

# Child Questionnaire

Please answer the questions in this survey as best you can. It asks about your health and wellbeing.

It takes about 20 minutes to complete. To answer the question, click on the circle you want. There are no right or wrong answers, just give the best answer you can. Some questions look alike, but they're all different. Please try and answer them all. You can see how far you've got at the bottom of each screen.

When you have finished the survey, please let us know.

Thank you for taking part in Growing Up in Australia's Child Health CheckPoint!

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## Section 1: About your health

First we have some questions about your health and how you've been feeling. On the next few pages are a list of things that might be a problem for you.

Please tell us how much of a problem each one has been for you in the last month by clicking:

- if it is never a problem
- if it is almost never a problem
- if it is sometimes a problem
- if it is often a problem
- if it is almost always a problem

There are no right or wrong answers. If you do not understand a question, please ask for help.

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### About Me In the past ONE month, how much does this sound like you...

PedsQL™ (8-12) General Wellbeing Scale  
 © Varni (1998)

	1 Never	2 Almost never	3 Sometimes	4 Often	5 Almost always
{fch23c01a} [CSR C1] I feel happy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
{fch23c01b} [CSR C2] I feel good about myself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
{fch23c01c} [CSR C3] I feel good about my health	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
{fch23c01d} [CSR C4] I get support from my family or friends	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
{fch23c01e} [CSR C5] I think good things will happen to me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
{fch23c01f} [CSR C6] I think my health will be good in the future	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please answer all of the questions on this page.

All done! Please continue to the next page.

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**In General In the past ONE month...**

	1 Bad	2 Fair	3 Good	4 Very good	5 Excellent
{fch23c02} [CSR C7] In general, how is your health?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please answer all of the questions on this page.

All done! Please continue to the next page.

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**How satisfied are you with each of the following things in your life?...**

International Survey of Children's Wellbeing (ISCW)  
 Children's Worlds project

	0 Not satisfi ed at all	1	2	3	4	5	6	7	8	9	10 Totally satisfi ed
{fch23c08a} [CSR C8] Your life as a whole?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
{fch23c08b} [CSR C9] Your family life?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
{fch23c08c} [CSR C10] Your friends?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
{fch23c08d} [CSR C11] Your school experience?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
{fch23c08e} [CSR C12] Your own body?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
{fch23c08f} [CSR C13] The area where you live, in general?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please answer all of the questions on this page.

All done! Please continue to the next page.

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**About My Health and Activities (problems with...)**

PedsQL™ 4.0 (8-12) child self-report  
 © Varni (1998)

**In the LAST MONTH, how much of a problem has this been for you...**

	1 Never	2 Almost never	3 Sometimes	4 Often	5 Almost always
{fch23c03a} [CSR C14] It is difficult for me to walk a few houses from home (about 100 metres)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
{fch23c03b} [CSR C15] It is difficult for me to run	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
{fch23c03c} [CSR C16] It is difficult for me to play sport or do exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
{fch23c03d} [CSR C17] It is difficult for me to lift something heavy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
{fch23c03e} [CSR C18] It is difficult for me to have a bath or shower by myself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
{fch23c03f} [CSR C19] It is difficult for me to help around the house	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
{fch23c03g} [CSR C20] I get aches and pains	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
{fch23c03h} [CSR C21] I have low energy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please answer all of the questions on this page.

All done! Please continue to the next page.

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**About My Feelings (problems with...)**
**In the LAST MONTH, how much of a problem has this been for you...**

	1 Never	2 Almost never	3 Sometimes	4 Often	5 Almost always
{fch23c04a} [CSR C22] I feel afraid or scared	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
{fch23c04b} [CSR C23] I feel sad	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
{fch23c04c} [CSR C24] I feel angry	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

{fch23c04d} [CSR C25] I have trouble sleeping	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
{fch23c04e} [CSR C26] I worry about what will happen to me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please answer all of the questions on this page.

All done! Please continue to the next page.

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## How I Get Along with Others (problems with...)

**In the LAST MONTH, how much of a problem has this been for you...**

	1 Never	2 Almost never	3 Sometimes	4 Often	5 Almost always
{fch23c05a} [CSR C27] I have trouble getting along with other kids	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
{fch23c05b} [CSR C28] Other kids do not want to be my friend	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
{fch23c05c} [CSR C29] Other kids tease me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
{fch23c05d} [CSR C30] I cannot do things that other kids my age can do	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
{fch23c05e} [CSR C31] It is hard to keep up when I play with other kids	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please answer all of the questions on this page.

All done! Please continue to the next page.

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## About School (problems with...)

**In the LAST MONTH, how much of a problem has this been for you...**

	1 Never	2 Almost never	3 Sometimes	4 Often	5 Almost always
{fch23c06a} [CSR C32] It is hard to pay attention in class	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
{fch23c06b} [CSR C33] I forget things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
{fch23c06c} [CSR C34] I have trouble keeping up with my school work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

{fch23c06d} [CSR C35] I am  
away from school because I feel  
sick

☐☐☐☐☐

{fch23c06e} [CSR C36] I am  
away from school to go to the  
doctor or hospital

☐☐☐☐☐

Please answer all of the questions on this page.

