

Project Name: _____

Portfolio: _____



SECONDARY SCHOOL Questionnaire

Big Lottery Fund Evaluation

We would like to invite you to participate in an evaluation project. We want to know if the Big Lottery Fund has helped young people improve their well-being. Your answers will help us to find out.

You do not have to answer the questions if you do not want to. If you cannot answer a question just leave it, or ask an adult for help. Then go on to the next question.

We will not show your answers to anyone else. If you have any questions about the questionnaire, just ask a teacher or any other adult.

Before we begin, a few questions about when you are completing the form:

Is this questionnaire being completed:

- At the start of the project/service?
- During the project/service?
- On completion of the project/service?
- At least *three months* after the end of the project/service?

If so, please indicate when involvement ended:

□□ / □□ / □□

When did you first become involved in this activity/start using the service?

□□ / □□ / □□

(provide a rough date if you are not certain)

Today's date:

□□ / □□ / □□

Please tick one of the below:

- I am the young person filling in the questionnaire myself
- I am a project worker / teacher reading out the questions to the young person and filling in their responses.
- I am a carer/guardian completing the questionnaire on behalf of the young person *(some questions in Section B may be difficult to answer; please just complete as many as you can)*

Not sure about this part?

Ask an adult (the project worker or teacher) to help you fill it in.

SECTION A

Firstly, we would like to ask some questions on your eating habits:

1) How many portions of FRUIT do you eat on a normal day?

(One portion could be a handful of grapes, an orange, apple or banana, a glass of fruit juice, or a handful of dried fruits)

_____ per day on average

2) How many portions of VEGETABLES do you eat on a normal day?

(One portion could be a side salad, or 3 heaped tablespoons of vegetables or beans)

_____ per day on average

3) In a normal week, how often do you eat a meal that has been prepared and cooked from fresh ingredients, either by yourself or someone else? For example Shepherd's Pie made starting with raw mince and potatoes? (please circle one answer only)

Never	Less than once a week	Once a week	2-3 times a week	4-6 times a week	Daily
-------	-----------------------	-------------	------------------	------------------	-------

4) Please indicate how much you agree with the following statement (please circle one number for each statement)

		Strongly Disagree	Disagree	Neither agree nor disagree	Agree	Strongly Agree
a)	I enjoy helping to cook the food I eat.	1	2	3	4	5
b)	Healthy food often tastes nicer than unhealthy food	1	2	3	4	5

Next we are interested in your physical activity:

5) During the last 7 days, on how many days did you walk for at least 10 minutes at a time?

days per week

No walking (if you tick this box, skip to question 7)

6) Generally, how much time did you usually spend walking in one day? (please circle one answer only)

1	2	3	4	5
less than 20 minutes	more than 20, but less than 30 minutes	more than 30, but less than 40 minutes	more than 40 minutes, but less than an hour	over an hour (please write in): <input type="text"/>

7) And during the last 7 days, on how many days did you do physical activities like sport, dancing, gardening, running or riding a bicycle?

Think about activities you did at school, at home, in the garden, to get from place to place and in your spare time for exercise, fun or sport.

days per week

No physical activities (if you tick this box, skip to question 9)

8) Generally, how much time did you usually spend doing physical activities in one day? (please circle one answer only)

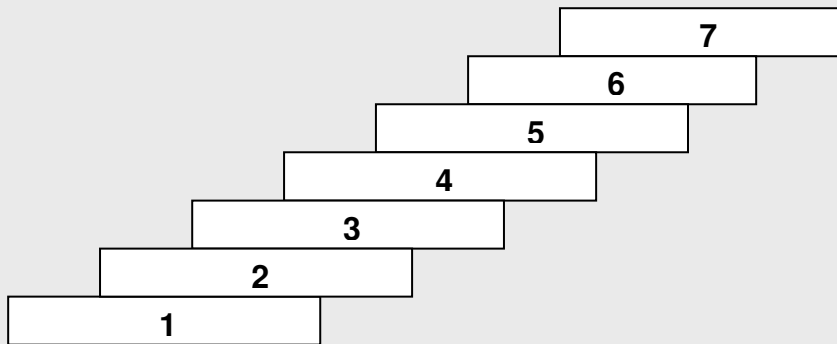
1	2	3	4	5
less than 20 minutes	more than 20, but less than 30 minutes	more than 30, but less than 40 minutes	more than 40 minutes, but less than an hour	over an hour (please write in): <input type="text"/>

Lastly, think about the time you spent **sitting** during the **last 7 days**. Include time spent at school, at home, in a car or on public transport, while studying and during leisure time. This may include time spent sitting at a desk, visiting friends, reading, or sitting or lying down to watch television.

