Help Us Understand

Student Questionnaire

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| Tick the box in the column that best describes how often these things happen to you. There is no right or wrong answer. |
| **Name:** |  | **Date:** |  | **Never** | **Sometimes** | **Often** | **Always** |
| **1** | I feel anxious when thinking about going to school |  |  |  |  |
| **2** | I worry what other people think of me |  |  |  |  |
| **3** | I avoid going to school as I have work to hand in and have not done this |  |  |  |  |
| **4** | I feel scared when I take a test in class in case I make a mistake |  |  |  |  |
| **5** | I worry people will bump into me or touch me in busy or crowded places. |  |  |  |  |
| **6** | I am afraid of being in crowded places (like shopping centres, the cinema, buses, busy playgrounds) in case I am separated from my family. |  |  |  |  |
| **7** | I worry that I will do badly at my schoolwork |  |  |  |  |
| **8** | I feel nervous when I don’t know the plan for my day |  |  |  |  |
| **9** | I am afraid/worry about of new things or new people or new places |  |  |  |  |
| **10** | I get nervous when I have to enter a room full of people |  |  |  |  |
| **11** | I worry when I go to bed at night because I don’t like to be away from my parents/family |  |  |  |  |
| **12** | When I have a problem, I feel shaky |  |  |  |  |
| **13** | I prefer to be at home than at school |  |  |  |  |
| **14** | When I don’t know what will happen, I can’t do things |  |  |  |  |
| **15** | I worry when I think I have done poorly at something |  |  |  |  |
| **16** | I always need to be prepared before things happen |  |  |  |  |
| **17** | I feel afraid that I will make a fool of myself in front of people |  |  |  |  |
| **18** | I worry about being away from my parents/family |  |  |  |  |
| **19** | I worry that I will never catch up with work I miss when absent |  |  |  |  |
| **20** | I feel there is an adult in school who will support me |  |  |  |  |
| **21** | I worry about being in places that are too loud, or too bright, or too busy |  |  |  |  |
| **22** | I worry about getting too and from school e.g. getting the bus |  |  |  |  |
| **23** | I feel like organising my uniform and equipment for school is too much to do |  |  |  |  |
| **24** | I struggle to concentrate as I am hungry |  |  |  |  |
| **25** | I feel uncomfortable in a classroom |  |  |  |  |
| **26** | I have friends to spend social time within school |  |  |  |  |
| **27** | I feel tired as I don’t get enough sleep |  |  |  |  |
| **28** | I find the work in class too difficult for me |  |  |  |  |
| **29** | I feel too unwell to come to school |  |  |  |  |
| **30** | I enjoy going to registration in the morning |  |  |  |  |
| **31** | I am bullied when in school. |  |  |  |  |
| **32** | I feel that staff in school treat me fairly |  |  |  |  |
| **33** | I feel safe in school |  |  |  |  |
| **34** | I worry about having to use the toilets in school |  |  |  |  |
| **35** | I feel anxious if required to answer a question in class |  |  |  |  |
| **36** | I worry about my future and how qualification will impact me |  |  |  |  |
| **37** | I spend longer my work to make sure it is perfect |  |  |  |  |
| **38** | I worry about not having reliable friendships in school |  |  |  |  |