

Mental health and sleep

In this questionnaire you will be answering questions regarding your child's ability to concentrate, his or her behaviour, relations with friends and sleep.

SDQ (The Strengths and Difficulties Questionnaire)

Below are questions from SDQ (The Strengths and Difficulties Questionnaire). SDQ is a brief emotional and behavioural screening questionnaire for children and young people, and the form is based on experience of two other established and internationally well-spread instruments; Rutter's and Child Behavior Checklist (CBCL). The SDQ is one of the most widely and internationally used measurements of child mental health. The method consists of five parts: Hyperactivity/concentration, behaviour, friendships, emotional symptoms and prosocial behaviour (for instance caring and generosity).

Please choose the answer (not true, somewhat true, certainly true) that best applies to your child. It is of great value that you answer all questions, even if you're not quite sure or find the question strange. The answers should reflect your child's behaviour during the past 6 months.

| | Not True | Somewhat True | Certainly True |
|---|-----------------------|-----------------------|-----------------------|
| Considerate of other people's feelings | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Restless, overactive, cannot stay still for long | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Often complains of headaches, stomach-aches or sickness | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Shares readily with other children (treats, toys, pencils etc.) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Often loses temper | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Rather solitary, prefers to play alone | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Generally well behaved, usually does what adults request | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Many worries or often seems worried | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Helpful if someone is hurt, upset or feeling ill | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

| | Not True | Somewhat True | Certainly True |
|---|-----------------------|-----------------------|-----------------------|
| Constantly fidgeting or squirming | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Has at least one good friend | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Often fights with other children or bullies them | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Often unhappy, depressed or tearful | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Generally liked by other children | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Easily distracted, concentration wanders | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Nervous or clingy in new situations, easily loses confidence | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Kind to younger children | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Often argumentative with adults | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Picked on or bullied by other children | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Often offers to help others (parents, teachers, other children) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Can stop and think things out before acting | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Can be spiteful to others | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Gets along better with adults than with other children | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Many fears, easily scared | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Good attention span, sees work through to the end | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

| | Not at all | Just a little | Quite much | A lot |
|--------------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| In leisure time activity | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Are these difficulties a burden for you or for the family?

| | Not at all | Just a little | Quite much | A lot |
|--|-----------------------|-----------------------|-----------------------|-----------------------|
| | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Below are questions regarding your child's sleep.

Does your child have trouble falling asleep in the evening?

| | Often | Sometimes | Rarely | Never |
|--|-----------------------|-----------------------|-----------------------|-----------------------|
| | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Does your child sleep at least 10 hours a day?

| | Often | Sometimes | Rarely | Never |
|--|-----------------------|-----------------------|-----------------------|-----------------------|
| | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Does your child wake up 3 or more times a night?

| | Often | Sometimes | Rarely | Never |
|--|-----------------------|-----------------------|-----------------------|-----------------------|
| | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Do you consider that your child has difficulties daytime due to poor sleep?

| | Not at all | Just a little | Quite much | A lot |
|--|-----------------------|-----------------------|-----------------------|-----------------------|
| | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |