able keep up with my friends...

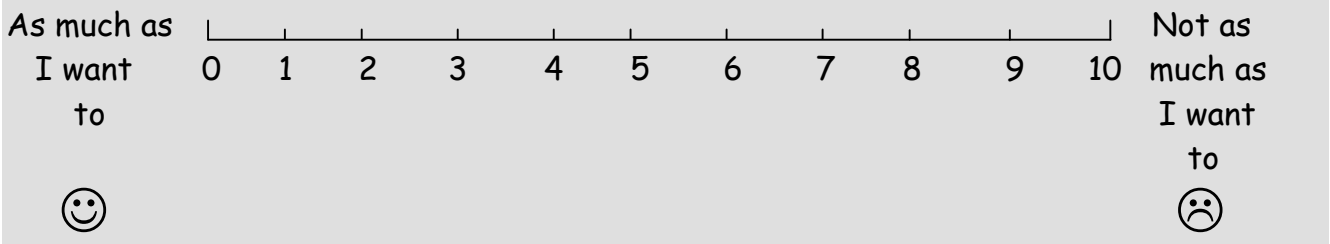


18. I have been allowed to do things my friends do...



In the past week...

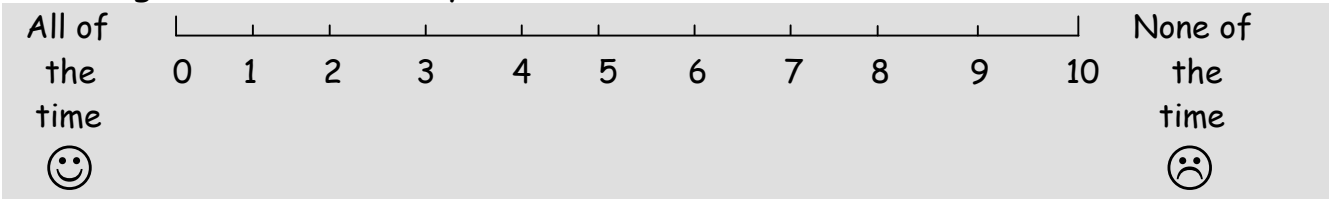
19. I have been able to go to clubs/do activities outside of school...



I had no clubs or activities this week

- Thinking about the past week, how well do these statements apply to you?
- Please answer the questions by putting a cross on the scale.

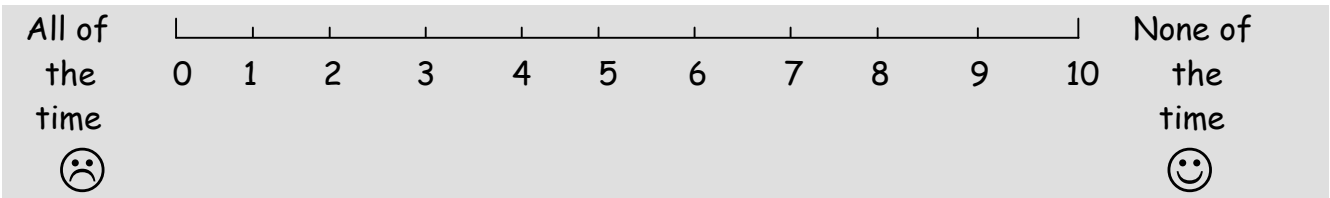
20. I get on well with my friends...



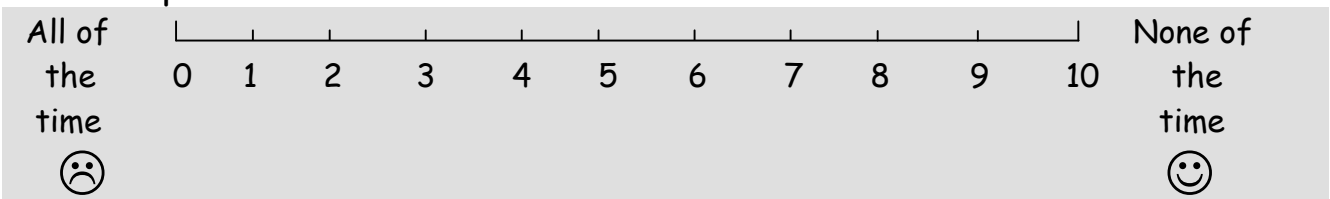
21. My friends look out for me...





22. I find it hard to make friends...





23. People fuss over me too much...





24. I get picked on and teased...

All of the time	0	1	2	3	4	5	6	7	8	9	10	None of the time
												



25. I feel lonely...

All of the time	0	1	2	3	4	5	6	7	8	9	10	None of the time
												



26. I am allowed to do the things I am able to do...

All of the time	0	1	2	3	4	5	6	7	8	9	10	None of the time
												



27. I think people understand what I can manage to do...

All of the time	0	1	2	3	4	5	6	7	8	9	10	None of the time
												

28. I think people expect me to do too much...

All of the time	0	1	2	3	4	5	6	7	8	9	10	None of the time
												

29. I can do more than people think...

All of the time	0	1	2	3	4	5	6	7	8	9	10	None of the time
												

30. How have you felt in the past week compared to how you feel most of the time?

