

OxWell

Student Survey

Young People's Health and Wellbeing



Variable Guide
Primary Schools
2023

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Question Text	Response Options	Type	Year(s)	Source
Demographics				
What is your year group?	5 6	Dropdown		
What is your gender?	Girl Boy Other Prefer not to say	Radio button	2023, 2021*, 2020*, 2019*	OxWell Study Team*
Prefer to self-identify (please describe)		Free text	2023	
How old are you?	8 9 10 11 12	Dropdown	2023, 2021*, 2020*, 2019*	
What is your ethnic group?	White - English/Welsh/Scottish/Northern Irish/British White - Irish White - Gypsy or Irish Traveller White - Other Mixed/Multiple ethnic groups - White and Black Caribbean Mixed/Multiple ethnic groups - White and Black African Mixed/Multiple ethnic groups - White and Asian Mixed/Multiple ethnic groups - Other Asian/Asian British - Indian Asian/Asian British - Pakistani Asian/Asian British - Bangladeshi Asian/Asian British - Chinese Asian/Asian British - Other Black/African/Caribbean/Black British - African Black/African/Caribbean/Black British - Caribbean Black/African/Caribbean/Black British - Other Arab Other ethnic group	Dropdown	2023	ONS
Were you born in the UK?	Yes No Prefer not to say	Radio button	2023, 2021, 2020*, 2019*	OxWell Study Team
Were your parents born in the UK?	Yes, one parent Yes, both parents Neither parent Prefer not to say	Radio button	2023, 2021*, 2020*, 2019*	
Do you have any illnesses or physical or mental health conditions that require repeated medical appointments?	Yes No	Radio button	2023	OxWell Study Team

	Not Sure Prefer not to say			
School experience				
How much help and support with learning do you feel that you get at school?	No help at all Not enough help	Sliding scale	2023, 2021, 2020, 2019	OPS
How much help and support do you feel you get with your homework from the people you live with?	Just about enough help Most of the help I need All of the help I need			
Do you receive support for special education needs (e.g. have an EHCP: Education, Health & Care Plan)?	Yes No Not Sure Prefer not to say		2023	OxWell Study Team
How would you describe being at your school?				
I enjoy my school	Strongly Disagree Disagree Neither Agree nor disagree Agree Strongly Agree	Sliding scale	2023, 2021, 2019	OPS
I learn a lot at school				
My school has lots of activities (like sport and drama) to take part in at lunchtime or after school/college				
Other students often disrupt my lessons				
My teacher(s) make my lessons fun and interesting				
I feel stressed by school work				
I worry about going to school				
I am happy to use the school toilets				
I get enough help at school when I am upset				
I am often in trouble				
I am often aggressive or violent (such as breaking things and hurting people when I am angry)				
How much do you agree with the following statement: I feel like I am part of my school	Strongly disagree Disagree	Radio button	2023, 2021*	OxWell Study Team
How much do you agree with the following statement: My school deals well with racism	Neither agree nor disagree Agree Strongly agree			
How many primary schools have you attended?	Just one 2 3 or more	Dropdown	2023	OxWell Study Team
Roughly how many days of school did you miss last term, between September and the end of December?	0-5 6-10 11-15 16-20	Dropdown		OPS*

