

OxWell

Student Survey

Young People's Health and Wellbeing



Variable Guide

Secondary Schools & FE Colleges

2023

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Question Text	Response Options	Type	Year(s)	Source
Demographics				
What is your year group?	7 8 9 10 11 12 13	Dropdown		
What is your gender?	Female Male Other Prefer not to say	Radio button	2023, 2021*	OxWell Study Team*
Prefer to self-identify (please describe)		Free text		
How old are you?	11 12 13 14 15 16 17 18 Over 18	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*	

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Do you have any illnesses or physical or mental health conditions that require repeated medical appointments?	Yes	Radio button	2023	OxWell Study Team	
Do you consider yourself to be dyslexic/dyspraxic, and/or autistic, and/or have ADHD (i.e. neurodivergent)?	No				
Do you receive support for special education needs (e.g. have an EHCP: Education, Health & Care Plan)?	Not Sure Prefer not to say				
Are you a Child in Care, Looked After Child, or fostered?	Yes Not now, but I used to be in care No Prefer not to say I don't know what this means	Radio button		OPS	
School experience					
How much help and support with learning do you feel that you get at school/college?	No help at all	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?	Not enough help Just about enough help Most of the help I need All of the help I need				
How well do you think your school/college deals with bullying?	Very badly Not very well Average Quite well Extremely well	Sliding scale	2023, 2021, 2019		
How would you describe being at your school/college?					
I enjoy my school/college	Strongly Disagree Disagree Neither Agree nor disagree Agree Strongly Agree	Sliding scale	2023, 2021, 2019		
I try my best at school/college					
I learn a lot at school/college					
My school/college has lots of activities (like sport and drama) to take part in at lunchtime or after school/college					
My teacher(s) tell me how I am doing with my work					
Other students often disrupt my lessons					
I get enough help at school/college with learning					
I feel stressed by school/college work					
I worry about going to school/college					
I am happy to use the school/college toilets					
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		2023		

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	Strongly agree			
About speaking out:				
Adults in my school/college listen when I share my opinion	Never/Rarely Sometimes Often	Radio button	2023, 2021	OxWell Study Team* Adolescent Agency Scale (Zimmerman et al., 2019)*
My school/college friends ask my advice when they have a problem				
If I see something wrong in school/college I feel I can tell someone and they will listen				
I can speak up in class when I have a comment or question				
I can speak up when I see someone else being hurt			2023, 2021*	
I can ask adults in my school/college for help when I need it				
I feel that my teachers have high expectations of me				
Over this school year, I feel I have often been unfairly picked on by a teacher				
How many secondary schools have you attended?	Just one 2 3 or more	Dropdown	2023, 2021	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 21 or more	Dropdown	2023	OPS*
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	2023, 2021	OxWell Study Team [Fazel 2021]
The last time you were asked to leave your place of learning, where did you go?	Outside the classroom (e.g. corridor) A senior teacher's office A dedicated area that is used for students who have been sent out of the class Another place in school used to isolate/separate students I went home Other	Dropdown	2023, 2021*	
During this academic year, have you ever been given a detention?	No Once or twice this year Several times this year Frequently this year	Dropdown	2023, 2021	
Have you ever been excluded from school/college?	Yes No	Radio button	2023, 2021*	

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	Not sure			
Was this ever a permanent exclusion?	Yes No Don't know what this means	Dropdown	2023, 2021	
Some young people feel worried. To what extent do you worry about the following topics:				
The climate/environment	Not at all worried Not very worried Quite worried Worried Extremely worried	Radio button	2023, 2021, 2020	OxWell Study Team
My gender identity			2023	
My body shape and/or weight				
Bullying				
Have you been bullied in the last year?	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	
What age is the bully or bullies?	In my year group In a younger year group In an older year group Different year groups An adult Prefer not to say	Dropdown	2023, 2021*	
If you have been bullied in the last year in what way did it happen? (tick all that apply)	Physical Verbal Cyber Isolated or Excluded Other	Tick box	2023, 2021, 2020, 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*	
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/college time? <small>(This could be scheduled sports/classes or short bits of exercise between/during lessons/lectures)</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/college 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, scooter, blades)	Radio button	2023	OPS*
Away from school/college, I am currently involved in:				
Sports clubs or teams (this includes martial arts and dance)	Yes No	Radio button	2023	OxWell Study Team