All done! Please continue to the next page.

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## SECTION 2. ABOUT HOW YOU FEEL TODAY

The next few questions ask about how you are today. For each question, read all the choices and decide which one is most like you today. Then click on the circle next to it. You can only click on one box for each question.

Upset

- ☐ 1 I don't feel upset today
- ☐ 2 I feel a little bit upset today
- ☐ 3 I feel a bit upset today
- ☐ 4 I feel quite upset today
- ☐ 5 I feel very upset today

Please answer all of the questions on this page.

All done! Please continue to the next page.

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**Now think about and answer the rest of the questions below:**

Child Health Utility 9D (CHU-9D)  
Stevens (2011)

{fch23c07a} [CSR C38] Worried

- ☐ 1 I don't feel worried today
- ☐ 2 I feel a little bit worried today
- ☐ 3 I feel a bit worried today
- ☐ 4 I feel quite worried today
- ☐ 5 I feel very worried today

{fch23c07b} [CSR C39] Sad

- ☐ 1 I don't feel sad today
- ☐ 2 I feel a little bit sad today
- ☐ 3 I feel a bit sad today
- ☐ 4 I feel quite sad today
- ☐ 5 I feel very sad today

{fch23c07c} [CSR C40] Pain

- ☐ 1 I don't have any pain today
- ☐ 2 I have a little bit of pain today
- ☐ 3 I have a bit of pain today
- ☐ 4 I have quite a lot of pain today
- ☐ 5 I have a lot of pain today

{fch23c07d} [CSR C41] Tired

- ☐ 1 I don't feel tired today
- ☐ 2 I feel a little bit tired today
- ☐ 3 I feel a bit tired today
- ☐ 4 I feel quite tired today
- ☐ 5 I feel very tired today

{fch23c07e} [CSR C42] Annoyed

- ☐ 1 I don't feel annoyed today
- ☐ 2 I feel a little bit annoyed today
- ☐ 3 I feel a bit annoyed today
- ☐ 4 I feel quite annoyed today
- ☐ 5 I feel very annoyed today

{fch23c07f} [CSR C43] Schoolwork/Homework (such as reading, writing, doing lessons)

- ☐ 1 I have no problems with my schoolwork/homework today
- ☐ 2 I have a few problems with my schoolwork/homework today
- ☐ 3 I have some problems with my schoolwork/homework today
- ☐ 4 I have many problems with my schoolwork/homework today
- ☐ 5 I can't do my schoolwork/homework today

{fch23c07g} [CSR C44] Sleep

- ☐ 1 Last night I had no problems sleeping
- ☐ 2 Last night I had a few problems sleeping
- ☐ 3 Last night I had some problems sleeping
- ☐ 4 Last night I had many problems sleeping
- ☐ 5 Last night I couldn't sleep at all

{fch23c07h} [CSR C45] Daily routine (things like eating, having a bath/shower, getting dressed)

- ☐ 1 I have no problems with my daily routine today
- ☐ 2 I have a few problems with my daily routine today
- ☐ 3 I have some problems with my daily routine today
- ☐ 4 I have many problems with my daily routine today
- ☐ 5 I can't do my daily routine today

{fch23c07i} [CSR C46] Able to join in activities (things like playing out with your friends, doing sports, joining in things)

- ☐ 1 I can join in with any activities today
- ☐ 2 I can join in with most activities today
- ☐ 3 I can join in with some activities today
- ☐ 4 I can join in with a few activities today
- ☐ 5 I can join in with no activities today

Please answer all of the questions on this page.

All done! Please continue to the next page.

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### SECTION 3: ABOUT YOUR USUAL FOOD HABITS

National Secondary Student's Diet and Activity (NaSSDA)  
Flood et al. 2005

{fch25c01a} [CSR C47] How many serves of VEGETABLES do you USUALLY eat each day? Do not include any potatoes, hot chips or fried potato. Include all fresh, dried, frozen and tinned vegetables.

- ☐ 1 I don't eat vegetables
  - ☐ 2 Less than 1 serve a day
  - ☐ 3 1 serve
  - ☐ 4 2 serves
  - ☐ 5 3 serves
  - ☐ 6 4 serves
  - ☐ 7 5 serves
  - ☐ 8 6 serves or more
- (A serve is equal to 1 cup of cooked vegetables or 1 cup of salad vegetables.)

{fch25c01b} [CSR C48] How many serves of FRUIT do you USUALLY eat each day? Do not include fruit juice. Include all fresh, dried, frozen, and tinned fruit.

