

# **CSPPA 2022 POST PRIMARY B VERSION**

## **Survey Flow**

**Block: Introduction (3 Questions)**  
**Standard: Demographics (11 Questions)**  
**Standard: Physical Activity (13 Questions)**  
**Standard: Physical Education (6 Questions)**  
**Standard: Extra curriculum Sport (8 Questions)**  
**Standard: Community Sport (13 Questions)**  
**Standard: Volunteer (3 Questions)**  
**Standard: Spectating (1 Question)**  
**Standard: Screen time, Hobbies, School & Work (2 Questions)**  
**Standard: Personal Information (12 Questions)**  
**Standard: Trackers (2 Questions)**  
**Standard: Drop Out (6 Questions)**  
**Standard: Social Support (4 Questions)**  
**Standard: Physical literacy (9 Questions)**  
**Standard: Enjoyment (2 Questions)**  
**Standard: Health Questions (7 Questions)**  
**Standard: Close (1 Question)**

Page Break

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## Start of Block: Introduction

C22.1.1

Welcome to the Children's Sport Participation and Physical Activity 2022 Study (CSPPA).

By answering these questions you will help us understand more about the lifestyle of young people like yourself. Please answer all the questions **as best as you can**. It is important to be as **honest** as you can when answering the questions. Read all the text **carefully**. Do **not spend too much time** on any one question. If you have any questions, or do not understand something, please raise your hand to get the attention of your teacher. Estimated time to complete: 25-35 minutes.

**Only the research team will see your answers and we will not share your individual information with anyone.**

Thank you,  
Professor Catherine Woods  
on behalf of the CSPPA Research Team



Q183 Enter the number given to you by your teacher.

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Page Break



C22.1.2

Please check one box for each question

	No (1)	Yes (2)
My parents/guardian have read the informed consent form for this study. (1)	<input type="radio"/>	<input type="radio"/>
My parents/guardian have talked to me about being part of the study. (2)	<input type="radio"/>	<input type="radio"/>
I am aware that this study will involve me completing a physical activity questionnaire. (3)	<input type="radio"/>	<input type="radio"/>
I know that I am free to decide not to take part in this study, and I can change my mind at any time if I want to. (4)	<input type="radio"/>	<input type="radio"/>

*Skip To: End of Survey If C22.1.2 = My parents/guardian have read the informed consent form for this study. [ No ]*

*Skip To: End of Survey If C22.1.2 = My parents/guardian have talked to me about being part of the study. [ No ]*

*Skip To: End of Survey If C22.1.2 = I am aware that this study will involve me completing a physical activity questionnaire. [ No ]*

*Skip To: End of Survey If C22.1.2 = I know that I am free to decide not to take part in this study, and I can change my mind at any time if I want to. [ No ]*

**End of Block: Introduction**

**Start of Block: Demographics**



C22.2.1 I identify myself as...

- Female (1)
  - Male (2)
  - Non-binary (3)
  - Other (4)
  - I'd rather not say (5)
- 

C22.2.2 How old were you on your last birthday?

11 12 13 14 15 16 16 17 18 19 20

Age in years ()	
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C22.2.3 What year are you in school?

- 1st year (1)
  - 2nd year (2)
  - 3rd year (3)
  - Transition year (4)
  - 5th year (5)
  - 6th year (6)
- 

Page Break



C22.2.5 Do you receive extra support for special educational needs?

- No (1)
  - Yes (2)
- 



C22.2.6 Area of Residence: This question refers to the permanent area of residence you live in. Would you describe the place you live in as...?

- A big city (more than 70,000 inhabitants) (4)
  - Suburbs, large town or outskirts of city (less than 70,000 inhabitants) (3)
  - Town (less than 20,000 inhabitants) (2)
  - Village / Rural area (less than 3,000 inhabitants) (1)
- 

Page Break

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C22.2.7 How tall are you without shoes?

- Answer in centimetres (cm) (1)
- Answer in feet and inches (inch) (2)

*Skip To: C22.2.8 If C22.2.7 = Answer in centimetres (cm)*

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Page Break

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*Display This Question:*

*If C22.2.7 = Answer in centimetres (cm)*

JS

C22.2.8 How tall are you without shoes?

Answer in centimetres

cm (1)

▼ 122 (1) ... 201 (80)

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*Display This Question:*

*If C22.2.7 = Answer in feet and inches (inch)*

JS

C22.2.9 How tall are you without shoes?

Answer in feet and inches

Feet (1)

Inches (2)

▼ 4 ft (1) ... 6 ft ~ 11 in (39)

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Page Break



C22.2.10 How much do you weigh without clothes?

- Answer in Kilograms (kg) (1)
- Answer in Stones and pounds (lbs) (2)

Skip To: C22.2.11 If C22.2.10 = Answer in Kilograms (kg)

Display This Question:

If C22.2.10 = Answer in Kilograms (kg)



C22.2.11 How much do you weigh without clothes?

Answer in kg

kg (1)

▼ 30kg (1) ... 130.9kg (220)

Display This Question:

If C22.2.10 = Answer in Stones and pounds (lbs)



C22.2.12 How much do you weigh without clothes?

Answer in stones and pounds

Stone (1)

Pounds (2)

▼ 4st (1) ... 20st ~ 13lb (251)

End of Block: Demographics

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Start of Block: Physical Activity

C22.3.1

We would like to find out how physically active **you** are.

Please read carefully the information on the next page.

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Page Break

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### C22.3.2

**Physical activity is any body movement.**

It can be done at different levels of effort:

**Moderate Effort** makes your heart rate and breathing rate faster than normal. You may also sweat a little.

*Brisk walking, cycling on level ground, skateboarding are good examples.*

**Vigorous Effort** makes your heart rate much faster and you have to breathe deeper and faster than normal. You will probably sweat.

*Running, dance, swimming, sports are good examples.*

Physical activity includes:

**Exercise** - Weight training, aerobics, jogging, dancing, etc.

**Sports** - Hurling, football, athletics, swimming, etc.

**General** - Brisk walking, washing the car, walking or cycling to school, etc.

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### C22.3.3

Please try to think carefully and be as accurate as possible with your answers.

For these next two questions, add up all the time you spend in physical activity each day.