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Other clubs (this includes drama clubs, church groups, music bands etc)								
Sleep								
What time do you usually go to bed on a school/college night?	6pm	6.15pm	6.30pm	6.45pm		2023, 2021*		
	7pm	7.15pm	7.30pm	7.45pm	Dropdown			
What time do you usually try to fall asleep on a school/college 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)	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	
How long do you usually take to fall asleep on a school/college night? (Time is given in minutes)	0 mins	5 mins	15 mins	30 mins			45 mins	Dropdown
	60 mins	75 mins	90 mins	105 mins			120 mins or more	
What time do you usually wake up on a school/college day? (The final time you wake up before getting up for the day)	5am	5.15am	5.30am	5.45am	Dropdown			
	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		
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	Dropdown			
	7pm	7.15pm	7.30pm	7.45pm				
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)	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		
How long do you usually take to fall asleep at the weekend?	0 mins	5 mins	15 mins	30 mins	45 mins	Dropdown		
	60 mins	75 mins	90 mins	105 mins	120 mins or more			
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	Dropdown			
	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		
People sometimes feel sleepy during the daytime. During your daytime activities, how much of a problem do you	No problem at all A little problem More than a little problem				Radio button	2023, 2021	School Sleep Habits Survey (Wolfson &	

Munich Chronotype Questionnaire (MCTQ; Roenneberg et al., 2007)*
School Sleep Habits Survey (Wolfson & Carskadon, 1998; Wolfson et al., 2003)*

[\[Illingworth 2022\]](#)

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have with sleepiness (feeling sleepy, struggling to stay awake)?	A big problem A very big problem			Carskdadon, 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		
Select how often the following things have happened during the past month: During the day, I take a nap that lasts more than 1 hour	Never – has not happened Once in a while – happened 20% of the time Sometimes – happened 40% of the time Quite Often – happened 60% of the time Frequently, if not always – happened 80% of the time Always – happened 100% of the time	Radio button	2023	Adolescent Sleep Hygiene Scale – Revised (Storfer-Isser et al., 2013)
Select how often the following things have happened during the past month: After 6:00 in the evening, I take a nap				
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	2023, 2021, 2020	OxWell Study Team
How well do you get along with your friends?				
How often do you feel that you have no one to talk to?	Hardly ever or never Some of the time Often	Radio button	2023, 2021*, 2020*	UCLA Loneliness scale (Russel, 1996)* ONS Good Childhood Index ELSA OPN [Geulayov 2022]
How often do you feel left out?			2023, 2021, 2020	
How often do you feel alone?			2023, 2021	
How often do you feel lonely?			2023, 2021, 2020	
Out of all the individuals you would identify as close friends, how many do you primarily meet with online (i.e. not in person)?	All Most Some	Radio button	2023	OxWell Study Team