- ☐ 1 I don't eat fruit
  - ☐ 2 Less than 1 serve a day
  - ☐ 3 1 serve
  - ☐ 4 2 serves
  - ☐ 5 3 serves
  - ☐ 6 4 serves
  - ☐ 7 5 serves
  - ☐ 8 6 serves or more
- (A serve is equal to 1 medium piece or 2 small pieces of fruit, or 1 cup of diced pieces of fruit.)

{fch25c01c} [CSR C49] How many slices of BREAD do you USUALLY eat each day?

- ☐ 1 I don't eat bread
  - ☐ 2 Less than 1 slice a day
  - ☐ 3 1 slice
  - ☐ 4 2 slices
  - ☐ 5 3 slices
  - ☐ 6 4 slices
  - ☐ 7 5-7 slices
  - ☐ 8 8 slices or more
- (A bread roll counts as two slices of bread.)

{fch25c03a} [CSR C50] What type of BREAD do you USUALLY eat? If you usually eat more than one type of bread, select the one you eat most often.

- ☐ 1 I don't eat bread
- ☐ 2 High fibre white bread
- ☐ 3 Regular white bread
- ☐ 4 Wholemeal (brown) bread
- ☐ 5 Rye bread
- ☐ 6 Multigrain bread
- ☐ 7 Other bread
- ☐ 8 Not sure

{fch25c01d} [CSR C51] How much MILK in total do you USUALLY drink each day? This includes all types of milk including soy milk, flavoured milk and milk on cereal.

- ☐ 1 I don't drink milk
  - ☐ 2 Less than one cup a day
  - ☐ 3 About 1 cup a day
  - ☐ 4 About 2 cups a day
  - ☐ 5 About 3 cups a day
  - ☐ 6 About 4 cups a day
  - ☐ 7 About 5 cups or more day
  - ☐ 8 Not sure
- (1 cup = 250ml.)

{fch25c03b} [CSR C52] What type of MILK do you USUALLY drink? If you usually drink more than one type of milk, select the one you drink most often.

- ☐ 1 I don't drink milk
- ☐ 2 Whole milk (full cream)
- ☐ 3 Trim, low or reduced fat milk (e.g. Rev)
- ☐ 4 Skim (no fat) milk
- ☐ 5 Flavoured milk (such as chocolate)
- ☐ 6 Other type of milk (such as soy, rice, goat)
- ☐ 7 Evaporated or sweetened condensed
- ☐ 8 Not sure

{fch25c02a} [CSR C53] How often do you eat CHEESE?

- ☐ 1 Never
- ☐ 2 Less than once a week
- ☐ 3 About 1-2 times a week
- ☐ 4 About 3-4 times a week
- ☐ 5 About 5-6 times a week
- ☐ 6 Everyday

{fch25c02b} [CSR C54] How often do you eat MILK PRODUCTS such as yoghurt, chocolate milk, pudding etc?

- ☐ 1 Never
- ☐ 2 Less than once a week
- ☐ 3 About 1-2 times a week
- ☐ 4 About 3-4 times a week
- ☐ 5 About 5-6 times a week
- ☐ 6 Everyday

{fch25c01e} [CSR C55] How much WATER do you USUALLY drink each day? This can be plain tap water, mineral water or bottled water.

- ☐ 1 I don't drink water
  - ☐ 2 Less than one cup a day
  - ☐ 3 About 1 cup a day
  - ☐ 4 About 2 cups a day
  - ☐ 5 About 3 cups a day
  - ☐ 6 About 4 cups a day
  - ☐ 7 About 5 cups or more a day
- (1 cup = 250ml, 1 average bottle = 2 cups, 1 litre bottle = 4 cups.)

{fch25c01f} [CSR C56] How much FRUIT JUICE do you USUALLY drink?

- ☐ 1 I don't drink fruit juice
  - ☐ 2 Less than once cup a week
  - ☐ 3 About 1-3 cups a week
  - ☐ 4 About 4-6 cups a week
  - ☐ 5 About 1-2 cups a day
  - ☐ 6 About 3-4 cups a day
  - ☐ 7 5 cups or more a day
- (1 cup = 250ml, a Prima / Popper / Tetra pack = 1 cup.)

{fch25c01g} [CSR C57] How much DIET SOFT DRINKS, DIET CORDIALS or DIET SPORTS DRINKS such as Diet Coke, Diet Sprite, Pepsi Max or Coke Zero do you USUALLY drink?

- ☐ 1 I don't drink diet soft drinks, diet cordials or diet sports drinks
  - ☐ 2 Less than once cup a week
  - ☐ 3 About 1-3 cups a week
  - ☐ 4 About 4-6 cups a week
  - ☐ 5 About 1-2 cups a day
  - ☐ 6 About 3-4 cups a day
  - ☐ 7 5 cups or more a day
- (1 cup = 250ml, one can of diet soft drink = 1 cup.)

{fch25c01h} [CSR C58] How much SOFT DRINKS like Coke, lemonade, CORDIALS or SPORTS DRINKS like Gatorade do you USUALLY drink? Do not include diet soft drinks.

