

Core questionnaires for wellbeing in primary school aged and secondary school aged children

What is it for?

- These are the core questionnaire for measuring wellbeing in primary-school and secondary school aged children.
- It is taken from the nef tool developed for use with the BIG Wellbeing portfolio
- This tool was based on the DEFRA 2007 Survey of Public Attitudes, adapted and simplified to reduce reading age.

How do I use it?

Follow the advice in your **Good Gardening Evaluation guide(s)** about when to ask people to fill this out. In general beneficiaries should complete it:

- At first contact (e.g. with any monitoring forms you are using, before any activities are undertaken). This may also be at a first session of an activity (before the activity happens).
- At last contact (e.g. incorporated into an evaluation questionnaire at the end)

More information about keeping records/monitoring and evaluation is in your **Good Gardening Evaluation guide(s)** and in the document, '**Having a Healthy Evaluation**'.

How is it scored?

1. Add up the numbered responses to a, c and d.
2. For b, e, f and g, you need to reverse the score as follows:
1=5
2=4
3=3
4=2
5=1

Then add the resulting numbers together.

3. Add together the results of steps 1 and 2 above.

There is a spreadsheet available from jo.belcher@portsmouthcc.gov.uk that will automatically reverse the scores on the forms for you. It will also add up all the info you need to tell us, as described on the next page.

chances4change will ask you to feedback:

1. The average scores for all beneficiaries at the beginning and at the end of all activities/support:

- ✓ Calculate this by adding together all the scores you have for beneficiaries' questionnaires on entry to your project. Divide by the number of beneficiary scores.
 - E.g. 100 children complete the questionnaire. When you added their scores together for when they began the programme, it comes to 3600. You divide this by the total number of people (100). 36 is the number you report for average at entry into the activity.
- ✓ Then do the same for the scores of those leaving the programme. E.g. the total score comes out at 5000 ($5000/100=50$). 50 is the number you report for average on completing the activity.
- ✓ You may wish to keep these records for each activity within your project so you can monitor which activities are most successful.

2. Number of children whose mental wellbeing has increased

- ✓ E.g., even if children increase their mental wellbeing level by one point.
- ✓ Don't count children who stay at the same level or whose score reduces
- ✓ E.g., if 60 children get a higher score on completing the activity then they had at the beginning, 39 stay the same and 1 scores lower, report 60.

Important points:

- ✓ **NB.** It would be useful to have more information on the results of this tool. **Please be prepared to share your original data (spreadsheets) with Jo Belcher** so that she can perform statistical analyses on it if required.
- ✓ **Please inform us how many children in total you have used this measure with.**
- ✓ Please make sure you **keep all information about each beneficiary together** – e.g. basic monitoring information, sessions attended, other support accessed as well as scores on core questions and any other measures. You may need this in order to look into successes and difficulties in more depth.

Wellbeing questionnaire for primary school aged children

How did you feel last week? Tick one box for each feeling.

		Never	On one day	On a few days	Most days	Every day
a)	I felt happy	1	2	3	4	5
b)	I felt sad	1	2	3	4	5
c)	I enjoyed my school work	1	2	3	4	5
d)	I had lots of energy	1	2	3	4	5
e)	I had no-one to play with	1	2	3	4	5
f)	I felt tired	1	2	3	4	5
g)	I kept waking up in the night	1	2	3	4	5

Wellbeing questionnaire for secondary school age children

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

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