

2005/06 Survey: International Standard Mandatory Questionnaire



Introduction

This document contains the mandatory questions for the 2005/06 HBSC survey round in English. Each question is presented along with its variable name and brief description. Full national questionnaires can be downloaded from the HBSC data website.



Demographics

Gender

Variable name: sex

Are y	Are you a boy or a girl?			
1	Воу			
2	Girl			

Age

Variable names: monthbirth yearbirth

What month were you born?											
Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec
	What year were you born?										



Health Behaviours

Eating habits

Breakfast consumption

Description: A measure on frequency of breakfast consumption in order to identify those who regularly skip this meal, which is generally traditionally considered an important factor in a healthy lifestyle. Skipping breakfast has been associated with other health compromising behaviours, such as substance use and reduced cognitive functioning. The question is split between weekdays and weekends to identify those who skip breakfast on a school day.

Variable names: breakfastwd

breakfastwe

	How often do you usually have <u>breakfast</u> (more than a glass of milk or fruit juice)?								
	Please tick one box for <u>weekdays</u> and one box for <u>weekend</u>								
	<u>Weekdays</u>		<u>Weekend</u>						
1	l never have breakfast during weekdays	1	I never have breakfast during the weekend						
2	One day	2	I usually have breakfast on only one day of the weekend (Saturday OR Sunday)						
3	Two days	3	I usually have breakfast on both weekend						
4	Three days		days (Saturday AND Sunday)						
5	Four days								
6	Five days								

Source: HBSC survey 2002.



Food consumption frequency

Description: These four items represent broad indicators of healthy (fruit and vegetables) and unhealthy (sweets and soft drinks) food consumption.

Variable names: fruits

vegetables sweets softdrinks

How many time	How many times a week do you usually eat or drink ?								
Please tick one box for each line									
	1)	<i>2)</i> Less	3)	4)	5)	<i>6)</i> Once a	7)		
	Never	than once a week	Once a week	2-4 days a week	5-6 days a week	day, every day	Every day, more than once		
1. Fruits									
2. Vegetables									
3. Sweets (candy or chocolate)									
4. Coke or other soft drinks that contain sugar									

SOURCE: HBSC surveys 1985/06, 1989/90, 1993/94, 1997/98, 2001/02 (*revised: response categories expanded; 'raw' and 'cooked' vegetables merged into 'vegetables'*).



Weight control behaviour

Description: This item identifies those who are currently engaging in some form of behaviour in order to lose weight.

Variable name: ondiet

At pres	At present are you on a diet or doing something else to lose weight?						
1	No, my weight is fine						
2	No, but I should lose some weight						
3	No, because I need to put on weight						
4	Yes						

SOURCE: HBSC surveys 1993/94, 1997/988, 2001/02 (revised: definition was expanded to include 'doing something else'; response category 3 was added).

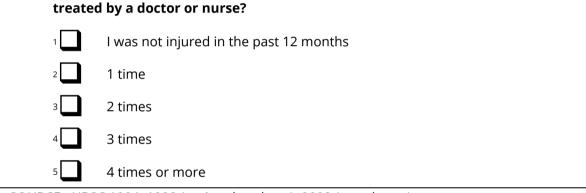


Injuries: prevalence

Description: A measure of the frequency of significant injuries during the previous 12 months. In order to distinguish from minor injuries that are a common occurrence amongst young people a significant injury is here defined as one that requires medical attention.

Variable name: injured12m

Many young people get hurt or injured from activities such as playing sports or fighting with others at different places such as the street or home. Injuries can include being poisoned or burned. Injuries <u>do not</u> include illnesses such as Measles or the Flu. The following questions are about injures you may have had during the past 12 months. During the past 12 months, how many times were you injured and had to be



SOURCE: HBSC 1994; 1998 (optional package); 2002 (mandatory).



Dental health

Description: A basic measure on frequency of tooth-brushing. The commonly accepted recommendation for tooth-brushing is twice a day.

Variable name: toothbr

How o	How often do you brush your teeth?						
1	More than once a day						
2	Once a day						
3	At least once a week but not daily						
4	Less than once a week						
5	Never						
	Never BSC surveys 1985/86, 1989/90, 1993/94, 1997/98, 2001/02. Status for 2005/06:						

SOURCE: HBSC surveys 1985/86, 1989/90, 1993/94, 1997/98, 2001/02. Status for 2005/06: Unchanged.