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	A few None			
Think about your closest friends while making the following ratings: Rate each item on a scale of 0 to 8: 0 (Never) - 1 - 2 (Rarely) - 3 - 4 (Once in a while) - 5 - 6 (Fairly often) - 7 - 8 (Always)				
Are people I can tell private things to	0	Radio button	2023	McGill Friendship Questionnaire (Friendship Function) (MFQ-FF) (Mendelson & Aboud, 1992, 1999)
Would stay my friend even if other people criticized me	1			
Makes me feel better when I'm upset	2			
Would want to stay my friend if we didn't see each other for a few months	3			
Helps me when I need it	4			
	5			
When you are most distressed and want to speak to a friend, how important is it for you to meet them face-to-face and in-person?	6	Radio button		OxWell Study Team
	7			
	8			
	1 (Not at all important)			
	2			
	3			
	4			
	5 (Very important)			
Mental Health				
Below are some statements about feelings and thoughts. Please click on the response that best describes your experience of each over the last 2 weeks.				
I've been feeling optimistic about the future	None of the time Rarely Some of the time Often All of the time	Radio button	2023, 2021, 2020, 2019	Short Warwick-Edinburgh Mental Wellbeing Scale (SWEMWS) (McKay & Andretta, 2017; Ringdal et al., 2018)
I've been feeling useful				
I've been feeling relaxed				
I've been dealing with problems well				
I've been thinking clearly				
I've been feeling close to other people				
I've been able to make my own mind up about things				
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			2023, 2021, 2020	
I worry when I go to bed at night				
I worry about what is going to happen			2023	

Nothing is much fun anymore			2023, 2021, 2020		
All of a sudden I feel really scared for no reason at all			2023		
I feel worthless			2023, 2021, 2020		
I feel sad or empty			2023		
When I have a problem, my heart beats really fast			2023, 2021, 2020		
I am tired a lot			2023		
I worry I might look foolish			2023		
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		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		
Would you be ashamed if other people knew how much you eat?					
Have you ever deliberately made yourself vomit (throw up)?					
Do worries about eating (what? where? how much?) really interfere with your life?					
If you eat too much, do you blame yourself a lot?					
Do you regularly skip meals at school because you have shape and/or weight concerns?					OxWell Study Team
Self-harm					
Have you ever deliberately self-harmed (for example by taking an overdose or injuring yourself on purpose in some way)?	Yes No Prefer not to say Not sure what this means	Radio button	2023, 2021*, 2020*, 2019*	OxWell Study Team* CASE Study (Madge et al., 2008)* (Hawton et al., 2002)* [Geulayov 2022]	
Have you ever seriously thought about taking an overdose or trying to harm yourself but not actually done so?	No Yes, last time was within the past month Yes, last time was within the past year Yes, last time was more than a year ago	Dropdown	2023, 2021, 2019		
I have self-harmed:	Once or twice A few times Weekly	Radio button	2023		

	Daily Prefer not to say			
When did you last self-harm?	In the last week In the last month In the past 3-6 months 6 months to a year ago Over a year ago	Radio button	2023, 2021*, 2020*, 2019*	
In what ways have you self-harmed? (tick all that apply)	I injured myself on purpose (e.g. by cutting myself) I took an overdose on purpose Something else	Check box	2023	
How old were you when you first self-harmed?	5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25+	Dropdown	2023, 2021*, 2020*, 2019*	
Please could you tell us how you self-harmed?	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	2023	
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>	<i>Contingent on answering "Yes" to "Please could you tell us how you self-harmed?"</i>	Free text		

Exposure

Listed below are a number of difficult or stressful things that sometimes happen to people. We ask about these things because we want to understand how they might influence a young person's life. For each item please indicate if this has happened to you. You do not have to answer any question if you do not want to.

Questions X2140 and X2150 have the following two contingent questions if response option "Yes" is selected:

Does your parent/carer still have this problem?	Yes No Don't know Prefer not to say	Dropdown		
Are you currently living with this parent/carer?	Yes No Prefer not to say	Dropdown	2023	OxWell Study Team
Has your parent/carer ever had a mental health problem (like depression, anxiety, eating disorder)?	Yes No Don't know Prefer not to say	Radio button		

