

Global School-based Student Health Survey (GSHS)

2008 Ghana Sr. High GSHS Questionnaire

For more information:

www.cdc.gov/gshs or
www.who.int/chp/gshs/en/



2008 GHANA SENIOR HIGH GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY

This survey is about your health and the things you do that may affect your health. Students like you all over your country are doing this survey. Students in many other countries around the world also are doing this survey. The information you give will be used to develop better health programs for young people like yourself.

DO NOT write your name on this survey or the answer sheet. The answers you give will be kept private. No one will know how you answer. Answer the questions based on what you really know or do. There are no right or wrong answers.

Completing the survey is voluntary. Your grade or mark in this class will not be affected whether or not you answer the questions. If you do not want to answer a question, just leave it blank.

Make sure to read every question. Fill in the circles on your answer sheet that match your answer. Use only the pencil you are given. When you are done, do what the person who is giving you the survey says to do.

Here is an example of how to fill in the circles:

Fill in the circles like this  Not like this  or 

Survey

1. Do fish live in water?
 - A. Yes
 - B. No

Answer sheet

1.        

Thank you very much for your help.

1. How old are you?
 - A. 11 years old or younger
 - B. 12 years old
 - C. 13 years old
 - D. 14 years old
 - E. 15 years old
 - F. 16 years old or older

2. What is your sex?
 - A. Male
 - B. Female

3. In what grade are you?
 - A. SS 1
 - B. SS 2
 - C. SS 3

4. How do you describe your health in general?
 - A. Excellent
 - B. Very good
 - C. Good
 - D. Fair
 - E. Poor

5. During the **last school term** were you a boarding or day student?
 - A. Boarding student
 - B. Day student

6. Who is **most** responsible for taking care of your needs or being your guardian?
 - A. Both my father and mother
 - B. Only my father
 - C. Only my mother
 - D. My uncle or aunt
 - E. My grandmother or grandfather
 - F. My sister or brother
 - G. Some other person

7. Including you, how many children live in your household? *A household consists of all persons who live and eat together.*
 - A. 1 (If you are the only child)
 - B. 2
 - C. 3
 - D. 4
 - E. 5
 - F. 6
 - G. 7 or more

8. What is the highest level of school completed by your **mother** or **female guardian**?
 - A. I do not have a **mother** or **female guardian**
 - B. **Did not** complete primary school
 - C. Completed primary school
 - D. Completed middle school or JSS
 - E. Completed secondary school or SSS
 - F. Attended polytechnic or university
 - G. I do not know

9. What is the highest level of school completed by your **father** or **male guardian**?
 - A. I do not have a father or **male guardian**
 - B. **Did not** complete primary school
 - C. Completed primary school
 - D. Completed middle school or JSS
 - E. Completed secondary school or SSS
 - F. Attended polytechnic or university
 - G. I do not know

The next 3 questions ask about your height, weight, and going hungry.

10. How tall are you without your shoes on? ON THE ANSWER SHEET, WRITE YOUR HEIGHT IN THE SHADED BOXES AT THE TOP OF THE GRID. THEN FILL IN THE OVAL BELOW EACH NUMBER.

Example

Height (cm)		
1	5	3
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<input type="radio"/>	
	<input type="radio"/>	<input type="radio"/>
		<input type="radio"/>
	<input type="radio"/>	<input type="radio"/>
	<input type="radio"/>	<input type="radio"/>
	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	I do not know	

11. How much do you weigh without your shoes on? ON THE ANSWER SHEET, WRITE YOUR WEIGHT IN THE SHADED BOXES AT THE TOP OF THE GRID. THEN FILL IN THE OVAL BELOW EACH NUMBER.

Example

Weight (kg)		
0	5	2
	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	
	<input type="radio"/>	<input type="radio"/>
	<input type="radio"/>	<input type="radio"/>
		<input type="radio"/>
	<input type="radio"/>	<input type="radio"/>
	<input type="radio"/>	<input type="radio"/>
	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	I do not know	

12. During the past 30 days, how often did you go hungry because there was not enough food in your home?
- A. Never
 - B. Rarely
 - C. Sometimes
 - D. Most of the time
 - E. Always

The next 4 questions ask about eating breakfast and eating fruits and vegetables.