- ☐ 1 I don't drink soft drinks, diet cordials or sports drinks
  - ☐ 2 Less than once cup a week
  - ☐ 3 About 1-3 cups a week
  - ☐ 4 About 4-6 cups a week
  - ☐ 5 About 1-2 cups a day
  - ☐ 6 About 3-4 cups a day
  - ☐ 7 5 cups or more a day
- (1 cup = 250ml, one can of soft drink = 1 cup.)

{fch25c01i} [CSR C59] How much ENERGY DRINKS like Redbull, V, do you USUALLY drink?

- ☐ 1 I don't drink energy drinks
  - ☐ 2 Less than once cup a week
  - ☐ 3 About 1-3 cups a week
  - ☐ 4 About 4-6 cups a week
  - ☐ 5 About 1-2 cups a day
  - ☐ 6 About 3-4 cups a day
  - ☐ 7 5 cups or more a day
- (1 cup = 250ml, one can of soft drink = 1 cup. )

{fch25c02c} [CSR C60] How often do you eat BREAKFAST CEREAL? (Ready-made, home-made or cooked).

- ☐ 1 Never
- ☐ 2 Less than once a week
- ☐ 3 About 1-3 times a week
- ☐ 4 About 4-6 times a week
- ☐ 5 About once a day
- ☐ 6 2 or more times a day



{fch25c02d} [CSR C61] How often do you eat PASTA, RICE or NOODLES?

- ☐ 1 Never
- ☐ 2 Less than once a week
- ☐ 3 About 1-3 times a week
- ☐ 4 About 4-6 times a week
- ☐ 5 About once a day
- ☐ 6 2 or more times a day

{fch25c02e} [CSR C62] How often do you eat RED MEAT such as beef or lamb? Include all steaks, chops, roasts, mince, stir fries and casseroles? (Do not include pork or chicken).

- ☐ 1 Never
- ☐ 2 Less than once a week
- ☐ 3 About 1-2 times a week
- ☐ 4 About 3-4 times a week
- ☐ 5 About 5-6 times a week
- ☐ 6 Everyday

{fch25c02f} [CSR C63] How often do you eat MEAT PRODUCTS such as sausages, hot dogs, ham, devon, sausage rolls, salami, meat pies, chicken nuggets or bacon?

- ☐ 1 Never
- ☐ 2 Less than once a week
- ☐ 3 About 1-2 times a week
- ☐ 4 About 3-4 times a week
- ☐ 5 About 5-6 times a week
- ☐ 6 Everyday

{fch25c02g} [CSR C64] How often do you eat CHICKEN?

- ☐ 1 Never
- ☐ 2 Less than once a week
- ☐ 3 About 1-2 times a week
- ☐ 4 About 3-4 times a week
- ☐ 5 About 5-6 times a week
- ☐ 6 Everyday

{fch25c02h} [CSR C65] How often do you eat FISH, including canned fish?

- ☐ 1 Never
- ☐ 2 Less than once a week
- ☐ 3 About 1-2 times a week
- ☐ 4 About 3-4 times a week
- ☐ 5 About 5-6 times a week
- ☐ 6 Everyday

{fch25c02i} [CSR C66] How often do you have ICE CREAM, ICY POLES or ICE BLOCKS?

- ☐ 1 Never
- ☐ 2 Less than once a week
- ☐ 3 About 1-2 times a week
- ☐ 4 About 3-4 times a week
- ☐ 5 About 5-6 times a week
- ☐ 6 Everyday

{fch25c02j} [CSR C67] How often do you eat HOT CHIPS, FRENCH FRIES, WEDGES or FRIED POTATOES?

- ☐ 1 Never
- ☐ 2 Less than once a week
- ☐ 3 About 1-2 times a week
- ☐ 4 About 3-4 times a week
- ☐ 5 About 5-6 times a week
- ☐ 6 Everyday

{fch25c02k} [CSR C68] How often do you eat POTATO CRISPS/CHIPS or OTHER SALTY SNACKS (such as Twisties, corn chips)?

- ☐ 1 Never
- ☐ 2 Less than once a week
- ☐ 3 About 1-2 times a week
- ☐ 4 About 3-4 times a week
- ☐ 5 About 5-6 times a week
- ☐ 6 Everyday

{fch25c02l} [CSR C69] How often do you have meals or snacks such as BURGERS, PIZZA, CHICKEN or CHIPS from places like McDonalds, Hungry Jacks/Burger King, Pizza Hut, KFC, Red Rooster or local take away food places?

- ☐ 1 Never
- ☐ 2 Less than once a week
- ☐ 3 About 1-2 times a week
- ☐ 4 About 3-4 times a week
- ☐ 5 About 5-6 times a week
- ☐ 6 Everyday

{fch25c02m} [CSR C70] How often do you eat CONFECTIONERY (such as lollies and chocolates)?