Has your parent/carer ever had a substance use problem (this means regularly consuming large amounts of alcohol or drugs)?	Yes No Don't know Prefer not to say	Radio button		
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, 2021*	OxWell Study Team
Do you know who provides mental health support in your school/college (where to go when you are worried and want to talk to an adult)?	Yes No Not sure	Radio button	2023, 2021, 2020*, 2019*	
Who provides mental health support in your school/college? (tick all that apply)	Education Mental Health Practitioner (EMHP) School/college nurse Other mental health workers who visit the school/college (for example, a charity) School/college counsellor/psychologist Class teacher/lecturer Head of year Teaching assistants SENCO Peer mentor Other adult in school/college	Check box	2023, 2021	
Is it easy to access mental health support at school/college?	Very difficult Quite difficult Neither easy nor difficult Quite easy Very easy	Radio button	2023, 2021*, 2020*	
<i>Questions X2190, X2200 and X2210 have the following contingent questions when any response option other than "No" 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, 2021	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 12 months, have you tried to ask for support for a mental health problem from the following friends or family:	Parent, step-parent or carer Sibling(s) Someone else in your family	Check box	2023, 2021*	

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(tick all that apply)	Friend(s), mainly known in person Friend(s), mainly known online An adult outside of school/college (at a sport club, another parent, family friend) No			
In the last 12 months, have you tried to ask for support for a mental health problem from the following school services: (tick all that apply)	School/college Nurse/Counsellor/other pastoral staff at school/college Educational Mental health practitioner (EMHP) Another adult at school/college A peer mentor at school/college Other school/college services (please specify) No	Check box (+ Free Text)		
In the last 12 months, have you tried to ask for support for a mental health problem from the following NHS, online and/or other services: (tick all that apply)	GP (family doctor) Social Worker CAMHS (NHS Child and Adolescent Mental Health Services) Private counsellor/therapist Support service given by a charity A telephone/text helpline Website or online forum From an anonymous user on an online platform/chatroom/forum/server Other services (please specify) No	Check box (+ Free Text)		
Is there any support you would have liked to have accessed, or people you wish you could have talked to? (tick all that apply)	Parent, step-parent or carer Sibling(s) Someone else in your family Friend(s), mainly known in person Friend(s), mainly known online GP (family doctor) Social Worker School/college Nurse/Counsellor/SENCO/other pastoral staff at school/college A peer mentor at school/college Educational Mental health practitioner CAMHS (NHS Child and Adolescent Mental Health Services) Private counsellor/therapist Support Service given by a charity An adult outside of school/college (at a sport club, another parent, family friend) A telephone/text help-line Website or online forum From an anonymous user on an online platform/chatroom/forum/server	Check box (+ Free Text)		

	Other (please specify) No			
Is there anything that prevented you from accessing support? (tick all that apply)	Didn't know who to ask Didn't like the person providing support Didn't feel safe to share Worried I might not get taken seriously Didn't like to talk to strangers Didn't want parents to know Didn't want other young people to know Didn't want teachers or staff in school/college to know Worried I would not be seen as a priority by the service Might have to wait too long to get help Too much hassle to get the help Did not want help Didn't want to burden anyone else Didn't want the stigma Scared/worried about what people might say Other (please specify) No	Check box (+ Free Text)	2023, 2021*, 2020*	
Where would you prefer to access mental health support? (tick all that apply)	At school/college At a hospital In a community centre At the GP (family doctor) practice At home Online Other (please specify) Don't know	Check box (+ Free Text)	2023	
Safety				
Regarding how safe you feel:				
When you are at school/college, 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?				
How safe do you feel while travelling to and from school/college?			2023	OxWell Study Team
Gaming and Online Behaviours				
About how many hours a day do you usually play games on a computer or games console (PlayStation, Xbox, Nintendo Wii, etc.)?	0 hrs 30 mins 1 hr 1 hr 30 mins 2 hrs 3 hrs 4 hrs 5 hrs	Dropdown	2023, 2021*	OxWell Study Team [Skripkauskaite 2022]

