**Appendix 1. Questionnaire used in the survey**

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| --- | --- |
|  | **School Health Service in THE MUNICIPALITY** |

HEALTH HABITS, ENVIRONMENT AND LIFESTYLE AMONG STUDENTS IN 2011.

Survey among pupils in in 6th, 8th and 10th class at schools autumn 2011.

|  |  |
| --- | --- |
|  |  |

Serial number: [ ] [ ] [ ] [ ] [ ] [ ]

Parents has approved: Yes [ ]  No [ ]

I will not participate: (the form will be discarded) [ ]

1. **Are you a boy or a girl? (Put x in the box that fits)**

Boy [ ]  girl [ ]

1. **What class do you belong to?**

6th class [ ]  8th [ ]  10th [ ]

**5. How heavy are you undressed?**  My weight is kilos [ ] [ ] [ ]

**6. What is your height without shoes?**  I'm cm [ ] [ ] [ ]

**11. How wealthy is your family?**

 [ ]  Very wealthy [ ]  Wealthy [ ]  Average

 [ ]  Not particularly wealthy [ ]  We are not wealthy

**24. How do you estimate your current health?**

 It is::

 [ ]  Very good

[ ]  Good

[ ]  Not so good

[ ]  Bad

**-----------------------------------------------------------------------------------**

**Now more questions about how you think about yourself.**

**-----------------------------------------------------------------------------------**

**25. Is there something about your body you want to change?**

 [ ]  Yes

 [ ]  No

**26.What do you think about your body?**

It is:

 [ ]  Too thin

 [ ]  A little too thin

 [ ]  About as it should be

 [ ]  A little too fat

 [ ]  Too fat

 [ ]  I don't think about it.

**27.Are you trying to slim down?**

 [ ]  No, my weight is fit

 [ ]  No, but I think that I need to slim

[ ]  No, because I need to put on weight

[ ]  Yes

**44. What kind of opinion do you have of yourself?** Check the box of quare phrases below that is most suitable for you.

 To what degree do you agree/ disagree

 Very agree Agree Disagree Very disagree

 a) Over all, I am satisfied with myself [ ]  [ ]  [ ]  [ ]

 b) I feel at times that I don't manage [ ]  [ ]  [ ]  [ ]

 c) I feel that I have many good qualities [ ]  [ ]  [ ]  [ ]

d) I am able to perform things just as [ ]  [ ]  [ ]  [ ]

 good as others

 e) I feel that I don't have much to be [ ]  [ ]  [ ]  [ ]

 proud of

 f) I feel useless at times [ ]  [ ]  [ ]  [ ]

 g) I feel as a person who is [ ]  [ ]  [ ]  [ ]

 equal to others

 h) I wish I had more self-respect [ ]  [ ]  [ ]  [ ]

i)Over all, I consider myself to be [ ]  [ ]  [ ]  [ ]

 rather missy.

 j) I have a positive perception of [ ]  [ ]  [ ]  [ ]

myself