



Extreme Weather Event Survey Main Cohort

Mother Questionnaire

Growing Up in New Zealand

University of Auckland Grafton Campus, Bldg 507.1115
28 Park Avenue, Grafton, Auckland 1023
PO Box 18288, Auckland 1743
Phone: 0508 476 946
Email: contact@growingup.co.nz

www.growingup.co.nz

© *Growing Up in New Zealand* 2023

CONTENT

1. INTRODUCTION	3
2. EVACUATION AND TEMPORARY HOUSING	4
3. HOUSING CONDITION, COSTS AND DISRUPTION TO AMENITIES	6
4. INFORMATION AND RESOURCES FOR PREPAREDNESS.....	9
5. ACCESS TO SERVICES	11
6. MATERIAL WELLBEING	12
7. RESILIENCE	14
8. DEPRESSION	15
9. ANXIETY	16
10. PERI-TRAUMATIC STRESS INVENTORY AND INJURY	16
11. PTSD / TRAUMA.....	18
12. WHAT ADVICE WOULD YOU GIVE TO OTHER PARENTS OR CAREGIVERS GOING THROUGH A SIMILAR DISASTER?.....	19
13. IS THERE ANYTHING ELSE YOU WOULD LIKE TO TELL US ABOUT THIS TOPIC?	19

Interviewer Note: ID data seeded.

ID Participant ID (Mother): _____ • _____

FN First Name (Mother): _____

LN Last Name (Mother): _____

C1 Child Name: _____

C1 ID Child's ID: _____ • _____

INTD Interview Date: ____/____/____

INTR Interviewer Name: _____

CTRY Mother's Usual Country of Residence: _____

1. Introduction

Kia ora {NAME}, welcome to the *Growing Up in New Zealand* Extreme Weather Event questionnaire. Thank you for taking part in this important project.

We have a short questionnaire about the flooding and cyclone events that took place in Aotearoa New Zealand in January and February this year (2023). We are interested in learning about the experience of this extreme weather for your family and how you are doing now.

Even if you had no flooding or landslips at your house, we would still like you to answer these questions. It should take you less than 30 minutes to answer them.

The questionnaire will ask you about the impact of the flooding and cyclone on your everyday life and activities. We then ask about your emotions and feelings at the time and now. We are also interested in how these weather events have impacted your environment and because of this we are asking your permission to allow us to link your address to environmental records. This information can give a rich understanding of how the local environment impacted on your young person and family during and after the extreme weather events. This is optional and even if you say **no** to this part, you can still participate in this survey.

We will use the same data collection and management processes for this survey that we used in previous data collection waves. Any information you give us will be confidential and only reviewed and analysed during the data analysis phase, meaning we will not be able to follow-up with you or your child if you indicate any significant symptoms of depression, anxiety, or post-traumatic stress disorder. If you need additional support, we have provided a list of support services at the end of the questionnaire and on our website. Your data collected through this survey will become part of your *Growing Up in New Zealand* data and will be available to other approved researchers, it will not contain your or your child's name or any other identifying information.

If you get stuck on a question or you don't know how to answer something, then please call us on 0508 GROWING UP (0508 476 946), email us at contact@growingup.co.nz or text message at 8071 any day of the week between 9 in the morning and 9 at night and we will help.

Thank you for continuing to be part of this amazing study 😊

1.1 Agree to complete the survey

(Choose one only)

CONSENT1_y13EWM

- ☐ 1. Yes
- ☐ 0. No Go to *END OF QUESTIONS* and the [Closing](#) and information links

1.2 Permission to use your address to link to environmental records. You can still complete this questionnaire even if you don't want us to link to your address.

