Global School-based Student Health Survey (GSHS)

2013 Zimbabwe GSHS Questionnaire

For more information:
www.cdc.gov/gshs or
www.who.int/chp/gshs/en/
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.   B C D E F G H
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 form are you?
   A. Form 1
   B. Form 2
   C. Form 3
   D. Form 4
   E. Form 5
   F. Some other form

The next 3 questions ask about your height, weight, and going hungry.

4. 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.

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I do not know
5. 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

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6. During the past 30 days, how often did you go hungry because there was not enough food in your home?

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

The next 4 questions ask about what you might eat and drink.

7. During the past 30 days, how many times per day did you **usually** eat fruit, such as mango, guava, matohwe, masawu, bananas, oranges, or Tsubvu maroro?

A. I did not eat fruit 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

8. During the past 30 days, how many times per day did you **usually** eat vegetables, such as Nyevhe, Mubooora, rape, cabbages, and Mufushwa?

A. I did not eat vegetables 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

9. During the past 30 days, how many times per day did you **usually** drink carbonated soft drinks, such as Coca Cola, Fanta, Sprite, or Sparletta? (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
10. During the past 7 days, on how many days did you eat food from a fast food restaurant, such as Chicken Inn, Nandos, Wimpy, Chicken Licken, or Chicken Slice?

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

The next question asks about how carbonated soft drinks, such as Coca Cola (Do not include diet soft drinks), and foods from fast food restaurants, such as fried chicken, are advertised and sold.

11. When you watch television, videos, or movies, how often do you see advertisements for carbonated soft drinks or fast foods?

A. I do not watch television, videos, or movies  
B. Never  
C. Rarely  
D. Sometimes  
E. Most of the time  
F. Always

The next 5 questions ask about cleaning your teeth and washing your hands.

13. 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

14. 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

15. 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

16. 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

The next question asks what you have learned.

12. During this school year, were you taught in any of your classes the benefits of eating more fruits and vegetables?

A. Yes  
B. No  
C. I do not know
17. During this school year, were you taught in any of your classes the importance of hand washing?

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

The next 2 questions ask about your oral health.

18. Which of the following do you use most often to clean your teeth or gums?

A. Toothbrush  
B. Wooden toothpicks  
C. Plastic toothpicks  
D. Dental floss or thread  
E. Charcoal  
F. Chew stick or Muchakata  
G. Something else

19. During this school year, were you taught in any of your classes the importance of cleaning or brushing your teeth?

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

The next 3 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.

20. 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

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

A. Yes  
B. No

22. During this school year, were you taught in any of your classes what to do if someone is trying to force you to have sexual intercourse?

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

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 2 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

The next question asks about how safe you felt.

29. During the past 30 days, on how many days did you not go to school because you felt you would be unsafe at school or on your way to or from school?

A. 0 days
B. 1 day
C. 2 or 3 days
D. 4 or 5 day
E. 6 or more days

The next 8 questions ask about your feelings and friendships.

30. During the past 12 months, how often have you felt lonely?

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

31. 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

32. During the past 12 months, did you ever seriously consider attempting suicide?

A. Yes
B. No

33. During the past 12 months, did you make a plan about how you would attempt suicide?

A. Yes
B. No

34. 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

35. How many close friends do you have?

A. 0
B. 1
C. 2
D. 3 or more
36. During this school year, were you taught in any of your classes signs of depression and suicidal behavior?
   A. Yes
   B. No
   C. I do not know

37. During this school year, were you taught in any of your classes how to handle stress in healthy ways?
   A. Yes
   B. No
   C. I do not know

The next 6 questions ask about cigarette and other tobacco use.

38. 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

39. 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

40. During the past 30 days, on how many days did you use any tobacco products other than cigarettes, such as Madison, Kingsgate, or Everest?
   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. 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
The next 9 questions ask about drinking alcohol. This includes drinking Castle Larger, Pilsner, Black label, Zambezi, and Chibuku. 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.

44. 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

45. During the past 30 days, did anyone refuse to sell you alcohol because of your age?

A. I did not try to buy alcohol during the past 30 days
B. Yes, someone refused to sell me alcohol because of my age
C. No, my age did not keep me from buying alcohol

46. 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

47. 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

48. 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

49. During the past 30 days, why did you usually drink alcohol? SELECT ONLY ONE RESPONSE.

A. I did not drink alcohol during the past 30 days
B. It tasted good when I was thirsty
C. I wanted to see how drinking alcohol would make me feel
D. My friends talked me into drinking alcohol.
E. Some other reason
50. 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

51. 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

The next 6 questions ask about drug use. This includes using marijuana, amphetamines, cocaine, inhalants, Mbanje, and Munzepete.

53. 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

54. During your life, how many times have you used marijuana (also called Mbanje)?

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

55. During the past 30 days, how many times have you used marijuana (also called Mbanje)?

A. 0 times  
B. 1 or 2 times  
C. 3 to 9 times  
D. 10 to 19 times  
E. 20 or more times
56. During your life, how many times have you used amphetamines or methamphetamines (also called Mishonga inodhakisa)?

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

57. How difficult do you think it would be for you to get cocaine (also called Mbanje) if you wanted to?

A. Impossible  
B. Very difficult  
C. Fairly difficult  
D. Fairly easy  
E. Very easy  
F. I do not know

58. During your life, how many times have you used solvents or inhalants (also called glue)?

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

The next 5 questions ask about sexual intercourse.

59. Have you ever had sexual intercourse?

A. Yes  
B. No

60. How old were you when you had sexual intercourse for the first time?

A. I have never had sexual intercourse  
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

61. During your life, with how many people have you had sexual intercourse?

A. I have never had sexual intercourse  
B. 1 person  
C. 2 people  
D. 3 people  
E. 4 people  
F. 5 people  
G. 6 or more people

62. The last time you had sexual intercourse, did you or your partner use a condom or durex?

A. I have never had sexual intercourse  
B. Yes  
C. No
63. The last time you had sexual intercourse, did you or your partner use any other method of birth control, such as withdrawal, rhythm (safe time), birth control pills, or any other method to prevent pregnancy?

A. I have never had sexual intercourse  
B. Yes  
C. No  
D. I do not know

The next 6 questions ask about HIV infection or AIDS.

64. Have you ever heard of HIV infection or the disease called AIDS?

A. Yes  
B. No

65. During this school year, were you taught in any of your classes about HIV infection or AIDS?

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

66. During this school year, were you taught in any of your classes how to avoid HIV infection or AIDS?

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

67. Have you ever talked about HIV infection or AIDS with your parents or guardians?

A. Yes  
B. No

68. Have you ever been tested for HIV infection or AIDS?

A. Yes  
B. No

69. Can people get HIV infection or AIDS by sharing a meal with someone who is infected?

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

The next 4 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, volleyball, netball, weight lifting, and pressups.

70. 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

71. 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
72. 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  

73. During this school year, were you taught in any of your classes the benefits of physical activity?

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

74. 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 story telling (Ngano)?

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  

75. 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  

76. 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  

77. 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
78. 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

79. 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

80. 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

81. 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

82. During the past 30 days, how often did your parents or guardians have open communication with you?

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 give you advice and guidance?

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 try to know what you did with your free time?

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