

Global School-based Student Health Survey (GSHS)

# Zambia 2004 GSHS Questionnaire

For more information:

[www.cdc.gov/gshs](http://www.cdc.gov/gshs) or  
[www.who.int/school\\_youth\\_health/gshs](http://www.who.int/school_youth_health/gshs)



## 2004 ZAMBIA 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 grade are you?
  - A. Grade 7
  - B. Grade 8
  - C. Grade 9
  - D. Grade 10

**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
<input type="text"/>	<input type="text"/>	<input type="text"/>
<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"/>
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<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	

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 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"/>	<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

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

**The next 5 questions ask about foods you might eat.**

9. During the past 30 days, how many times per day did you **usually** eat fruit, such as oranges, bananas, mangoes, or guavas?

- 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

10. During the past 30 days, how many times per day did you **usually** eat vegetables, such as pumpkin leaves, rape, or bondwe?

- 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

11. During the past 30 days, how many times per day did you **usually** drink milk or eat milk products?

- 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

12. During the past 30 days, how many times per day did you **usually** drink carbonated soft drinks, such as Coke, Coca Cola, Fanta, or Sprite?

- 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

13. During the past 7 days, on how many days did you eat at a fast food restaurant, such as McDonalds, Hungry Lion, or Shoprite?

- 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 what you have learned.**

14. 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

15. During this school year, were you taught in any of your classes how to make healthy meals and snacks?

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

**The next 7 questions ask about cleaning your teeth and washing your hands.**

16. 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

17. 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

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

- A. Yes
- B. No

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. Is there a place for you to wash your hands after using the toilet or latrine at school?

- A. Yes
- B. No

21. 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

22. During this school year, were you taught in any of your classes the importance of hand washing?

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

**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 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.**

24. 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

25. During the past 12 months, did your boyfriend or girlfriend ever hit, slap, or physically hurt you on purpose?

- A. I have not had a boyfriend or girlfriend during the past 12 months
- B. Yes
- C. No

26. Have you ever been physically forced to have sexual intercourse when you did not want to?

- A. Yes
- B. No

**The next 2 questions ask about physical fights. A physical fight occurs when two or more students of about the same strength or power choose to fight each other.**

27. 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

28. During this school year, were you taught in any of your classes how to avoid physical fights and violence?

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

**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.**

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, or ox cart
- 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

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.

34. 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
35. 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 4 questions ask about personal safety.

36. During the past 30 days, how often did you use a seat belt when **riding** in a car or other motor vehicle driven by someone else?
- A. I did not ride in a motor vehicle driven by someone else
  - B. Never
  - C. Rarely
  - D. Sometimes
  - E. Most of the time
  - F. Always
37. During the past 30 days, how often did you wear a helmet when riding a bicycle or other non-motorized vehicle?
- A. I did not ride a bicycle or other non-motorized vehicle
  - B. Never
  - C. Rarely
  - D. Sometimes
  - E. Most of the time
  - F. Always
38. During the past 30 days, how often did you ride in a car or other motor vehicle **driven by someone who had been drinking alcohol**?
- A. 0 times
  - B. 1 time
  - C. 2 or 3 times
  - D. 4 or 5 times
  - E. 6 or more times
39. During this school year, were you taught in any of your classes how to avoid or prevent motor vehicle accidents?
- A. Yes
  - B. No
  - C. I do not know



**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 12 questions ask about drinking alcohol. This includes drinking Mosi, Castle, Katata, Kachasu, or Katubi. Drinking alcohol does not include drinking a few sips of wine for religious purposes.**

46. How old were you when you had your first drink of alcohol other than a few sips?
- A. I have never had a drink of alcohol other than a few sips
  - 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 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

48. 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
49. 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
50. 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
51. What type of alcohol do you **usually** drink? **SELECT ONLY ONE RESPONSE.**
- A. I do not drink alcohol
  - B. Beer, lager, or stout
  - C. Wine
  - D. Spirits such as Bols brandy or Chateau brandy
  - E. Kachasu
  - F. Local beer
  - G. Some other type