Physical Activity

Moderate-to-Vigorous Physical Activity (MVPA)

Description: A measure of weekly moderate-to-vigorous physical activity. It was been used to identify those who meet the current international guidelines for physical activity of one hour or more of at least moderate intensity on five or more days a week. As indicated in the question definition text, the focus is on the <u>total amount</u> of activity undertaken and therefore includes all types of activity undertaken both in and out of school hours.

Variable name: physact60

Physical activity is a some of the time.	Physical activity is any activity that increases your heart rate and makes you get out of breath some of the time.								
Physical activity ca	Physical activity can be done in sports, school activities, playing with friends, or walking to school.								
	Some examples of physical activity are running, brisk walking, rollerblading, biking, dancing, skateboarding, swimming, soccer, basketball, football, & surfing. [COUNTRY SPECIFIC EXAMPLES CAN BE GIVEN]								
For this next que	stion, <u>add</u>	<u>up</u> all the t	ime you sp	ent in phys	ical activity	y each day.	,		
	<u>past 7 day</u> ninutes pe		nany days v	were you p	hysically ac	tive for a t	total of at		
0 days	1	2	3	4	5	6	7 days		
SOURCE: Proch	aska JJ, Salli	is JF, Long B	. (2001). A p	hysical activ	ity screenin	g measure	for use		

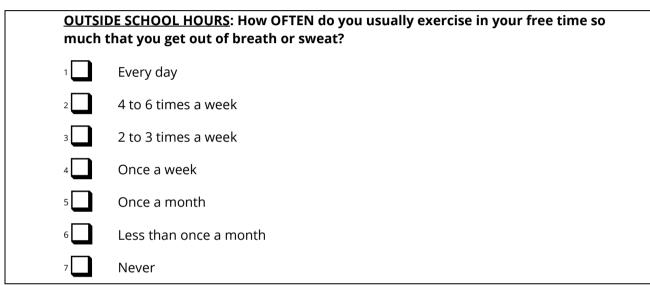
with adolescents in primary care. *Archives of Paediatrics & Adolescent Medicine.* 155: 554-559. Adapted for use in HBSC survey 2001/02.



Vigorous Physical Activity (VPA)

Description: A two-item measure of the frequency and duration of vigorous physical activity undertaken as a recreational/leisure pursuit outside of school hours.

Variable names: timeexce hourexce



SOURCE: HBSC surveys 1985/86, 1989/90, 1993/94, 1997/98, 2001/02 (optional).

OUTSIDE SCHOOL HOURS: How many HOURS a week do you usually exercise in your free time so much that you get out of breath or sweat? 1 None 2 About half an hour 3 About 1 hour 4 About 2 to 3 hours 5 About 4 to 6 hours 6 7 hours or more

SOURCE: HBSC surveys 1985/86, 1989/90, 1993/94, 1997/98. 2001/02 (optional).



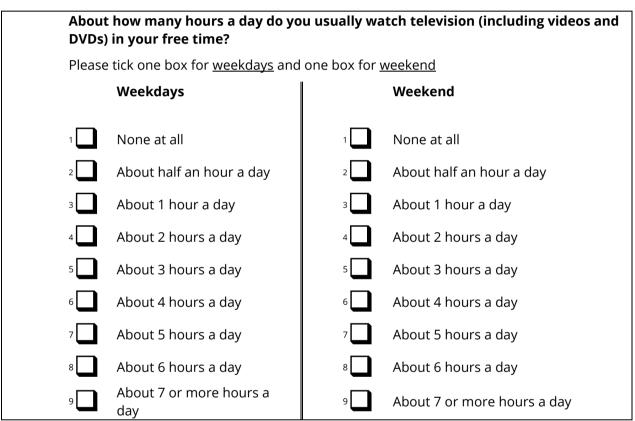
Leisure time activity

Television use

Description: A measure of the hours a day spent watching television as an indicator of, for example, sedentary activity.

Variable names: tvwd

tvwe



SOURCE: HBSC surveys 1985/86, 1989/90, 1993/94, 1997/98, 2001/02 (Revised: weekday/weekend split introduced; response categories expanded; 'videos' included).



