Global School-based Student Health Survey (GSHS)

2016 Qatar
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

Thank you very much for your help.
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 grade/class/standard are you?
   A. 7th
   B. 8th
   C. 9th
   D. 10th
   E. 11th
   F. 12th

The next 8 questions ask about your height, weight, breakfast, lunch, storing food, 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.

Example

<table>
<thead>
<tr>
<th>Height (cm)</th>
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</tbody>
</table>

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**

<table>
<thead>
<tr>
<th>Weight (kg)</th>
</tr>
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<tbody>
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<td>0</td>
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6. How do you describe your weight?

A. Very underweight  
B. Slightly underweight  
C. About the right weight  
D. Slightly overweight  
E. Very overweight

7. During the past 30 days, how often did you eat breakfast?

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

8. What is the **main** reason you do not eat breakfast?

A. I always eat breakfast  
B. I do not have time for breakfast  
C. I cannot eat early in the morning  
D. There is not always food in my home  
E. Some other reason

9. During the past 30 days, how often did you bring your lunch to school?

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

10. During this school year, were you taught in any of your classes how to safely prepare or store food?

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

11. 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 13 questions ask about what you might eat and drink.

12. During the past 30 days, how many times per day did you usually eat fruit, such as apples, oranges, or bananas?
   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

13. During the past 30 days, how many times per day did you usually eat vegetables, such as tomatoes, cucumbers, or carrots?
   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

14. During the past 30 days, how many times per day did you usually drink carbonated soft drinks, such as Pepsi or Coca Cola? (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

15. During the past 30 days, how many times per day did you usually drink milk or eat milk products, such as cheese, yogurt, custard, cream cheese, or frozen yogurt?
   A. I did not drink milk or eat milk products 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

16. During the past 7 days, on how many days did you eat food from a fast food restaurant, such as McDonalds or KFC?
   A. 0 days
   B. 1 day
   C. 2 days
   D. 3 days
   E. 4 days
   F. 5 days
   G. 6 days
   H. 7 days

17. During the past 30 days, how many advertisements for carbonated soft drinks or fast foods did you see on the internet?
   A. I did not use the internet during the past 30 days
   B. A lot
   C. A few
   D. None
The next 14 questions ask about cleaning your teeth and washing your hands.

18. 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

19. How would you describe the health of your teeth?

A. Excellent
B. Very good
C. Good
D. Average
E. Poor
F. Very poor

20. During the past 12 months, did a tooth ache cause you to miss classes or school?

A. Yes
B. No

21. When was the last time you saw a dentist for a check-up, exam, teeth cleaning, or other dental work?

A. During the past 12 months
B. Between 12 and 24 months ago
C. More than 24 months ago
D. Never
E. I do not know

22. 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

23. During the past 30 days, how often did you wash your hands before eating at school?

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

24. During the past 30 days, how did you usually wash your hands before eating?

A. I did not wash my hands before eating during the past 30 days
B. In a dish of water used by others
C. In a dish of water used only by me
D. Under running water
E. Some other way

25. 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

26. During the past 30 days, how often did you wash your hands after using the toilet or latrines at school?

A. Never
B. Rarely
C. Sometimes
D. Most of the time
E. Always
27. Are the toilets or latrines clean at school?
   A. There are no toilets or latrines at school
   B. Yes
   C. No

28. Are the toilets or latrines easy to get to at school?
   A. There are no toilets or latrines at school
   B. Yes
   C. No

29. 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

30. 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

31. Do you bring water from home to drink while you are at school?
   A. Yes
   B. No

The next question asks 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.

32. 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

The next 4 questions ask about physical fights. A physical fight occurs when two students of about the same strength or power choose to fight each other.

33. 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

34. During the past 12 months, how many times were you in a physical fight on school property?
   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
35. During this school year, were you taught in any of your classes how to avoid physical fights and violence?

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

36. During the past 12 months, how many times were you in a physical fight in which you were injured and had to be treated by a doctor or nurse or missed your usual activities?