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	6 hrs 7 hrs 8 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	2023	
About how many hours a day do you usually play games on a phone or a tablet?	0 hrs 30 mins 1 hr 1 hr 30 mins 2 hrs 3 hrs 4 hrs 5 hrs 6 hrs 7 hrs 8 hrs or more	Dropdown	2023, 2021*	
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		
What types of games do you mainly play? (tick all that apply)	Puzzle (e.g. Wordle, CandyCrush) Strategy (e.g. Tower Defence, Chess, League of Legends) Sandbox/open world games (e.g. Minecraft, Grand Theft Auto, The Sims) Action and/or adventure (e.g. Fortnite, Super Mario, The Last of Us) Role-playing (e.g. Final Fantasy, Pokemon) Simulation (e.g. Roblox, Flight Simulator, Train Driver) Sports (e.g. Fifa, Mario Cart, Gran Turismo) Other None	Check box	2023	
About how many hours a day do you usually spend on social networking sites or forums (e.g. Instagram, TikTok, Discord)?	0 hrs 30 mins 1 hr 1 hr 30 mins 2 hrs 3 hrs 4 hrs 5 hrs 6 hrs 7 hrs 8 hrs or more	Dropdown	2023, 2021*	
In the last 24 hours, what type of content have you viewed on social media? (tick all that apply)	Family and friends Entertainment (e.g. film, TV, music) Education Forums Lifestyle Health and fitness Support and wellness Beauty and fashion Humour Celebrities/Influencers Other	Check box	2023	

Do you have a publicly available social media account (i.e. do not need a friend request to follow you)?	Yes No	Radio button		
In the last 24 hours, which online platforms have you accessed? (tick all that apply)	Snapchat TikTok Instagram Discord Reddit Omegle BeReal Pinterest Telegram Facebook Twitter Signal YouTube WhatsApp None of these Other	Check box		
Do your parents or guardians do any of the following? (tick all that apply)	Encourage you to explore and learn things on the internet Restrict your internet use Talk to you about what you do online Login to access your online social media accounts (e.g. Facebook, Twitter, Instagram) Explain why some websites are appropriate or inappropriate Help you when something bothers you on the internet Monitor your internet use None of these Don't know	Check box		ONS Crime survey*
In the last month, have you ever come across content about self-harm on online platforms?	No, never Yes, once or twice Yes, a few times Yes, weekly Yes, daily	Radio button	2023, 2021*, 2020*, 2019*	OxWell Study Team
How did you come across content about self-harm? (tick all that apply)	I searched for it It came up on my feed/was part of what I was watching I accidentally came across such content Someone else shared it with me Other	Check box		
Why were you looking for self-harm related content?	Find support for yourself Find support for someone you know To connect with others who have had similar experiences To look up facts and figures about self-harm Another reason	Dropdown	2023	OxWell Study Team*

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In the last 12 months, have you met up in person with anyone you had only met online (someone you have no mutual friends with)? <i>If you have done this with multiple people, please only consider the most recent time</i>	Yes No Can't remember/Don't know Don't want to answer	Radio button		ONS Crime survey*
Did you go to meet them by yourself or with someone else?	I went on my own I went with someone my age I went with an adult Other Don't know Don't want to answer	Dropdown		
Maltreatment				
<p>Sometimes children experience violence or are treated badly by family members or other adults. This happens to many children around the world. We would like to ask you about your experiences so we can know how to help children stay safe in the future.</p> <p>Please try to answer these questions as best and honestly as you can, thinking about your experiences during your life and the last year. This is not a test. There is no right or wrong answer, just say what you remember happened to you. Please answer the questions for your life and for the past year.</p> <p>We would like you to answer honestly. Please remember you can refuse to answer any questions in this survey - just move to the next page if you prefer not to answer.</p> <p>Questions X2390, X2400, X2410, X2420, X2430 and X2440 have the following contingent questions if "Yes, it has happened in my life" or "Yes, it has happened in the past twelve months" are selected:</p>				
Yes, it has happened in my life	Once or twice - Many times	Dropdown	2023, 2021	Short Child Maltreatment Questionnaire (SCMQ) (WHO)
Yes, it has happened in the past twelve months	Once or twice - Many times	Dropdown		
Did a parent or other adult in the household hit, beat, kick or physically try to hurt you in any way?	No, never Yes, it has happened in my life Yes, it has happened in the past twelve months Prefer not to answer	Check box	2023, 2021*	
Did a parent or other adult in the household swear at you, insult you, humiliate you, threaten you or make you feel unwanted?				
Did someone at least five years older than you or an adult touch or fondle you or have you touch their body in a sexual way?				
Did your parent/caregiver for long periods of time not provide you with enough food or drink, clean clothes, or a clean and warm place to live?				
Were there times when there was no adult living with you who made you feel loved?				
Did you see or hear one of your parents/carers being slapped, kicked, punched, beaten or deliberately hurt by a partner or ex				
Have you been a victim of abuse from a friend/another young person/boyfriend/girlfriend?	Yes No	Radio button	2023,	OxWell Study Team*