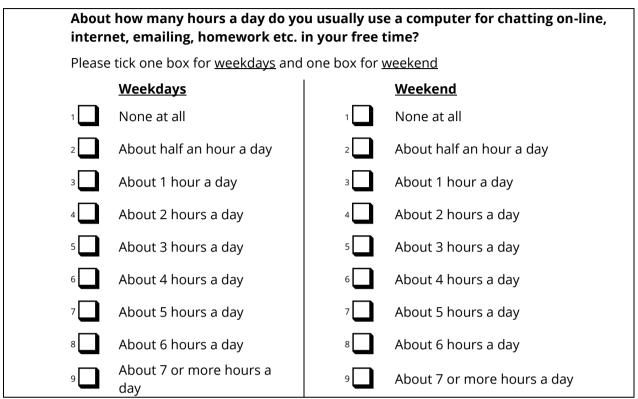
Computer use

Description: These items measure hours a day spent using a computer and playing electronic games during the week and at weekends in students' free time.

Variable names: playgamewd playgamewe compusewd

	About how many hours a day do you usually play games on a computer or games console (Playstation, Xbox, GameCube etc.) in your free time?							
Please	e tick one box for <u>weekdays</u> and	one box for <u>v</u>	veekend					
	Weekdays		Weekend					
1	None at all	1	None at all					
2	About half an hour a day	2	About half an hour a day					
3	About 1 hour a day	3	About 1 hour a day					
4	About 2 hours a day	4	About 2 hours a day					
5	About 3 hours a day	5	About 3 hours a day					
6	About 4 hours a day	6	About 4 hours a day					
7	About 5 hours a day	7	About 5 hours a day					
8	About 6 hours a day	8	About 6 hours a day					
9	About 7 or more hours a day	9	About 7 or more hours a day					





SOURCE: HBSC 1990, 1994, 1998, 2002 (revised: weekly activity changed to daily; weekday/weekend split introduced; definition in brackets added).

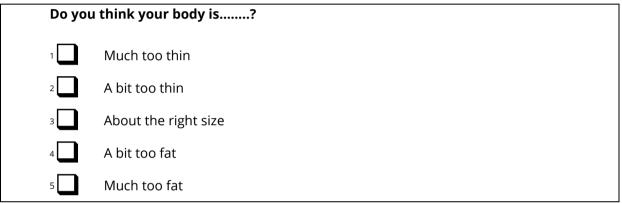


Body weight and body image

Body image

Description: This item examines perceived body size in order to identify those who are dissatisfied with their body weight.

Variable name: thinkbody



SOURCE: HBSC surveys 1993/4, 1997/98, 2001/02 (*revised: response category 'I don't think about it' was removed*).

Height & weight (BMI)

Description: Height and weight is used to calculate Body Mass Index (BMI), which is used to determine those who are overweight or obese.

Variable names: bodyweight bodyheight

How much do you weigh without clothes?

How tall are you without shoes?

SOURCE: HBSC surveys 1997/98 (optional package), 20021/02 (mandatory).



Health Complaints

Subjective health complaints

Description: A non-clinical measure of mental and physical health. The list includes physical and psychological symptoms. (Note: this measure is also referred to as 'the HBSC symptom checklist' and 'psychosomatic complaints').

Variable names: headache

stomachache backache feellow irritable nervous sleepdifficulty dizzy

In the last 6 months line	: how often have you ha	ad the follow	r ing? Ple	ase tick one b	ox for each
	1) About every day	<i>2)</i> More than once a week	<i>3)</i> About every week	<i>4)</i> About every month	<i>5)</i> Rarely or never
1. Headache					
2. Stomach-ache					
3. Back ache					
4. Feeling low					
5. Irritability or bad t	emper				
6. Feeling nervous					
7. Difficulties in getti	ing to sleep				
8. Feeling dizzy					

SOURCE: HBSC 1986, 1990, 1994, 1998, 2002

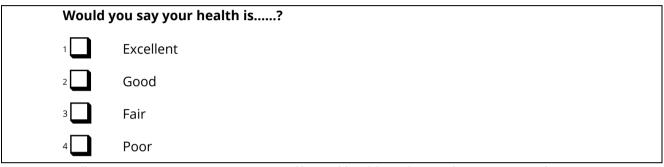


Self-related health and life satisfaction

Self-rated health

Description: A measure of perceived health status.