13. During the past 30 days, how often did you eat breakfast?
- A. Never
 - B. Rarely
 - C. Sometimes
 - D. Most of the time
 - E. Always

14. During the past 30 days, how many times per day did you **usually** eat fruit, such as such as oranges, pineapple, watermelon, banana, guava, pear, sweet apple, mangoes, or pawpaw?
- I did not eat fruit during the past 30 days
 - Less than one time per day
 - 1 time per day
 - 2 times per day
 - 3 times per day
 - 4 times per day
 - 5 or more times per day
15. During the past 30 days, how many times per day did you **usually** eat vegetables, such as kontomire, garden eggs, lettuce, cabbage, okra, alefu, bira, ayoyo, or bean leaves?
- I did not eat vegetables during the past 30 days
 - Less than one time per day
 - 1 time per day
 - 2 times per day
 - 3 times per day
 - 4 times per day
 - 5 or more times per day
16. During this school year, were you taught in any of your classes the benefits of eating more fruits and vegetables?
- Yes
 - No
 - I do not know

The next 4 questions ask about personal health activities.

17. During the past 30 days, how many times per day did you **usually** clean or brush your teeth?
- I did not clean or brush my teeth during the past 30 days
 - Less than 1 time per day
 - 1 time per day
 - 2 times per day
 - 3 times per day
 - 4 or more times per day
18. During the past 30 days, how often did you wash your hands before eating?
- Never
 - Rarely
 - Sometimes
 - Most of the time
 - Always
19. During the past 30 days, how often did you wash your hands after using the toilet or latrine?
- Never
 - Rarely
 - Sometimes
 - Most of the time
 - Always
20. During the past 30 days, how often did you use soap when washing your hands?
- Never
 - Rarely
 - Sometimes
 - Most of the time
 - Always

The next 6 questions ask about malaria and mosquito nets.

21. During the **last school term**, how many times were you told by a doctor or nurse that you were sick with malaria?
- A. 0 times
 - B. 1 time
 - C. 2 times
 - D. 3 times
 - E. 4 or more times
22. During the **last school term**, how many days did you miss school or classes because you were sick with malaria?
- A. I was not sick with malaria during the last school term
 - B. 0 days
 - C. 1 day
 - D. 2 days
 - E. 3 days
 - F. 4 days
 - G. 5 or more days
23. During the **last school term** did you regularly take medicine to **avoid** getting malaria? (Do not answer yes if you took medicine only to treat malaria after you got sick.)
- A. Yes
 - B. No
 - C. I do not know
24. During the **last school term**, how often did you sleep in a **mosquito net**?
- A. Never
 - B. Rarely
 - C. Sometimes
 - D. Most of the time
 - E. Always
 - F. I do not know

25. During the **last school term**, was the mosquito net you slept in treated with **insecticide**?
- A. I did not sleep in a mosquito net
 - B. Yes
 - C. No
 - D. I do not know
26. During the **last school term**, did the room in which you normally sleep have **mosquito netting on the windows**?
- A. Yes
 - B. No
 - C. I do not know

The next question asks about physical attacks. A physical attack occurs when one or more people hit or strike someone, or when one or more people hurt another person with a weapon (such as a stick, knife, or gun). It is not a physical attack when two students of about the same strength or power choose to fight each other.

27. During the past 12 months, how many times were you physically attacked?
- A. 0 times
 - B. 1 time
 - C. 2 or 3 times
 - D. 4 or 5 times
 - E. 6 or 7 times
 - F. 8 or 9 times
 - G. 10 or 11 times
 - H. 12 or more times

The next question asks about physical fights. A physical fight occurs when two or more students of about the same strength or power choose to fight each other.

28. During the past 12 months, how many times were you in a physical fight?

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or 7 times
- F. 8 or 9 times
- G. 10 or 11 times
- H. 12 or more times

The next 5 questions ask about the most serious injury that happened to you during the past 12 months. An injury is serious when it makes you miss at least one full day of usual activities (such as school, sports, or a job) or requires treatment by a doctor or nurse.

