

Global School-based Student Health Survey (GSHS)

2007 Tunisian GSHS Questionnaire

For more information:

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



2008 TUNISIAN 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.

- A. 7th
B. 8th
C. 9th

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.

Height (cm)

- | Weight (kg) | | |
|---|--|---|
| 0 | 5 | 2 |
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| |  |  |
| |  |  |
| |  |  |
|  | I do not know | |

- 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 **exercise** to lose weight or to keep from gaining weight?

- A. Yes
- B. No

9. 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 breakfast and lunch.

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

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

11. What is the **main** reason you do not eat breakfast?

- A. I always eat breakfast
- B. I do not have time for breakfast
- C. I cannot eat early in the morning
- D. There is not always food in my home
- E. Some other reason

12. During the past 30 days, how often did you eat lunch outside your home?

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

The next 5 questions ask about foods you might eat or drinks you might consume.

13. During the past 30 days, how many times per day did you **usually** eat fruit, such as apples, bananas, or citrus fruits?

- 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

14. During the past 30 days, how many times per day did you **usually** eat vegetables, such as tomatoes, cucumbers, spinach, or eggplant?

- 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

15. During the past 30 days, how many times per day did you **usually** drink milk or eat milk products, such as yogurt, cheddar cheese, or cream cheese?

- A. I did not drink milk or eat milk products 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, Pepsi, Coco Cola, 7-Up, or Fanta?

- 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 7 days on how many days did you eat fast food, such as lalabi or kaftaji?

- 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 3 questions ask about what you learned at school.

18. 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

19. 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

20. During this school year, were you taught in any of your classes the benefits of drinking more milk?

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

The next 5 questions ask about personal health activities.

21. 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

22. 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

23. 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

24. Are the toilets or latrines clean at school?

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

25. 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 tooth aches and going to the dentist.

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 worm infections.

28. 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

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.

29. 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.

30. 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.

31. 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

32. 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, skate, or animals
- 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

33. 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

34. 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

35. 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.

36. 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

37. 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.

38. During the past 12 months, how often have you felt lonely?
- A. Never
 - B. Rarely
 - C. Sometimes
 - D. Most of the time
 - E. Always
39. 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
40. 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

41. During the past 12 months, did you ever **seriously** consider attempting suicide?
- A. Yes
 - B. No
42. During the past 12 months, did you make a plan about how you would attempt suicide?
- A. Yes
 - B. No
43. How many close friends do you have?
- A. 0
 - B. 1
 - C. 2
 - D. 3 or more

The next 10 questions ask about cigarette and other tobacco use.

44. 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
45. 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

46. During the past 30 days, on how many days did you use any other form of tobacco, such as Argela 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
47. 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
48. 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
49. 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
50. Has anyone in your family discussed the harmful effects of smoking with you?
- A. Yes
 - B. No

51. Do you think that smoking cigarettes makes you gain or lose weight?
- A. Gain weight
 - B. Lose weight
 - C. No difference
52. Do you think smoking cigarettes is harmful to your health?
- A. Definitely not
 - B. Probably not
 - C. Probably yes
 - D. Definitely yes
53. Do you think you will be smoking cigarettes next year?
- A. Yes
 - B. No

The next 2 questions ask about chicha use.

54. Which of your parents or guardians use chicha?
- A. Neither
 - B. My father or male guardian
 - C. My mother or female guardian
 - D. Both
 - E. I do not know
55. How old were you when you first tried chicha?
- A. I have never tried chicha
 - 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

The next 3 questions ask about smoking and the media.

56. During the past 30 days, how many anti-smoking media messages, such as on television, radio, magazines, or movies have you seen?
- A. A lot
 - B. A few
 - C. None
57. During the past 30 days, when you watch sports events or other programs on television, how often did you see cigarette brand names?
- A. I never watch television
 - B. Never
 - C. Rarely
 - D. Sometimes
 - E. Most of the time
 - F. Always
58. 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 6 questions ask about drinking alcohol.

59. Have you tried drinking alcohol?
- A. Yes
 - B. No

60. 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
61. During the past 30 days, how did you get alcohol?
- A. I have never had a drink of alcohol
 - B. I bought it
 - C. I gave someone else money to buy it
 - D. I got it from my friends
 - E. At home
 - F. Some other way
62. During the past 30 days, did anyone refuse to sell you alcohol because of your age?
- A. I did not try to buy alcohol during the past 30 days
 - B. Yes, someone refused to sell me alcohol because of my age
 - C. No, my age did not keep me from buying alcohol
63. 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

64. During the school year, were you taught in any of your classes the benefits of not using alcohol?

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

The next 2 questions ask about alcohol and the media.

65. 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

66. When you go to sports events, fairs, concerts, community events, or social gatherings, how often did you see advertisements for alcohol?

- A. I never attend sports events, fairs, concerts, community events, or social gatherings
- B. Never
- C. Rarely
- D. Sometimes
- E. Most of the time
- F. Always

The next question asks about drugs.

67. During your life, how many times have you used drugs?

- 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 and AIDS.

68. Have you ever heard of HIV infection or AIDS?

- A. Yes
- B. No

69. During this school year, were you taught in any of your classes about HIV infection or AIDS?

- A. Yes
- B. No

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

- A. Yes
- B. No

71. Can people protect themselves from HIV infection or AIDS by not having sexual intercourse?

- A. Yes
- B. No

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, and COUNTRY SPECIFIC EXAMPLES.

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 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.

75. How much time do you spend during a **typical or usual** day sitting and watching television, playing cards, playing computer games, talking with friends, or doing other sitting activities, such as COUNTRY SPECIFIC EXAMPLES?

- 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.

76. 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

77. 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.

78. 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

79. 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

80. 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

81. 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

82. 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