(Choose one only)

CONSENT2_y13EWM

- ☐ 1. Yes
- ☐ 0. No

1.3. What was your address at the time of the floods or cyclone in January/February 2023?*(Choose one only)*

ADDRESS_y13EWM

- ☐ 97. Please specify _____
- ☐ 98. Prefer not to say

1.4 Was this...*(Choose one only)*

PRPTTYPE_y13EWM

- ☐ 1. Your own home (with or without a mortgage)
- ☐ 2. Family-owned home
- ☐ 3. A private rental property, paying rent to a landlord or property manager
- ☐ 4. Social or public housing
- ☐ 97. Something else, please specify _____

1.5 Was your household affected by the floods or cyclone in January and February this year?*(Choose one only)*

AFFECT_y13EWM

- ☐ 1. Yes
- ☐ 2. No, but we live in an area that was affected
- ☐ 0. No

2. Evacuation and temporary housing**These questions refer to your housing situation since the floods or cyclone.****2.1 Did you have to leave or evacuate your home because of the floods or cyclone in January/February 2023?***(Choose one only)*

EVC1_y13EWM

- ☐ 1. Yes, before the event(s)
- ☐ 2. Yes, during the event(s)
- ☐ 3. Yes, after the event(s)
- ☐ 0. No (Go to 3.1)

2.2 Since the flooding/cyclone, which of these housing situations have you required?*(Choose all that apply — at least one)*

EVC2_1_y13EWM to

EVC2_98_y13EWM

- ☐ 1. Living at a temporary civil defence / community centre set up because of the floods and cyclone
- ☐ 2. Staying with friends or family
- ☐ 3. Living rough or 'on the street' (not in an enclosed structure)
- ☐ 4. Living in a car, caravan, garage or similar. This includes dwellings that are enclosed, but without secure tenure and without one or more basic amenities (drinkable water, toilet, bath or shower, cooking facilities, energy/power source)
- ☐ 5. Living in a night shelter

- ☐ 6. Living in a women's refuge
- ☐ 7. Living in transitional housing supported by a community organisation
- ☐ 8. Living in a camping ground or motor camp because you had nowhere else to live
- ☐ 9. Living in a motel or hotel arranged with help from the government or paid out of your income support as emergency accommodation because you had nowhere else to live
- ☐ 10. Living in a motel or hotel not arranged with help from the government or paid out of your income support as emergency accommodation because you had nowhere else to live
- ☐ 11. Living in other commercial accommodation (such as a boarding house) as emergency accommodation because you had nowhere else to live
- ☐ 12. Living at a marae as emergency accommodation because you had nowhere else to live
- ☐ 97. Living in another situation. Please specify: _____
- ☐ 96. None of the above
- ☐ 98. Prefer not to say

[Note: 96 and 98 are exclusive codes]

2.3 How many times have you had to move due to the floods/cyclone?

(Choose one only)

EVC3_y13EWM

- ☐ 1 Once
- ☐ 2 Twice
- ☐ 3 Three times
- ☐ 4 Four times
- ☐ 5 Five or more times

2.4 Did you have to move away from your local community?

(Choose one only)

EVC4_y13EWM

- ☐ 1 Yes
- ☐ 0 No
- ☐ 98. Prefer not to say

2.5 How long were you (or have you been) unable to live in your house because of the floods or cyclone?

(Choose one only)

EVC5_y13EWM

- ☐ 1. Less than 24 hours (Go to 3.1)
- ☐ 2. 1-2 days (Go to 3.1)
- ☐ 3. 3-7 days (Go to 3.1)
- ☐ 4. More than 1 week up to 2 weeks (Go to 3.1)
- ☐ 5. More than 2 weeks but less than a month (Go to 3.1)
- ☐ 6. 1-2 months (Go to 3.1)
- ☐ 7. More than 2 months but back home now (Go to 3.1)
- ☐ 8. Still unable to live in my house because of the floods or cyclone

2.6 Where are you living now?

(Choose all that apply — at least one)