29. During the past 12 months, how many times were you seriously injured?

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or 7 times
- F. 8 or 9 times
- G. 10 or 11 times
- H. 12 or more times

30. During the past 12 months, **what were you doing** when the most serious injury happened to you?

- A. I was not seriously injured during the past 12 months
- B. Playing or training for a sport
- C. Walking or running, but not as part of playing or training for a sport
- D. Riding a bicycle or scooter
- E. Riding or driving in a car or other motor vehicle
- F. Doing any paid or unpaid work, including housework, yard work, or cooking
- G. Nothing
- H. Something else

31. During the past 12 months, **what was the major cause** of the most serious injury that happened to you?

- A. I was not seriously injured during the past 12 months
- B. I was in a motor vehicle accident or hit by a motor vehicle
- C. I fell
- D. Something fell on me or hit me
- E. I was fighting with someone
- F. I was attacked, assaulted, or abused by someone
- G. I was in a fire or too near a flame or something hot
- H. Something else caused my injury

32. During the past 12 months, **how** did the most serious injury happen to you?

- A. I was not seriously injured during the past 12 months
- B. I hurt myself by accident
- C. Someone else hurt me by accident
- D. I hurt myself on purpose
- E. Someone else hurt me on purpose

33. During the past 12 months, **what was** the most serious injury that happened to you?
- A. I was not seriously injured during the past 12 months
 - B. I had a broken bone or a dislocated joint
 - C. I had a cut, puncture, or stab wound
 - D. I had a concussion or other head or neck injury, was knocked out, or could not breathe
 - E. I had a gunshot wound
 - F. I had a bad burn
 - G. I lost all or part of a foot, leg, hand, or arm
 - H. Something else happened to me

The next 2 questions ask about bullying. Bullying occurs when a student or group of students say or do bad and unpleasant things to another student. It is also bullying when a student is teased a lot in an unpleasant way or when a student is left out of things on purpose. It is not bullying when two students of about the same strength or power argue or fight or when teasing is done in a friendly and fun way.

34. During the past 30 days, on how many days were you bullied?
- A. 0 days
 - B. 1 or 2 days
 - C. 3 to 5 days
 - D. 6 to 9 days
 - E. 10 to 19 days
 - F. 20 to 29 days
 - G. All 30 days

35. During the past 30 days, how were you bullied **most often**?
- A. I was not bullied during the past 30 days
 - B. I was hit, kicked, pushed, shoved around, or locked indoors
 - C. I was made fun of because of my race or color
 - D. I was made fun of because of my religion
 - E. I was made fun of with sexual jokes, comments, or gestures
 - F. I was left out of activities on purpose or completely ignored
 - G. I was made fun of because of how my body or face looks
 - H. I was bullied in some other way

The next 6 questions ask about your feelings and friendships.

36. During the past 12 months, how often have you felt lonely?
- A. Never
 - B. Rarely
 - C. Sometimes
 - D. Most of the time
 - E. Always
37. During the past 12 months, how often have you been so worried about something that you could not sleep at night?
- A. Never
 - B. Rarely
 - C. Sometimes
 - D. Most of the time
 - E. Always

38. During the past 12 months, did you ever feel so sad or hopeless almost every day for **two weeks or more in a row** that you stopped doing your usual activities?

- A. Yes
- B. No

39. During the past 12 months, did you ever **seriously** consider attempting suicide?

- A. Yes
- B. No

40. During the past 12 months, did you make a plan about how you would attempt suicide?

- A. Yes
- B. No

41. How many close friends do you have?

- A. 0
- B. 1
- C. 2
- D. 3 or more

The next 6 questions ask about cigarette and other tobacco use.

42. How old were you when you first tried a cigarette?

- A. I have never smoked cigarettes
- B. 7 years old or younger
- C. 8 or 9 years old
- D. 10 or 11 years old
- E. 12 or 13 years old
- F. 14 or 15 years old
- G. 16 years old or older

43. During the past 30 days, on how many days did you smoke cigarettes?

- A. 0 days
- B. 1 or 2 days
- C. 3 to 5 days
- D. 6 to 9 days
- E. 10 to 19 days
- F. 20 to 29 days
- G. All 30 days

44. During the past 30 days, on how many days did you use any other form of tobacco, such as tawa snuff powder, chewing tobacco, paper rolled tobacco, dip, cigars, or pipe?