**Only include activities of either MODERATE or VIGOROUS effort.**



C22.3.4

Over **the past 7 days**, on how many days were you physically active for a total of **at least 60 minutes per day**? Please check one number.

- 0 days (0)
  - 1 day (1)
  - 2 days (2)
  - 3 days (3)
  - 4 days (4)
  - 5 days (5)
  - 6 days (6)
  - 7 days (7)
- 



C22.3.5 Over a **typical or usual week**, on how many days are you physically active for a total of **at least 60 minutes per day**? Please check one number.

- 0 days (0)
  - 1 days (1)
  - 2 days (2)
  - 3 days (3)
  - 4 days (4)
  - 5 days (5)
  - 6 days (6)
  - 7 days (7)
-





C22.3.6

During the **past 7 days**, on how many days did you do exercises that may **strengthen your muscles**, for example as push-ups, sit-ups, weight lifting or heavy yard work? Please check one number.

- 0 days (0)
- 1 day (1)
- 2 days (2)
- 3 days (3)
- 4 days (4)
- 5 days (5)
- 6 days (6)
- 7 days (7)

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C22.3.7 **On average**, how much time do you **usually spend on one of those days** doing exercises that may **strengthen your muscles**?

Move the slider to the nearest 5 minutes

If none, select 0

If more than 60 min,  
select 60

0 5 10 15 20 25 30 35 40 45 50 55 60

minutes ( )	
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Page Break

C22.3.8

We want to find out about your TRANSPORT to and from school

C22.3.10 What distance is your journey TO or FROM school? (answer to the nearest km)

1km = 1000 metres



C22.3.12 How do you usually travel TO and FROM school?

Please tick one box only for the **longest** distance of your usual journey to school.

	By foot (1)	Scooter (2)	Bicycle (3)	Car (4)	Bus (5)	Train (6)
Travel <b>TO</b> school (1)	<input type="radio"/>					
Travel <b>FROM</b> school (2)	<input type="radio"/>					



C22.3.13 Overall, how would you rate your neighbourhood as a place to walk? Walkable means pedestrian friendly.

- Not at all walkable (1)
- Not very walkable (2)
- Neither walkable or unwalkable (3)
- Somewhat walkable (4)
- Very walkable (5)

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Page Break



**C22.3.14 For each sport listed below, please select any sport/physical activity that you might**

- 1) have done at school in your timetabled P.E. or Games Classes
- 2) play at your school **before school**, at **lunchtime**, or **after school** with the help of a teacher
- 3) play with sports or activity clubs (not school club)

In the **past 12 months** I have...

	Played at your school before school, at lunchtime, or afterschool at least once with help of a teacher (1)	Played in a club (not school club) at least once (1)	Played in timetabled P.E. or Games Classes (1)
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Adventure activities (e.g. orienteering canoeing) (C22.3.14_1)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Aerobics (C22.3.14_2)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Athletics (C22.3.14_3)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Badminton (C22.3.14_4)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Baseball or rounders (C22.3.14_5)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Basketball (C22.3.14_6)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Boxing (C22.3.14_7)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cross country running (C22.3.14_9)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cycling (C22.3.14_30)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dance (C22.3.14_10)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Gaelic football (C22.3.14_11)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Golf (C22.3.14_8)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Gymnastics (C22.3.14_12)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Handball (C22.3.14_13)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Hockey (C22.3.14_14)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Horse riding (C22.3.14_15)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hurling or Camogie (C22.3.14_16)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Martial arts (C22.3.14_17)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Netball (C22.3.14_18)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Rugby (C22.3.14_19)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Soccer (C22.3.14_20)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Squash (C22.3.14_21)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Swimming (C22.3.14_22)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Surfing (C22.3.14_23)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tennis (C22.3.14_24)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Triathlon (C22.3.14_25)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Volleyball (C22.3.14_26)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Weight training (C22.3.14_27)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other not listed (C22.3.14_28)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

No sport or physical  
activities  
(C22.3.14\_29)

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Page Break

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C22.3.15

Please mark your swimming level from the options

- Non-swimmer (1)
- Beginner (2)
- Intermediate (3)
- Competitive (4)

End of Block: Physical Activity

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Start of Block: Physical Education

C22.4.1

In this section, we are interested in Physical Education (P.E.).

When answering these questions, think only of your timetabled P.E.

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C22.4.2 How many minutes of P.E. did you do in the last week?

(1 hour = 60 minutes)

If no P.E. select 0 mins	(1 hr)	(2 hr)	(3 hr)	(4 hr)	If more than 5h, select 300
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0 30 60 90 120 150 180 210 240 270 300

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minutes ( )	
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C22.4.3 How many times per week do you have the following?

	0 (1)	1 (2)	2 (3)	3 (4)	4 (5)	5 times (6)
Single PE class per week (1)	<input type="radio"/>					
Double PE class per week (2)	<input type="radio"/>					
Triple PE class per week (3)	<input type="radio"/>					

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Page Break

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*Display This Question:*

*If C22.2.3 = 1st year*

*Or C22.2.3 = 2nd year*

*Or C22.2.3 = 3rd year*

C22.4.4 Only answer this if your are in Junior Cycle.  
Would you like to study leaving cert P.E.?

No (1)

Yes (2)

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*Display This Question:*

*If C22.2.3 = 5th year*

*Or C22.2.3 = 6th year*

C22.4.5 Only answer this if you are in Senior Cycle.  
Are you doing leaving cert P.E.?

No (1)

Yes (2)

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Page Break

C22.4.9 The following statements are about factors that influence your enjoyment of Physical Education (P.E.).

Please select one option for each statement.

**When I am in P.E. class...**

	Dislike a lot (1)	Dislike (2)	Neither dislike or enjoy (3)	Enjoy (4)	Enjoy a lot (5)
being in a gym or on a playing field is something that I... (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
getting warmed up and breaking a sweat is something that I... (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
getting some exercise is something that I... (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
changing clothes is something that I... (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
learning about physical fitness and health is something that I... (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**End of Block: Physical Education**

**Start of Block: Extra curriculum Sport**

C22.5.1

In this section, we are interested in your participation in school based activities before school, at

lunch time, or immediately after school (not P.E. or Games classes as part of the school day).

---

C22.5.2 About how often do you take part in sports and physical activities before school, at lunch time, or after school (exclude P.E. or Games class)?

