Health Behavior Survey Pre-Test

2008-2009

Introduction:

Before we start, let me tell you a few things about this survey:

The purpose of this survey is to evaluate your school's suicide prevention program. I am going to read the questions out loud. You should follow along with me and fill in the appropriate answer to each question. It is very important that you answer as honestly and accurately as you can. Fill in the boxes completely. Please do not skip ahead so that we can be sure that each person has the same amount of time to answer each question. It should take about 30 minutes to complete this survey.

Your answers will remain confidential and will be stored at the University of Connecticut Health Center. No one at your school will have access to your individual answers.

Completing the survey is voluntary. Whether or not you answer the questions will not affect your grade in this class. If you are not comfortable answering a question, just leave it blank.

The questions that ask about your background will be used only to describe the types of students completing this survey. When you have completed the survey, please keep it until I collect it from you.

Does anyone have a question before we start?



The University of Connecticut Health Center Farmington, Connecticut 06030





Tru	e or False:				TRUE	<u>FALSE</u>	
1.	People who talk abo	ut suicide don't	really kill themselv	es.			
	People who commit pression or some other						
3. clue	Most suicide attemptes.	s occur without	any warning signs	or			
4.	Depression is an illne	ess that doctors	can treat.				
	The best thing to tell ether and things will o		l is to "pull yoursel	f			
	If I talk to someone a se them to commit s		lal feelings, it may				
7.	Alcohol use is not rel	ated to suicidal	behavior.				
kno 8. S	Now I'm going to read some statements about depression and suicide, and I'd like to know whether you agree or disagree with them. 8. Sometimes young people have so many personal problems they have no other options besides suicide.						
	STRONGLY		NEITHER			STRONGLY	
	DISAGREE	DISAGREE	AGREE OR	AGRE	E	AGREE	
			DISAGREE				
	9. If someone really wants to kill himself/herself, there is not much anyone can do about it.						
	STRONGLY		NEITHER			STRONGLY	
	DISAGREE	DISAGREE	AGREE <u>OR</u>	<u>AGRE</u>	E	<u>AGREE</u>	
			DISAGREE				

10.	it's none of my busine	ss if a fi	riend says h	e/she want	s to kill hims	elf/herse	elf.	
	STRONGLY			NEITHER		(STRONGLY	
	DISAGREE	DISAG	REE A	GREE <u>OR</u>	AGREE	Ē	<u>AGREE</u>	
			<u> </u>	ISAGREE				
11.	If I were feeling really	down, I	would try to	talk to a co	ounselor or s	some oth	er adult	
;	about my problems.							
	STRONGLY		i	NEITHER		5	STRONGLY	
	DISAGREE	DISAGI	REE A	GREE <u>OR</u>	AGREE	<u>•</u>	<u>AGREE</u>	
			D	ISAGREE				
12.	If a friend told me he/s	he is thi	nking about	: committing	g suicide:			
					NEITHER			
			STRONGLY		AGREE OR		STRONGLY	
			DISAGREE	DISAGREE	DISAGREE	AGREE	AGREE	
a.	I wouldn't know wha do.	t to						
b.	I would keep it to my	/self.						
C.	I would wish that I h found out about it.	ad not						
d.	I would keep it a sec my friend made me promise not to tell.	cret if						
e.	I would tell an adult school about it.	at						
f.	I would tell a parent some other adult out of school about it.							
	13. In the past 3 months, have you received treatment from a psychiatrist, psychologist, or social worker because you were feeling depressed or suicidal? (By "treatment," we							
	n things like medication			7.00000 OF S	Jaioidai: (D)	. a caunt	ont, Wo	
	☐ YES			NO				
			LJ	110				

-	ast 3 months, nave you talked g depressed or suicidal?	i to any of th	e following	people because you
a. Pare	ents or guardians		YES	□NO
b. Brotl	her or sister		YES	□NO
c. Tead	cher or guidance counselor		YES	□NO
d. Othe	er adult		YES	□NO
e. Frier	nd		YES	□NO
f. Crisis	or telephone hotline worker		YES	□NO
	ast 3 months, have you talked essed or suicidal?	to an adult <u>a</u>	about a frie	nd you thought was
	YES	□NO		
16. During th	ne past 3 months, did you eve	er seriously c	onsider att	empting suicide?
	☐ YES	☐ NO		
17. During the suicide?	ne past 3 months, did you ma	ke a plan ab	out how yo	u would attempt
	YES	☐ NO		
18. During th	ne past 3 months, did you act	ually attempt	suicide?	
	YES	☐ NO		
19. Have you	u <u>ever</u> attempted suicide?			
	☐ YES	☐ NO		
20. Has anyo suicide?	one who is very close to you e	ever committ	ed or tried	to commit
	YES	☐ NO		