EVC6_1_y13EWM to EVC6_98_y13EWM

CONFIDENTIAL

GUINZ, EWE Mother Questionnaire, Final Cleaned 7/02/2024

- ☐ 1. Living at a temporary civil defence / community centre set up because of the floods and cyclone
- ☐ 2. Staying with friends or family
- ☐ 3. Living rough or 'on the street' (not in an enclosed structure)
- ☐ 4. Living in a car, caravan, garage or similar. This includes dwellings that are enclosed, but without secure tenure and without one or more basic amenities (drinkable water, toilet, bath or shower, cooking facilities, energy/power source)
- ☐ 5 Living in a night shelter
- ☐ 6. Living in a women's refuge
- ☐ 7. Living in transitional housing supported by a community organization
- ☐ 8. Living in a camping ground or motor camp
- ☐ 9. Living in a motel or hotel arranged with help from the government or paid out of your income support as emergency accommodation
- ☐ 10. Living in a motel or hotel not arranged with help from the government or paid out of your income support as emergency accommodation
- ☐ 11. Living in other commercial accommodation (such as a boarding house)
- ☐ 12. Living at a marae
- ☐ 13. Short-term rental (less than 6 month lease)
- ☐ 14. Long-term rental (6 month lease or more)
- ☐ 97. Living in another situation. Please specify: _____
- ☐ 96. None of the above
- ☐ 98. Prefer not to say

[Note: 96 and 98 are exclusive codes]

2.7 Do you think you will be able to return to where you were living at the time of the floods or cyclone?

(Choose one only)

EVC7_y13EWM

- ☐ 1. Yes (Go to 3.1)
- ☐ 0. No
- ☐ 99. Don't know (Go to 3.1)

2.8 What are the main reason(s) you think you will not be able to return?

(Choose all that apply — at least one)

EVC8_1_y13EWM to

EVC8_97_y13EWM

- ☐ 1. House is permanently damaged and/or land is unstable
- ☐ 2. Worried about future weather events or land stability
- ☐ 3. Not feeling safe
- ☐ 4. We were renting and needed to move somewhere else
- ☐ 5. We owned the home and have decided to move somewhere else
- ☐ 6. Insurance delays or a resolution is too far away
- ☐ 97. Other reason, please specify _____

3. Housing condition, costs and disruption to amenities

3.1 How would you describe the condition of your house/flat immediately after the floods or cyclone?

(Choose one only)

HH30_F1_y13EWM

- ☐ 1. No immediate repair and maintenance needed
- ☐ 2. Minor maintenance needed
- ☐ 3. Some repair needed
- ☐ 4. White stickered – little or no damage and can be used
- ☐ 5. Yellow stickered – moderate damage and access is restricted
- ☐ 6. Red stickered – cannot be used and entry is prohibited
- ☐ 98. Prefer not to say
- ☐ 99. Don't know

3.2 How would you describe the condition of that house/flat now?

(Choose one only)

HH30_F2_y13EWM

- ☐ 1. No immediate repair and maintenance needed
- ☐ 2. Minor maintenance needed
- ☐ 3. Some repair needed
- ☐ 4. White stickered – little or no damage and can be used
- ☐ 5. Yellow stickered – moderate damage and access is restricted
- ☐ 6. Red stickered – cannot be used and entry is prohibited
- ☐ 98. Prefer not to say
- ☐ 99. Don't know

3.3 Have your usual housing costs changed because of the floods and cyclone? This includes all rent/mortgage expenses, rates and other mandatory expenses and excludes insurance, utilities, and other costs.

(Choose one only)

HH34_y13EWM

- ☐ 1. Yes, increased
- ☐ 2. Yes, decreased
- ☐ 0. No
- ☐ 99. Don't know

3.4 Do any of the following situations apply to you, due to the flooding or cyclone?

(Choose all that apply — at least one)

DSRPT1_1_y13EWM to

DSRPT1_96_y13EWM

- ☐ 1. Taken out a loan
- ☐ 2. Used savings to pay for everyday expenses
- ☐ 3. Accessed Kiwisaver due to hardship
- ☐ 4. Increased or got more debt (including on credit cards, mortgage, overdrafts, hire purchase, buy now/pay later services)
- ☐ 5. Borrowed money from friends or family
- ☐ 6. Put mortgage on hold or changed to interest only payments
- ☐ 7. Received a special needs grant from WINZ
- ☐ 96. None of the above

