

# CoVitality Primary Questions

## 1. Introductory Text

Hello!

You are being asked to take a survey about how you have felt over the past few weeks.

### 1. Why am I being asked to take this survey?

- Your school wants you to be a successful student.
- Your school wants you to feel good about your school experiences.

### 2. How do I complete this survey?

- Read each item and choose the response that best describes you.
- Please be honest about your answers
- This is NOT a test and there are no right or wrong answers.
- You can skip any questions you don't want to answer. Raise your hand if you have any questions.

### 3. Who will see my answers?

- Unless you need help at this time, the school staff will not share your answers with anyone.
- If the school staff think you might benefit from extra support, the counselor will meet with you so that they can figure out what will be most helpful.

THANK YOU!

## 2. Practice Questions

### 2.1 Which circle listed below says, "No, almost never"?

1 = No, never 2 = No, almost never 3 = Yes, sometimes 4 = Yes, often 5 = Yes, very often 6 = Yes, always

### 2.2 Which circle listed below says, "Yes, very often"?

1 = No, never 2 = No, almost never 3 = Yes, sometimes 4 = Yes, often 5 = Yes, very often 6 = Yes, always

### 2.3 Which circle listed below says, "Yes, sometimes"?

1 = No, never 2 = No, almost never 3 = Yes, sometimes 4 = Yes, often 5 = Yes, very often 6 = Yes, always

## 2.4 Do you love to eat Rocky Road ice cream?

1 = No, never 2 = No, almost never 3 = Yes, sometimes 4 = Yes, often 5 = Yes, very often 6 = Yes, always

## 3. Demographic Items

### 3.2 What is your grade?

1 = 4th 2 = 5th

### 3.3 How old are you?

1 = 8 2 = 9 3 = 10 4 = 11

### 3.4 What language do you usually speak at home?

1 = English 2 = Spanish 3 = Both English and Spanish 4 = Other Language

### 3.5 Which cultural group or ethnicity do you most closely identify with?

1 = Native American or American Indian 2 = Hispanic/Latino/a/Mexican 3 = Caucasian/White 4 = Black or African American 5 = Asian American 6 = Pacific Islander 7 = Other

## 4. Student ID and Assent Items

4.1 Please enter your Student ID below \_\_\_\_\_

### 4.2 Do you agree to participate in this survey?

1 = Yes, I will complete the survey 2 = No, I decline to take the survey

## 5. SEHS-P Items

### 5.1 I am lucky to go to my school.

1 = Not at all true of me 2 = A little true of me 3 = Pretty much true of me 4 = Very much true of me

### 5.2 I am thankful that I get to learn new things at school.

1 = Not at all true of me 2 = A little true of me 3 = Pretty much true of me 4 = Very much true of me

### 5.3 We are lucky to have nice teachers at my school.

1 = Not at all true of me 2 = A little true of me 3 = Pretty much true of me 4 = Very much true of me

### 5.4 I feel thankful for my good friends at school.

1 = Not at all true of me 2 = A little true of me 3 = Pretty much true of me 4 = Very much true of me

### 5.5 When I have problems at school, I know they will get better in the future. 1 = Not at all true of me 2 = A little true of me 3 = Pretty much true of me 4 = Very much true of me

### 5.6 I expect good things to happen at my school.

1 = Not at all true of me 2 = A little true of me 3 = Pretty much true of me 4 = Very much true of me

### 5.7 Each week, I expect to feel happy in class.

1 = Not at all true of me 2 = A little true of me 3 = Pretty much true of me 4 = Very much true of me

### 5.8 I expect to have fun with my friends at school.

1 = Not at all true of me 2 = A little true of me 3 = Pretty much true of me 4 = Very much true of me

### 5.9 I get excited when I learn something new at school.

1 = Not at all true of me 2 = A little true of me 3 = Pretty much true of me 4 = Very much true of me

### 5.10 I get really excited about my school projects.

1 = Not at all true of me 2 = A little true of me 3 = Pretty much true of me 4 = Very much true of me

### 5.11 I wake up in the morning excited to go to school.

1 = Not at all true of me 2 = A little true of me 3 = Pretty much true of me 4 = Very much true of me

### 5.12 I get excited when I am doing my class assignments.

1 = Not at all true of me 2 = A little true of me 3 = Pretty much true of me 4 = Very much true of me

### 5.13 I finish all my class assignments.

1 = Not at all true of me 2 = A little true of me 3 = Pretty much true of me 4 = Very much true of me