- 4 or more days a week (1)
  - 2-3 days a week (2)
  - One day a week (3)
  - 2-3 days a month (4)
  - One day a month (5)
  - Never (6)
- 

Page Break

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C22.5.4 In your opinion, how adequate are the sport facilities (courts, fields, equipment) for the pupils/students in your school?

- Very adequate (3)
- Fairly adequate (2)
- Not at all adequate (1)
- Not sure /I do not know (9)

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Page Break

C22.5.5 During the past 12 months, on how many school sport teams or dance teams did you play?

If none, select 0

If more than 10, select 10

0 1 2 3 4 5 6 7 8 9 10

Number of teams ()	
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C22.5.6 Since the start of the school year, have you represented your school in a competition or match against another school?

Please tick one box only

- Yes (2)
- No (1)
- Do not know (9)

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Page Break



C22.5.7 Have you had any coaching before school, at lunch time, or after school to help you get better at any of these sports?

- Yes (2)
- No (1)
- I do not play sports at school outside of class time (9)

*Skip To: End of Block If C22.5.7 = No*

*Skip To: End of Block If C22.5.7 = I do not play sports at school outside of class time*

Page Break

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C22.5.8

Who provided the coaching?

(Please think about the person who you interacted the most).

- teacher (1)
  - coach from a local club (2)
  - other person (3)
  - Do not know (4)
- 

C22.5.9 Was [\\${C22.5.8/ChoiceGroup/SelectedChoices}](#) ... ?

- Male (1)
- Female (2)
- Non-binary (3)
- I do not know (4)

End of Block: Extra curriculum Sport

---

Start of Block: Community Sport

C22.6.1

In this section, we are interested in your participation in sports and activities outside of school hours and in the community.

**Please do NOT include your participation in youth clubs, such as church groups or scouts, where you may do some physical activities but also other activities too.**

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C22.6.2

About how often do you take part in sports and physical activities in non-school sports clubs?

- Every day (7)
- 4-6 days a **week** (6)
- 2-3 days a **week** (5)
- 1 day a **week** (4)
- 2-3 days a **month** (3)
- 1 day a **month** (2)
- Less often (1)
- Never (0)

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Page Break



C22.6.5 Are you currently participating in a club that is organised for the purpose of doing one particular sport or activity?

- Yes (1)
- No (0)

*Skip To: C22.6.11 If C22.6.5 = No*

---

C22.6.7 Please list up to **three** (maximum) sports/activities that you are a member of a club for (e.g., swimming, dancing, and tennis). You will need to remember the activities that you are a member of a club for, for the next few questions.

Write 'none' in column 3 if you are only member of 2 clubs, and write 'none' in column 2 if you are only member of 1 club.

- Sport 1 (1) \_\_\_\_\_
  - Sport 2 (2) \_\_\_\_\_
  - Sport 3 (3) \_\_\_\_\_
- 

Page Break \_\_\_\_\_



C22.6.8 What was the most important reason why you **took up** EACH sport/activity?

Please select only **ONE** box per column.

(if you accidentally select one box, it can be unselected). Do NOT select more than one per column.

	<code>#{C22.6.7/ChoiceTextEntryValue/1}</code>	<code>#{C22.6.7/ChoiceTextEntryValue/2}</code>	<code>#{C22.6.7/ChoiceTextEntryValue/3}</code>
	Most important reason (1)	Most important reason (1)	Most important reason (1)

Something to do (1)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Because of my friends (2)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Because of my father (3)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Because of my mother (4)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
To keep fit (5)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Because of school (6)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Seemed interesting (7)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Seemed challenging (8)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
To practice skills (9)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
To learn new skills (10)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I thought I would be good (11)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Saw it on the TV/video etc (12)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Do not know/cannot remember (13)

Other (please specify) or None (14)

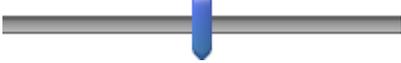
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Page Break

C22.6.9 How many **months per year** do you train for your sports?  
(Select 0 if you do not train for that sport)

I do not train for one sport

0 1 2 3 4 5 6 7 8 9 10 11 12

$\${C22.6.7/ChoiceTextEntryValue/1}$ ()	
$\${C22.6.7/ChoiceTextEntryValue/2}$ ()	
$\${C22.6.7/ChoiceTextEntryValue/3}$ ()	

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Page Break

C22.6.11 What is your current involvement in your sports club?  
Select **all options** that apply to you.

- Active participant (1)
- Administrator (2)
- Coach (3)
- Official (4)
- Not an active participant (5)

---

*Display This Question:*

*If C22.6.11 = Active participant*



C22.6.12 What is the highest standard that you have achieved?

- Basic (family recreation; play; school clubs open to all) (1)
- Competitive (competitive club level, selected school team) (2)
- Elite (country; regional and nationally recognized standard) (3)
- Not an active participant (0)

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Page Break

C22.6.13 How many clubs are you a member of, in total (exclude school or youth clubs).

If not member, select 0    If more than 7, select 7    I am not a member of any clubs

0   1   2   3   4   4   5   6   7

Number of clubs ()	
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C22.6.14 Have you had any coaching at your club to help you get better at any of these sports?

- Yes (1)
- No (0)
- I do not play sports in a club (9)

*Skip To: C22.6.17 If C22.6.14 = No*

*Skip To: C22.6.17 If C22.6.14 = I do not play sports in a club*

C22.6.15 Who provided the coaching?

- A coach from the club (1)
- Other (2)
- I do not know (3)

C22.6.16 Was that person ... ?

- Male (1)
- Female (2)
- Non-binary (3)
- I do not know (4)

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Page Break



C22.6.17 Outside of school hours: how often do you usually exercise in your free time so much that you get out of breath or sweat?

- Every day (7)
- 4 to 6 times a week (6)
- 3 times a week (5)
- 2 times a week (4)
- Once a week (3)
- Once a month (2)
- Less than once a month (1)
- Never (0)

End of Block: Community Sport

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Start of Block: Volunteer

C22.10.1

The following questions are about your involvement and interest in sports

Display This Question:

If C22.6.5 = Yes



C22.10.2 In the last 12 months, did you do the following for your sports club?

Please select all that apply.