- ☐ 1 Never
- ☐ 2 Less than once a week
- ☐ 3 About 1-2 times a week
- ☐ 4 About 3-4 times a week
- ☐ 5 About 5-6 times a week
- ☐ 6 Everyday

{fch25c02n} [CSR C71] How often do you eat SWEET FOODS, such as sweet biscuits, cakes, or muffins?

- ☐ 1 Never
- ☐ 2 Less than once a week
- ☐ 3 About 1-2 times a week
- ☐ 4 About 3-4 times a week
- ☐ 5 About 5-6 times a week
- ☐ 6 Everyday

{fch25c02o} [CSR C72] How often do you usually have something for BREAKFAST?

- ☐ 1 Never
- ☐ 2 Less than once a week
- ☐ 3 About 1-2 times a week
- ☐ 4 About 3-4 times a week
- ☐ 5 About 5-6 times a week
- ☐ 6 Everyday

Please answer all of the questions on this page.

All done! Please continue to the next page.

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## SECTION 4: ABOUT YOUR BODY

The following questions are about changes that may be happening to your body. These changes normally happen to different people at different ages. If you are unsure of which answer to choose, just give your best guess.

1 Has not started yet    2 Has barely started    3 Has definitely started    4 Seems complete

{fch03c01a} [CSR C73] Would you say that your growth in height, or your growth spurt..

☐☐☒☐

{fch03c01b} [CSR C74] And how about the growth of your body hair? (Body hair means hair any place other than your head, such as under your arms.) Would you say that your body hair growth..

☐☐☐☐

{fch03c01c} [CSR C75] Have you noticed any skin changes, especially pimples?

☐☐☐☐

BRANCHING: [zf02m1cp]='1'  
{fch03c01d} [CSR C76] Have you noticed a deepening of your voice?

☐☐☐☐

BRANCHING: [zf02m1cp]='1'  
{fch03c01e} [CSR C77] Have you begun to grow hair on your face?

☐☐☐☐

BRANCHING: [zf02m1cp]='2'  
{fch03c01f} [CSR C78] Have you noticed that your breasts have begun to grow?

☐☐☐☐

{fch03c04a} [CSR C79] Have you ever had acne or pimples?

- ☐ 1 Yes  
☐ 0 No

Modified Comprehensive Acne  
Severity Scale (CASS)  
Tan et al. (2007)

BRANCHING: [fch03c04a]='1' and [zf02m1cp]='2'  
{fch03c04b} [CSR C79.1] Which picture best represents the acne on your face CURRENTLY? \*\*\*See Image Appendix\*\*\*

- ☐ 1 Clear  
☐ 2 Almost clear  
☐ 3 Mild  
☐ 4 Moderate  
☐ 5 Severe

BRANCHING: [fch03c04a]='1' and [zf02m1cp]='1'  
{fch03c04c} [CSR C79.2] Which picture best represents the acne on your face CURRENTLY? \*\*\*See Image Appendix\*\*\*

- ☐ 1 Clear  
☐ 2 Almost clear  
☐ 3 Mild  
☐ 4 Moderate  
☐ 5 Severe

BRANCHING: [zf02m1cp]='2' {fch03c01g} [CSR C80] Have you begun to menstruate (started to have your period)?

- ☐ 1 Yes  
☐ 0 No

Puberty Development Scale  
Petersen et al. (1988)

BRANCHING: [zf02m1cp]='2' and [fch03c01g]='4'  
 {fch03c02a} [CSR C80.1] How old were you when you  
 first began to menstruate?

- ☐ 1
  - ☐ 2
  - ☐ 3
  - ☐ 4
  - ☐ 5
  - ☐ 6
  - ☐ 7
  - ☐ 8
  - ☐ 9
  - ☐ 10
  - ☐ 11
  - ☐ 12
  - ☐ 13
- (In years.)

Menstruation  
 Petersen et al. (1988)

BRANCHING: [zf02m1cp]='2' and [fch03c01g]='4'  
 {fch03c02b} [CSR C80.2] How old were you when you  
 first began to menstruate?

- ☐ 0
  - ☐ 1
  - ☐ 2
  - ☐ 3
  - ☐ 4
  - ☐ 5
  - ☐ 6
  - ☐ 7
  - ☐ 8
  - ☐ 9
  - ☐ 10
  - ☐ 11
- (In months)

BRANCHING: [zf02m1cp]='2' and [fch03c01g]='4'  
 {fch03c02c} [CSR C80.3] Today we will ask you to  
 provide a urine sample. If you choose to provide  
 one, it would be helpful to know if you currently  
 have your period. This will help us interpret any  
 traces of blood in your sample.

- ☐ 1 Yes
- ☐ 0 No

Sexual Maturity Scale (SMS)  
 Morris and Udry (1980)

When you are 11 or 12 years old, some children's bodies are changing quite quickly, but others haven't started yet.  
 We're interested to hear about you.

