

Global School-based Student Health Survey (GSHS)

Chile 2004 GSHS Questionnaire

For more information:

www.cdc.gov/gshs or

www.who.int/school_youth_health/gshs



2004 CHILE 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. 7° Primary grade
 - B. 8° Primary grade
 - C. 1° Secondary grade

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

4. 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="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<input checked="" type="radio"/>	<input type="text" value="1"/>	<input type="text" value="1"/>
<input type="text" value="2"/>	<input type="text" value="2"/>	<input type="text" value="2"/>
	<input type="text" value="3"/>	<input checked="" type="radio"/>
	<input type="text" value="4"/>	<input type="text" value="4"/>
	<input checked="" type="radio"/>	<input type="text" value="5"/>
	<input type="text" value="6"/>	<input type="text" value="6"/>
	<input type="text" value="7"/>	<input type="text" value="7"/>
	<input type="text" value="8"/>	<input type="text" value="8"/>
	<input type="text" value="9"/>	<input type="text" value="9"/>
<input type="text" value="9"/>	I do not know	

5. 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 checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
	<input type="radio"/>	<input type="radio"/>
	<input type="radio"/>	<input type="radio"/>
	<input checked="" 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	

6. 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 2 questions ask about foods you might eat.

7. During the past 30 days, how many times per day did you **usually** eat fruit, such as apples, oranges, or bananas?
- A. I did not eat fruit during the past 30 days
 - B. Less than one time per day
 - C. 1 time per day
 - D. 2 times per day
 - E. 3 times per day
 - F. 4 times per day
 - G. 5 or more times per day
8. During the past 30 days, how many times per day did you **usually** eat vegetables, such as tomatoes, lettuces, celery, carrots, or broccoli?
- A. I did not eat vegetables during the past 30 days
 - B. Less than one time per day
 - C. 1 time per day
 - D. 2 times per day
 - E. 3 times per day
 - F. 4 times per day
 - G. 5 or more times per day

The next 7 questions are related to the food you ate in the past 7 days.

9. During the past 7 days, on how many days did you drink milk or yogurt?
- A. 0 days
 - B. 1 to 3 days
 - C. 4 to 6 days
 - D. 7 days

10. During the past 7 days, on how many days did you eat fruits, such as apples, oranges, bananas, pears, kiwis, or any others?

- A. 0 days
- B. 1 to 3 days
- C. 4 to 6 days
- D. 7 days

11. During the past 7 days, on how many days did you eat vegetables, such as lettuces, celery, tomatoes, cucumber, broccoli, cabbage, or any others?

- A. 0 days
- B. 1 to 3 days
- C. 4 to 6 days
- D. 7 days

12. During the past 7 days, on how many days did you eat chips, hot dogs, "sopaipillas", or other snacks?

- A. 0 days
- B. 1 to 3 days
- C. 4 to 6 days
- D. 7 days

13. During the past 7 days, on how many days did you eat Doblones, Negritas, Superocho, Tuyo, Prestigio, biscuits, or chocolates?

- A. 0 days
- B. 1 to 3 days
- C. 4 to 6 days
- D. 7 days

14. During the past 7 days, on how many days did you drink juices or soft drinks with sugar?

- A. 0 days
- B. 1 to 3 days
- C. 4 to 6 days
- D. 7 days

15. During the past 7 days, on how many days did you have breakfast?

- A. 0 days
- B. 1 to 3 days
- C. 4 to 6 days
- D. 7 days

The next 2 questions ask about dietary habits.

16. During the past 7 days, how many times did you eat too much and felt guilty about it?

- A. 0 times
- B. 1 time
- C. 2-3 times
- D. 4-5 times
- E. 6-7 times

17. During the past 3 months, how many times did you start a diet to look better?

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

The next 6 questions ask about personal health activities.

18. During the past 30 days, how many times per day did you **usually** clean or brush your teeth?

- A. I did not clean or brush my teeth during the past 30 days
- B. 1 time per day
- C. 2 times per day
- D. 3 times per day
- E. 4 or more times per day

19. During the past 30 days, how often did you use tooth paste to brush your teeth?

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

20. During the past 30 days, how often did you use dental floss when you cleaned your teeth?

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

21. During the past 30 days, how often did you wash your hands before eating?

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

22. During the past 30 days, how often did you wash your hands after using the toilet or latrine?

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

23. During the past 30 days, how often did you use soap when washing your hands?

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

The next 2 questions ask about hygiene in the toilets of your school.