Variable name: health



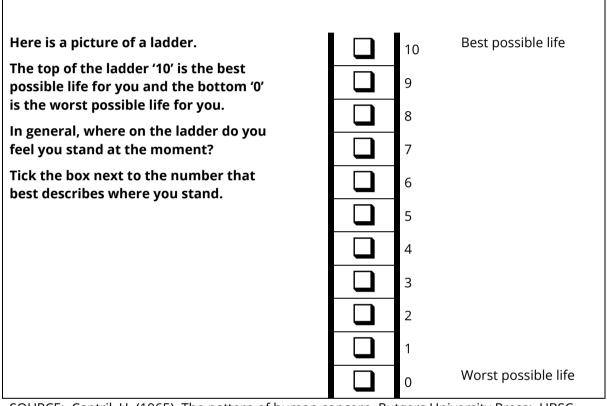
SOURCE: Idler, E. L. & Benyamini, Y. (1997). Self-rated health and mortality: A review of twentyseven community studies. *Journal Of Health And Social Behavior*, 38, 21-37. HBSC 2002



Life satisfaction

Description: A measure of general life satisfaction as an indicator of well being.

Variable name: lifesat



SOURCE: Cantril, H. (1965). The pattern of human concern. Rutgers University Press; HBSC 2002



Risk Behaviours

Alcohol use

Alcohol consumption frequency

Description: A measure of the frequency with which adolescents currently consume alcohol. The item on 'Alcopops' concerns beverages that are categorised as 'Flavoured Alcoholic Beverages' (FABs) by the drinks industry, and includes both 'pre-mixed' and 'designer' drinks. The addition of this item acknowledges the growth in popularity of these drinks amongst young people over the past ten years.

Variable names: beer

wine spirits alcopops otheralco

	At present, how often do you drink anything alcoholic, such as beer, wine or spirits like[Add appropriate examples]? Try to include even those times when you only drink a small amount.								
	Please tick one box for each line								
		Every day	Every week	Every month	Rarely	Never			
1.	Beer								
2.	Wine								
3.	Spirits / Liquor								
4.	Alcopops (i.e. Smirnoff Ice, Bacardi Breezer, Mike's Hard, Lemonade)								
5-7.	National drinks categories (maximum of three)								
8.	Any other drink that contains alcohol								

SOURCE: HBSC 1986, 1990, 1994, 1998, 2002



Drunkenness

Description: A measure of lifetime drunkenness.

Variable name: drunk

Have y	Have you ever had so much alcohol that you were really drunk?					
1	No, never					
2	Yes, once					
3	Yes, 2-3 times					
4	Yes, 4-10 times					
5	Yes, more than 10 times					
	Yes, more than 10 times					

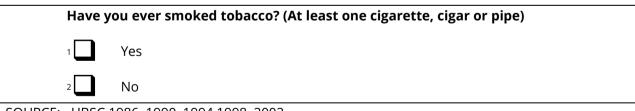
SOURCE: HBSC 1986, 1990, 1994, 1998, 2002

Tobacco use

Prevalence of tobacco use

Description: A measure of the prevalence of tobacco use among participating students.

Variable name: triedsmoke



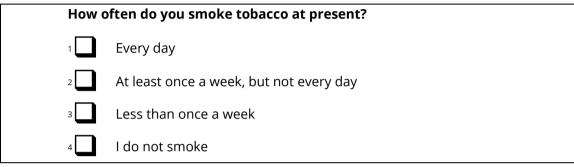
SOURCE: HBSC 1986, 1990, 1994,1998, 2002.



Frequency of tobacco use

Description: A measure of the frequency of tobacco use.

Variable name: smoking



SOURCE: HBSC 1986, 1990, 1994, 1998, 2002.

Cannabis use: for <u>15 year olds only</u>

Variable names: cannabisltm cannabis12m cannabis30d

Have you ever taken cannabis [INSERT APPROPRIATE STREET NAMES]? Please tick one box for each line.								
	1)	2)	3)	4)	5)	6)	7)	
	Never	Once or	3 to 5	6 to 9	10 to 19	20 to 39	40 times	
		twice	times	times	times	times	or more	
1. In your life								
2. In the last 12 months								
2. In the last 30 days								

SOURCE: ESPAD (European School Survey Project on Alcohol & other Drugs, 1995); HBSC 2002 (items 1 & 2)



Age of onset of smoking, alcohol consumption and drunkenness

Description: A measure of the age of initiation into smoking, drinking alcohol and drunkenness.