[Note: 96 is an exclusive code]

3.5 Did you have disruption to any of these services during or after the floods and cyclone?

(Choose all that apply — at least one)
DSRPT2_96_y13EWM

DSRPT2_1_y13EWM to

- ☐ 1. Gas supply
- ☐ 2. Internet
- ☐ 3. Landline phone
- ☐ 4. Mobile phone coverage
- ☐ 5. Power
- ☐ 6. Tap/drinking water (not including bottled water)
- ☐ 96. None of the above [Go to 4.1]

[Note: 96 is an exclusive code]

3.6 [repeats for each selected response from 3.5] How long were you/have you been with disrupted [seeded from 3.5]:

(Choose one only)

DSRPT3_y13EWM

- ☐ 0. Less than 24 hours
- ☐ 1. 1-2 days
- ☐ 2. 3-7 days
- ☐ 3. More than 1 week up to 2 weeks
- ☐ 4. More than 2 weeks but less than a month
- ☐ 5. 1-2 months
- ☐ 6. More than 2 months but normal supply now
- ☐ 7. Still disrupted because of the floods or cyclone
- ☐ 95. Not applicable

3.7 Has your access to public transport options changed since the floods and/or cyclones?

(Choose one only)

DSRPT4_y13EWM

- ☐ 1. Yes, I now have better options (Go to 3.8)
- ☐ 2. Yes, I now have worse options (Go to 3.9)
- ☐ 0. No, it has stayed the same (Go to 4.1)

3.8 How has it led to better options?

DSRPT4_1_97s_y13EWM

- ☐ 97. Please specify _____ (Go to 3.10)

3.9 How has it led to worse options?

DSRPT4_2_97s_y13EWM

- ☐ 97. Please specify _____

3.10 Has access to public transport since the floods and/or cyclones affected your ability to pursue your usual activities?

(Choose one only)

DSRPT5_y13EWM

- ☐ 1. Yes, I can now access more and/or better activities (Go to 3.11)
- ☐ 2. Yes, I can now access less activities (Go to 3.12)
- ☐ 0. No, it has stayed the same (Go to 4.1)

3.11 How has it led to better access to activities?

DSRPT5_1_97s_y13EWM

- ☐ 97. Please specify _____

3.12 How has it led to less access to activities?

DSRPT5_2_97s_y13EWM

- ☐ 97. Please specify _____

4. Information and resources for preparedness

4.1 Do you remember seeing any information or advice about how to prepare for floods and/or cyclones prior to the events of January/February 2023?

(Choose one only)

PRPRD1_y13EWM

- ☐ 1. Yes
- ☐ 0. No (Go to 4.3)

4.2 Where did you see or hear about information about preparing for the flooding and/or cyclones?

(Choose all that apply — at least one)

PRPRD2_1_y13EWM to

PRPRD2_97_y13EWM

- ☐ 1. Family
- ☐ 2. Friends and/or neighbours
- ☐ 3. School and/or teachers
- ☐ 4. Radio
- ☐ 5. Television
- ☐ 6. Internet or websites
- ☐ 7. Social media, e.g. Tik Tok, Facebook, Instagram, Twitter
- ☐ 8. Emergency Mobile Alert on smart phone
- ☐ 9. Civil defence management workers or volunteers
- ☐ 10. Other community workers or volunteers, e.g. Emergency services, Red Cross, Salvation Army, Lions club, Neighbourhood Support
- ☐ 97. Something or someone else – Please specify _____
- ☐ 96. None of the above

[Note: 96 is an exclusive option]

4.3 Which of the following preparations for the floods and/or cyclone did your household do before these events?

(Choose all that apply — at least one)