24. How often do you find toilet paper in the school toilets?

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

25. How often do you find soap in the school toilets?

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

The next 2 questions ask 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.

26. 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

27. During the past 12 months, in which place occurred the physical attack you had? (If you had more than one physical attack, pick the option related to the last one)

A. I have not been attacked
B. At school
C. In the street
D. At home
E. At another place

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 8 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, scooter, roller, or horse
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

34. During the past 12 months, the most serious injury made me lose, loosened, or broken a tooth?

- A. I was not seriously injured during the past 12 months
- B. Yes
- C. No
- D. I do not know

35. During the past 12 months, where did you have the most serious injury?

- A. I was not seriously injured during the past 12 months
- B. At school
- C. In the street, square, or park
- D. In a sport place
- E. In the bus
- F. In other vehicle
- G. At home
- H. In another place

36. During the past 12 months, did you poison yourself with medicines, quimical products, or insecticides?

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

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.

37. 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
38. 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 question asks about physical punishment. Physical punishment means hits, slaps, kicks, hitting with a belt, pinches, or tearing your hair.

39. During the past 30 days, how often has a member of your family punished you physically?
- A. Never
 - B. Rarely
 - C. Sometimes
 - D. Most of the time
 - E. Always

The next 6 questions ask about your feelings and friendships.

40. During the past 12 months, how often have you felt lonely?
- A. Never
 - B. Rarely
 - C. Sometimes
 - D. Most of the time
 - E. Always
41. 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
42. 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

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

- A. Yes
- B. No

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

- A. Yes
- B. No

45. How many close friends do you have?

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

The next 8 questions ask about cigarette and other tobacco use.

46. 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

47. 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

48. During the past 30 days, on how many days did you use any other form of tobacco, such as chewing tobacco, snuff, cigars, or pipes?

- 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 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

50. 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

51. 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

52. At your school, do adults smoke?

- A. No, no where
- B. Yes, just in some authorized places to smoke
- C. Yes, only outside
- D. Yes, only at offices
- E. Yes, everywhere
- F. Yes, in the area around the school
- G. I do not know

53. During the past week, has someone smoked in your classroom?

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

The next 5 questions ask about drinking alcohol. This includes drinking beer or wine. Drinking alcohol does not include drinking a few sips of wine for religious purposes.

54. 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

55. 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

56. 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 got it some other way

57. 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

58. 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

The next 3 questions ask about drugs.

59. During your life, how many times have you used drugs, such as marijuana or cocaine?

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

60. During the past 12 months, did you take tranquilizers, such as diazepam, clonazepam, lorazepam, or bromazepam?

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

61. During the past 12 months, have you taken Ritalin (medicine for hyperactive children)?

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

The next 6 questions ask about sexual intercourse. This includes vaginal intercourse (when a man puts his penis into a woman's vagina) and anal intercourse (when a man puts his penis into his partner's anus).

62. Have you ever had sexual intercourse?

- A. Yes
- B. No

63. 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

64. The first time you had sexual intercourse, which contraceptive method did you use?

- A. I have never had sexual intercourse
- B. Condom
- C. Coitus interruptus
- D. Others
- E. I did not use any method

65. 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

66. During the past 12 months, have you had sexual intercourse?

- A. Yes
- B. No

67. 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

The next question asks about your knowledge about AIDS.

68. How do you think you can avoid AIDS? (Choose only one option)

- A. Choosing carefully your partner
- B. Having just unique healthy partner and wearing condom
- C. Having sexual intercourse just with partners I am in love with
- D. Withdrawing the penis before ejaculation
- E. Washing myself after every sexual intercourse

The next 5 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, basketball, or skating.

69. During the past 7 days, how many days did you practice physical activity out of school?

- A. I did not practice physical activity out of school
- B. 1-2 days
- C. 3-4 days
- D. 5 or more days

70. Mark the place where you spend most of your time doing physical activity (mark just one choice).

- A. I did not practice physical activity out of school
- B. At other schools
- C. At sporting clubs
- D. At the municipal gym
- E. In the streets
- F. In parks/squares
- G. At home
- H. Other

71. What is the main reason for not practicing physical activity out of school?

- A. I do not like it or I am not interested in it
- B. I have no time
- C. I do not have appropriate clothes
- D. I do not have a place to practice it
- E. I am not allowed to practice physical activity out of home
- F. Other reasons
- G. I do practice physical activity out of school

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

72. 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

73. During a **typical or usual** week, on how many days are 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

The next question asks about the time you spend mostly sitting when you are not in school or doing homework.