Variable names: agealco agedrunk agecigarette

	At what age did you first do the following things?					
	If there is something you have not done, choose the 'never' category.					
1.	Drink alcohol (more than a small amount)		Never	l was 🔲 years old		
				Write in the box how old you were		
2.	Get drunk		Never	I was years old Write in the box how old you were		
3.	Smoke a cigarette (more than a puff)		Never	I was years old Write in the box how old you were		
S	SOURCE: HBSC 2002					



Bullying

Description: Two measures of the frequency of being bullied and bullying others at school. 'Bullying' is the assertion of interpersonal power through aggression. It has been defined as negative physical or verbal actions that have hostile intent, cause distress to victims, are repeated over time, and involve a power differential between bullies and their victims.

Variable names: beenbullied bulliedothers

Being bullied

Here are some questions about bullying. We say a student is BEING BULLIED when another student, or a group of students, say or do nasty and unpleasant things to him or her. It is also bullying when a student is teased repeatedly in a way he or she does not like or when he or she is deliberately left out of things. But it is NOT BULLYING when two students of about the same strength or power argue or fight. It is also <u>not</u> bullying when a student is teased in a friendly and playful way.

How often have you been bullied at school in the past couple of months?



I haven't been bullied at school the past couple of months



It has only happened once or twice



About once a week

2 or 3 times a month

Several times a week

SOURCE: Olweus, D, 1996: The revised Olweus Bully/Victim Questionnaire. Mimeo. HEMIL, University of Bergen, N-5015 Bergen, Norway; HBSC 2002



Bullying others

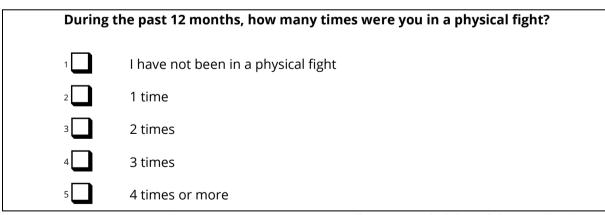
	How often have you taken part in bullying another student(s) at school in the past couple of months?				
1	¹ I haven't bullied another student(s) at school in the past couple of months				
2	² It has only happened once or twice				
3	2 or 3 times a month				
4	About once a week				
5	Several times a week				
SOURCE: Olweus.D. 1996: The revised Olweus Bully/Victim Ouestionnaire, Mimeo, HEMIL.					

SOURCE: Olweus, D, 1996: The revised Olweus Bully/Victim Questionnaire. Mimeo. HEMIL, University of Bergen, N-5015 Bergen, Norway; HBSC 2002

Violence: prevalence of physical fighting

Description: A measure of aggression and violence assessed through the frequency of physical fighting in the previous 12 months.

Variable name: fight12m



SOURCE: Brener ND, Collins JL, Kann L, Warren CW, Williams BI. Reliability of the youth risk behavior survey questionnaire. *Am J Epidemiol.* 1995;141:575-580; HBSC 2002

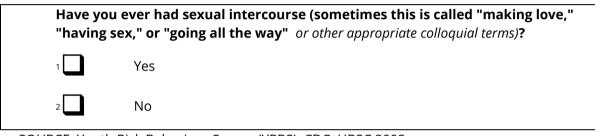


Sexual health– 15 year olds only

Prevalence of sexual intercourse

Description: A measure of the prevalence of sexual intercourse among 15 year olds.

Variable name: hadsex

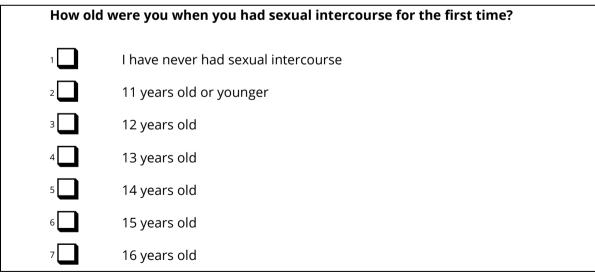


SOURCE: Youth Risk Behaviour Survey (YRBS), CDC; HBSC 2002

Age of first sexual intercourse

Description: A measure of the age at which sexual intercourse first took place.