PRPRD3_1_y13EWM to

PRPRD3_97_y13EWM

- ☐ 1. Store or stock up on water
- ☐ 2. Store or stock up on food
- ☐ 3. Prepare a 'grab bag' (clothes and other items packed in case you need to evacuate)
- ☐ 4. Make a plan for evacuation (where you would go and when)
- ☐ 5. Clear drains
- ☐ 6. Make sandbags
- ☐ 7. Charge electronics/phone in case the power went out
- ☐ 8. Get a solar or battery-powered radio
- ☐ 9. Purchasing other supplies, such as batteries, candles or camping equipment
- ☐ 97. Something else – Please specify _____
- ☐ 96. None of the above

[Note: 96 is an exclusive option]

4.4 Overall, how prepared do you think your household was for the flooding and/or cyclones?

(Choose one only)

PRPRD4_y13EWM

- ☐ 0. Not at all prepared
- ☐ 1. A little prepared
- ☐ 2. Somewhat prepared
- ☐ 3. Very prepared

4.5 Overall, do you think you received enough useful information about the flooding and/or cyclones before the events?

(Choose one only)

PRPRD5_y13EWM

- ☐ 0. Not at all
- ☐ 1. A little information
- ☐ 2. Some information
- ☐ 3. All the information needed (Go to 5.1)

4.6 What would you have liked more information about before the events?

(Choose all that apply — at least one)

PRPRD6_1_y13EWM to

PRPRD6_97s_y13EWM

- ☐ 1. Storing or stocking up on water
- ☐ 2. Storing or stocking up on food
- ☐ 3. Preparing a 'grab bag' (clothes and other items packed in case you need to evacuate)
- ☐ 4. Making a plan for evacuation (where can you go and when)
- ☐ 5. Clearing drains
- ☐ 6. Making sandbags
- ☐ 7. Charging electronics/phone in case the power went out
- ☐ 8. Getting a solar or battery-powered radio

- ☐ 9. Purchasing other supplies, such as batteries, candles or camping equipment
- ☐ 97. Something else, please specify _____

5. Access to Services

People may have needed support for a range of things associated with the floods or cyclone. For these next questions, we would like to know about what you needed, and about any contact you may have had with services or agencies in relation to the floods or cyclone.

5.1 Due to the floods or cyclone, did you NEED support for any of the following (whether or not you received support)?

(Choose all that apply — at least one)

SPE29_1_y13EWM to

SPE29_97s_y13EWM

- ☐ 1. Emergency housing or temporary accommodation
- ☐ 2. Medium/long term accommodation
- ☐ 3. Food or water
- ☐ 4. Clothing or bedding
- ☐ 5. School supplies
- ☐ 6. Other education needs
- ☐ 7. Medicines or health care
- ☐ 8. Mental health services (e.g. counselling, helpline)
- ☐ 9. Financial assistance for accommodation/housing
- ☐ 10. Financial assistance for other expenses
- ☐ 11. Help with cleaning up or repairing property
- ☐ 12. Support with transport (e.g. getting to/from work, getting children to school, getting to shops/services/leisure activities etc.)
- ☐ 13. Help with moving house or belongings
- ☐ 14. Advice or support to manage insurance claims
- ☐ 15. Advice or support to manage government buy-out/options
- ☐ 16. Advice or support with your landlord or property manager (if renting)
- ☐ 97. Something else, please specify _____
- ☐ 96. None of the above (Go to 6.1)

[Note: Option 96 is an exclusive option]

5.2 Have you RECEIVED support for any of the following because of the flooding or cyclone?

(Choose all that apply — at least one)

SPE30_1_y13EWM to

SPE30_97s_y13EWM

- ☐ 1. Emergency housing or temporary accommodation
- ☐ 2. Medium/long term accommodation
- ☐ 3. Food or water
- ☐ 4. Clothing or bedding
- ☐ 5. School supplies
- ☐ 6. Other education needs
- ☐ 7. Medicines or health care

- ☐ 8. Mental health services (e.g. counselling, helpline)
☐ 9. Financial assistance for accommodation/housing
☐ 10. Financial assistance for other expenses
☐ 11. Help with cleaning up or repairing property
☐ 12. Support with transport (e.g. getting to/from work, getting children to school, getting to shops/services/leisure activities etc.)
☐ 13. Help with moving house or belongings
☐ 14. Advice or support to manage insurance claims
☐ 15. Advice or support to manage government buy-out/options
☐ 16. Advice or support with your landlord or property manager (if renting)
☐ 97. Something else, please specify _____
☐ 96. None of the above

[Note: Option 96 is an exclusive option]

6. Material Wellbeing

Below is a list of things some people do to help keep costs down. This is not about choosing to spend less. It is about being forced to keep costs down to pay for other basic things that you need.