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	21 or more			
During this academic year, have you ever been asked to leave your place of learning because of your behaviour?	No Once or twice this year Several times this year Frequently this year	Dropdown		OxWell Study Team [Fazel 2021]
Have you ever been excluded from school?	Yes No Not sure	Radio button		
Was this ever a permanent exclusion?	Yes No Don't know what this means	Dropdown		
Bullying				
When we talk about bullying, this is something that happens Several Times On Purpose (STOP). Bullying behaviour can be: physical (pushing, kicking, hitting), verbal (name calling, threats, teasing), cyber (sending hurtful messages online) or exclusion (being left out on purpose, not being invited out with your friends).				
How well do you think your school deals with bullying?	Very badly Not very well Average Quite well Extremely well	Sliding scale	2023, 2021, 2019	OPS
Have you been bullied in the last year (at least 2-3 times a month)?	Never or just teased a few times 2-3 times a month Weekly Most days Every Day	Radio button	2023, 2021*, 2020*, 2019*	OxWell Study Team*
Is the bullying still happening?	Yes No Prefer not to say	Radio button	2023, 2021, 2019	
Where does the bullying usually happen? (tick all that apply)	The journey to/from school/college Online/social media sites During lessons/lectures In school/college but outside of lessons/lectures At home, or the place you are living now Other outdoor location Other	Radio button	2023, 2021*, 2019*	OxWell Study Team*
How often in the last year has someone from school hit, kicked or punched you on purpose with the intention of really hurting you?	Not at all Once 2 - 5 times More than 6 times	Dropdown	2023	OxWell Study Team
Poverty				
About your circumstances:				

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I worry about not having enough money for the things my family needs, e.g., food, bills, electric or gas	Never or hardly ever Some of the time Often	Radio button	2023	Wales's Young People's Survey on Child & Family Poverty 2019 (McFarlane, 2021)*
My family uses food banks				
The house I live in is cold and/or damp				
At school, I am unable to afford the right uniform, games kit, books, equipment, or go on trips				
At school, I am unable to afford to eat				
At home, I do not have enough space to do things like homework or chill out				
At home, I have no internet access or poor internet access				
At home, I go to bed hungry because there is not enough food in the house			2023, 2021*, 2020*, 2019*	OxWell Study Team*
Physical activity				
About how many hours of physical activity or exercise do you do over a whole week (in and out of school, during term-time), including getting to and from school?	1 hour or less 3 hours 6 hours 9 hours 12 hours or more	Sliding scale	2023, 2021*, 2020*	Children and Young People Survey (Sports England)*
How many times per week do you normally do PE/sports during school time? <small>(This could be scheduled sports/classes or short bits of exercise between/during lessons)</small>	0 3 6 9 12 or more	Sliding scale	2023, 2021	
How many times per week do you do sports or exercise outside of school hours?				
Would you like to do more sports/exercise?	Yes No	Radio button	2023, 2021, 2020	
How much do you normally enjoy your PE lessons?	Never or hardly ever Some of the time Often	Radio button	2023, 2021*, 2020*	
How do you normally (i.e. for most of the journey) travel to school?	I travel by vehicle (e.g. bus, car, van, train, motorbike) I do not travel by vehicle (e.g. walk, cycle, skate, scoot, blades)	Radio button	2023, 2021, 2019*	OPS*
Away from school/college, I am currently involved in:				
Sports clubs or teams (this includes martial arts and dance)	Yes	Radio button	2023	OxWell Study Team