**5.14 When I get a bad (low) grade, I try even harder the next time.**

1 = Not at all true of me 2 = A little true of me 3 = Pretty much true of me 4 = Very much true of me

**5.15 I keep working until I get my schoolwork right.**

1 = Not at all true of me 2 = A little true of me 3 = Pretty much true of me 4 = Very much true of me **5.16 I**

**do my class assignments even when they are really hard for me.**

1 = Not at all true of me 2 = A little true of me 3 = Pretty much true of me 4 = Very much true of me

## 6. Pokémon Validity Check Question

**6.1 Thanks! You are half way to the finish line. Please click on all of the Pokémon.**



**1 2 3 4 5 6**

## 7. Psychological Distress Scale

**7.1 I feel lonely**

1 = Never 2 = Sometimes 3 = Always

**7.2 I am unhappy**

1 = Never 2 = Sometimes 3 = Always

**7.3 Nobody likes me**

1 = Never 2 = Sometimes 3 = Always

#### **7.4 I cry a lot**

1 = Never 2 = Sometimes 3 = Always

#### **7.5 I worry when I am at school**

1 = Never 2 = Sometimes 3 = Always

#### **7.6 I worry a lot**

1 = Never 2 = Sometimes 3 = Always

#### **7.7 I have problems sleeping**

3 = Never 2 = Sometimes 1 = Always

#### **7.8 I wake up in the night**

1 = Never 2 = Sometimes 3 = Always

#### **7.9 I am shy**

1 = Never 2 = Sometimes 3 = Always

#### **7.10 I feel scared**

1 = Never 2 = Sometimes 3 = Always

#### **7.11 I get very angry**

1 = Never 2 = Sometimes 3 = Always

#### **7.12 I lose my temper**

3 = Never 2 = Sometimes 1 = Always

### 7.13 I do things to hurt people 3

= Never 2 = Sometimes 1 = Always

### 7.14 I am calm

3 = Never 2 = Sometimes 1 = Always

### 7.15 I hit others when I am angry

3 = Never 2 = Sometimes 1 = Always

### 7.16 I break things on purpose

3 = Never 2 = Sometimes 1 = Always

## 8. School Connectedness Scale

### 8.1 I feel close to people at this school.

1 = Strongly 2 = Disagree 3 = Neither disagree 4 = Agree 5 = Strongly disagree nor agree agree

### 8.2 I am happy to be at this school.

1 = Strongly 2 = Disagree 3 = Neither disagree 4 = Agree 5 = Strongly disagree nor agree agree

### 8.3 I feel like I am part of this school.

1 = Strongly 2 = Disagree 3 = Neither disagree 4 = Agree 5 = Strongly disagree nor agree agree

### 8.4 The teachers at this school treat students fairly.

1 = Strongly 2 = Disagree 3 = Neither disagree 4 = Agree 5 = Strongly disagree nor agree agree

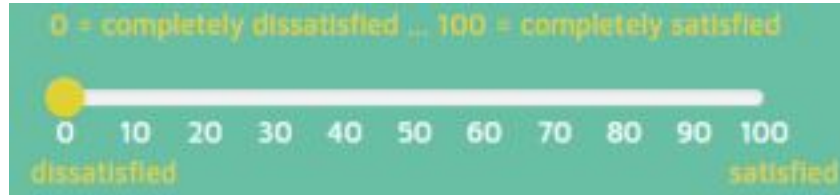
### 8.5 I feel safe at this school.

1 = Strongly 2 = Disagree 3 = Neither disagree 4 = Agree 5 = Strongly disagree nor agree agree

## 9. Global Life Satisfaction Item

### 9.1 I would describe my satisfaction with my LIFE OVERALL as:

Social Emotional Health Surveys- Primary Version



## 10. Additional Items

10.1 Please enter your school ID number again \_\_\_\_\_

10.2 Please add any comments or suggestions you have about the survey and what the staff can do to help your school have a more engaging and supportive school climate.

Social Emotional Health Surveys- Primary Version



# CoVitality Secondary Questions

## 1. Introductory Text

Hello!

Thank you for taking the time to complete this survey for [SCHOOL NAME].

Your school is committed to developing programs to help you learn better and feel better about your experiences in school. Today you are being asked to answer some questions about how you feel and how you have felt over the last few weeks.

Please be honest in your responses as the counselors and other staff at your school will use this information to support students like you.

