

Global School-based Student Health Survey (GSHS)

2008 Bangladesh GSHS Questionnaire

For more information:

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



2008 BANGLADESH 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. Grade 7
 - B. Grade 8
 - C. Grade 9

4. What religion do you believe in?
 - A. Islam
 - B. Hindu
 - C. Buddhist
 - D. Christian
 - E. Other

The next 6 questions ask about your height, weight, and going hungry.

5. 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	

6. 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	

7. Which of the following are you trying to do about your weight?
- A. I am **not trying to do anything** about my weight
 - B. **Lose** weight
 - C. **Gain** weight
 - D. **Stay** the same weight
8. During the past 30 days, did you **vomit or take laxatives** to lose weight or keep from gaining weight?
- A. Yes
 - B. No
9. During the past 30 days, did you **eat less food, fewer calories, or foods low in fat** to keep from gaining weight?
- A. Yes
 - B. No

10. 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 3 questions ask about meals you may have eaten.

11. During the past 30 days, how often did you eat breakfast?

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

12. During the past 30 days, how often did you bring your lunch to school?

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

13. During the past 30 days, how often was lunch offered to you at school?

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

The next 4 questions ask about foods you might eat and drinking and eating habits.

14. During the past 30 days, how many times per day did you **usually** eat fruit, such as banana, strawberry, olive, guava, pineapple, mango, or jack-fruit?
- 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
15. During the past 30 days, how many times per day did you **usually** eat vegetables, such as potatoes, ladies finger, cabbies, peas, Bergen, or chichinga?
- 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
16. During the past 30 days, how many times per day did you **usually** drink carbonated soft drinks, such as Coke, Fantail, or 7-up?
- A. I did not drink carbonated soft drinks 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

17. During the past 30 days, how many times per day did you **usually** eat food high in fat, such as fast food, ice cream, or pizza?
- A. I did not eat food high in fat 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 2 questions ask about what you have learned in school.

18. During this school year, were you taught in any of your classes the benefits of eating more fruits and vegetables?
- A. Yes
 - B. No
 - C. I do not know
19. During this school year, were you taught in any of your classes how to safely prepare or store food?
- A. Yes
 - B. No
 - C. I do not know

The next 5 questions ask about personal health activities.

20. 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. Less than 1 time per day
 - C. 1 time per day
 - D. 2 times per day
 - E. 3 times per day
 - F. 4 or more times per day

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. Are the toilets and latrines clean at school?

- A. There are no toilets or latrines at school
- B. Yes
- C. No

24. 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 3 questions ask about oral health.

25. How would you describe the health of your teeth and gums?

- A. Very poor
- B. Poor
- C. Average
- D. Good
- E. Very good

26. During the past 12 months, how often did you have a tooth ache?

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

27. When was the last time you saw a dentist for a check-up, exam, teeth cleaning, or other dental work?

- A. During the past 12 months
- B. Between 12 and 24 months ago
- C. More than 24 months ago
- D. Never
- E. I do not know

The next question asks about drinking water at school.

28. Is there a source of clean water for drinking at school?

- A. Yes
- B. No

The next 2 questions ask about worm infections.

29. During this school year were you taught in any of your classes how to avoid worm infections?

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

30. During this school year were you taught in any of your classes where to get treatment for a worm infection?

- 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.

31. 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.

32. 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 question asks 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.

33. 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

The next 8 questions ask about your feelings and friendships.

34. During the past 12 months, how often have you felt lonely?
- A. Never
 - B. Rarely
 - C. Sometimes
 - D. Most of the time
 - E. Always
35. 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

36. 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

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

- A. Yes
- B. No

38. During this school year, were you taught in any of your classes the signs of depression and suicidal behavior?

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

39. How many close friends do you have?

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

40. During this school year, were you taught in any of your classes how to handle stress in healthy ways?

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

41. During this school year, were you taught in any of your classes how to manage anger?

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

The next 10 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 Zorda, Khoini, or Gul?

- 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

48. Do you ever have a cigarette or feel like having a cigarette first thing in the morning?

- A. I have never smoked cigarettes
- B. No, I do not have or feel like having a cigarette first thing in the morning
- C. Yes, I have or feel like having a cigarette first thing in the morning

49. Where do you **usually** smoke? SELECT ONLY ONE RESPONSE.

- A. I have never smoked cigarettes
- B. At home
- C. At school
- D. At work
- E. At friends' houses
- F. At social events
- G. In public spaces, such as parks, shopping centers, and street corners
- H. Other

50. If one of your best friends offered you a cigarette, would you smoke it?

- A. Definitely not
- B. Probably not
- C. Probably yes
- D. Definitely yes

51. At any time during the next 12 months, do you think you will smoke a cigarette?

- A. Definitely not
- B. Probably not
- C. Probably yes
- D. Definitely yes

52. In a usual month, how much pocket money, allowance, or income do you get?

- A. I do not have any pocket money, allowance, or income
- B. Tk. 70 BD or less
- C. Tk. 70 to 350 BD
- D. Tk. 420 to 700 BD
- E. Tk. 770 to 1400 BD
- F. Tk. 1400 to 2100 BD
- G. Tk. 2100 BD or more

The next 4 questions ask about drinking alcohol. This includes drinking beer, chauni, bangla, or wine made by Keru & Company in Bangladesh. Drinking alcohol does not include drinking a few sips of wine for religious purposes.

53. 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

54. 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

55. 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

56. 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

The next question asks about drugs.

57. During your life, how many times have you used drugs, such as diazepam, barbiturates, morphine, pathedine, or phensidyl?

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

The next 10 questions ask about HIV and AIDS.

58. During this school year, were you taught in any of your classes how to avoid HIV infections or AIDS?

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

59. During this school year, were you taught in any of your classes where to get treatment for HIV infection or AIDS?

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

60. Have you ever been told by a doctor or nurse that you had a sexually transmitted infection, such as HIV or AIDS?

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

61. Can people get HIV infection or AIDS from mosquito bites?

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

62. Can people protect themselves from HIV infection or AIDS by having one uninfected faithful partner?

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

63. Have you ever been tested for HIV infection or AIDS?

- A. Yes
- B. No

64. Can people protect themselves from HIV or AIDS by using a condom?

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

65. Can people get HIV infection or AIDS by sharing a meal with someone who is infected?

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

66. Can a pregnant woman with HIV infection or AIDS infect her unborn baby?

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

67. During this school year, were you taught in any of your classes how many people have HIV infection or AIDS?

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

The next 6 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, and cricket plan.

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

68. 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

69. 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

70. 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

71. During this school year, were you taught in any of your classes the benefits of physical activity?

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

72. During the past 12 months, on how many sports teams did you play?

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

73. During this school year, were you taught in any of your classes about opportunities for physical activity in your community?

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

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, such as reading a newspaper or novel?

- 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 5 questions ask about your experiences at school and at home.

77. 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

78. 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

79. 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

80. 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

81. 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