	Prefer not to say		2021*, 2019*	
Is this abuse still happening?	Yes No	Radio button	2023, 2021, 2019	
Are they at your school?				
Has this happened at school?				
How old are they?	About the same age Younger Older An adult Prefer not to say	Dropdown	2023, 2021*, 2019*	
Self-concept, paranoia & psychotic-like experiences				
How have you viewed yourself over the past week? <i>Please indicate how strongly you hold each of the following beliefs. Try to judge the beliefs on how you have viewed yourself over the past week.</i>				
I am worthwhile	Do not believe it Believe it slightly Believe it moderately Believe it very much Believe it totally	Radio button	2023	Positive Thoughts Scale – 8 item short form (Freeman et al., in prep)
I can succeed				
I rise to the challenge				
I can do things as well as anyone else				
I can have fun				
I can relax				
I am a good person				
I am helpful	Not True Somewhat True Certainly True	Radio button		Psychotic like experiences (Laurens et al., 2012)
Have you ever seen something or someone that other people could not see?				
Have you ever heard voices that other people could not hear?				
How often you have had each thought over the last 2 weeks:				
I feel like I'm being followed or stalked	Never Once Couple of times Few times a week Every day All the time	Radio button	2023, 2021	Bird Checklist of Adolescent Paranoia (Bird et al., 2020)
Groups of people are planning against me				
Substance Use				
Do you smoke cigarettes (i.e. tobacco, NOT vaping/e- cigarettes)?	Yes, most days Yes, often	Drop down	2023,	OxWell Study Team

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Deprivation.

Do you vape/use e-cigarettes? (This includes e-cigarettes, puff bars, vape pens, etc.)	Yes, sometimes I used to, but not in the last one month No		2021*, 2020*, 2019*	
What are the reasons you currently vape/use an e-cigarette? (tick all that apply)	To help me stop smoking tobacco entirely To help me reduce the amount of tobacco I smoke, but not stop completely I want an aid to help me keep off tobacco I need something to help deal with situations where I cannot smoke (e.g. workplaces, bars or restaurants) To avoid putting those around me at risk due to second-hand tobacco smoke To save money compared with smoking tobacco Because I feel I am addicted to smoking tobacco and cannot stop using it even though I want to Because I enjoy the experience It was advised by a health professional It was suggested or recommended by a friend Just to give it a try The flavours taste better than cigarettes My friends also vape/use e-cigarettes Other (please specify)	Check box (+ Free Text)	2023	
Where do you normally get vape/e-cigarette products from? (tick all that apply)	Local shop Vaping shop/e-cigarettes shop Supermarket Boots/pharmacy Barbers Phone shops Parents Other adults Friends Online Someone buys them for me Other	Check box		
The next questions ask about drinking alcohol. This includes drinking beer, wine, flavoured alcoholic beverages, and liquor such as rum, gin, vodka, or whiskey.				
How old were you when you had your first drink of alcohol other than a few sips?	I have never had a drink of alcohol other than a few sips 8 9 10 11 12 13 14 15 16 17 18	Dropdown	2023	Youth Risk Behavior Surveillance System (YRBSS) (Centers for Disease Control and Prevention (CDC))*
During the past month, on how many days did you have at least one drink of alcohol?	0 days 1 or 2 days	Dropdown		