Other clubs (this includes drama clubs, church groups, music bands etc)	No			
Sleep				
What time do you usually go to bed on a school night?	6pm 6.15pm 6.30pm 6.45pm 7pm 7.15pm 7.30pm 7.45pm 8pm 8.15pm 8.30pm 8.45pm 9pm 9.15pm 9.30pm 9.45pm 10pm 10.15pm 10.30pm 10.45pm 11pm 11.15pm 11.30pm 11.45pm 12am (midnight) 12.15am 12.30am 12.45am 1am 1.15am 1.30am 1.45am 2am or later	Dropdown	2023, 2021*	Munich Chronotype Questionnaire (MCTQ; Roenneberg et al., 2007)* School Sleep Habits Survey (Wolfson & Carskadon, 1998; Wolfson et al., 2003)* [Illingworth 2022]
What time do you usually try to fall asleep on a school night? (The time you turn the lights off and try to sleep. This may be the same time as you go to bed (as above) or it could be later if you get into bed and do activities like reading/using social media before trying to sleep)				
How long do you usually take to fall asleep on a school night? (Time is given in minutes)	0 mins 5 mins 15 mins 30 mins 45 mins 60 mins 75 mins 90 mins 105 mins 120 mins or more	Dropdown		
What time do you usually wake up on a school day? (The final time you wake up before getting up for the day)	5am 5.15am 5.30am 5.45am 6am 6.15am 6.30am 6.45am 7am 7.15am 7.30am 7.45am 8am 8.15am 8.30am 8.45am 9am 9.15am 9.30am 9.45am 10am 10.15am 10.30am 10.45am 11am 11.15am 11.30am 11.45am 12pm (noon) 12.15pm 12.30pm 12.45pm 1pm or later	Dropdown		
What time do you usually go to bed at the weekend? (The weekend refers to Friday and Saturday nights)	6pm 6.15pm 6.30pm 6.45pm 7pm 7.15pm 7.30pm 7.45pm 8pm 8.15pm 8.30pm 8.45pm 9pm 9.15pm 9.30pm 9.45pm 10pm 10.15pm 10.30pm 10.45pm 11pm 11.15pm 11.30pm 11.45pm 12am (midnight) 12.15am 12.30am 12.45am 1am 1.15am 1.30am 1.45am 2am or later	Dropdown		
What time do you usually try to fall asleep at the weekend? (The time you turn the lights off and try to sleep. This may be the same time as you go to bed (as above) or it could be later if you get into bed and do activities like reading/using social media before trying to sleep. The weekend refers to Friday and Saturday nights)				
How long do you usually take to fall asleep at the weekend?	0 mins 5 mins 15 mins 30 mins 45 mins 60 mins 75 mins 90 mins 105 mins 120 mins or more	Dropdown		
What time do you usually wake up at the weekend? (The final time you wake up before getting up for the day. The weekend refers to Saturday and Sunday mornings/early afternoon)	5am 5.15am 5.30am 5.45am 6am 6.15am 6.30am 6.45am 7am 7.15am 7.30am 7.45am 8am 8.15am 8.30am 8.45am 9am 9.15am 9.30am 9.45am 10am 10.15am 10.30am 10.45am 11am 11.15am 11.30am 11.45am 12pm (noon) 12.15pm 12.30pm 12.45pm 1pm or later	Dropdown		
People sometimes feel sleepy during the daytime. During your daytime activities, how much of a problem do you have with sleepiness (feeling sleepy, struggling to stay awake)?	No problem at all A little problem More than a little problem	Radio button	2023, 2021	School Sleep Habits Survey (Wolfson &

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	A big problem A very big problem			Carskadon, 1998; Wolfson et al., 2003)
Thinking about the past month, to what extent has poor sleep troubled you in general?	Not at all A little Somewhat Much Very much	Dropdown		Sleep Condition Indicator (SCI-02) (Luik et al., 2019)
Thinking about a typical night in the last month, how many nights a week do you have a problem with your sleep?	0-1 2 3 4 5-7	Dropdown		
Relationships				
How easy do you find it to make and keep friends?	Very difficult Quite difficult Sometimes difficult Quite easy Very easy	Radio button	2023, 2021, 2019	OPS*
How well do you get along with other people in your household?	Not well or not at all well Most of the time well Very well or well	Radio button		OxWell Study Team
How often do you feel lonely?			2023, 2021, 2020	UCLA loneliness scale (Russel, 1996)* ONS Good Childhood Index ELSA OPN [Geulayov 2022]
Mental Health				
Here are some statements or descriptions about how you might have been feeling or thinking about things over the past couple of weeks. For each one please click on the box which best describes your thoughts and feelings; there are not right or wrong answers.				
I think good things will happen in my life	Never Not much of the time Some of the time Quite a lot of the time All of the time	Radio button	2023	Stirling Children's Wellbeing Scale (Liddle and Carter, 2015)
I have always told the truth				
I've been able to make choices easily				
I can find lots of fun things to do				
I feel that I am good at some things				
I think lots of people care about me				
I like everyone I have met				