Unless you need specific support at this time, the school staff will not share your answers with anyone. If the school counselors and other staff think you could benefit from extra support services, we will ask you to meet with your counselor so that we can figure out what will be most helpful for you.

We are truly interested in your opinions so we can help students like you. This is NOT a test and there are no right or wrong answers. One of the major goals of the your school's principal, teacher, and other staff is to help all students do their best and thrive.

## 2. Demographic Questions

### 2.2 What grade are you in?

1 = 6<sup>th</sup>, 2 = 7<sup>th</sup>, 3 = 8<sup>th</sup>, 4 = 9<sup>th</sup>, 5 = 10<sup>th</sup>, 6 = 11<sup>th</sup>, 7 = 12<sup>th</sup>

### 2.3 How old are you?

1 = 8, 2 = 9, 3 = 10, 4 = 11

### 2.4 Which cultural group or ethnicity do you most closely identify with?

1 = Latino or Hispanic, 2 = Asian, 3 = Black or African American, 4 = Native Hawaiian or Pacific Islander, 5 = White, 6 = American Indian or Alaska Native, 7 = Two or More Groups

## 3. School Name, Student ID and Assent Items

### 3.1 What school do you attend?

### 3.2 Please enter your school ID number

### 3.3 Do you agree to participate in this survey?

1 = Yes, I will complete the survey 2 = No, I decline to take the survey

## 4. Authentic Responding Items

**4.1 How many times have you been recognized as a student of the month?** 1 = 0, 2 = 1, 3 = 2, 4 = 3, 5 = 4, 6 = 5, 7 = 6, 8 = 7, 9 = 8, 10 = 9, 11 = 10+

**4.2 When was the last time you were seen by a dentist?**  
1 = Less than 1 year, 2 = 1 year, 3 = 2 years, 4 = 3-4 years, 5 = 5 or more years

**4.3 How many siblings do you have?**  
1 = 0, 2 = 1, 3 = 2, 4 = 3, 5 = 4, 6 = 5, 7 = 6, 8 = 7, 9 = 8, 10 = 9, 11 = 10+

**4.4 If you had to choose just one flavor of ice cream for one year, which one would you select?** 1 = Chocolate, 2 = Vanilla, 3 = Rum Raisin, 4 = Strawberry, 5 = I'd go without ice cream

**4.5 Do you have a disability? (check all that apply)**  
1 = Physical disability, 2 = Hearing problem, 3 = Deafness, 4 = Visual problems, 5 = Blindness, 6 = Health impairment, 7 = Learning disability, 8 = None

**4.6 How many questions in this survey did YOU answer honestly?**  
1 = All questions, 2 = Most questions, 3 = Some questions, 4 = Hardly any questions, 5 = None of the questions

## 5. SEHS-S Items

**5.1. I can work out my problems.**  
1 = Not at all true of me 2 = A little true of me 3 = Pretty much true of me 4 = Very much true of me

**5.2. I can do most things if I try.**  
1 = Not at all true of me 2 = A little true of me 3 = Pretty much true of me 4 = Very much true of me

**5.3. There are many things that I do well.**  
1 = Not at all true of me 2 = A little true of me 3 = Pretty much true of me 4 = Very much true of me

**5.4. There is a purpose to my life.**  
1 = Not at all true of me 2 = A little true of me 3 = Pretty much true of me 4 = Very much true of me

**5.5. I understand my moods and feelings.**  
1 = Not at all true of me 2 = A little true of me 3 = Pretty much true of me 4 = Very much true of me

**5.6. I understand why I do what I do.**  
1 = Not at all true of me 2 = A little true of me 3 = Pretty much true of me 4 = Very much true of me

**5.7. When I do not understand something, I ask the teacher again and again until I understand.**  
1 = Not at all true of me 2 = A little true of me 3 = Pretty much true of me 4 = Very much true of me

**5.8. I try to answer all the questions asked in class.**  
1 = Not at all true of me 2 = A little true of me 3 = Pretty much true of me 4 = Very much true of me

**5.9. When I try to solve a math problem, I will not stop until I find a final solution.**

1 = Not at all true of me 2 = A little true of me 3 = Pretty much true of me 4 = Very much true of me

**5.10. At my school, there is a teacher or some other adult who always wants me to do my best.**

1 = Not at all true of me 2 = A little true of me 3 = Pretty much true of me 4 = Very much true of me

**5.11. At my school, there is a teacher or some other adult who listens to me when I have something to say.**

1 = Not at all true of me 2 = A little true of me 3 = Pretty much true of me 4 = Very much true of me