	$\{C22.6.7/ChoiceTextEntryValue/1\}$	$\{C22.6.7/ChoiceTextEntryValue/2\}$	$\{C22.6.7/ChoiceTextEntryValue/3\}$
	Did in last 12 months (1)	Did in last 12 months (1)	Did in last 12 months (1)

Raised money for the sport (C22.10.2\_1)

Been a 'sports leader' (C22.10.2\_2)

Coached or instructed others (C22.10.2\_3)

Refereed or judged at a sports match (C22.10.2\_4)

Helped with refreshments (C22.10.2\_5)

Provide other help (e.g., Kit/Grounds Maintenance) (C22.10.2\_6)

Did not  
do any of  
the  
activities  
listed  
above  
(C22.10.  
2\_7)

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Page Break

Display This Question:  
If C22.6.5 = Yes



C22.10.3 Thinking about your participation in your sports club. Voluntary activity means any role you may have done in support of your club. Please answer the following questions.

	\${C22.6.7/ChoiceTextEntryValue/1}		\${C22.6.7/ChoiceTextEntryValue/2}		\${C22.6.7/ChoiceTextEntryValue/3}	
	Yes (1)	No (0)	Yes (1)	No (0)	Yes (1)	No (0)
In the <b>LAST WEEK</b> , have you volunteered for this sport? (C22.10.3_1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In the last <b>12 MONTHS</b> , have you volunteered for this sport? (C22.10.3_2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

End of Block: Volunteer

Start of Block: Spectating

C22.11.1 Have you attended sports matches as a **spectator or supporter**? Do not include activities where you were an active participant.

	Spectated or Supported	Spectated or Supported
	In the last 7 days (1)	Not in the last 7 days but in the past 12 months (1)

Athletics (1)	<input type="checkbox"/>	<input type="checkbox"/>
Badminton (2)	<input type="checkbox"/>	<input type="checkbox"/>
Basketball (3)	<input type="checkbox"/>	<input type="checkbox"/>
Boxing (4)	<input type="checkbox"/>	<input type="checkbox"/>
Camogie (5)	<input type="checkbox"/>	<input type="checkbox"/>
Cross country running (6)	<input type="checkbox"/>	<input type="checkbox"/>
Dance (7)	<input type="checkbox"/>	<input type="checkbox"/>
Gaelic football (8)	<input type="checkbox"/>	<input type="checkbox"/>
Gymnastics (9)	<input type="checkbox"/>	<input type="checkbox"/>
Handball (10)	<input type="checkbox"/>	<input type="checkbox"/>
Hockey (11)	<input type="checkbox"/>	<input type="checkbox"/>
Horse riding (12)	<input type="checkbox"/>	<input type="checkbox"/>
Hurling (13)	<input type="checkbox"/>	<input type="checkbox"/>
Martial arts (14)	<input type="checkbox"/>	<input type="checkbox"/>
Netball (15)	<input type="checkbox"/>	<input type="checkbox"/>

Rugby (16)	<input type="checkbox"/>	<input type="checkbox"/>
Soccer (17)	<input type="checkbox"/>	<input type="checkbox"/>
Squash (18)	<input type="checkbox"/>	<input type="checkbox"/>
Swimming (19)	<input type="checkbox"/>	<input type="checkbox"/>
Tennis (20)	<input type="checkbox"/>	<input type="checkbox"/>
Triathlon (21)	<input type="checkbox"/>	<input type="checkbox"/>
Volleyball (22)	<input type="checkbox"/>	<input type="checkbox"/>
Other not listed (23)	<input type="checkbox"/>	<input type="checkbox"/>
No sport or physical activities (24)	<input type="checkbox"/>	<input type="checkbox"/>

End of Block: Spectating

---

Start of Block: Screen time, Hobbies, School & Work

C22.7.1

The following questions will ask you about the time you spend doing a number of activities.

**Please try to estimate time spent in each activity using the multiple choice options as best as you can, but do not spend too long thinking about any one answer.**

---



C22.7.2 On an average day, how many hours **PER DAY** do you spend...

	I don't do this activity (0)	less than 1 hour (1)	1-2 hours (2)	2-3 hours (3)	3-4 hours (4)	4-5 hours (5)	5 or more hours (6)
... playing video games (e.g. Playstation, Xbox, Nintendo, phone games, computer games, etc). (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
... using your phone for <b>communication purposes ONLY</b> (e.g. actively posting or commenting on social media sites, sending messages, video calls) (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...using your phone for <b>social media scrolling ONLY</b> (e.g., scrolling through Instagram, Twitter, Facebook, TikTok, etc, without engaging) (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
... watching TV, movies, using streaming sites such as Netflix/Amazon Prime or watching videos on YouTube (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
... using your computer, laptop or tablet <b>for fun</b> (e.g., internet browsing)? (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

... do you spend listening to music? (6)

... reading (outside of school work) **using an electronic device** (e.g., Kindle, eReader, or on phone/tablet)? (7)

... reading (outside of school work) **using a book?** (8)

... doing homework **with** a computer, laptop or tablet? (9)

... doing homework **without** a computer, laptop or tablet? (10)

... sitting (class labs, study, etc.)? (11)

---

End of Block: Screen time, Hobbies, School & Work

---

Start of Block: Personal Information

C22.8.1 In this section we would like to ask you some questions about you.

---

Page Break



C22.8.2 Please read each of the following statements and pick the most appropriate answer for each statement.

	No Difficulties (0)	Some Difficulties (1)	A lot of Difficulties (2)	Cannot do at all (3)
Do you have difficulty <b>seeing</b> , even if wearing your glasses or contact lenses? (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you have difficulty <b>hearing</b> sounds like people's voices, even if using a hearing aid? (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you have difficulty <b>walking</b> 500 metres on level ground, even if you use any equipment or receive assistance? (that would be about the length of going around the outside of a rugby pitch). (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you have any difficulty with <b>self-care</b> , such as changing clothes by yourself? (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When you <b>speak</b> , do you have difficulty being understood by people outside of your home? (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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Page Break

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C22.8.3 Please read each of the following statements and pick the most appropriate answer for each statement.

