

Wellbeing Measurement for Schools

Wellbeing Measurement Survey



EBCU
Evidence Based
Practice Unit

A partnership of



Anna Freud
National Centre for
Children and Families

Thank you for considering participating in this survey. Below we explain what this involves and if you choose to participate you will be directed to the survey.

What is the study for?

This research aims to help find out how best to measure and support wellbeing in school.

What are you asked to do?

You will be asked to complete some questions about your feelings, friendships and school life. The questions will take 15 minutes. It is not a test. There are no right or wrong answers and you are free to skip questions that you do not want to answer.

Who is being asked to take part?

All children in your year group at your school and other schools across the country are being asked to take part in this study.

Which data is being used in the study?

The study may combine your questionnaire data (your answers on the survey that you are about to fill in) with other information about you such as your age, whether you have special educational needs. **NONE OF THIS INFORMATION WILL BE USED TO IDENTIFY YOU.** Parents and teachers will NOT be able to see the answers to your questions

How will the data be stored and who will have access to it?

All your answers to the questions will be kept secret by the people who put the questions on the computer. They do not work at your school or know who you are. Your parents and your teacher have been told that you are answering questions but they will not see your answers. A member of the research team will have access to your data but they will not use it to identify you in any way. Your personal information will only be used to link information from different data sources. Once all the data is linked your personal information will be taken out. All data will be collected and stored in accordance with the Data Protection Act 1998 and General Data Protection Regulation (GDPR).

Do I have to take part?

No! It is up to you whether or not you take part. You are free to stop at any time, without giving a reason. If you choose not to take part you will not get in trouble. Even if you start to take part and then change your mind that is also okay. If you start the questionnaire, you are free to skip questions that you do not want to answer. If you have any questions about this survey or what you will be asked to do then ask your teacher. Thank you for thinking about taking part in our project.

If you are happy to take part, please tick the box below and you can then access the survey.

I am happy to take part



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Below is a questionnaire which is going to ask you how you feel. There are no right or wrong answers. You should just pick the answer which is best for you.

	Never	Sometimes	Always	
I feel lonely	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	reset
I cry a lot	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	reset
I am unhappy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	reset
Nobody likes me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	reset
I worry a lot	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	reset
I have problems sleeping	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	reset
I wake up in the night	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	reset
I am shy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	reset
I feel scared	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	reset
I worry when I am at school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	reset
I get very angry	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	reset
I lose my temper	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	reset
I hit out when I am angry	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	reset
I do things to hurt people	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	reset
I am calm	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	reset
I break things on purpose	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	reset

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On this page and the following pages, please read every statement carefully and select the answer that fits you best.

At home, there is an adult who...

	Never				Always	
...is interested in my school work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	reset
...believes that I will be a success	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	reset
...wants me to do my best	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	reset
...listens to me when I have something to say	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	reset

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At school, there is an adult who...

	Never				Always	
...really cares about me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	reset
...tells me when I do a good job	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	reset
...listens to me when I have something to say	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	reset
...believes that I will be a success	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	reset

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Away from school, there is an adult who...

	Never				Always
...really cares about me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
					reset
...tells me when I do a good job	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
					reset
...believes that I will be a success	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
					reset
...I trust	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
					reset

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Away from school...

	Never				Always
...I am a member of a club, sports team, church group, or other group	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
					reset
...I take lessons in music, arts, sports, or have a hobby	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
					reset

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Are there students at your school who would...

	Never				Always
...choose you on their team at school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> reset
...tell you you're good at doing things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> reset
...explain the rules of a game if you didn't understand them	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> reset
...invite you to their home	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> reset
...share things with you	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> reset
...help you if you hurt yourself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> reset
...miss you if you weren't at school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> reset
...make you feel better if something is bothering you	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> reset
...pick you for a partner	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> reset
...help you if other students are being mean to you	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> reset
...tell you you're their friend	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> reset
...ask you to join in when you are all alone	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> reset
...tell you secrets	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> reset

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Please read every statement carefully and select the answer that fits you best.

	Never				Always
I do things at home that make a difference (i.e. make things better)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
					reset
I help my family make decisions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
					reset
At school, I decide things like class activities or rules	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
					reset
I do things at school that make a difference (i.e. make things better)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
					reset
I can work out my problems	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
					reset
I can do most things if I try	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
					reset
There are many things that I do well	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
					reset
I feel bad when someone gets their feelings hurt	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
					reset
I try to understand what other people feel	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
					reset
When I need help, I find someone to talk to	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
					reset
I know where to go for help when I have a problem	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
					reset
I try to work out problems by talking about them	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
					reset
I have goals and plans for the future	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
					reset
I think I will be successful when I grow up	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
					reset

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We would like to know what thoughts about life you have had during the past several weeks. Think about how you spend each day and night and then think about how your life has been during most of this time. Here are some questions that ask you to indicate your satisfaction with your overall life. Select the answer next to each statement that indicates the extent to which you agree or disagree with that statement. It is important to know what you REALLY think, so please answer the questions the way you really think, not how you should think. This is NOT a test. There are NO right or wrong answers.

	Strongly disagree	Moderately disagree	Mildly disagree	Mildly agree	Moderately agree	Strongly agree	
My life is going well	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	reset
My life is just right	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	reset
I would like to change many things in my life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	reset
I wish I had a different kind of life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	reset
I have a good life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	reset
I have what I want in life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	reset
My life is better than most kids	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	reset

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You have now come to the end of the survey. Thank you so much for taking the time to complete this. There is one more question we would like to ask about how you have found answering this survey.

Has completing this survey changed how happy or sad you are feeling?

- No, completing this survey has not made me feel happy or sad
- Yes, completing this survey has made me feel happy
- Yes, completing this survey has made me feel sad

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