21. Now I have a few questions about you	ur friends.			
	A LOT	SOME	<u>A LITTLE</u>	NOT AT ALL
a. How much do your friends understand the way you feel about things?				
b. How much can you rely on your friends for help if you have a serious problem?				
c. How much can you open up to your friends if you need to talk about your worries?				
22. Now let me ask you how often you life.	ı talk to you	ır friends about o	lifferent issue	es in your
	OFTEN	SOMETIMES	RARELY	<u>NEVER</u>
a. How often do you talk with your friends about problems or concerns you may have at school or work?				
b. How often do you talk with your friends about problems or concerns you may have with other friends?				
c. How often do you talk with your friends about how you should handle your dating relationships?				
d. How often do you talk with your friends about family problems?				
	VERY LIKELY	SOMEWHAT <u>LIKELY</u>	NOT VERY LIKELY	NOT AT ALL LIKELY
23. When something bad or disappointing happens, how likely are you to turn to a friend for comfort and support?				

24. Now I have a few question	ns about	adults at	school.		
		ERY S RUE	SOMEWHAT NOT TRUE TRUE		NOT AT ALL TRUE
a. There is an adult at schoo that understands the way I feel about things.					
 b. There is an adult at schoo can rely on if I have a serious problem. 					
c. There is an adult at schoo that I can open up to if I need to talk about my worries.	•				
25. How often do you	Almost	<u>Often</u>	Sometimes	Rarely	Never
	<u>Always</u>				
a. enjoy being at school.b. find your courses interesting.					
c. try to do your best work in school.	E.				
		VERY <u>LIKELY</u>	SOMEWHAT <u>LIKELY</u>	NOT VERY LIKEL	/ ALL
26. When something bad or disappointing happens, how like are you to turn to a parent/gua for comfort and support?					

27. Now I would like you to think about the experienced in the past 3 months. Take a this problem, please tell me how you tried	moment to	think about this p	ent or situatior roblem. Thin	n you have king about
	<u>A LOT</u>	SOME	<u>A LITTLE</u>	<u>NOT</u> AT ALL
a. How much did you do things to take your mind off the situation?	e 🗌			
b. How much did you do things to improve the situation?				
c. How much did you try to see things in a positive way?				
d. How much did you rely on your religious beliefs or your faith to help you cope?				
e. How much did you talk to people about the situation?				
f. How much did you think about strategies for dealing with the situation?				
28. Let's talk a little more about your	relationship	with others.		
	<u>OFTEN</u>	<u>SOMETIMES</u>	RARELY	<u>NEVER</u>
A. How often do you feel that you have nobody to talk to?				
b. How often do you feel as if nobody understands you?				
c. How often do you feel that your interests and ideas are not shared by those around you?				
d. How often do you feel left out?				
e. How often do you feel that you have no one to do things with?				
f. How often do you feel that people are saying bad things about you?				

29. What is y	our gender?	☐ FEMA	LE	
30. What is	the highest grade in	school that <u>you</u>	r mother completed	?
High sch	nished high school nool graduate l-3 years of) college		College graduate Don't know	
31. Are you	currently eligible for	free or reduced	priced lunch at scho	ool?
	YES	□ NO	DON'	Γ KNOW
32. Do you o	consider yourself to	be of Hispanic o	r Latino origin or not	?
33. How do	you describe your ra		e or more responses American Indian o tive	•
☐ Black or	African American	Pa	Native Hawaiian o cific Islander	r other
	u ever been in an Esearner) or bilingual p		Second Language)	, ELL (English
35. What gra	ide are you in?	□ 7	□ 8	<u> </u>
	<u> </u>	<u> </u>	<u> </u>	

36. Which of these best describ	pes your average grade during the previous school year?
	☐ Mostly F's☐ None of these grades☐ Not sure
37. Are either of your paren military?	ts or the adults taking care of you currently serving in the
38. Are either of your paren outside of the United States	ts or the adults taking care of you currently deployed NO
	THANK YOU FOR YOUR TIME!