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	3 to 5 days 6 to 9 days 10 to 19 days 20 to 29 days Everyday			
During the past month, on how many days did you have 4 or more drinks of alcohol in a row, that is, within a couple of hours?	0 days 1 day 2 days 3 to 5 days 6 to 9 days 10 to 19 days 20 or more days	Dropdown		
During the past month, what is the largest number of alcoholic drinks you had in a row, that is, within a couple of hours?	I did not drink alcohol during the past month 1 or 2 drinks 3 drinks 4 drinks 5 drinks 6 or 7 drinks 8 or 9 drinks 10 or more drinks	Dropdown		
During the past month, how did you usually get the alcohol you drank?	I did not drink alcohol during the past month I bought it in a shop such as a corner shop, supermarket, or petrol station I bought it at a restaurant, bar, or club I bought it at a public event such as a concert or sporting event I gave someone else money to buy it for me Someone gave it to me I helped myself to it at home I got it another way	Radio button		
In the last 12 months, have you been offered something to get you high or drugs not prescribed by your doctor (examples are illegal drugs, legal highs and prescription medication)?	Yes No	Radio button	2023, 2021*, 2020*, 2019*	OxWell Study Team*
In the last 12 months, have you taken something to get high or self-medicated with drugs not prescribed by your doctor (examples are illegal drugs, legal highs and prescription medication)?	Never Yes - Once Yes - On more than one occasion	Radio button		
The first time you used drugs, how did you get them?	From someone I know from school/college From someone I know who is not from my school/college From a friend of a friend From a stranger	Dropdown	2023, 2021, 2020	

	From a website/online/internet			
When was the last time you ever used or took any of the following?				
Cannabis (weed, edibles)	In the last months In the last year More than a year ago Never	Radio button	2023, 2021*	OxWell Study Team*
Nitrous Oxide (NO, NOS, N2O, laughing gas, balloons)				
Ketamine (ket, special K, keta, gummies)				
Ecstasy/MDMA (E, eccies, mandy, molly)				
Benzodiazepines (benzos, vallies, diazepam, xanax, etizolam)				
Spice				
Other (amphetamines like speed, cocaine, mephedrone, legal highs, psychedelics like LSD, acid, magic mushrooms, psilocybin, DMT, 2C, opioids like Fentanyl or Heroin)			2023, 2021	
Diet				
Do you usually eat breakfast?	Never Not often Sometimes Usually Every morning	Radio button	2023, 2021, 2020, 2019	OxWell Study Team
Where do you usually eat breakfast on a school/college day?	At home On the way to school/college At school/college	Radio button	2023	
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		
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		
Would you like help to lose weight?	Yes No Don't know Prefer not to say	Radio button		
Violence/Aggression				
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	Dropdown	2023	OxWell Study Team

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How often in the last year have you hit, kicked or punched someone else on purpose with the intention of really hurting them?	More than 6 times		2023, 2021	ALSPAC*
How often in the last year have you carried a knife or other weapon with you for protection or in case it was needed in a fight?				OxWell Study Team*
Cognition				
How easy have you found it to remember things?	Very difficult	Sliding scale	2023, 2021*	OxWell Study Team* (Mansfield & Gallacher 2021, 2023)
How easy have you found it to concentrate?	Quite difficult			
How easy have you found it to think clearly?	Neither difficult nor easy Quite easy Very easy			
Research				
We'd like to ask you about your answers to this survey. (tick all that apply)	I was worried that an adult at school/college would see my answers I was worried that friends or peers would see my answers I was worried that someone at home would see my answers I did not believe that the survey was actually confidential I was worried about how my answers would be used (e.g. in research) Some of the questions were triggering I would have liked more time to complete the survey I didn't have any problems with the survey	Check box	2023	OxWell Study Team
Did this prevent you from answering 100% accurately?	Yes No Prefer not to say	Radio button		
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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