	No Difficulties (0)	Some Difficulties (1)	A lot of Difficulties (2)	Cannot do at all (3)
Compared with students of the same age, do you have difficulty <b>learning things</b> ? (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Compared with students of the same age, do you have difficulty <b>remembering things</b> ? (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you have any difficulty <b>concentrating</b> on an activity that you enjoy doing? (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you have any difficulty <b>accepting changes</b> in your routine? (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Compared with students of the same age, do you have difficulty <b>controlling your behaviour</b> ? (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you have difficulty <b>making friends</b> ? (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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Page Break

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C22.8.4 In the past 6 months: how often have you had the following...

	Rarely or never (0)	About every month (1)	About every week (2)	More than once a week (3)	About every day (4)
Feeling low (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Irritability or bad temper (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feeling nervous (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Difficulties in getting to sleep (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

---

Page Break



C22.8.11 Which of the following best describes your background or race?

- White Irish (1)
- White Irish Traveller (2)
- Any other white background (3)
- Black or Black Irish (4)
- Asian or Asian Irish (5)
- Other, including mixed background (6)
- Don't known (7)
- Prefer not to say (0)

---

Page Break

C22.8.12 What is your nationality?

- Irish (1)
- Northern Irish (2)
- American (3)
- Brazilian (4)
- British (5)
- Chinese (6)
- French (7)
- German (8)
- Indian (9)
- Italian (10)
- Latvian (11)
- Lithuanian (12)
- Polish (13)
- Romanian (14)
- Slovakian (15)
- Spanish (16)
- Other (17) \_\_\_\_\_

---

Page Break



C22.8.5 We would now like to ask you some questions about your home and your family.

Does your family own a car, van or truck?

- No (1)
  - Yes, one (2)
  - Yes, two or more (3)
- 



C22.8.6 Do you have your own bedroom for yourself?

- No (1)
  - Yes (2)
- 



C22.8.7 How many computers do your family own (including laptops and tablets, **not** including game consoles or smartphones)?

- None (1)
  - One (2)
  - Two (3)
  - More than two (4)
- 

Page Break



C22.8.8 How many bathrooms (room with a bath/shower or both) are in your home?

- None (1)
  - One (2)
  - Two (3)
  - More than two (4)
- 



C22.8.9 Does your family have a dishwasher at home?

- No (1)
  - Yes (2)
- 



C22.8.10 How many times did you and your family travel out of the island of Ireland for a holiday/vacation last year?

- Not at all (1)
- Once (2)
- Twice (3)
- More than twice (4)

**End of Block: Personal Information**

---

**Start of Block: Trackers**

C22.9.1

Physical activity tracking devices are devices that track how active you are, and record data like step counts and movement.

Mobile phone apps (left) and smart watches (right) are two examples of physical activity tracking devices:



C22.9.2 On an average week, how often do you use the following Physical Activity tracking devices?

	Never use (0)	Once a week (1)	A few times a week (2)	Daily (3)	A few times a day (4)	I do not have (9)
Mobile Phone App (App)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Smart watch (Watch)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Heart rate monitor (HRM)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pedometer (Ped)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

End of Block: Trackers

Start of Block: Drop Out



C22.12.1 Please read the following statements and give your honest opinion.  
There are no right or wrong answers.

	Yes (1)	No (0)
Is one main sport more important to you than any other? If yes, please specify. (1)	<input type="radio"/>	<input type="radio"/>
Have you quit all other sports to focus on one main sport? (2)	<input type="radio"/>	<input type="radio"/>

C22.12.2 In this section, we would like to ask you about your experience in dropping out from sport or physical activity.

**Dropout is a long absence of practice or competition in either one sport or all sports.**

C22.12.3 During the last 5 years, have you dropped out of any sport or stopped participating in an activity?

- Yes (1)
- No (2)

*Skip To: End of Block If C22.12.3 = No*

C22.12.4 Please list up to three sports/activities that you have stopped participating in.

- Sport or Activity 1 (1) \_\_\_\_\_
- Sport or Activity 2 (2) \_\_\_\_\_
- Sport or Activity 3 (3) \_\_\_\_\_



C22.12.5

Please select from the list the **3 most important reasons for no longer being involved.**

INSTRUCTIONS: Choose from the list in the 'Items' column and drag it to the box on the right. Place the most important reason in the top box, the second most important in the middle box, and the third most important in the bottom box.

Please select from the list the **3 most important reasons for no longer being involved.**

Most important reason	2nd most important reason	3rd most important reason
<input type="text"/> Injury (1)	<input type="text"/> Injury (1)	<input type="text"/> Injury (1)
<input type="text"/> Lack of interest (2)	<input type="text"/> Lack of interest (2)	<input type="text"/> Lack of interest (2)
<input type="text"/> Other commitments (school/work) (3)	<input type="text"/> Other commitments (school/work) (3)	<input type="text"/> Other commitments (school/work) (3)
<input type="text"/> Other commitments (part-time job, boy or girl friend) (4)	<input type="text"/> Other commitments (part-time job, boy or girl friend) (4)	<input type="text"/> Other commitments (part-time job, boy or girl friend) (4)
<input type="text"/> Not good enough (5)	<input type="text"/> Not good enough (5)	<input type="text"/> Not good enough (5)
<input type="text"/> No encouragement from family (6)	<input type="text"/> No encouragement from family (6)	<input type="text"/> No encouragement from family (6)
<input type="text"/> Not big/strong enough (7)	<input type="text"/> Not big/strong enough (7)	<input type="text"/> Not big/strong enough (7)
<input type="text"/> Too expensive (8)	<input type="text"/> Too expensive (8)	<input type="text"/> Too expensive (8)
<input type="text"/> Lack of resources (9)	<input type="text"/> Lack of resources (9)	<input type="text"/> Lack of resources (9)
<input type="text"/> Took up too much time (10)	<input type="text"/> Took up too much time (10)	<input type="text"/> Took up too much time (10)
<input type="text"/> Coaches were unfriendly (11)	<input type="text"/> Coaches were unfriendly (11)	<input type="text"/> Coaches were unfriendly (11)
<input type="text"/> Other players my age were unfriendly (12)	<input type="text"/> Other players my age were unfriendly (12)	<input type="text"/> Other players my age were unfriendly (12)
<input type="text"/> Older players were unfriendly (13)	<input type="text"/> Older players were unfriendly (13)	<input type="text"/> Older players were unfriendly (13)
<input type="text"/> Started another sport (14)	<input type="text"/> Started another sport (14)	<input type="text"/> Started another sport (14)
<input type="text"/> My friends had stopped (15)	<input type="text"/> My friends had stopped (15)	<input type="text"/> My friends had stopped (15)
<input type="text"/> Training was boring (16)	<input type="text"/> Training was boring (16)	<input type="text"/> Training was boring (16)