74. How much time do you spend during a **typical or usual** day sitting and watching television, playing computer games, talking with friends, or doing other sitting activities?

- A. Less than 1 hour per day
- B. 1 to 2 hours per day
- C. 3 to 4 hours per day
- D. 5 to 6 hours per day
- E. 7 to 8 hours per day
- F. More than 8 hours per day

The next 2 questions ask about going to and coming home from school.

75. During the past 7 days, on how many days did you walk or ride a bicycle to and from school?

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

76. During the past 7 days, how long did it **usually** take for you to get to and from school each day?
ADD UP THE TIME YOU SPEND GOING TO
AND COMING HOME FROM SCHOOL.

- A. Less than 10 minutes per day
- B. 10 to 19 minutes per day
- C. 20 to 29 minutes per day
- D. 30 to 39 minutes per day
- E. 40 to 49 minutes per day
- F. 50 to 59 minutes per day
- G. 60 or more minutes per day

The next 4 questions ask about activities that you did yesterday.

77. How much time did you practice physical activity out of school, like running, riding a bicycle, rolling, playing football, volleyball, basketball, jumping, skipping, dancing, or any other?

- A. I did not practice physical activity or I did it less than 10 minutes
- B. Between 10 and 20 minutes
- C. Between 20 and 30 minutes
- D. Between ½ hour and 1 hour
- E. More than 1 hour

78. Think about TV programmes you saw yesterday (such as TV serial, Mekano, Rojo, news, movies, cartoons, or others) and make an estimate on how long did you watch TV?

- A. I did not watch TV
- B. Less than ½ hour
- C. Between ½ hour and 1 hour
- D. Between 1 and 2 hours
- E. More than 2 hours

79. How much time did you spend yesterday listening to music, playing cards, playing chess or similar games, painting, drawing, or playing Nintendo?

- A. I did not do those activities
- B. Less than ½ hour
- C. Between ½ hour and 1 hour
- D. Between 1 and 2 hours
- E. More than 2 hours

80. How much time did you spend at the computer?

- A. I do not have a computer
- B. I was not at the computer
- C. Less than ½ hour
- D. Between ½ hour and 1 hour
- E. Between 1 and 2 hours
- F. More than 2 hours

The next 8 questions ask about your experiences at school and at home.

81. 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

82. 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

83. During the past 30 days, how often did your parents or guardians check to see if your homework was done?

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

84. During the past 30 days, 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

85. During the past 30 days, how often did your parents or guardians **really** know what you were doing with your free time?

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

86. During the current school year, did you participate or attend activities about healthy nutrition or eating healthy snacks, like lectures, workshops, competitions, murals, or healthy kiosks?

- A. Yes
- B. No

87. During the current school year, did you participate or attend activities about self care, self image, personal relationships or drug use prevention?

- A. Yes
- B. No

88. Do you belong to some of the following organizations? (Mark only the one most important.)

- A. I do not belong to any organization
- B. Alumni organizations
- C. Boy/Girl scout
- D. Religious groups
- E. Artistic or cultural organizations (Folk groups, theater, music, dance, jugglers, clowns)
- F. Traffic teams, Red Cross, Firefighters and civil defense
- G. Sport clubs
- H. Others

The next 3 questions are related to your health.

89. When you feel sick, who takes you most often to the doctor?

- A. My mother
- B. My father
- C. My brother or sister
- D. My grandmother or grandfather
- E. A friend
- F. Someone else
- G. I am going by myself
- H. I have never been to the doctor

90. During the past 3 months, on how many days did you miss school because of being sick?

- A. 0 days
- B. 1-3 days
- C. 4-6 days
- D. 7 days
- E. 1-2 weeks
- F. 1 month
- G. More than 1 month

91. During the past 3 months, how many times did you need health professional assistance by a doctor, nurse, midwife, dentist, psychologist, or psychiatrist?

- A. 0 times
- B. 1 time
- C. 2 times
- D. 3 times
- E. 4 times
- F. 5 times
- G. 6 or more times