

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

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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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