\_\_\_\_\_ Mainly for boys/girls  
(17)

\_\_\_\_\_ Was not allowed (18)

\_\_\_\_\_ Not played at school  
(19)

\_\_\_\_\_ Other (please specify  
on next screen) (20)

\_\_\_\_\_ No other reason (21)

\_\_\_\_\_ Mainly for boys/girls  
(17)

\_\_\_\_\_ Was not allowed (18)

\_\_\_\_\_ Not played at school  
(19)

\_\_\_\_\_ Other (please specify  
on next screen) (20)

\_\_\_\_\_ No other reason (21)

\_\_\_\_\_ Mainly for boys/girls  
(17)

\_\_\_\_\_ Was not allowed (18)

\_\_\_\_\_ Not played at school  
(19)

\_\_\_\_\_ Other (please specify  
on next screen) (20)

\_\_\_\_\_ No other reason (21)

---

C22.12.6 If you choose 'OTHER'

- Please specify other reasons for no longer being involved. (1)

---

End of Block: Drop Out

---

Start of Block: Social Support

C22.14.1

In this section we would like to ask you about your family, friends and teachers

---

Page Break

C22.14.3

The following questions ask you about the role your FRIENDS have in supporting your physical

activities or sports.

**During a typical week, how often do ...**

*Display This Choice:*

*If C22.2.2 [ Age in years ]  $\geq$  15*

*Display This Choice:*

*If C22.2.2 [ Age in years ]  $\geq$  15*

	Never (1)	Once (2)	Sometimes (3)	Almost every day (4)	Every day (5)
<b>you encourage your friends to do physical activities or play sports?</b> (1)	<input type="radio"/>				
<b>your friends encourage you to do physical activities or play sports?</b> (2)	<input type="radio"/>				
<b>your friends do physical activities or play sports with you?</b> (3)	<input type="radio"/>				
<b>other children tease you for not being good at physical activity or sports?</b> (4)	<input type="radio"/>				
<b>friends tell you that you are doing well in physical activities or sports?</b> (5)	<input type="radio"/>				
<i>Display This Choice:</i> <i>If C22.2.2 [ Age in years ] &gt;= 15</i>					
<b>your friends encourage you to spend less time being sedentary?</b> (6)	<input type="radio"/>				

Display This  
Choice:  
If C22.2.2 [ Age in years ]  
>= 15

your **friends**  
**do sedentary**  
**habits** like  
watch TV or  
play  
computer/video  
games **with**  
**you?** (7)

---

Page Break



C22.14.4 The following questions ask you about the role your HOUSEHOLD has in supporting your physical activities or sports.

**During a typical week, how often has a member of your household ...**

*Display This Choice:*

*If C22.2.2 [ Age in years ] >= 15*

*Display This Choice:*

*If C22.2.2 [ Age in years ] >= 15*

*Display This Choice:*

*If C22.2.2 [ Age in years ] >= 15*

*Display This Choice:*

*If C22.2.2 [ Age in years ] >= 15*

	Never (1)	Once (2)	Sometimes (3)	Almost every day (4)	Every day (5)
<b>encouraged you</b> to do physical activities or play sports? (1)	<input type="radio"/>				
done physical activities or play sports <b>with you?</b> (2)	<input type="radio"/>				
<b>provided transportation</b> to a place where you can do physical activities or play sports? (3)	<input type="radio"/>				
<b>watched you</b> participate in physical activities or sports? (4)	<input type="radio"/>				
<b>told you</b> are doing well in physical activities or sports? (5)	<input type="radio"/>				
<i>Display This Choice:</i> <i>If C22.2.2 [ Age in years ] &gt;= 15</i>	<input type="radio"/>				
<b>encouraged you</b> to spend less time being sedentary? (6)	<input type="radio"/>				

Display This Choice:  
If C22.2.2 [ Age in years ]  
>= 15

discussed with you how sedentary habits can be unhealthy? (7)

Display This Choice:  
If C22.2.2 [ Age in years ]  
>= 15

helped you think of ways to reduce the time you spend on sedentary habits? (8)

Display This Choice:  
If C22.2.2 [ Age in years ]  
>= 15

Told you that you are doing a good job reducing your sedentary habits? (9)

---

Page Break

C22.14.5 The following questions ask you about the role your TEACHER has in supporting your physical activities or sports.

**During a typical week, how often has a teacher in your school...**

	Never (1)	Once (2)	Sometimes (3)	Almost every day (4)	Every day (5)
<b>encouraged you</b> to do physical activities or play sports? (1)	<input type="radio"/>				
done physical activities or play sports <b>with you?</b> (2)	<input type="radio"/>				
<b>provided transportation</b> to a place where you can do physical activities or play sports? (3)	<input type="radio"/>				
<b>watched you</b> participate in physical activities or sports? (4)	<input type="radio"/>				
<b>told you</b> are doing well in physical activities or sports? (5)	<input type="radio"/>				

End of Block: Social Support

Start of Block: Physical literacy

C22.15.1

These questions are about your own level of confidence to be physically active.

Please read these statements as carefully as possible, and do not spend too much time thinking

about the responses.

Enter your first response and move on to the next item on the survey.

---



C22.15.2 Thinking about your usual circumstances, how easy or difficult is it to participate with physical activity or sports for **at least 1 hour per day**?

- Extremely difficult (1)
  - Somewhat difficult (2)
  - Neither easy nor difficult (3)
  - Somewhat easy (4)
  - Extremely easy (5)
- 

C22.15.3 How would you rate your level of physical activity compared to other people the same age and sex as yourself?