In the last 12 months, have you had to do any of these things to keep down costs?

<i>(Choose one only for each row)</i>	Variable name	0. Not at all	1. A little	2. A lot
6.1 Go without fresh fruit and vegetables?	DP5_ y13EWM	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6.2 Buy cheaper cuts of meat or buy less meat (or vegetarian equivalent) than you would like?	DP39_ y13EWM	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6.3 Postpone or put off visits to the doctor?	DP51_ y13EWM	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6.4 Postpone or put off visits to the dentist?	DP42_ y13EWM	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6.5 Put up with feeling cold?	DP2_ y13EWM	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6.6 Do without or cut back on trips to the shops or other local places?	DP8_ y13EWM	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6.7 Delay replacing or repairing broken or damaged appliances?	DP10_ y13EWM	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please indicate whether you have or do the following. For each item that you don't have or don't do, please indicate the reason you don't.

<i>(Choose one only for each row)</i>	Variable code	1. Have or do	2. Don't want	3. Because of the cost	4. Some other reason
6.8 Two pairs of shoes in good condition that are suitable for your daily activities?	<i>DP32_y13EWM</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6.9 Suitable clothes for important or special occasions?	<i>DP33_y13EWM</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6.10 Home contents insurance?	<i>DP34_y13EWM</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6.11 Give presents to family or friends on birthdays, Christmas or other special occasions?	<i>DP37_y13EWM</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6.12 A meal with meat, fish or chicken (or vegetarian equivalent) at least each 2nd day	<i>DP35_y13EWM</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

6.13 If you had an unexpected and unavoidable expense of \$500 in the next week, could you pay it within a month without borrowing?

(Choose one only)

DP45_y13EWM

☐ 1. Yes

☐ 0. No

☐ 99. Don't know

In the last 12 months, have any of the following happened because of a shortage of money?

<i>(Choose one only for each row)</i>	Variable name	0. Not at all	1. Once only	2. More than once
6.14 You could not pay electricity, gas, rates or water bills on time	<i>DP13_y13EWM</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6.15 You borrowed money from family or friends to meet everyday living costs	<i>DP52_y13EWM</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

6.16 In the last 12 months how many times have you been behind on payments of your car registration, WOF or insurance?

(Choose one only)

DP46_y13EWM

- ☐ 1. More than once
- ☐ 2. Once
- ☐ 0. Never
- ☐ 95. Not applicable
- ☐ 99. Don't know

6.17 When buying, or thinking about buying, clothes or shoes for yourself, how much do you usually feel limited by the money available?

(Choose one only)

DP11_y13EWM

- ☐ 1. Very limited
- ☐ 2. Quite limited
- ☐ 3. A little limited
- ☐ 4. Not at all limited
- ☐ 99. Don't know

7. Resilience

How true are the following statements for you?

For each item, please click the circle below that best indicates how much you agree with the following statements as they apply to you over the last month. If a particular situation has not occurred recently, answer according to how you think you would have felt.

<i>(Choose one only for each row)</i>	Variable name	0. Not true at all	1. Rarely true	2. Some times true	3. Often true	4. True nearly all the time
7.1 I am able to adapt when changes occur	RES14_y13EWM	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7.2 I tend to bounce back after illness, injury, or other hardships	RES15_y13EWM	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

8. Depression

These are questions about your thoughts and feelings.

Over the LAST TWO WEEKS, how often have you been bothered by the following problems?