Variable name: agesex



SOURCE: YRBS; HBSC 2002



Contraception use to prevent pregnancy

Description: A measure of contraception used at the last experience of sexual intercourse. This question and the following item on condom use (M27 below) aim to measure separately the methods used to prevent pregnancy and to prevent sexually transmitted diseases. Cognitive testing during the development of these on contraceptive use (by the YRBS) showed that asking the questions separately helps to ensure that respondents adequately consider what actions they took on both counts.

Variable names: contraceptnever

contraceptnomet contraceptpill contraceptcondom contraceptwithdraw contraceptother contraceptnotsure

The last time you had sexual intercourse, what method(s) did you or your partner use to prevent pregnancy?				
I have never had sexual intercourse	Go to the next question			
No method was used to prevent pregnancy	Go to the next question			
	Yes No			
Birth control pills				
Condoms				
Withdrawal				
(National choice options may be inserted here)				
Some other method				
Not sure				

SOURCE: YRBS (adapted); HBSC 2002



Condom use

Description: A measure of condom use at last intercourse in order to estimate those at risk from STIs (sexually transmitted infections).

Variable name: condomuse

The last	The last time you had sexual intercourse, did you or your partner use a condom?					
1	l have never had sexual intercourse					
2	Yes					
3	No					

SOURCE: YRBS; HBSC 2002



Social Context

Family

Family structure

Description: A measure of family structure and household composition.

Variable names: motherhome1

fatherhome1 stepfahome1 grandmohome1 grandfahome1 fosterhome1 elsehome1 brothershome1 sistershome1

All families are different (for example, not everyone lives with both their parents, sometimes people live with just one parent, or they have two homes or live with two families) and we would like to know about yours. Please answer this first question for the home <u>where you live all or most of the time</u> and tick the people who live there.

<u>Adults</u>

1	Mother
2	Father
3	Stepmother (or father's girlfriend)
4	Stepfather (or mother's boyfriend)
5	Grandmother
6	Grandfather

<u>Children</u>

Please say how many brothers and sisters live here
(including half, step or foster brothers and sisters).
Please write in the number or write 0 (zero) if there
are none.

How many	brothers?	
110 W IIIdily	brother 5.	

7	l live in a foster home or children's home

⁸ Someone or somewhere else: *please write it down*

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Variable names: havehome2 stayhome2 motherhome2 fatherhome2 stepmohome2 grandmohome2 grandfahome2 fosterhome2 elsehome2 brothershome2 sistershome2

-	Do you have another home or another family, such as the case when your parents are separated or divorced?						
1	No – GO TO QUESTION XX						
2	Yes						
	✦ How often do you stay there?						
	¹ Half the time						
	2	Regularly but less than half the time					
	3	At weekends					
	⁴ Sometimes						
	5	Hardly ever					
Please tick the people who live there:							
	<u>Adul</u>	<u>ts</u>	<u>Children</u>				
	1	Mother	Please say how many brothers and sisters live here				
	2	Father	(including half, step or foster brothers and sisters). Please write in the number or write 0 (zero) if there				
	3	Stepmother (or father's girlfriend)	are none.				
	4	Stepfather (or mother's boyfriend)	How many brothers?				
	5	Grandmother	How many sisters?				
	6	Grandfather					
	⁷ I live in a foster home or children's home						
	⁸ Someone or somewhere else: <i>please write it down</i>						



Family communication

Description: A measure of communication with family members and friends as an indicator of the quality of relationships.

Variable names: talkfather talkstepfa talkmother talkstepmo talkbrother talksister

	How easy is it for you to talk to the following persons about things that really bother you? Please tick one box for each line					
		1)	2)	3)	4)	5)
		very easy	easy	difficult	very difficult	don't have or see this person
1.	Father					
2.	Stepfather (or mother's boyfriend)					
3.	Mother					
4.	Stepmother (or father's girlfriend)					
5.	Elder brother (s)					
6.	Elder sister (s)					
7.	Best friend					
8.	Friends of the same sex					
9.	Friends of the opposite sex					

SOURCE: HBSC 1986, 1990, 1994,1998, 2002.