A. 0 times  
B. 1 time  
C. 2 or 3 times  
D. 4 or 5 times  
E. 6 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.

37. 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  

38. 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  

39. 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 what you have learned in school.

40. During this school year, were you taught in any of your classes how to avoid or prevent other types of accidents, such as fires or poisonings?

A. Yes  
B. No  
C. I do not know
41. During this school year, were you taught in any of your classes how to give first aid?

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

The next 3 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.

42. 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

43. 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

44. During this school year, were you taught in any of your classes how to avoid being bullied?

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

The next 2 questions ask about vehicle safety.

45. During the past 30 days, how often did you use a seat belt when driving a car or other motor vehicle?

A. I did drive a motor vehicle
B. Never
C. Rarely
D. Sometimes
E. Most of the time
F. Always

46. During this school year, were you taught in any of your classes how to avoid or prevent motor vehicle accidents?

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

The next 2 questions ask about how safe you feel at school.

47. 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
48. During the past 30 days, how many times has someone stolen or deliberately damaged your property, such as your bike, clothing, or books, on school property?

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 10 questions ask about your feelings and friendships.

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

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

50. 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

51. During the past 12 months, how often have you had a hard time staying focused on your homework or other things you had to do?

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

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

A. Yes  
B. No

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

A. Yes  
B. No

54. 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

55. How many close friends do you have?

A. 0  
B. 1  
C. 2  
D. 3 or more

56. During this school year, were you taught in any of your classes how to manage anger?

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

57. 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

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Last Updated: April 25, 2016
58. 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 14 questions ask about cigarette and other tobacco use.

59. 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

60. 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

61. During the past 30 days, on how many days did you use any tobacco products other than cigarettes, such as smokeless tobacco (sweeka), water pipe (shisha), chewing tobacco, or pipe?
   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

62. 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

63. 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

64. 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

65. At any time during the next 12 months, do you think you will smoke a cigarette?
   A. Definitely not
   B. Probably not
   C. Probably yes
   D. Definitely yes

66. If one of your best friends offered you a cigarette, would you smoke it?
   A. Definitely not
   B. Probably not
   C. Probably yes
   D. Definitely yes
67. Do you think boys who smoke cigarettes have more friends or less friends?
   A. More friends
   B. Less friends
   C. Smoking cigarettes does not make boys have more or less friends

68. Do you think girls who smoke cigarettes have more friends or less friends?
   A. More friends
   B. Less friends
   C. Smoking cigarettes does not make girls have more or less friends

69. Does smoking cigarettes help people feel more comfortable or less comfortable at celebrations, parties, or in other social gatherings?
   A. More comfortable
   B. Less comfortable
   C. Smoking cigarettes does not make people feel more or less comfortable

70. Do you think smoking cigarettes make boys look more attractive or less attractive?
   A. More attractive
   B. Less attractive
   C. Smoking cigarettes does not make boys look more or less attractive

71. Do you think smoking cigarettes makes you gain weight or lose weight?
   A. Gain weight
   B. Lose weight
   C. Smoking cigarettes does not make you gain or lose weight

72. When you see a man smoking, what are you most likely to think about him? SELECT ONLY ONE RESPONSE.
   A. He lacks confidence
   B. He is stupid
   C. He is a loser
   D. He is successful
   E. He is intelligent
   F. He is sophisticated
   G. Something else

The next 7 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, and swimming.

73. 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
74. 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

75. 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

76. During this school year, were you taught in any of your classes about opportunities for physical activity in your community?

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

77. During this school year, were you taught in any of your classes how to develop a physical fitness plan for yourself?

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

78. During the past 7 days, on how many days did you do exercises to strengthen or tone your muscles, such as push-ups, sit-ups, or weight lifting?

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

79. During this school year, were you taught in any of your classes about preventing injury during physical activity?

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

The next question asks about the time you spend mostly sitting when you are not in school or doing homework.

80. 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 reading or computer use?

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