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I think there are many things I can be proud of				
I've been feeling calm				
I've been in a good mood				
I enjoy what each new day brings				
I've been getting on well with people				
I always share my sweets				
I've been cheerful about things				
I've been feeling relaxed				
Please select the word that shows how often each of these things happens to you. <i>There are no right or wrong answers.</i>				
I have trouble going to school in the mornings because I feel nervous or afraid	Never Sometimes Often Always	Radio button	2023	RCADS-11 (Radez et al., 2021)
I have no energy for things				
I worry when I go to bed at night				
I worry about what is going to happen				
Nothing is much fun anymore				
All of a sudden I feel really scared for no reason at all				
I feel worthless				
I feel sad or empty				
When I have a problem, my heart beats really fast				
I am tired a lot				
I worry I might look foolish				
Now please answer the following questions about those things that you said happen to you 'sometimes' 'often' or 'always'.				
How much do these difficulties upset or distress you?	Not at all Only a little Quite a lot A great deal	Radio button	2023	The Eating Disorders Section of the Development and Well-Being Assessment (DAWBA) (Moya et al., 2005; Goodman et al., 2000; O'Logbon et al., 2022)
How much do these difficulties get in the way of your everyday life in school?				
Have you ever thought you were fat even when other people told you that you were very thin?	Yes No	Radio button	2023	The Eating Disorders Section of the Development and Well-Being Assessment (DAWBA) (Moya et al., 2005; Goodman et al., 2000; O'Logbon et al., 2022)
Do worries about eating (what? where? how much?) really interfere with your life?				

Do you regularly skip meals at school because you have shape and/or weight concerns?				OxWell Study Team
Self-harm				
Have you hurt yourself on purpose in the last year?	Yes No Prefer not to say Not sure what this means	Radio button	2023	OxWell Study Team* CASE Study (Madge et al., 2008)* (Hawton et al., 2002)* [Geulayov 2022]
Please could you tell us how you hurt yourself?	Yes No, I don't want to say No, it doesn't feel safe to share No, I find it difficult to write No, I can't remember what I did No, for other reasons	Radio button		
Please can you tell us what you did? <i>Please remember the results will not be seen for several weeks, so please don't write anything that will identify you or anyone else. If you are worried and would like to talk to somebody, please speak to an adult who you trust in your school/college.</i>	Contingent on answering "Yes" to X2135	Free text		
Mental Health Services				
Do you think you've had a mental health problem that has affected your daily life?	No Yes - in the past 12 months Yes - more than a year ago Prefer not to say	Radio button	2023	OxWell Study Team
Do you know who helps children in your school when they feel upset and need help (mental health support)?	Yes No Not sure	Radio button	2023, 2021, 2020*, 2019*	
Who provides mental health support in your school? (tick all that apply)	Class teacher Teaching assistants Another adult in school like a counsellor or nurse A mental health worker (from outside school) who visits the school Other	Check box	2023, 2021	
Is it easy for you to find someone when you feel upset and need help?	Very difficult Quite difficult Sometimes difficult Quite easy Very easy	Radio button	2023, 2021*, 2020*	
If you felt you needed to speak to someone to get mental health support, what would you do? (tick all that apply)	Speak to a parent/carer Speak to another family member Speak to a friend in person Speak to a friend online			