9) **During the last 7 days, how much time did you spend sitting on a typical week day?** *(please circle one answer only)*

1	2	3	4	5
less than 5 hours	between 5 and 8 hours	between 8 and 11 hours	between 11 and 13 hours	over 13 hours

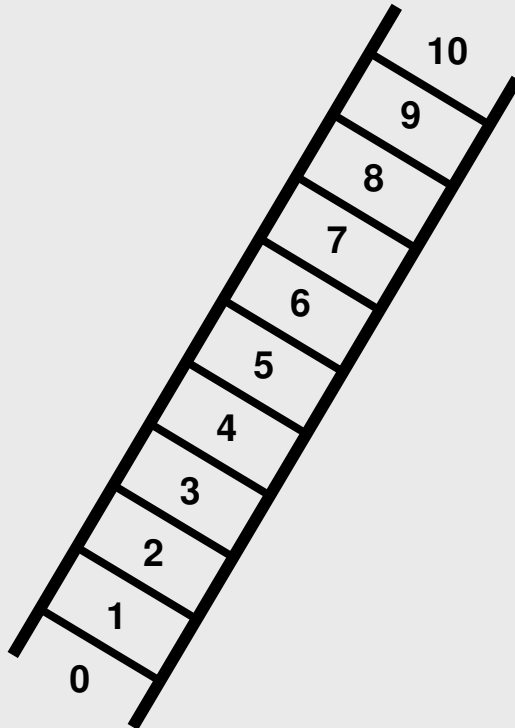
10) **Here is a picture of some stairs, If you were standing at 7, that would mean you really enjoy physical activity. If you were standing at 1, that would mean you really don't enjoy it. Where on the staircase do you feel you are at the moment?** *(please circle one number only)*



SECTION B

We would now like to ask some questions about how you have been feeling lately:

- 11) Here is a picture of a ladder, the top of the ladder, 10 is the best possible life for you, and the bottom, 0 is the worst possible life for you. In general, where on the ladder do you feel you stand at the moment? *(please circle one number only)*



- 12) Below are a number of things people might say that they feel. Please circle the number that best describes how often during the past week each description would have applied to you?

		Never	At least once	On a few days	Most days	Every day
a)	I felt happy or contented	1	2	3	4	5
b)	I felt depressed	1	2	3	4	5
c)	I felt able to concentrate	1	2	3	4	5
d)	I had lots of energy	1	2	3	4	5
e)	I felt lonely	1	2	3	4	5
f)	I felt everything I did was an effort	1	2	3	4	5
g)	I woke several times during the night	1	2	3	4	5

13) Below are some statements about feelings and thoughts. Please circle the number that best describes your experience of each over the past four weeks.

		None of the time	Rarely	Some of the time	Often	All of the time
a)	I've been feeling positive about the future	1	2	3	4	5
b)	I've been feeling useful	1	2	3	4	5
c)	I've been feeling relaxed	1	2	3	4	5
d)	I've been dealing with problems well	1	2	3	4	5
e)	I've been thinking clearly (for example, while at school)	1	2	3	4	5
f)	I've been getting on well with my friends and family	1	2	3	4	5
g)	I've been able to make up my own mind about things	1	2	3	4	5
i)	I've felt like I fit in at school	1	2	3	4	5
j)	I've been feeling good about myself	1	2	3	4	5

Lastly, we would like to ask you some questions about yourself:

14) Are you: Male Female

15) How old are you? years old

16) And when is your birthday? Day: Month:

17) What is your ethnic group? (please tick only one box)

White		Mixed	
British	<input type="checkbox"/>	White and Black Caribbean	<input type="checkbox"/>
Irish	<input type="checkbox"/>	White and Black African	<input type="checkbox"/>
Other White:	<input type="checkbox"/>	White and Asian	<input type="checkbox"/>
	please write in	Other Mixed background:	<input type="checkbox"/>
			please write in
Asian or Asian British		Black or Black British	
Indian	<input type="checkbox"/>	Caribbean	<input type="checkbox"/>
Pakistani	<input type="checkbox"/>	African	<input type="checkbox"/>
Bangladeshi	<input type="checkbox"/>	Other Black:	<input type="checkbox"/>
Other Asian background:	<input type="checkbox"/>		please write in
	please write in		
Chinese	<input type="checkbox"/>	Any Other: (please write in)	

I do not wish an ethnic background to be recorded:

18) So that we can match up your responses before and after the project, please write down the initials of your first name, and last name in the boxes below:

First name: Last name:

19) What is your postcode? (please write in)

That's all! Thank you very much for taking the time to fill in this form.

This survey was designed for the Big Lottery Fund by nef (the new economics foundation). Use of this survey must be appropriately acknowledged. © The Big Lottery Fund, 2008.