- A. 0 days
- B. 1 or 2 days
- C. 3 to 5 days
- D. 6 to 9 days
- E. 10 to 19 days
- F. 20 to 29 days
- G. All 30 days

45. During the past 12 months, have you ever tried to stop smoking cigarettes?

- A. I have never smoked cigarettes
- B. I did not smoke cigarettes during the past 12 months
- C. Yes
- D. No

46. During the past 7 days, on how many days have people smoked in your presence?

- A. 0 days
- B. 1 or 2 days
- C. 3 or 4 days
- D. 5 or 6 days
- E. All 7 days

47. Which of your parents or guardians use any form of tobacco?

- A. Neither
- B. My father or male guardian
- C. My mother or female guardian
- D. Both
- E. I do not know

The next 9 questions ask about drinking alcohol.

This includes drinking beer, akpeteshie, plam wine, pito, gin, brandy, or guinness. Drinking alcohol does not include drinking a few sips of wine for religious purposes.

48. During the past 30 days, on how many days did you have at least one drink containing alcohol?

- A. 0 days
- B. 1 or 2 days
- C. 3 to 5 days
- D. 6 to 9 days
- E. 10 to 19 days
- F. 20 to 29 days
- G. All 30 days

49. During the past 30 days, on the days you drank alcohol, how many drinks did you **usually** drink per day?

- A. I did not drink alcohol during the past 30 days
- B. Less than one drink
- C. 1 drink
- D. 2 drinks
- E. 3 drinks
- F. 4 drinks
- G. 5 or more drinks

50. During the past 30 days, how did you **usually** get the alcohol you drank? **SELECT ONLY ONE RESPONSE.**

- A. I did not drink alcohol during the past 30 days
- B. I bought it in a store, shop, or from a street vendor
- C. I gave someone else money to buy it for me
- D. I got it from my friends
- E. I got it from home
- F. I stole it
- G. I made it myself
- H. I got it some other way

51. During your life, how many times have you ever had a hang-over, felt sick, got into trouble with your family or friends, missed school, or got into fights, as a result of drinking alcohol?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 or more times

52. **During your life**, how many times did you drink so much alcohol that you were really drunk?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 or more times

53. During the **past 30 days**, how many times did you drink so much alcohol that you were really drunk?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 or more times

54. How many of your friends drink alcohol?

- A. None
- B. A few
- C. Some
- D. Most
- E. All

55. Which of your parents or guardians drink alcohol?

- A. Neither
- B. My father or male guardian
- C. My mother or female guardian
- D. Both
- E. I do not know

56. How difficult do you think it would be for you to get alcohol, such as beer, akpeteshie, plam wine, pito, gin, brandy, or guinness, if you wanted to?

- A. Very difficult
- B. Fairly difficult
- C. Fairly easy
- D. Very easy
- E. I do not know

The next 3 questions ask about drugs.

57. During your life, how many times have you used drugs, such as wee, cocaine, LSD, or heroine?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 or more times

58. Which one of the drugs listed below have you used most often? **SELECT ONLY ONE RESPONSE.**

- A. I have never tried any of these drugs
- B. Marijuana (also called wee) or hashish
- C. Tranquilisers or sedatives, such as valium, without a doctor or nurse telling you to do so
- D. Amphetamines
- E. Methamphetamine
- F. Crack or other forms of cocaine
- G. Solvents or inhalants (also called glue, petrol, or shoe polish)
- H. Some other drug

59. During this school year, were you taught in any of your classes the dangers of using drugs, such as wee, cocaine, LSD, or heroine?

- A. Yes
- B. No
- C. I do not know

The next 9 questions ask about sexual intercourse.

60. Have you ever had sexual intercourse?

- A. Yes
- B. No

61. What is the **main** reason you have not had sexual intercourse?

- A. I have had sexual intercourse
- B. I want to wait until I am older
- C. I want to wait until I am married
- D. I do not want to risk getting pregnant
- E. I do not want to risk getting a sexually transmitted infection, such as HIV or AIDS
- F. I have not had a chance to have sex or met anyone that I wanted to have sex with
- G. It is against my religious values
- H. Some other reason