	Speak to someone who works at school (e.g. teacher, class assistant or other adults in school) Look for help online (e.g. Childline, Mind) Speak to another adult I trust (e.g. a mental health worker who visits the school) Nothing Other			
<i>Questions X2990, X3000 and X3010 have the following contingent questions when response option "Yes" is selected:</i>				
Regarding this support, are you	Currently being offered support Previously been offered support Not been offered support/been turned away Changed mind before getting the support	Dropdown	2023	OxWell Study Team
Regarding this support, was it helpful?	Not helpful at all Not helpful enough Just about helpful enough Quite helpful Very helpful	Radio button		
In the last year, have you asked for mental health support from a family member or a friend?	Yes No Prefer not to say	Check box		
In the last year, have you asked for mental health support from an adult at school?				
In the last year, have you asked for mental health support from an adult outside school (NHS services, social worker, etc)?				
Safety				
Regarding how safe you feel:				
When you are at school, how safe do you feel?	Very unsafe Unsafe Neither safe nor unsafe Safe Very safe	Radio button	2023, 2021, 2020, 2019	OPS
How safe do you feel at home or the place where you live?				
How safe do you feel in your neighbourhood?			2023	OxWell Study Team
How safe do you feel while travelling to and from school?				
Gaming and Online Behaviours				
About how many days a week do you usually play games on a computer or games console (PlayStation, Xbox, Nintendo Wii, etc.)?	Never 1-2 days a week Most days Every day	Dropdown	2023	OxWell Study Team [Skripkauskaitė 2022]
On the days that you play games on a computer or games console, how long do you play?	15 mins 30 mins 45 mins 1 hr 2 hrs 3 hrs 4 hrs or more			

On the days that you play games on a computer or games console, how often do you play with other people (e.g., sending in-game messages, chatting online while gaming, or using headsets/microphones)?	Never Sometimes Often Always	Dropdown		
About how many days a week do you usually play games on a phone or a tablet?	Never 1-2 days a week Most days Every day	Dropdown		
On the days that you play games on a phone or tablet, how long do you play?	15 mins 30 mins 45 mins 1 hr 2 hrs 3 hrs 4 hrs or more			
On the days that you play games on a phone or a tablet, how often do you play with other people (e.g., sending in-game messages, chatting online while gaming, or using headsets/microphones)?	Never Sometimes Often Always	Dropdown		
About how many days a week do you usually spend on social networking sites or forums (e.g. Instagram, TikTok, Discord)?	Never 1-2 days a week Most days Every day	Dropdown		
On the days that you go on social networking sites or forums, how long do you spend?	15 mins 30 mins 45 mins 1 hr 2 hrs 3 hrs 4 hrs or more			
Does an adult usually check what you are doing on the internet?	Yes No	Radio button	2023, 2021, 2019	
Diet				
Do you usually eat breakfast?	Never Not often Sometimes Usually Every morning	Radio button	2023, 2021, 2020, 2019	
How many meals do you usually have a day (excluding snacks)?	No meals One meal Two meals Three meals Four or more meals	Radio button		OxWell Study Team
How often are your meals usually home cooked from scratch (i.e. not ready meals or take-away)?	Never or hardly ever Some of the time Often	Radio button	2023	
Would you like help to lose weight?	Yes No Don't know	Radio button		

	Prefer not to say			
Derived data				
[2021 IMD linked to school location using Lower Layer Super Output Areas (LSOAs)]	[Neighbourhood level index of multiple deprivation, IMD]			

Overview of survey questions asked by calendar year and school age group

◆ Years 4 – 7, ■ Years 8 – 11, ● Years 12 – 13

Category	Question Types	Year and age group asked			
		2019	2020	2021 ^a	2023 ^a
Demographics	School	◆ ■ ●	◆ ■ ●	◆ ■ ●	◆ ■ ●
	Gender	◆ ■ ●	◆ ■ ●	◆ ■ ●	◆* ■* ●*
	Age / year group	◆ ■ ●	◆ ■ ●	◆ ■ ●	◆ ■ ●
	Born in UK / parents born in UK	◆ ■ ●	◆ ■ ●	◆ ■ ●	◆* ■* ●*
	Living circumstances	◆ ■ ●	◆+ ■+ ●+	◆ ■ ●	
Deprivation	Eligibility for free school meals	◆ ■ ●	◆ ■ ●		
	Food poverty	◆ ■ ●	◆ ■ ●	◆ ■ ●	◆* ■* ●*
	Parental home ownership			◆ ■ ●	
Diet	Eat breakfast / snacks / water	◆ ■ ●	◆ ■ ●	◆* ■* ●*	◆* ■* ●*
Exercise	No. Sessions / no. hours	◆ ■ ●	◆ ■ ●	◆ ■ ●	◆ ■ ●
	In school / outside school	◆ ■ ●	◆+ ■+ ●+	◆* ■* ●*	◆ ■ ●
	Barriers/motivation	◆ ■ ●	◆+ ■+ ●+	◆* ■* ●*	
Sleep	Sleep timing	◆ ■ ●	◆ ■ ●	◆* ■* ●*	◆* ■* ●*
	Wake in the night	◆ ■ ●	◆ ■ ●		
	What before sleep	◆ ■ ●	◆ ■ ●	◆* ■* ●*	
	Sleep quality			◆ ■ ●	◆ ■ ●
Vulnerability	Feel safe at home / school	◆ ■ ●	◆ ■ ●	◆ ■ ●	◆ ■ ●