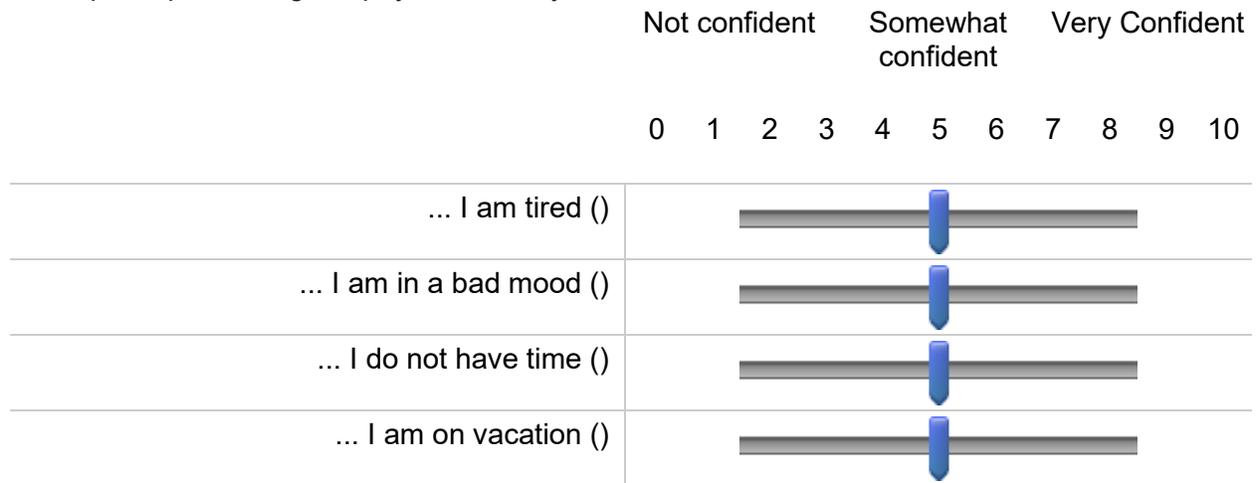
- Much less than others (1)
  - Somewhat less than others (2)
  - About the same (3)
  - Somewhat more than others (4)
  - Much more than others (5)
- 

Page Break

C22.15.4 Using the scale provided, indicate how confident you are that you could be physically active in each of the following situations.

0 = Not confident  
 5 = Somewhat confident  
 10 = Very confident

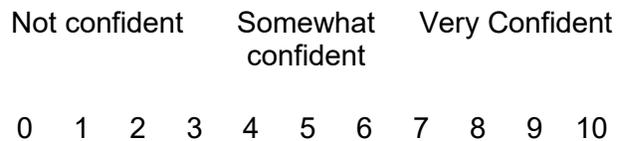
I can participate in regular physical activity when...

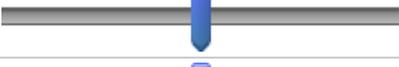
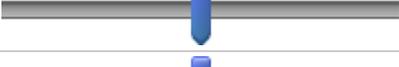


C22.15.5 Using the scale provided, indicate how confident you are that you could be physically active in each of the following situations.

0 = Not confident  
 5 = Somewhat confident  
 10 = Very confident

I can participate in regular physical activity when...



... it is raining or snowing ()	
... I have homework to do ()	
... my friends call me to go out ()	
... there is a good TV show on ()	
... I am on my own ()	

---

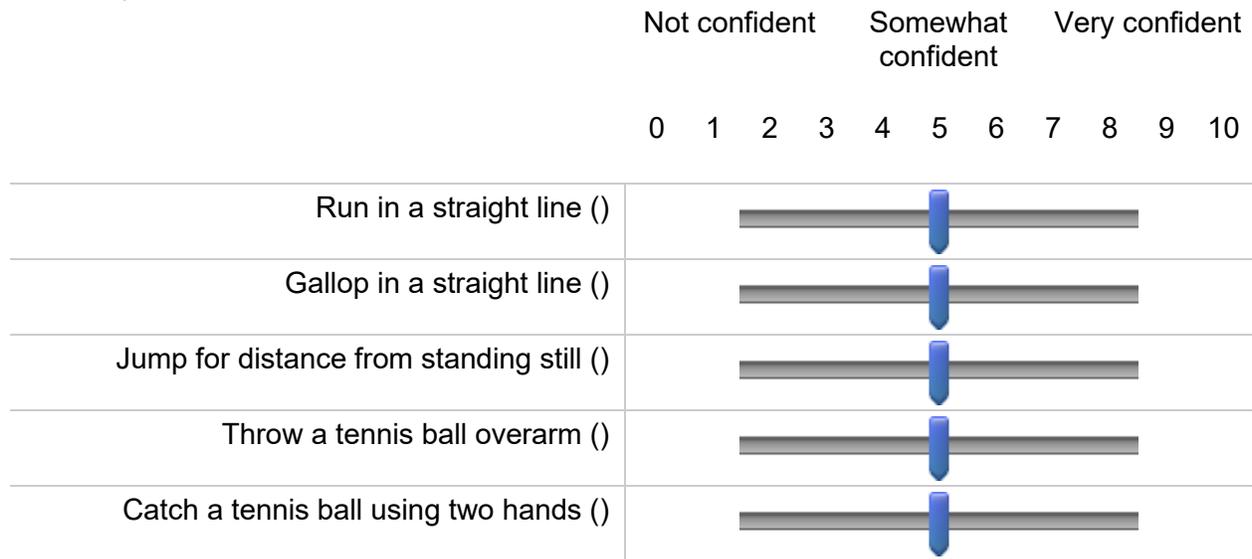
Page Break

C22.15.6 Use the scale below (0-10) to indicate how confident you are to correctly perform the following skills.