BRANCHING: [zf02m1cp]='2' {fch03c03a} [CSR C81] Please choose the picture on this page that looks most  
 like your body now \*\*\*See Image Appendix\*\*\*

- ☐ 1 Tanner\_Fem\_Brst\_1
- ☐ 2 Tanner\_Fem\_Brst\_2
- ☐ 3 Tanner\_Fem\_Brst\_3
- ☐ 4 Tanner\_Fem\_Brst\_4
- ☐ 5 Tanner\_Fem\_Brst\_5

BRANCHING: [zf02m1cp]='2' {fch03c03b} [CSR C82] Again, please choose the picture on this page that looks most  
 like your body now \*\*\*See Image Appendix\*\*\*

- ☐ 1 Tanner\_Fem\_Gen\_1
- ☐ 2 Tanner\_Fem\_Gen\_2
- ☐ 3 Tanner\_Fem\_Gen\_3
- ☐ 4 Tanner\_Fem\_Gen\_4
- ☐ 5 Tanner\_Fem\_Gen\_5

BRANCHING: [zf02m1cp]='1' {fch03c03c} [CSR C83] Please choose the picture on this page that looks most like your body now \*\*\*See Image Appendix\*\*\*

- ☐ 1 Tanner\_Male\_Gen\_1
- ☐ 2 Tanner\_Male\_Gen\_2
- ☐ 3 Tanner\_Male\_Gen\_3
- ☐ 4 Tanner\_Male\_Gen\_4
- ☐ 5 Tanner\_Male\_Gen\_5

## SECTION 5. ABOUT ANY PAIN IN YOUR BODY

Pain  
McBeth and Jones (2007)

Some children your age can experience pain in lots of different places. We're interested to know if you get pain often. If you do, we'd like to know a little bit about how it affects you.

{fch24c01a} [CSR C84.1] Thinking back over the PAST MONTH, have you had any pain or pains, which have lasted for a WHOLE DAY or longer?

- ☐ 1 Yes
- ☐ 0 No

BRANCHING: [fch24c01a]='1' {fch24c01b} [CSR C84.2] When did the pain start?

- ☐ 0 Less than 3 months ago
- ☐ 1 More than three months ago

BRANCHING: [fch24c01a]='1' {fch24c02\*} [CSR C84.4] Please click on the diagrams to show where exactly you felt the pain. Please touch the screen for three seconds to make your selection. \*\*\*See Image Appendix\*\*\*

(@IMAGEMAP=CP\_PAINMAP)

Manchester Pain  
Manikin  
Jones et al. (2013)

Pain  
McBeth and Jones (2007)

BRANCHING: [fch24c01a]='1' {fch24c01c} [CSR C84.3] In the PAST MONTH, how often did the pain get in the way of the normal things you do (like going to school, seeing your friends, playing sports)?

- ☐ 0 (Not got in the way at all)
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ 8
- ☐ 9
- ☐ 10 (Unable to carry on any activities)

Please answer all of the questions on this page.

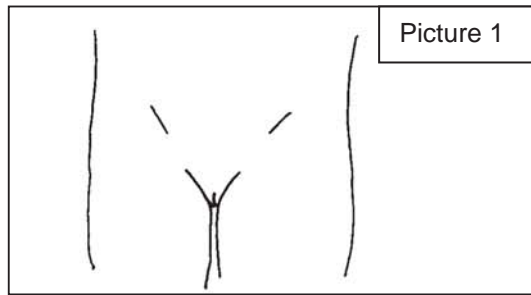
All done! Please continue to the next page.

## Image Appendix

Sexual Maturity Scale (SMS) Tanner Stages (Female genitalia)

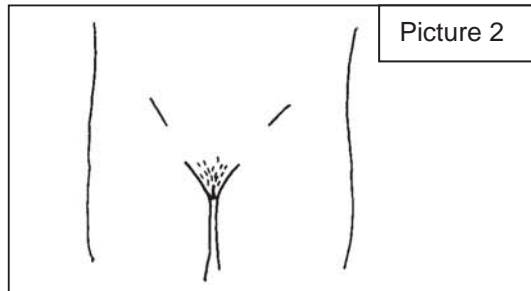
Morris and Udry (1980)

"Please choose the picture on this page that looks most like your body now."



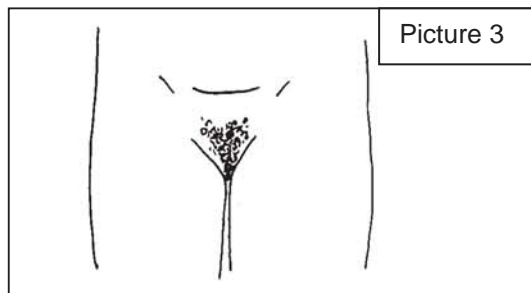
Picture 1

No hair.