The survey will be collected from you

Health Behavior Survey Post-Test

2008-2009

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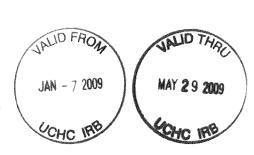
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						l
	STRONGLY DISAGREE	DISAGREE	NEITHER AGREE OR DISAGREE	AGREE	STRON AGRI	
9.	If someone rea	lly wants to kill h	imself/herself, there	e is not much	anyone can c	do about it.
	STRONGLY DISAGREE	DISAGREE	NEITHER AGREE OR DISAGREE	AGREE	STRONGLY AGREE	
	Sometimes you besides suicide		so many personal	problems the	y have no oth	er options
Nov whe	w I'm going to re ether you agree	ead some statem or disagree with	nents about depress them.	sion and suici	ide, and I'd lik	re to know
7.	7. Alcohol use is not related to suicidal behavior.					
6.	5. If I talk to someone about their suicidal feelings, it may cause					
5. The best thing to tell a suicidal friend is to "pull yourself						
4.	Depression is	an illness that do	octors can treat.			
3.	Most suicide a clues.	ttempts occur wi	thout any warning s	signs or		
2.		ommit suicide are some other ment	e usually suffering fi tal illness.	rom		
1.	People who ta	lk about suicide	don't really kill them	iselves.		
Tru	ue or False:				TRUE	FALSE
	☐ I comple	eted the form	☐ I did n	ot complete t	he form	
B.	Did you comp	lete the depress	ion screening form,	or were you	absent from o	class that day?
	☐ I saw th	e video	☐ I did i	not see the vi	deo	
Α.			fe" suicide preventi s shown to your clas		-	ent from

10. It's none of my business if a friend says he/she wants to kill himself/herself.							
	STRONGLY DISAGREE	DISAGREE	NEITHER AG <u>OR</u> DISAGR		AGREE	STROM AGR	
]
11. If I were feeling really down, I would try to talk to a counselor or some other adult about my problems.							
	STRONGLY DISAGREE	DISAGREE	NEITHER AG <u>OR</u> DISAGR		AGREE	STRON AGR	
]
12 . If	a friend told me	e he/she is think	ing about co strongly DISAGREE	mmitting s	UİCİDE: NEITHER AGREE <u>OR</u> DISAGREE	AGREE	STRONGLY AGREE
a.	I wouldn't kno	w what to do.					
b.	I would keep	it to myself.					
C.	I would wish t						
d.	I would keep in my friend made promise not to	de me					
e.	I would tell an school about						
f.	I would tell a p some other ac school about i	dult outside of					
 13. In the past 3 months, have you received treatment from a psychiatrist, psychologist, or social worker because you were feeling depressed or suicidal? (By "treatment," we mean things like medication or talk therapy.) YES NO 							

	feeling depresse	ed or suicidal?	le following	people because you were			
	a. Parents or g	uardians	☐ YES	□ NO			
	b. Brother or sis	ster	☐ YES	□ NO			
	c. Teacher or g	uidance counselor	☐ YES	□ NO			
	d. Other adult		☐ YES	□ NO			
	e. Friend		☐ YES	□ NO			
	f. Crisis or telep	hone hotline worker	☐ YES	□ NO			
15.	15. In the past 3 months, have you talked to an adult <u>about a friend</u> you thought was feeling depressed or suicidal?						
	☐ YES	□ NO					
16.	During the past	3 months, did you ever seriously	consider at	tempting suicide?			
	☐ YES	□ NO					
17.	During the past	3 months, did you make a plan at	oout how yo	ou would attempt suicide?			
	☐ YES	□ NO					
18.	During the past	3 months, did you actually attemp	t suicide?				
	☐ YES	□ NO					
19.	Have you <u>ever</u> a	ttempted suicide?					
	☐ YES	□ NO					
20.	Has anyone who	is very close to you ever commit	ted or tried	to commit suicide?			
	☐ YES	□ NO					