0 = Not confident

5 = Somewhat confident

10 = Very confident

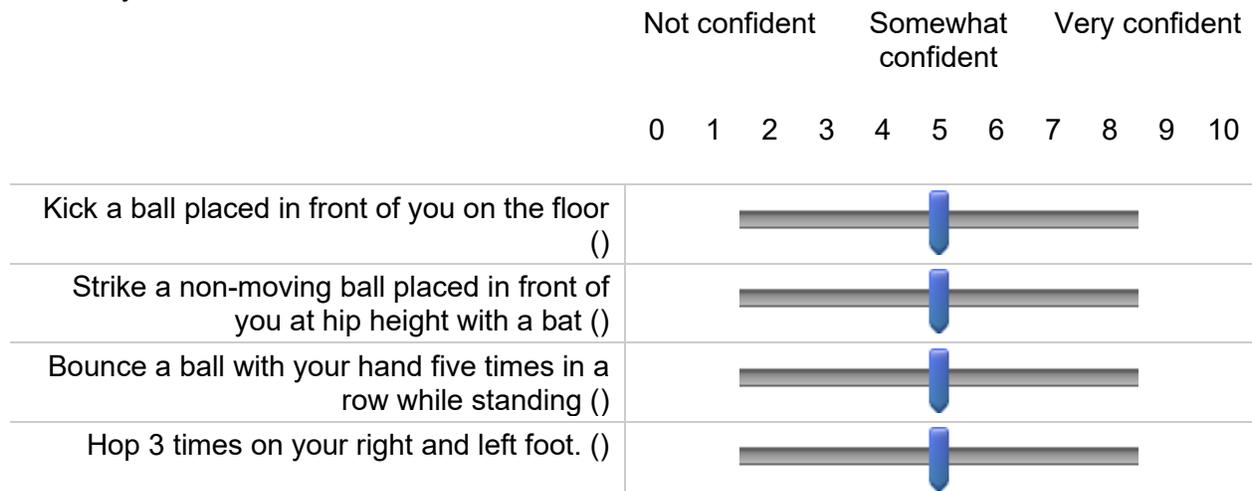


C22.15.7 Use the scale below (0-10) to indicate how confident you are to correctly perform the following skills.

0 = Not confident

5 = Somewhat confident

10 = Very confident



---

Page Break

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Display This Question:

If C22.2.3 = Transition year

And C22.2.3 = 5th year

And C22.2.3 = 6th year



C22.15.9 Please respond with your level of agreement to each of the following statements

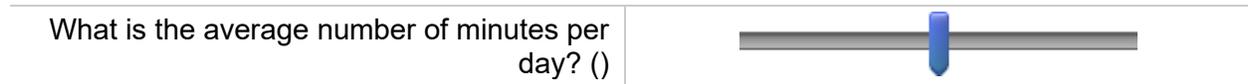
	Strongly disagree (1)	Disagree (2)	Neither agree nor disagree (4)	Agree (6)	Strongly agree (7)
If I do physical activity, it will benefit me in the short term (e.g. burn calories, sleep better etc) (T079_1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If I do physical activity, it will benefit me in the long-term (e.g. live longer, lose weight etc) (T079_2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I think physical activity will change my life for the better (T079_3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

C22.15.10 What is the **recommended minimum amount of moderate-vigorous physical activity** needed for children under 18 for a healthy lifestyle?

Please select the CORRECT answer.

minutes

0 10 20 30 40 50 60 70 80 90 100



End of Block: Physical literacy

Start of Block: Enjoyment

C22.16.1 Think about how it feels when you are doing physical activities. Please select one option for each question.

When I am active, ...

	Disagree a lot (1)	Disagree (2)	Neither Agree or Disagree (3)	Agree (4)	Agree a lot (5)
I enjoy it (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel bored (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I dislike it (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I find it pleasurable (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
it is no fun at all (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
it gives me energy (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
it makes me depressed (7)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
it is very pleasant (8)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

C22.16.2 Think about how it feels when you are doing physical activities.  
Please select one option for each question.

**When I am active, ...**

	Disagree a lot (1)	Disagree (2)	Neither Agree or Disagree (3)	Agree (4)	Agree a lot (5)
my body feels good (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I get something out of it (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
it is very exciting (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
it frustrates me (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
it is not all interesting (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
it gives me a strong feeling of success (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
it feels good (7)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel as though I would rather be doing something else (8)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

End of Block: Enjoyment

Start of Block: Health Questions

C22.17.1

**This is the final section! Keep going!**

In this section, we ask you about your health.

Please read through the questions carefully and don't spend too much time to answer the questions.

There are no right or wrong answers.

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C22.17.2 In general, would you say your health is?

- Poor (1)
  - Fair (2)
  - Good (3)
  - Very good (4)
  - Excellent (5)
- 

Page Break

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C22.17.6 Please indicate for each of the five statements which is closest to how you have been feeling over the last two weeks.

**Over the last two weeks...**

	All the time (6)	Most of the time (5)	More than half of the time (4)	Less than half of the time (3)	Some of the time (2)	At no time (1)
I have felt cheerful and in good spirits (C22.17.6_1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have felt calm and relaxed (C22.17.6_2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have felt active and vigorous (C22.17.6_3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I woke up feeling fresh and rested (C22.17.6_4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My daily life has been filled with things that interest me (C22.17.6_5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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Page Break

C22.17.7 When do you usually go to bed if you have to go to school the next morning?

- No later than 21:00 (1)
  - 21:30 (2)
  - 22:00 (3)
  - 22:30 (4)
  - 23:00 (5)
  - 23:30 (6)
  - 0:00 (7)
  - 0:30 (8)
  - 1:00 (9)
  - 1:30 (10)
  - 2:00 or later (11)
-

C22.17.8 When do you usually go to bed on weekends or during holidays?

- No later than 21:00 (1)
  - 21:30 (2)
  - 22:00 (3)
  - 22:30 (4)
  - 23:00 (5)
  - 23:30 (6)
  - 0:00 (7)
  - 0:30 (8)
  - 1:00 (9)
  - 1:30 (10)
  - 2:00 or later (11)
-

C22.17.9 When do you usually wake up on school mornings?

No later than 5:00 (1)

5:30 (2)

6:00 (3)

6:30 (4)

7:00 (5)

7:30 (6)

8:00 (7)

8:30 (8)

9:00 (9)

9:30 or later (10)

---

C22.17.10 When do you usually wake up on weekends or during holidays?

- No later than 7:00 (1)
- 7:30 (2)
- 8:00 (3)
- 8:30 (4)
- 9:00 (5)
- 9:30 (6)
- 10:00 (7)
- 10:30 (8)
- 11:00 (9)
- 11:30 (10)
- 12:00 (11)
- 12:30 (12)
- 13:00 (13)
- 13:30 (14)
- 14:00 or later (15)

**End of Block: Health Questions**

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**Start of Block: Close**

C22.19.1 Sometime in the future, we may want to contact you to follow up on this research. Would that be ok?

- No (1)
  - Yes (please provide an email address) (2)
- 

End of Block: Close

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