Me and My Feelings (Me and My School)



About this survey

Research indicates that children as young as 7-8 years old are able reporters of their own mental health. In community setting (particularly schools), self-report measurement supports screening for problems and early intervention. The measure consists of 16 items; 10 of which comprise the emotional difficulties subscale and 6 the behavioural difficulties subscale.

This survey contains dimensions known as "sub-scales" or domains: Overall Score, Emotional Difficulties , Behavioural Difficulties .

1.1	I feel lonely.	
	Always	
	Never	
	Sometimes	
2.1	I cry a lot.	
	Always	
	Never	
	Sometimes	
3.1	I am unhappy.	
	Always	
	Never	
	Sometimes	
4.1	Nobody likes me.	
	Always	
	Never	
	Sometimes	
5.1	I worry a lot.	
	Always	
	Never	
	Sometimes	

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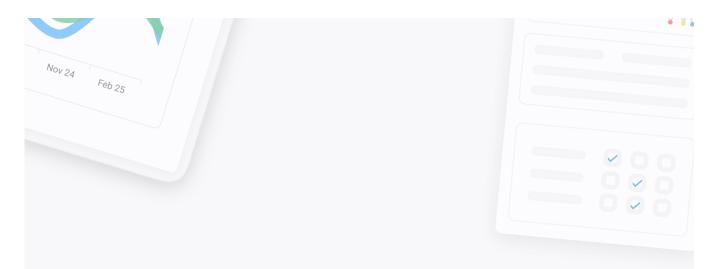
6.1	I have problems sleeping.	
	Always	
	Never	
	Sometimes	
7.1	I wake up in the night.	
	Always	
	Never	
	Sometimes	
8.1	I am shy.	
	Always	
	Never	
	Sometimes	
9.1	I feel scared.	
	Always	
	Never	
	Sometimes	
10.1	I worry when I am at school.	
	Always	
	Never	
	Sometimes	
11.1	I get very angry.	
	Always	
	Never	
	Sometimes	

12.1 I lose my temper.

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	Always	
	Never	
	Sometimes	
13.1	I hit out when I am angry.	
	Always	
	Never	
	Sometimes	
14.1	I do things to hurt people.	
	Always	
	Never	
	Sometimes	
15.1	I am calm.	
	Always	
	Never	
	Sometimes	
16.1	I break things on purpose.	
	Always	
	Never	
	Sometimes	





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