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	Bullying (how often, etc)	◆ ■ ●	◆+ ■+ ●+	◆ ■ ●	◆ ■ ●
	Child abuse and neglect	■ ●	■ ●	■* ●*	■ ●
	ACEs	●	●	●	
Substance Use	Smoking	■ ●	■ ●	■* ●*	■* ●*
	Alcohol	■ ●	■ ●	■* ●*	■* ●*
	Illegal and legal drugs	■ ●	■ ●	■* ●*	■ ●
Criminal Behaviour	Violence and use of weapons			●	■ ●*
	Gambling	●	●	■ ●*	
	Online gambling		●	■ ●*	
Self-harm	Self-harm	■ ●	■+ ●+	■ ●	■* ●*
	Self-harm related care seeking	■ ●	■ ●	■* ●*	
	Familial suicide	●	●	●*	
Relationships	Friendships	◆ ■ ●	◆+ ■+ ●+	◆ ■ ●	◆* ■* ●*
	Abusive relationships	■ ●	■ ●	■* ●*	■* ●*
	Loneliness	◆ ■ ●	◆+ ■+ ●+	◆* ■* ●*	◆ ■ ●
Sexual Health	Sexual relationships	●	●	●	
	Access to contraception if needed	■ ●	■ ●	■ ●	
School Experience	Exclusion	■ ●	■ ●	■ ●	◆ ■ ●
	Attitudes / behaviour at school	◆ ■ ●	◆ ■ ●	◆ ■ ●	◆ ■ ●
	Pupil agency and empowerment			◆ ■ ●	
Mental Health Access	Received support	◆ ■ ●	◆ ■ ●	◆* ■* ●*	◆* ■* ●*

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	Would benefit from support	◆ ■ ●	◆ ■ ●	◆* ■* ●*	◆* ■* ●*
	Barriers / access to support	◆ ■ ●	◆ ■ ●	◆* ■* ●*	◆* ■* ●*
Mental Health	RCADS short version		■ ●	■ ●	◆* ■* ●*
	Bird questionnaire of paranoia (psychosis-like experiences)			■ ●	■* ●*
	Eating disorders				■ ●
Mental Wellbeing	(S)WEMWBS	◆ ■ ●	◆ ■ ●	◆ ■ ●	■* ●*
	Stirling Children's Wellbeing Scale				◆
	Life satisfaction	◆ ■ ●	◆ ■ ●	◆ ■ ●	
Gaming and Online Behaviour	Time spent gaming			■ ●	◆ ■* ●*
	Gaming addiction			■ ●	
	Social media use				■ ●
	Online self-harm content				■ ●
COVID	COVID infection		◆ ■ ●	◆* ■* ●*	
	Vaccine Hesitancy			◆ ■ ●	
Memory	Ability to concentrate and memory			◆ ■ ●	■ ●
Research	Attitude to providing linked data	◆ ■ ●	◆ ■ ●	◆* ■* ●*	
	Take part last year		◆ ■ ●	◆ ■ ●	
	General attitude to answering questions				■ ●

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