**5.12. At my school, there is a teacher or some other adult who believes that I will be a success.**

1 = Not at all true of me 2 = A little true of me 3 = Pretty much true of me 4 = Very much true of me

**5.13. My family members really help and support one another.**

1 = Not at all true of me 2 = A little true of me 3 = Pretty much true of me 4 = Very much true of me

**5.14. There is a feeling of togetherness in my family.**

1 = Not at all true of me 2 = A little true of me 3 = Pretty much true of me 4 = Very much true of me

**5.15. My family really gets along well with each other.**

1 = Not at all true of me 2 = A little true of me 3 = Pretty much true of me 4 = Very much true of me

**5.16. I have a friend my age who really cares about me.**

1 = Not at all true of me 2 = A little true of me 3 = Pretty much true of me 4 = Very much true of me

**5.17. I have a friend my age who talks with me about my problems.**

1 = Not at all true of me 2 = A little true of me 3 = Pretty much true of me 4 = Very much true of me

**5.18. I have a friend my age who helps me when I'm having a hard time.**

1 = Not at all true of me 2 = A little true of me 3 = Pretty much true of me 4 = Very much true of me

**5.19. I accept responsibility for my actions.**

1 = Not at all true of me 2 = A little true of me 3 = Pretty much true of me 4 = Very much true of me

**5.20. When I make a mistake I admit it.**

1 = Not at all true of me 2 = A little true of me 3 = Pretty much true of me 4 = Very much true of me

**5.21. I can deal with being told no.**

1 = Not at all true of me 2 = A little true of me 3 = Pretty much true of me 4 = Very much true of me

**5.22. I feel bad when someone gets his or her feelings hurt.**

1 = Not at all true of me 2 = A little true of me 3 = Pretty much true of me 4 = Very much true of me

**5.23. I try to understand what other people go through.**

1 = Not at all true of me 2 = A little true of me 3 = Pretty much true of me 4 = Very much true of me

**5.24. I try to understand how other people feel and think.**

1 = Not at all true of me 2 = A little true of me 3 = Pretty much true of me 4 = Very much true of me

**5.25. I can wait for what I want.**

1 = Not at all true of me 2 = A little true of me 3 = Pretty much true of me 4 = Very much true of me

**5.26. I don't bother others when they are busy.**

1 = Not at all true of me 2 = A little true of me 3 = Pretty much true of me 4 = Very much true of me

**5.27. I think before I act.**

1 = Not at all true of me 2 = A little true of me 3 = Pretty much true of me 4 = Very much true of me

**5.28. Each day I look forward to having a lot of fun.**

1 = Not at all true of me 2 = A little true of me 3 = Pretty much true of me 4 = Very much true of me

**5.29. I usually expect to have a good day.**

1 = Not at all true of me 2 = A little true of me 3 = Pretty much true of me 4 = Very much true of me

**5.30. Overall, I expect more good things to happen to me than bad things.**

1 = Not at all true of me 2 = A little true of me 3 = Pretty much true of me 4 = Very much true of me

**5.31. How much do you feel ENERGETIC right now?**

1 = Not at all 2 = Very little 3 = Somewhat 4 = Quite a lot 5 = Extremely

**5.32. How much do you feel ACTIVE right now?**

1 = Not at all 2 = Very little 3 = Somewhat 4 = Quite a lot 5 = Extremely

**5.33. How much do you feel LIVELY right now?**

1 = Not at all 2 = Very little 3 = Somewhat 4 = Quite a lot 5 = Extremely

**5.34. How much do you feel ENTHUSIASTIC right now?**

1 = Not at all 2 = Very little 3 = Somewhat 4 = Quite a lot 5 = Extremely

**5.35. Since yesterday how much have you felt GRATEFUL?**

1 = Not at all 2 = Very little 3 = Somewhat 4 = Quite a lot 5 = Extremely

**5.36. Since yesterday how much have you felt THANKFUL?**

1 = Not at all 2 = Very little 3 = Somewhat 4 = Quite a lot 5 = Extremely

**5.37. Since yesterday how much have you felt APPRECIATIVE?**

1 = Not at all 2 = Very little 3 = Somewhat 4 = Quite a lot 5 = Extremely

## **6. Psychological Distress Scale**

**6.1. In the past month, I had a hard time breathing because I was anxious.**

1 = Not at all true of me 2 = A little true of me 3 = Pretty much true of me 4 = True of me 5 = Very true of me