<i>(Choose one only for each row)</i>	Variable name	0. Not at all	1. Several days	2. More than half the days	3. Nearly every day
8.1 Little interest or pleasure in doing things	PH1_y13EWM	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8.2 Feeling down, depressed, or hopeless	PH2_y13EWM	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8.3 Trouble falling or staying asleep, or sleeping too much	PH3_y13EWM	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8.4 Feeling tired or having little energy	PH4_y13EWM	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8.5 Poor appetite or overeating	PH5_y13EWM	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8.6 Feeling bad about yourself - or that you are a failure or have let yourself or your family down	PH6_y13EWM	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8.7 Trouble concentrating on things, such as reading the newspaper or watching television	PH7_y13EWM	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8.8 Moving or speaking so slowly that other people could have noticed? Or the opposite - being so fidgety or restless that you have	PH8_y13EWM	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

been moving around a lot more than usual					
8.9 Thoughts that you would be better off dead or of hurting yourself in some way	PH9_y13EWM	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

9. Anxiety

Over the LAST TWO WEEKS, how often have you been bothered by the following problems?

<i>(Choose one only for each row)</i>	Variable name	0. Not at all	1. Several days	2. More than half the days	3. Nearly every day
9.1 Feeling nervous, anxious, or on edge	AX1_y13EWM	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9.2 Not being able to stop or control worrying	AX2_y13EWM	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9.3 Worrying too much about different things	AX3_y13EWM	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9.4 Trouble relaxing	AX4_y13EWM	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9.5 Being so restless that it is hard to sit still	AX5_y13EWM	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9.6 Becoming easily annoyed or irritable	AX6_y13EWM	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9.7 Feeling afraid as if something awful might happen	AX7_y13EWM	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

10. Peri-traumatic Stress Inventory and injury

Did you experience any of the following during or immediately after the floodings or cyclone?

<i>(Choose one only for each row)</i>	Variable name	0. Not at all true	1. Slightly true	2. Somewhat true	3. Very true	4. Extremely true
10.1. I felt helpless to do more	PTSII1_y13EWM	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

10.2. I felt sadness and grief	PTSII2_y1 3EWM	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10.3. I felt frustrated or angry I could not do more	PTSII3_y1 3EWM	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10.4. I felt afraid for my safety	PTSII4_y1 3EWM	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10.5. I felt guilt that more was not done	PTSII5_y1 3EWM	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10.6. I felt ashamed of my emotional reactions	PTSII6_y1 3EWM	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10.7. I felt worried about the safety of others	PTSII7_y1 3EWM	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10.8. I had the feeling I was about to lose control of my emotions	PTSII8_y1 3EWM	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10.9. I had difficulty controlling my bowel and bladder	PTSII9_y1 3EWM	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10.10. I was horrified by what happened	PTSII10_y 13EWM	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10.11. I had physical reactions like sweating, shaking and pounding heart	PTSII11_y 13EWM	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10.12. I felt I might pass out	PTSII12_y 13EWM	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10.13. I thought I might die	PTSII13_y 13EWM	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

10.14 Were you physically injured during or immediately after the floods or cyclone?
(Choose one only) INJR1_y13EWM

- ☐ 0. No
- ☐ 1. Yes, minor injury not requiring medical attention
- ☐ 2. Yes, injury requiring medical attention but not admitted to hospital
- ☐ 3. Yes, injury requiring hospital treatment

10.15 Was anyone in your family physically injured or died because of the floods or cyclone?

(Choose all that apply)

INJR2_0_y13EWM to INJR2_4_y13EWM

- ☐ 0. No
- ☐ 1. Yes, minor injury not requiring medical attention
- ☐ 2. Yes, injury requiring medical attention but not admitted to hospital
- ☐ 3. Yes, injury requiring hospital treatment
- ☐ 4. Yes, deceased

[Note: Option 0 is an exclusive option]

10.16 Was anyone else you know physically injured or died because of the floods or cyclone?

CONFIDENTIAL

GUINZ, EWE Mother Questionnaire, Final Cleaned 7/02/2024

(Choose all that apply)

