

## Attachment 7a - 2021-2022 Adolescent Follow-back Survey (AFS)

### Content Summary and Field Dates

(DRAFT – September 14, 2020 – 94 questions)

#### General health and well-being

- Self-assessed health status ‡‡
- Satisfaction with life §§

#### Height and weight

- Self-reported height ‡
- Self-reported weight ‡
- Perception of weight status
- Concern about weight

#### Physical activity

- (Past 12 months) Played on sports teams, took sports lesson in school/community ‡
- (Past 12 months) Took PE or gym class ‡
- (Typical school week) How often physically active for a total of at least 60 minutes per day ‡
- (Typical school week) How often muscle strengthening activities ‡
- (Typical school week) How often walks for at least 10 minutes ‡
- (Typical school week) How often rides a bike for at least 10 minutes ‡

#### Sleep

- (Typical school week) How often do you wake up well-rested ‡
- (Typical school week) How often do you have difficulty getting out of bed in morning ‡
- (Typical school week) How often do you complain about being tired ‡
- (Typical school week) How often do you fall asleep during day ‡
- (Typical school week) How often do you go to bed at same time ‡
- (Typical school week) How often do you wake up at the same time ‡

#### Screen time

- (Typical weekday) Number of hours in front of TV, computer, cellphone, or other electronic device ‡

#### Concussions

- As a result of a blow or jolt to the head, ever knocked out or lost consciousness ‡§  
*If no:*
  - As a result of a blow or jolt to the head, ever been dazed or had a gap in your memory ‡§
  - As a result of a blow or jolt to the head, ever had headaches, vomiting, blurred vision, changes in mood or behavior ‡§
- Ever been checked for a concussion or brain injury ‡§  
*If yes:*
  - Ever been diagnosed with a concussion or brain injury ‡§

#### Health care utilization

- Time since last seen doctor or health professional ‡‡  
*If not never:*
  - Time alone with doctor or health professional at last visit §§
  - Was most recent visit a wellness visit, physical, or general-purpose check-up ‡‡  
*If no:*
  - Time since last wellness visit, physical, or general-purpose check-up ‡‡  
*If not never:*
  - Time alone with doctor or health professional at last wellness visit §§

‡ = Question already included in NHIS annual core or rotating core, sponsored, or emerging core in 2021

‡ = Question already included in NHIS annual core or rotating core, sponsored, or emerging core in 2022

§ = New question to be added to the NHIS sample child interview in 2021 and/or 2022

- (Ever) Had visit with doctor or health professional that parents did not know about  
If yes:
  - Type of visit (mental health, women's health, other - specify)

#### Content of care in past year (or at last wellness visit)

- Talked about understanding the changes in health care that happen at age 18
- Talked about gaining skills to manage your health and health care
- Talked about tobacco products or smoking
- Talked about your mental or emotional health
- Talked about puberty (e.g., changes to your body) or sexual health (e.g., safe sex practices)

#### Health care access

- Has a usual place for care when sick ††  
If yes or more than one place:
  - Type of place (or type of place visited most often) ††
- Has a personal doctor or nurse §§

#### Complementary and alternative health

- (Past 12 months) Use of meditation †
- (Past 12 months) Practice yoga †
- (Past 12 months) Visit a chiropractor †

#### Mental health care use and unmet need

- (Past 12 months) Any prescription medication taken to help with emotions, concentration, behavior, or mental health §†
- (Past 12 months) Received counseling or therapy from a mental health professional §†
- (Past 12 months) Any counseling or therapy needed but didn't get due to cost †
- (Past 12 months) Any counseling or therapy needed but didn't get due to fear of what others would think of you
- (Past 12 months) Any counseling or therapy needed but didn't get due to not knowing where to go or how to get help

#### Social support

- How often do you receive the social and emotional support you need §§
- How much can you rely on friends if you have a serious problem
- How much can you open up to friends if you need to talk about your worries
- How much can you rely on your parents/guardians if you have a serious problem
- How much can you open up to your parents/guardians if you need to talk about your worries
- Is there an adult in school, neighborhood, or community who makes a positive and meaningful difference in your life §§

#### Cognition

- Compared with people of same age, level of difficulty learning things ††
- Compared with people of same age, level of difficulty remembering things ††

#### Behavior

- Compared with people of same age, level of difficulty controlling behavior ††
- Level of difficulty focusing on activity you enjoy ††
- Level of difficulty accepting changes in routine ††
- Level of difficulty making friends ††

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### Depression and anxiety (PHQ-2 and GAD-2)

- (Past 2 weeks) Frequency of...little interest or pleasure in doing things
- (Past 2 weeks) Frequency of...feeling down, depressed, hopeless
- (Past 2 weeks) Frequency of...feeling nervous, anxious, or on edge
- (Past 2 weeks) Frequency of...not being able to stop or control worrying

### Stressful life events / adverse childhood experiences

- Ever victim of violence or witness any violence in neighborhood ‡§
- Ever been separated from a parent or guardian because they went to jail, prison, or detention center ‡§
- Ever live with anyone who was mentally ill or severely depressed ‡§
- Ever live with anyone who had a problem with alcohol or drugs ‡§
- Ever had a parent or guardian die
- Ever had a parent or guardian divorce or separate
- Ever lived with parent or guardian who frequently swore at you, insulted you, or put you down ‡§
- Ever been a time when your basic needs were not met ‡§
- Ever been treated or judged unfairly because of your race or ethnic group §§
- Ever been treated or judged unfairly because of your sexual orientation or gender identity §§

### Bullying

- (Past 12 months) How often were you bullied, picked on, or excluded by others §§
- (Past 12 months) Been electronically bullied §§
- (Past 12 months) How often did you bully others, pick on them, or exclude them §§
- (Past 12 months) Electronically bullied others

### Everyday discrimination

- How often are you treated with less courtesy or respect than other people your age
- At restaurants or stores, how often do you receive poorer service than other people your age
- How often do people act as if they think you are not smart

### Demographics

- Hispanic origin ‡‡
- Race ‡‡
- Sexual orientation
- Sex at birth
- Gender identity
- School enrollment

### Survey environment

- Type of device used to complete the survey
- Was survey completed at home
- Did anyone help you answer questions in the survey
- Was anyone else in the room when you completed the survey

### Experience with survey

- How burdensome was this survey
- How easy or difficult was the survey
- How sensitive were the questions
- How would you describe the length of the survey

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