Peers

Number of friends (peer group)

Description: A measure of the size and gender of the student's friendship group.

Variable names: malefriends femalefriend

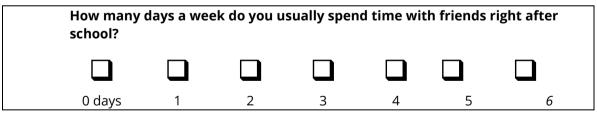
At present, how many <u>close</u> male and female friends do you have?				
Please tick one b	ox each column			
	<u>Males</u>		<u>Females</u>	
1	None	1	None	
2	One	2	One	
3	Two	3	Two	
4	Three or more	4	Three or more	

SOURCE: HBSC 1994,1998, 2002 (revised)

Peer contact frequency (after school)

Description: A measure of frequency of contact with friends after school.

Variable name: friendsafternoon



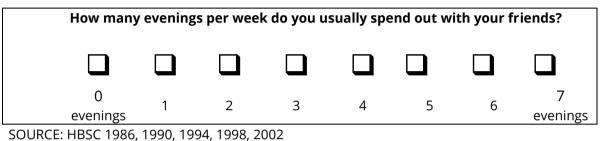
SOURCE: HBSC 1986, 1990, 1994, 1998 , 2002 (revised: response categories adjusted to match that of evening contact with peers)



Peer contact frequency (evenings)

Description: A measure of frequency of contact with friends in the evening.

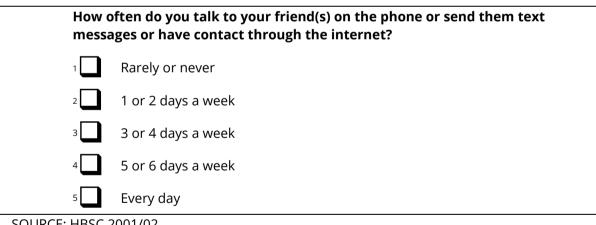
Variable name: friendsevening



Peer contact frequency: electronic-media communication

Description: A measure of frequency of contact with friends through electronic media.

Variable name: emedia6m



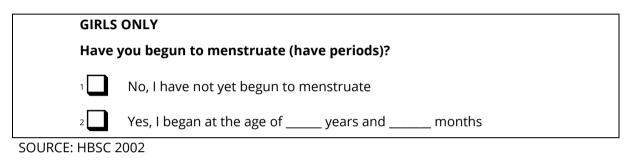
SOURCE: HBSC 2001/02



Puberty

Description: A measure of the onset of puberty in girls. An equivalent indicator for boys is available as an optional package.

Variable name: menarche



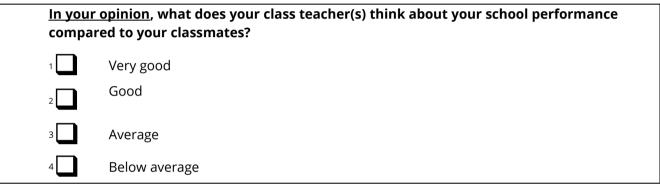


School setting

Academic achievement

Description: This item is a measure of the student's perception of how the teacher evaluates their academic performance.

Variable name: acachieve

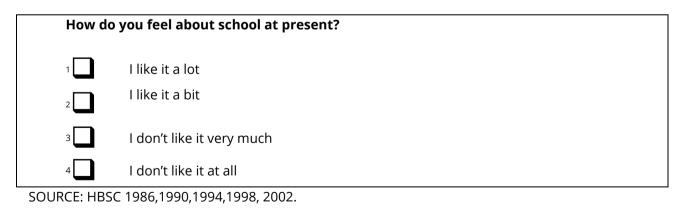


SOURCE: HBSC 1986, 1990, 1994, 1998, 2002.

Satisfaction with school

Description: This item is intended to measure the students' global feeling about school as a whole.

Variable name: likeschool





Classmate support

Description: These three items are intended to form a composite scale to measure social support from classmates.