INJR3_0_y13EWM to INJR3_4_y13EWM

- ☐ 0. No
☐ 1. Yes, minor injury not requiring medical attention
☐ 2. Yes, injury requiring medical attention but not admitted to hospital
☐ 3. Yes, injury requiring hospital treatment
☐ 4. Yes, deceased

[Note: Option 0 is an exclusive option]**10.17 Were you traumatised because of the floods or cyclone?**

(Choose one only)

TRMTSD1_y13EWM

- ☐ 0. No
☐ 1. Yes, a little (and OK now)
☐ 2. Yes, a little and still affected
☐ 3. Yes, severely

10.18 Was anyone in your family traumatised because of the floods or cyclone?

(Choose all that apply)

TRMTSD2_0_y13EWM to TRMTSD2_3_y13EWM

- ☐ 0. No
☐ 1. Yes, a little (and OK now)
☐ 2. Yes, a little and still affected
☐ 3. Yes, severely

[Note: Option 0 is an exclusive option]**10.19 Was anyone else you know traumatised because of the floods or cyclone?**

(Choose all that apply)

TRMTSD3_0_y13EWM to TRMTSD3_3_y13EWM

- ☐ 0. No
☐ 1. Yes, a little (and OK now)
☐ 2. Yes, a little and still affected
☐ 3. Yes, severely

[Note: Option 0 is an exclusive option]**11. PTSD / Trauma**

Below is a list of comments made by people after stressful life events. Please mark each item showing how frequently these comments were true for you **during the past seven days when thinking about the flooding and cyclone**. If they did not occur during that time, please mark the 'not at all' box.

<i>Frequency during the last week: (Choose one for each line)</i>	Variable name	0. Not at all	1. Rarely	2. Som etim es	3. Often

11.1 Do you think about it even when you don't mean to?	PTSD1_y13EWM	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11.2 Do you try to remove it from your memory?	PTSD2_y13EWM	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11.3 Do you have waves of strong feelings about it?	PTSD3_y13EWM	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11.4 Do you stay away from reminders of it (e.g. places or situations)?	PTSD4_y13EWM	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11.5 Do you try not to talk about it?	PTSD5_y13EWM	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11.6 Do pictures about it pop into your mind?	PTSD6_y13EWM	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11.7 Do other things keep making you think about it?	PTSD7_y13EWM	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11.8 Do you try not to think about it?	PTSD8_y13EWM	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

12. What advice would you give to other parents or caregivers going through a similar disaster?

(Choose one only)
ADV_PARs_y13EWM

ADV_PAR_y13EWM,

- ☐ 97. Type your answer _____
- ☐ 94. Nothing to add

13. Is there anything else you would like to tell us about this topic?

(Choose one only)
NOTEs_y13EWM

NOTE_y13EWM,

- ☐ 97. Type your answer _____
- ☐ 94 Nothing to add

Closing comment

Thank you so much from all the *Growing Up in New Zealand* team for sharing your ideas and thoughts with us today.

We will keep your information private and your name will not be used in any results. We will share with our cohort families some of the results as soon as we can.

If the questionnaire was upsetting for you, you can phone or text [Need to Talk?](#) on [1737](#) for help with anxiety or mental health. Trained counsellors are available for free, 24 hours a day, seven days a week.

You can also contact:

- [Lifeline](#) – phone [0800 543 354](#) (0800 LIFELINE) or free text 4357 (HELP).
- [Samaritans](#) – [0800 726 6660](#)
- [Mental Health Foundation](#)
- [Manatū Hauora](#)
- [Vaka Tautua](#) (for Pacific people) - [0800 825 282](#)

There are organisations that can help your child if they are having a hard time following the floods or cyclone:

- [Youthline](#) – phone [0800 376 633](#), free text 234, email talk@youthline.co.nz or use the online chat.
- [Gumboot Friday](#) (free counselling), <https://1737.org.nz/>, free call or text 1737
- [SouthSeas Bubblegum](#)

END OF QUESTIONNAIRE