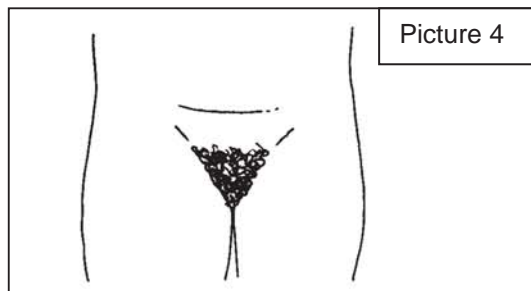
Picture 2

Very little hair, mostly straight or a bit curly, and light in colour.



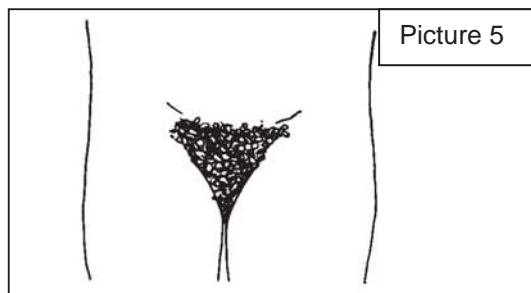
Picture 3

Hair is thicker and more curly and is getting darker.



Picture 4

The hair is as dark and curly as an adult but with none on inner thighs.



Picture 5

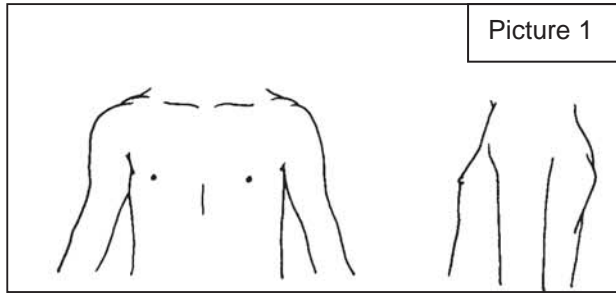
More hair with some hair on inner thighs.

## Image Appendix

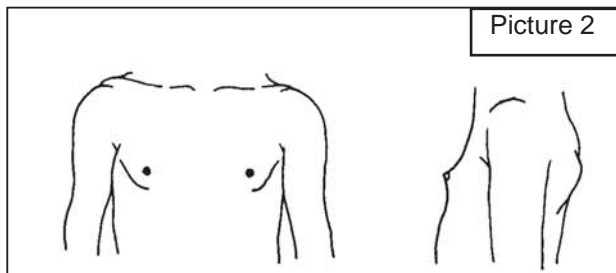
Sexual Maturity Scale (SMS) Tanner Stages (Female breasts)

Morris and Udry (1980)

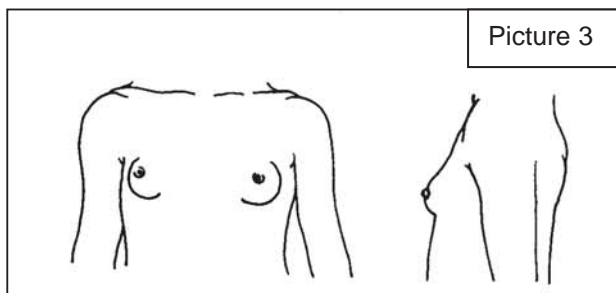
"Again, please choose the picture on this page that looks most like your body now."



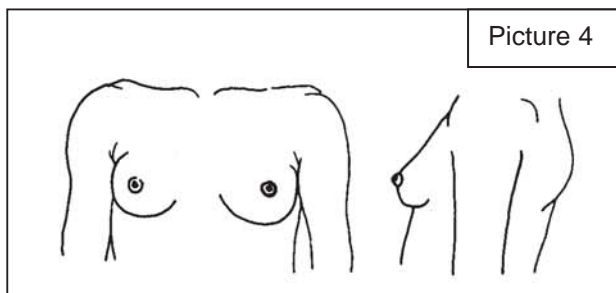
The breasts are flat.



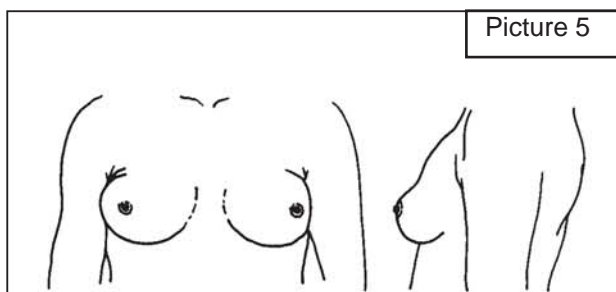
The breasts form small mounds, and the nipple and the surrounding darker part is larger than picture 1.



The breasts form larger mounds than in picture 2, but the nipple and surrounding darker part does not stick out from the breast.



The nipple and the surrounding darker part make up a mound that does stick out from the breast.



Only the nipple sticks out beyond the breast.