Variable names: studtogether studhelpful studaccept

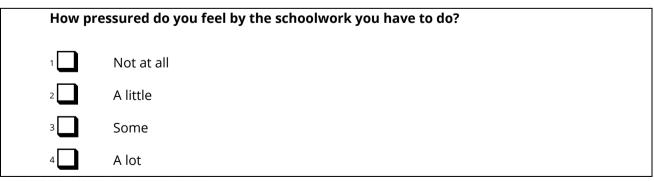
Here are some statements about the students in your class(es). Please show how much you agree or disagree with each one. <i>Please tick one box for each line</i>					
	1)	2)	3) Neither	4)	5)
	Strongly agree	Agree	agree nor disagree	Disagree	Strongly disagree
The students in my class(es) enjoy being together					
Most of the students in my class(es) are kind and helpful					
Other students accept me as l am					

SOURCE: HBSC 1994, 1998, 2002 (revised:)

School-related stress

Description: This item intends to measure the global feeling of being pressured by schoolwork, which includes work at school and homework.

Variable name: schoolpressure



SOURCE: HBSC 1994,1998, 2002.



Social Inequality

Parental occupation

Description: The aim of this set of questions is to obtain sufficient information on parents' occupations to enable classification according to a standardised coding system. This is used as an indicator of socio-economic status.

Variable names: occupsesfa occupsesmo

Father	Mother
Does your father have a job?	Does your mother have a job?
¹ Yes	¹ Yes
2 No	² No
³ Don't know	³ Don't know
⁴ Don't have or don't see father	⁴ Don't have or don't see mother
lf YES , please say in what place he works (for example: hospital, bank, restaurant)	If YES , please say in what place she works (for example: hospital, bank, restaurant)
Please write down exactly what job he does there (for example: teacher, bus driver)	Please write down exactly what job she does there (for example: teacher, bus driver)
lf NO, why does your father not have a job?	If NO, why does your mother not have a job?
(Please tick the box that best describes the situation)	(Please tick the box that best describes the situation)
¹ He is sick, or retired, or a student	¹ \square She is sick, or retired, or a student
² He is looking for a job	² She is looking for a job
³ He takes care of others, or is full-time in the home	³ She takes care of others, or is full-time in the home
⁴ I don't know	⁴ I don't know

SOURCE: HBSC 1986, 1990,1994, 1998, 2002 (revised:)



The Family Affluence Scale (FAS)

Description: A measure of material family wealth as an alternative measure for socioeconomic status, given the difficulties in obtaining reliable information on parental occupation.

Variable names: famcar

bedroom holidays computers

Does y	Does your family own a car, van or truck?	
1	No	
2	Yes, one	
3	Yes, two or more	

Do you	have your own bedroom for yourself?
1	Νο
2	Yes

During the past 12 months, how many times did you travel away on holiday/ vacation with your family? Not at all Once

3	Twice
4	More than twice

How m	How many computers does your family own?	
1	None	
2	One	
3	Тwo	
4	More than two	

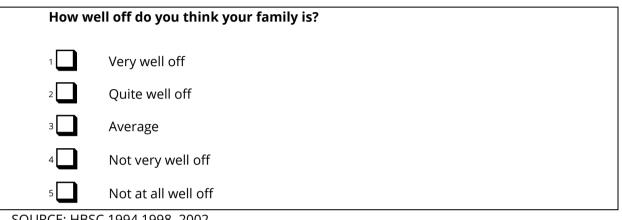


SOURCE: HBSC (Family Affluence Scale)

Perceived family wealth

Description: A measure young people's perceptions of their own family's socio-economic position.

Variable name: welloff

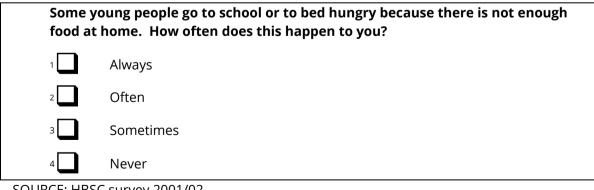


SOURCE: HBSC 1994,1998, 2002.

Hunger (Food Poverty)

Description: This item was originally devised to measure extreme poverty in terms of deprivation and hardship related to socio-economic status. However, analyses of the 2001/02 survey data has revealed the potential of this item to be an indicator of a more subtle phenomenon that could be linked to other health inequality issues such as neglect, household disorganisation, family dysfunction.

Variable name: hungry



SOURCE: HBSC survey 2001/02