52. 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
53. 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
54. During the past 30 days, how many advertisements for alcohol have you seen on billboards?
- A. A lot
  - B. A few
  - C. None
55. Has an alcohol company representative ever offered you a free drink of alcohol?
- A. Yes
  - B. No
56. 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
57. During this school year, were you taught in any of your classes how to tell someone you did not want to drink alcohol?
- A. Yes
  - B. No
  - C. I do not know

**The next 3 questions ask about drugs.**

58. During your life, how many times have you used drugs, such as daga?
- A. 0 times
  - B. 1 or 2 times
  - C. 3 to 9 times
  - D. 10 or more times
59. During your life, how many times have you used marijuana or hashish (also called daga, ibange, mbanje, or chamba)?
- A. 0 times
  - B. 1 or 2 times
  - C. 3 to 5 times
  - D. 6 to 9 times
  - E. 10 to 19 times
  - F. 20 to 39 times
  - G. 40 or more times
60. How old were you when you first tried marijuana or hashish (also called daga, ibange, mbanje, or chamba)?
- A. I have never tried marijuana
  - 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 18 questions ask about sexual intercourse or sex and HIV and AIDS.**

61. Have you ever had sexual intercourse?
- A. Yes
  - B. No

62. 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
63. 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
64. During the past 12 months, have you had sexual intercourse?
- A. Yes
  - B. No
65. During the past 12 months, with how many people have you had sexual intercourse?
- A. I have never had sexual intercourse
  - B. I have had sexual intercourse, but not during the past 12 months
  - C. 1 person
  - D. 2 people
  - E. 3 people
  - F. 4 people
  - G. 5 people
  - H. 6 or more people

66. During the past 12 months, how often did you or your partner use a condom when you had sexual intercourse?
- A. I have never had sexual intercourse
  - B. I have had sexual intercourse, but not during the past 12 months
  - C. Never
  - D. Rarely
  - E. Sometimes
  - F. Most of the time
  - G. Always
67. The **first time** you had sexual intercourse, did you or your partner use a condom?
- A. I have never had sexual intercourse
  - B. Yes
  - C. No
68. 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
69. Did you drink alcohol or use other drugs before you had sexual intercourse the **last time**?
- A. I have never had sexual intercourse
  - B. Yes
  - C. No
70. **If** you wanted to get a condom, how would you most likely get it?
- A. I would get it from a vending machine
  - B. I would get it in a store or shop or from a street vendor
  - C. I would get it from a pharmacy, clinic, or hospital
  - D. I would give someone else money to buy it for me
  - E. I would get it some other way
  - F. I do not know

71. Have you ever been told by a doctor or nurse that you had a sexually transmitted infection, such as HIV, AIDS, syphilis, bolabola, or gonorrhoea?
- A. Yes
  - B. No
  - C. I do not know
72. Do you know how to tell someone you do not want to have sexual intercourse with them?
- A. Yes
  - B. No
  - C. I do not know
73. Can a healthy-looking person be infected with HIV?
- A. Yes
  - B. No
  - C. I do not know
74. During this school year, were you taught in any of your classes about HIV or AIDS?
- A. Yes
  - B. No
  - C. I do not know
75. During this school year, were you taught in any of your classes where to get tested for HIV?
- A. Yes
  - B. No
  - C. I do not know
76. During this school year, were you taught in any of your classes the benefits of **not** having sexual intercourse?
- A. Yes
  - B. No
  - C. I do not know
77. 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?
- A. Yes
  - B. No
  - C. I do not know

78. During this school year, were you taught in any of your classes how to use a condom?

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

**The next 3 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, and football.**

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

79. 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

80. 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

81. 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

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

82. 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 playing draft, story telling, or 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.**

83. 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

84. 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.**

85. 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

86. 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

87. 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

88. 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

89. 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