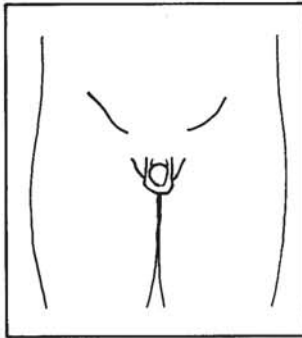
## Image Appendix

Sexual Maturity Scale (SMS) Tanner Stages (Male genitalia)

Morris and Udry (1980)

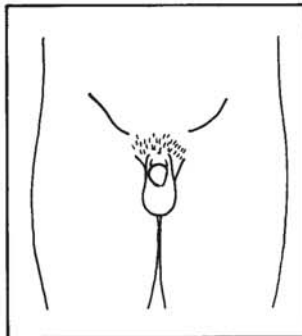
"Please choose the picture on this page that looks most like your body now."

Picture 1



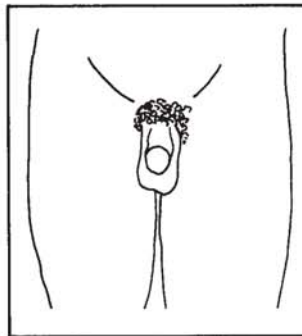
No hair; testicles and penis same size as when you were younger.

Picture 2



Very little hair; the testicles have lowered a bit and the penis is a little longer.

Picture 3



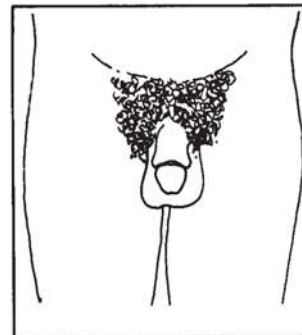
Quite a lot of hair; the testicles are larger and the penis is longer.

Picture 4



Quite a lot of hair but none on inner thighs; the testicles are darker and bigger than before and the penis is longer and wider.

Picture 5



More hair and some hair on inner thighs; the testicles and the penis are the size and shape of an adult.

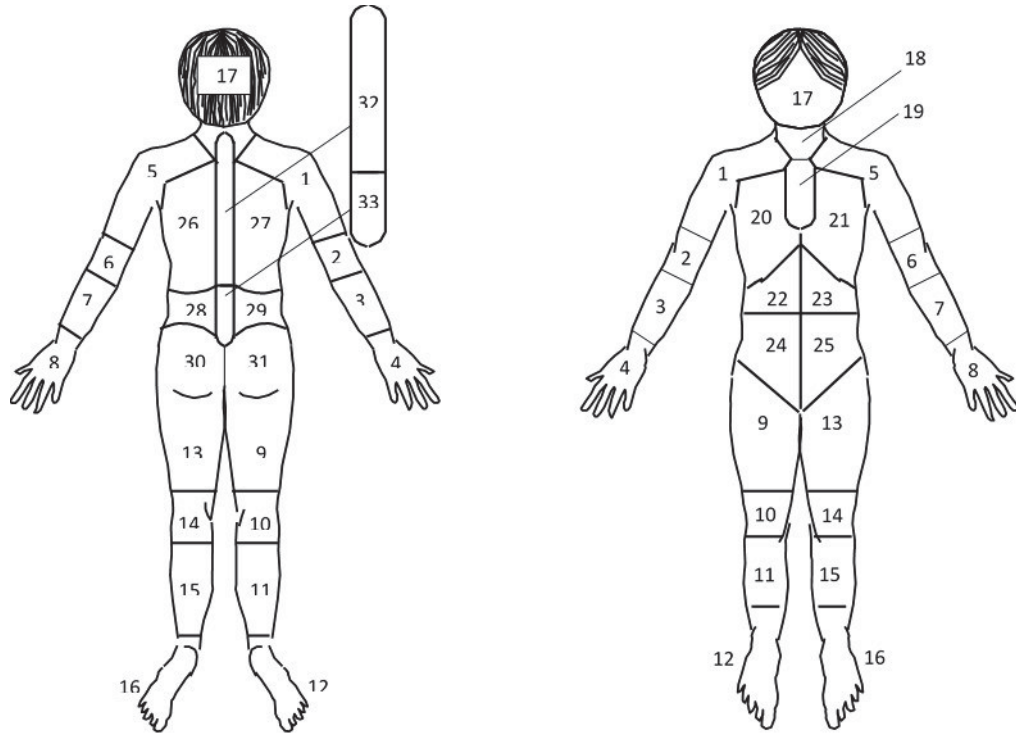


## Image Appendix

Manchester Pain Manikin

Jones et al. (2003)

"Please click on the diagrams to show where exactly you felt the pain. Please touch the screen for three seconds to make your selection."



## Image Appendix

Modified Comprehensive Acne Severity Scale (CASS): Male (left) and Female (right)

Tan et al. (2007). "Which picture best represents the acne on your face CURRENTLY?"

5 Severe



4 Moderate



3 Mild



2 Almost clear



1 Clear

