

Global School-based Student Health Survey (GSHS)

2006 India, Central Board  
of Secondary Education  
(CBSE)

GSHS Questionnaire

For more information:

[www.cdc.gov/gshs](http://www.cdc.gov/gshs) or  
[www.who.int/chp/gshs/en/](http://www.who.int/chp/gshs/en/)



## 2006 INDIA (CBSE) 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.  (B) (C) (D) (E) (F) (G) (H)

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 class are you?
  - A. Class 6
  - B. Class 7
  - C. Class 8
  - D. Class 9
  - E. Class 10
  - F. Class 11

The next 5 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
0	0	0
	1	1
2	2	2
	3	
	4	4
		5
	6	6
	7	7
	8	8
	9	9
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. How do you describe your weight?
- Very underweight
  - Slightly underweight
  - About the right weight
  - Slightly overweight
  - Very overweight
7. Which of the following are you trying to do about your weight?
- I am **not trying to do anything** about my weight
  - Lose** weight
  - Gain** weight
  - Stay** the same weight

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

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

9. During the past 30 days, how many times per day did you **usually** eat fruit, such as apple, mango, banana, pineapple, papaya, jackfruit, guava, or chikoo?
- 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
10. During the past 30 days, how many times per day did you **usually** eat vegetables, such as cauliflower, ladyfinger, pumpkin, brinjal, cabbage, spinach, peas, tomato, cucumber, or beans?
- 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

11. During the past 30 days, how many times per day did you usually drink carbonated soft drinks, such as Coke, Pepsi, Limca, or Fanta?

- A. I did not drink carbonated soft drinks 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 times per day
- G. 5 or more times per day

12. During the past 7 days, on how many days did you eat at a fast food restaurant, such as McDonalds, Nirula's, Pizza Hut, or at those serving quick meals (eg. Samosas, patties, burgers, noodles, tikkis, or ice creams)?

- 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 2 questions ask about the benefits of healthy eating or eating more fruits and vegetables.**

13. During this school year, were you taught in any of your classes the benefits of healthy eating?

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

14. 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

**The next 7 questions ask about personal health activities.**

15. 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

16. 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

17. Is there a place for you to wash your hands before eating at school?

- A. Yes
- B. No

18. 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

19. 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

20. Are there separate toilets or latrines for boys and girls at school?

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

21. Are the toilets or latrines clean at school?

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

**The next question asks about tooth aches.**

22. During the past 12 months, did a tooth ache cause you to miss classes or school?

- A. Yes
- B. No

**The next question asks about clean drinking water.**

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

- A. Yes
- B. No

**The next 3 questions ask about injury, verbal abuse, and feeling unsafe.**

24. 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, or bike
- 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

25. During the past 12 months, how many times were you verbally abused by a teacher?

- 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

26. During the past 30 days, on how many days did you **not** go to school because you felt you would be unsafe at school or on your way to or from school?

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

**The next 7 questions ask about your feelings and friendships.**

27. During the past 12 months, how often have you felt lonely?
- A. Never
  - B. Rarely
  - C. Sometimes
  - D. Most of the time
  - E. Always
28. 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
29. 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
30. How many close friends do you have?
- A. 0
  - B. 1
  - C. 2
  - D. 3 or more
31. During the past 12 months, how often have you had a hard time staying focused on your homework or other things you had to do?
- A. Never
  - B. Rarely
  - C. Sometimes
  - D. Most of the time
  - E. Always

32. During the past 12 months, how often have you had a hard time answering questions or writing on the blackboard in front of your class?
- A. Never
  - B. Rarely
  - C. Sometimes
  - D. Most of the time
  - E. Always
33. During the past 12 months, how often have you felt disturbed due to the comments from your peers, family members, or teachers?
- A. Never
  - B. Rarely
  - C. Sometimes
  - D. Most of the time
  - E. Always

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

34. 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
35. 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

36. During the past 30 days, on how many days did you use any other form of tobacco, such as pan, masala, or gutka?

- 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

37. 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

38. 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

39. 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

40. When you see a man smoking, what do you think of him? SELECT ONLY ONE RESPONSE.

- A. Lacks confidence
- B. Stupid
- C. Loser
- D. Successful
- E. Intelligent
- F. Macho

41. Do you think smoking cigarettes is harmful to your health?

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

**The next 2 questions ask about role of the media and smoking.**

42. During the past 30 days, how many anti-smoking media messages (such as television, radio, billboards, posters, newspapers, magazines, and movies) have you seen?

- A. A lot
- B. A few
- C. None

43. When you watch television, videos, or movies, how often do you see actors smoking?

- A. I never watch television, videos, or movies
- B. Never
- C. Rarely
- D. Sometimes
- E. Most of the time
- F. Always

**The next 2 questions ask about chewing tobacco.**

44. How old were you when you first chewed tobacco?
- A. I have never chewed tobacco
  - 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
45. During the past 12 months, have you ever tried to stop chewing tobacco?
- A. I have never chewed tobacco
  - B. I did not chew tobacco during the past 12 months
  - C. Yes
  - D. No

**The next 4 questions ask about the role of alcohol. This includes drinking Vodka, beer, or whiskey. Drinking alcohol does not include drinking a few sips of wine for religious purposes.**

46. Where were you the first time you had a drink of alcohol?
- A. I have never had a drink of alcohol
  - B. At home
  - C. At someone else's home
  - D. At school
  - E. Out on the street, in a park, or in some other open area
  - F. At a bar, pub, or disco
  - G. In a restaurant
  - H. Some other place
47. During this school year, were you taught in any of your classes the dangers of alcohol use?
- A. Yes
  - B. No
  - C. I do not know

48. 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
49. When you watch television, videos, or movies, how often do you see actors drinking alcohol?
- A. I never watch television, videos, or movies
  - B. Never
  - C. Rarely
  - D. Sometimes
  - E. Most of the time
  - F. Always

**The next question asks about drugs.**

50. During the past 12 months, how many times have you used drugs, such as inhaling any fluid, using Charas, or Ghanja?
- A. 0 times
  - B. 1 or 2 times
  - C. 3 to 9 times
  - D. 10 or more times

**The next 5 questions ask about HIV infection or AIDS.**

51. Have you ever heard of HIV infection or the disease called AIDS?
- A. Yes
  - B. No
52. During this school year, were you taught in any of your classes about HIV infection or AIDS?
- A. Yes
  - B. No
  - C. I do not know

53. During this school year, were you taught in any of your classes how to avoid HIV infection or AIDS?
- A. Yes
  - B. No
  - C. I do not know
54. Have you ever talked about HIV infection or AIDS with your parents or guardians?
- A. Yes
  - B. No
  - C. I do not know
55. Can a healthy-looking person be infected with HIV?
- A. Yes
  - B. No
  - C. I do not know

**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, or football.**

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

56. 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

57. 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 2 questions ask about physical education class and stretching exercises.**

58. 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
59. During the past 7 days, on how many days did you do stretching or strengthening exercises, such as toe touches, knee bends, or push-ups?
- 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 hours of sleep per day.**

60. Typically, how many hours do you sleep per day?
- A. Less than 4 hours
  - B. 4 to 6 hours
  - C. 6 to 8 hours
  - D. 8 to 10 hours
  - E. More than 10 hours

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

61. 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 listening to music?
- 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.**

62. 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

63. 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.**

64. 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

65. 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

66. 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

67. 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
68. 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