

Global School-based Student Health Survey (GSHS)

2007 Ghana GSHS Questionnaire

For more information:

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



2007 GHANA 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 class standard are you?
 - A. JSS 1
 - B. JSS 2
 - C. JSS 3

The next 4 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"/>	<input type="radio"/>
<input type="radio"/>	I do not know	

6. How do you describe your weight?
- A. Very underweight
 - B. Slightly underweight
 - C. About the right weight
 - D. Slightly overweight
 - E. Very overweight
7. 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 breakfast.

8. During the past 30 days, how often did you eat breakfast?
- A. Never
 - B. Rarely
 - C. Sometimes
 - D. Most of the time
 - E. Always
9. 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

The next 5 questions ask about foods you might eat.

10. During the past 30 days, how many times per day did you **usually** eat fruit, such as oranges, pineapple, watermelon, banana, guava, pear, sweet apple, mangoes, or pawpaw?
- 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

11. 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??

- 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

12. During the past 7 days on how many days did you eat toffee or candy, such as golden tree, hacks, tom-tom, or black and white?

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

13. During the past 7 days, on how many days did you eat meat or fish, such as chicken, turkey, duck, or beef?

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

14. During the past 7 days, on how many days did you eat fried foods, such as **fried** chicken, **fried** doughnuts, **fried** yams, **fried** plantains, **fried** turkey (chofi), **fried** fish, or **fried** beef?

- 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 buying food at school and what you learned at school.

15. During the past 7 days on how many days did you have enough money to buy food **at 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

16. 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 11 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?
- 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
18. 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
19. During the past 30 days, how did you **usually** wash your hands before eating at school?
- A. I did not wash my hands before eating at school
 - B. In a dish of water used by others
 - C. In a dish of water used only by me
 - D. Under running water
 - E. Some other way
20. 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

21. During the past 30 days, how often did you use the toilets or latrines at school?
- A. There are no toilets or latrines at school
 - B. Never
 - C. Rarely
 - D. Sometimes
 - E. Most of the time
 - F. Always
22. Are the toilets or latrines clean at school?
- A. There are no toilets or latrines at school
 - B. Yes
 - C. No
23. Is there a place for you to wash your hands after using the toilet or latrine at school?
- A. Yes
 - B. No
24. During the past 30 days, how often did you wash your hands after using the toilet or latrines at school?
- A. Never
 - B. Rarely
 - C. Sometimes
 - D. Most of the time
 - E. Always
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

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

- A. I did not wash my hands at school
- B. Never
- C. Rarely
- D. Sometimes
- E. Most of the time
- F. Always

27. During this school year, were you taught in any of your classes how to wash your hands?

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

The next question asks about drinking water at school.

28. What is the source of drinking water at school?

- A. Tap water
- B. Bore hole
- C. Well
- D. Rain water
- E. River or dam
- F. Other

The next question asks about tooth aches.

29. 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

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.

30. 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.

31. 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 verbal abuse.

32. 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

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.

33. 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

34. 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, horse, or donkey
- 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

35. 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

36. 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

37. 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 3 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.

38. 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

39. 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

40. During this school year, were you taught in any of your classes how to avoid being bullied?

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

The next 2 questions ask about what you have learned in school and about feeling safe or unsafe at school or on your way to school.

41. During this school year, were you taught in any of your classes first aid skills in case of an injury to yourself or someone else?

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

42. 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 day
- E. 6 or more days

The next 6 questions ask about drinking alcohol. This includes drinking beer, akpeteshie, plam wine, pito, gin, brandy, or guiness. Drinking alcohol does not include drinking a few sips of wine for religious purposes.

43. 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
44. 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
45. 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

46. 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
47. 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
48. How many of your friends drink alcohol?
- A. 0 friends
 - B. 1 friend
 - C. 2 friends
 - D. 3 friends
 - E. 4 or more friends

The next 5 questions ask about drugs.

49. 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
50. During the past 12 months, 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

51. How old were you when you tried drugs, such as wee, cocaine, LSD, or heroine, for the first time?

- A. I have never tried drugs, such as wee, cocaine, LSD, or heroine
- 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

52. 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

53. During the past 30 days, has anyone offered, sold, or given you a drug, such as wee, cocaine, LSD, or heroine?

- A. Yes
- B. No

The next 5 questions ask about sexual intercourse.

54. Have you ever had sexual intercourse?

- A. Yes
- B. No

55. 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

56. 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

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

- A. Yes
- B. No

58. 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 10 questions ask about HIV infection or AIDS and sources of information.

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

- A. Yes
- B. No

- | | |
|--|--|
| <p>60. Can people protect themselves from HIV infection or AIDS by not having sexual intercourse?</p> <p>A. Yes
B. No
C. I do not know</p> <p>61. Can a pregnant woman with HIV infection or AIDS infect her unborn child?</p> <p>A. Yes
B. No
C. I do not know</p> <p>62. During this school year, were you taught in any of your classes the importance of being kind and supportive to persons with HIV infection or AIDS?</p> <p>A. Yes
B. No
C. I do not know</p> <p>63. During this school year, were you taught in any of your classes how HIV infection or AIDS passes from one person to another?</p> <p>A. Yes
B. No
C. I do not know</p> <p>64. Have you ever talked about HIV infection or AIDS with your parents or guardians?</p> <p>A. Yes
B. No</p> <p>65. During this school year, were you taught in any of your classes the benefits of not having sexual intercourse?</p> <p>A. Yes
B. No
C. I do not know</p> | <p>66. During this school year, were you taught in any of your classes about the effectiveness of condoms?</p> <p>A. Yes
B. No
C. I do not know</p> <p>67. During this school year, were you taught in any of your classes how to tell someone you do not want to have sexual intercourse with them?</p> <p>A. Yes
B. No
C. I do not know</p> <p>68. What is your main source of information or advice about sex? SELECT ONLY ONE RESPONSE.</p> <p>A. Parents or other adult family members
B. Other adults
C. Friends
D. School
E. TV, radio, or internet
F. Religious leaders
G. Doctor or nurse
H. Other source</p> |
|--|--|

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, 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.**

69. 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

70. 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

71. During the past 7 days, on how many days did you play games such as football, ampe, skipping, and hop scotch after school? (Do **NOT** count activities such as oware, ludu, draft, snake and ladders, or other board games.)

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

72. 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

73. 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

74. How active do you think you are?

- A. Not active
- B. A little active
- C. Active
- D. Very Active
- E. Not sure

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 computer games, talking with friends, or doing other sitting activities, such as oware, ludu, draft, snake and ladders, or other board games?
- 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

The next 3 questions ask about your health in general and about malaria.

83. How do you describe your health in general?

- A. Excellent
- B. Very good
- C. Good
- D. Fair
- E. Poor

84. During the past 30 days how many times have you been sick with malaria?

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

85. During this school year, were you taught in any of your classes how to avoid getting malaria?

- A. Yes
- B. No
- C. I don't know