**6.2. In the past month, I worried that I would embarrass myself in front of others.**

1 = Not at all true of me 2 = A little true of me 3 = Pretty much true of me 4 = True of me 5 = Very true of me

**6.3. In the past month, I was tense and uptight.**

1 = Not at all true of me 2 = A little true of me 3 = Pretty much true of me 4 = True of me 5 = Very true of me

**6.4. In the past month, I had a hard time relaxing.**

1 = Not at all true of me 2 = A little true of me 3 = Pretty much true of me 4 = True of me 5 = Very true of me

**6.5. In the past month, I felt sad and down.**

1 = Not at all true of me 2 = A little true of me 3 = Pretty much true of me 4 = True of me 5 = Very true of me

**6.6. In the past month, I was easily irritated because things got in the way of what I was doing.**

1 = Not at all true of me 2 = A little true of me 3 = Pretty much true of me 4 = True of me 5 = Very true of me

**6.7. In the past month, it was hard for me to cope and I thought I would panic.**

1 = Not at all true of me 2 = A little true of me 3 = Pretty much true of me 4 = True of me 5 = Very true of me

**6.8. In the past month, it was hard for me to get excited about anything.**

1 = Not at all true of me 2 = A little true of me 3 = Pretty much true of me 4 = True of me 5 = Very true of me

**6.9. In the past month, I felt unimportant.**

1 = Not at all true of me 2 = A little true of me 3 = Pretty much true of me 4 = True of me 5 = Very true of me

**6.10. In the past month, I was easily annoyed and sensitive.**

1 = Not at all true of me 2 = A little true of me 3 = Pretty much true of me 4 = True of me 5 = Very true of me

**6.11. In the past month, I was scared for no good reason.**

1 = Not at all true of me 2 = A little true of me 3 = Pretty much true of me 4 = True of me 5 = Very true of me

**6.12. In the past month, my life felt pointless.**

1 = Not at all true of me 2 = A little true of me 3 = Pretty much true of me 4 = True of me 5 = Very true of me

## **7. School Connectedness Scale**

**7.1 I feel close to people at this school.**

1 = Strongly 2 = Disagree 3 = Neither disagree 4 = Agree 5 = Strongly disagree nor agree agree

**7.2 I am happy to be at this school.**

1 = Strongly 2 = Disagree 3 = Neither disagree 4 = Agree 5 = Strongly disagree nor agree agree

**7.3 I feel like I am part of this school.**

1 = Strongly 2 = Disagree 3 = Neither disagree 4 = Agree 5 = Strongly disagree nor agree agree

**7.4 The teachers at this school treat students fairly.**

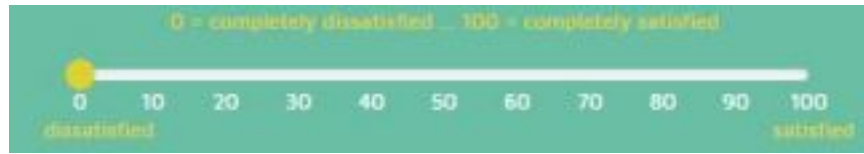
1 = Strongly 2 = Disagree 3 = Neither disagree 4 = Agree 5 = Strongly disagree nor agree agree

**7.5 I feel safe at this school.**

1 = Strongly 2 = Disagree 3 = Neither disagree 4 = Agree 5 = Strongly disagree nor agree agree

## **8. Global Life Satisfaction Item**

**8.1 I would describe my satisfaction with my LIFE OVERALL as:**



## 9. Additional Items

### 9.1 These questions helped me to privately tell adults about what is going on in my life.

1 = Strongly Disagree 2 = Moderately Disagree 3 = Mildly Disagree 4 = Strongly Agree 5 = Moderately Agree 6 = Mildly Agree

### 9.2 The questions in this survey were relevant to all students' life experiences.

1 = Strongly Disagree 2 = Moderately Disagree 3 = Mildly Disagree 4 = Strongly Agree 5 = Moderately Agree 6 = Mildly Agree

### 9.3 The questions in this survey will help my school to better support all students.

1 = Strongly Disagree 2 = Moderately Disagree 3 = Mildly Disagree 4 = Strongly Agree 5 = Moderately Agree 6 = Mildly Agree

### 9.4 Please enter your school ID number again

### 9.5 Please add any comments or suggestions you have about the survey and what the staff can do to help your school have a more engaging and supportive school climate.

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