

OxWell

Student Survey

Young People's Health and Wellbeing



Variable Guide

Non-Mainstream Schools

2023

Question Text	Response Options	Type	Year(s)	Source
Are you completing this with or without an adult?	I am completing this on my own without an adult helping me. I am completing this with an adult helping me.	Radio button	-	Oxwell Study Team
Demographics				
What is your year group?	5 6 7 8 9 10 11 12 13	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 13 14 15 16 17 18 Over 18	Dropdown	2023 2021 2020 2019	-
What is your ethnic group?	White Mixed/Multiple ethnic groups Asian/Asian British Black/African/Caribbean/Black British Other ethnic group Prefer not to say	Dropdown	2023	Adapted from ONS
Were you born in the UK?	Yes No Prefer not to say	Radio button	2023, 2021, 2020*, 2019*	OxWell Study Team
About your school				
How would you describe being at your school?				
I enjoy my school	Never Sometimes Often Prefer not to say I don't understand the question	Radio button	2023, 2021, 2019	OPS
I worry about going to school				
About speaking out:				
My school friends ask my advice when they have a problem	Never Sometimes Often Prefer not to say I don't understand the question	Radio button	2023, 2021	OxWell Study Team* Adolescent Agency Scale (Zimmerman et al., 2019)*
If I see something wrong in school I feel I can tell someone and they will listen	Never Sometimes	Radio button	2023, 2021	

	Often Prefer not to say I don't understand the question			
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).				
Have you been bullied in the last year (at least 2-3 times a month)?	Never Sometimes Often Prefer not to say I don't understand the question	Radio button	2023, 2021*, 2020*, 2019*	OxWell Study Team*
Did the bullying happen at school?	Never Sometimes Often Prefer not to say I don't understand the question	Radio button	2023, 2021, 2019	
Physical activity				
Would you like to do more sports/exercise?	Yes No Prefer not to say I don't understand the question	Radio button	2023, 2021, 2020	Children and Young People Survey (Sports England)*
Friends and people around me				
If you think about how it has been this week...				
Do you have a really good friend?*	Never Sometimes Often Prefer not to say I don't understand the question	Radio button	-	WellSEQ
Is it hard for you to make friends?				
Do people seem to like you?				
Do you feel lonely?				
Do your friends support you when you need it?				
Are you afraid someone will be mean to you at school?				
Have you been bullied this week?				
Is it easy for you to make friends?				
Do you often end up in fights?				
Are you a good friend?				
Do you have enough money to do the same things as your friends?				
Mental Health				
Here are some statements or descriptions about how you might have been feeling or thinking about things over the past w weeks. For each one please click on the box which best describes your thoughts and feelings; there are not right or wrong answers.				
I've been feeling optimistic about the future	Never	Radio button	2023	

I've been feeling useful	Sometimes Often Prefer not to say I don't understand the question		2021 2020 2019	Short Warwick-Edinburgh Mental Wellbeing Scale (SWEMWS) (McKay & Andretta, 2017; Ringdal et al., 2018)
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. There are no right or wrong answers.				
I worry when I go to bed at night	Never Sometimes Often Prefer not to say I don't understand the question	Radio button		RCADS-11 (Radez et al., 2021)
I feel sad or empty				
Some young people feel worried. To what extent do you worry about the following topics:				
My gender identity	Not at all worried Quite worried Extremely worried Prefer not to say I don't understand the question	Radio button		The OxWell Study Team
My body shape and/or weight				
About your circumstances:				
At home, I go to bed hungry because there is not enough food in the house	Never Sometimes Often Prefer not to say I don't understand the question	Radio button	2023, 2021*, 2020*, 2019*	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.</i>	Contingent on answering "Yes"	Free text		

Mental Health Services

Do you think you've had a mental health problem that has affected you ?	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?	Not easy Quite easy Very easy	Radio button		
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 family member (parent/carer/sister/brother) Speak to a friend 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		2023, 2021*, 2020*	
In the last year, have you asked for mental health support from a family member or a friend?				OxWell Study Team
In the last year, have you asked for mental health support from an adult at school?	Yes No	Check box	2023 2021	
In the last year, have you asked for mental health support from an adult outside school (NHS services, social worker, etc)?	Prefer not to say			
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 to know Worried I would not be seen as a priority by the service Might have to wait too long to get help			Check box (+ Free Text)

	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			
Where would you prefer to access mental health support? (tick all that apply)	At school At a hospital In a community centre At the GP (family doctor) practice At home Online Other (please specify) Don't know			
Gaming and Online Behaviours				
About how many hours a day do you usually spend on social networking sites or forums (e.g. Instagram, TikTok, Discord)?	1 hour or less 1-3 hours More than 3 hours	Dropdown	2023, 2021*	
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	Radio button	2023	