	,	A LOT	SOME	A LITTLE	NOT AT ALL
How much do your friends under the way you feel about things?	stand				
 b. How much can you rely on your f for help if you have a serious prol 					
c. How much can you open up to yo friends if you need to talk about y worries?					
22. Now let me ask you how often you to	alk to your	friend	ds about di	fferent issu	es in your life.
	OFTEN	l	SOMETIMES	RARELY	NEVER
a. How often do you talk with your friends about problems or concerns you may have at school or work?					
 b. How often do you talk with your friends about problems or concerns you may have with othe friends? 	er				
c. How often do you talk with your friends about how you should handle your dating relationships?					
d. How often do you talk with your friends about family problems?					
23. When something bad or	VERY LIKELY		EWHAT KELY	NOT VERY LIKELY	NOT AT ALL LIKELY
disappointing happens, how likely are you to turn to a friend for comfort and support?			Land	<u>U</u>	

21. Now I have a few questions about your friends.

24	I. Now I have a few questions about ad	lults at scho	ool.			
		VERY TRUE	SOMEWHAT TRUE	NOT VERY TRUE	NOT AT A	ALL TRUE
	a. There is an adult at school that understands the way I feel about things.					
	 b. There is an adult at school I can rely on if I have a serious problem. 					
	c. There is an adult at school that I can open up to if I need to talk about my worries.					
25	. How often do you	ALMOST				
	a. enjoy being at school.b. find your courses interesting.c. try to do your best work in school.	ALWAYS	OFTEN	SOMETIMES	RARELY	NEVER
26.	When something bad or disappointing happens, how likely are you to turn to a parent/guardian for comfort and support?	VERY LIKELY	SOMEWHAT LIKELY	NOT VERY		AT ALL KELY

	would like you to think about the mos xperienced in the past 3 months. Tak				-
	g about this problem, please tell me			•	obiem.
		A LOT	SOME	A LITTLE	NOT AT AL
	w much did you do things to take r mind off the situation?				
	v much did you do things to improve situation?				
	v much did you try to see things in a tive way?				
	v much did you rely on your religious efs or your faith to help you cope?				
	v much did you talk to people about situation?				
	much did you think about strategies lealing with the situation?				
28. Let's ta	alk a little more about your relationsh	ip with oth	ers.		
28. Let's ta	alk a little more about your relationsh	ip with othe	ers.	RARELY	NEVER
a. How	alk a little more about your relationshing of the state o	•		RARELY	NEVER
a. How nobo b. How	v often do you feel that you have	•		RARELY	NEVER
a. How nobo b. How unde c. How inter	often do you feel that you have ody to talk to? often do you feel as if nobody	•		RARELY	NEVER
a. How nobe b. How unde c. How inter those	often do you feel that you have ody to talk to? often do you feel as if nobody erstands you? often do you feel that your ests and ideas are not shared by	•		RARELY	NEVER
a. How nobe b. How unde c. How inter those d. How e. How	often do you feel that you have ody to talk to? often do you feel as if nobody erstands you? often do you feel that your ests and ideas are not shared by e around you?	•		RARELY	NEVER
a. How nobe of the	often do you feel that you have ody to talk to? often do you feel as if nobody erstands you? often do you feel that your ests and ideas are not shared by e around you? often do you feel left out?	•		RARELY	NEVER

Thank you for your time! The survey will be collected from you.							
	YES	□NO					
	Are either of your he United States		or the adu	Its taking care	of you current	ly deployed outs	ide of
	YES	□ №					
	Are either of your nilitary?	parents	or the adu	lts taking care	of you current	ly serving in the	
	☐ Mostly A's ☐ Mostly B's ☐ Mostly C's ☐ Mostly D's				Mostly F's None of these Not sure		
36. \	Which of these b	est desc	ribes your	average grade	during the pre	evious school yea	ar?
			<u> </u>	□ 11	<u> </u>		
35. \	What grade are y	ou in?	□ 6	7	8	□ 9	
34. I Lanç	Have you ever be guage Learner) c	een in a or bilingu	n ESL (Eng ıal program	lish as a Secor ?		, ELL (English] NO	
	☐ Black or Afr☐ Asian	ican Am	erican	∐ Native	Hawaiian or o	ther Pacific Islar	nder
33.	How do you des White			Americ	an Indian or A	Maskan Native	
	Do you consider YES)		-		
31.	Are you currently	eligible /		reduced priced DON'T KNOV		ool?	
30.	What is the high Never finish High schoo Some (1-3)	ned high I gradua	school te	l that <u>your mot</u> l	ner completed College gr	aduate	
23.	What is your ge MALE		EMALE				

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