62. How old were you when you had sexual intercourse for the first time?
- A. I have never had sexual intercourse
 - B. 11 years old or younger
 - C. 12 years old
 - D. 13 years old
 - E. 14 years old
 - F. 15 years old
 - G. 16 years old or older
63. During your life, with how many people have you had sexual intercourse?
- A. I have never had sexual intercourse
 - B. 1 person
 - C. 2 people
 - D. 3 people
 - E. 4 people
 - F. 5 people
 - G. 6 or more people
64. During the past 12 months, have you had sexual intercourse?
- A. Yes
 - B. No
65. The **last time** you had sexual intercourse, did you or your partner use a condom?
- A. I have never had sexual intercourse
 - B. Yes
 - C. No
66. How many times have you been pregnant or gotten someone pregnant?
- A. 0 times
 - B. 1 time
 - C. 2 or more times
 - D. Not sure

67. Have you ever been told by a doctor or nurse that you had a sexually transmitted infection, such as HIV, AIDS, syphilis, gonorrhea, chlamydia or trichomoniasis?
- A. Yes
 - B. No
 - C. I do not know
68. How many of your friends have had sexual intercourse?
- A. None
 - B. A few
 - C. Some
 - D. Most
 - E. All

The next 4 questions ask about HIV infection or AIDS.

69. Can people protect themselves from HIV infection or AIDS by using a condom correctly every time they have sexual intercourse?
- A. Yes
 - B. No
 - C. I do not know
70. Can people protect themselves from HIV infection or AIDS by not having sexual intercourse?
- A. Yes
 - B. No
 - C. I do not know
71. During this school year, were you taught in any of your classes how HIV infection or AIDS passes from one person to another?
- A. Yes
 - B. No
 - C. I do not know

72. Have you ever talked about HIV infection or AIDS with your parents or guardians?

- A. Yes
- B. No

The next 2 questions ask about physical activity. Physical activity is any activity that increases your heart rate and makes you get out of breath some of the time. Physical activity can be done in sports, playing with friends, or walking to school. Some examples of physical activity are running, fast walking, biking, dancing, football, ampe, skipping, and hop scotch.

ADD UP ALL THE TIME YOU SPEND IN PHYSICAL ACTIVITY EACH DAY. DO **NOT** INCLUDE YOUR PHYSICAL EDUCATION OR GYM CLASS.

73. During the past **7 days**, on how many days were you physically active for a total of at least 60 minutes per day?

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 days
- G. 6 days
- H. 7 days

74. During this school year, on how many days did you go to physical education class each week?

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 or more days

The next 7 questions ask about doing non-sports physical activities outside. Non-sports physical activities do not include sports. They are activities you do outside for fun or exercise. Do not count playing sports such as football, volleyball, netball etc. Correct examples of non-sports activities include riding a bicycle, ampe, jogging, skipping, hop scotch, walking for fun, fishing or hunting for fun, swimming etc.

75. During the past 30 days, did you spend any of your free time outside doing non-sport physical activities after school or on the weekends?

- A. Yes
- B. No

76. During the past 7 days, on how many days did you do outside doing non-sport physical activities when you were not in school?

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 or more days

77. Would you like to spend more free time outdoors doing non-sport physical activities after school or on weekends?

- A. Yes
- B. No

78. How important do **you** think it is to spend time outside doing non-sport physical activities after school or on weekends?

- A. Not at all important
- B. Somewhat important
- C. Important
- D. Very important

79. How important do your parents or guardians think it is for you to spend time outside doing non-sport physical activities after school or on weekends?

- A. Not at all important
- B. Somewhat important
- C. Important
- D. Very important

80. During the past 30 days, which of the following outdoor non-sports physical activities did **you** do **most frequently**?

- A. I did not do any non-sports physical activities
- B. Walking or jogging
- C. Riding a bicycle
- D. Swimming
- E. Fishing or hunting
- F. Canoeing on the river or sea
- G. Some other non-sports physical activity

81. Are you interested in trying a new outdoor non-sport physical activity?

- A. Yes
- B. No
- C. Not sure

The next 3 questions ask about your experiences at school and at home.

82. During the past 30 days, on how many days did you miss classes or school without permission?

- A. 0 days
- B. 1 or 2 days
- C. 3 to 5 days
- D. 6 to 9 days
- E. 10 or more days

83. During the past 30 days, how often were most of the students in your school kind and helpful?

- A. Never
- B. Rarely
- C. Sometimes
- D. Most of the time
- E. Always

84. During the **past 12 months**, how often did your parents or guardians understand your problems and worries?

- A. Never
- B. Rarely
- C. Sometimes
- D. Most of the time
- E. Always