

## MCS8 Young Person [Mental Health & Wellbeing]

*[Health + How you feel]*

### **\*\* KESSLER (MCS7)**

#### **PHDE**

##### **{ASK ALL}**

The next few questions are about how you have felt over the last 30 days.

During the last 30 days, about how often did you feel so depressed that nothing could cheer you up?

- 1 All of the time
- 2 Most of the time
- 3 Some of the time
- 4 A little of the time
- 5 None of the time

#### **PHHO**

##### **{ASK ALL}**

During the last 30 days, about how often did you feel hopeless?

- 1 All of the time
- 2 Most of the time
- 3 Some of the time
- 4 A little of the time
- 5 None of the time

#### **PHRF**

##### **{ASK ALL}**

During the last 30 days, about how often did you feel restless or fidgety?

- 1 All of the time
- 2 Most of the time
- 3 Some of the time
- 4 A little of the time
- 5 None of the time

#### **PHEE**

##### **{ASK ALL}**

During the last 30 days, about how often did you feel that everything was an effort?

- 1 All of the time
- 2 Most of the time
- 3 Some of the time
- 4 A little of the time
- 5 None of the time

**PHWO**

**{ASK ALL}**

During the last 30 days, about how often did you feel worthless?

- 1 All of the time
- 2 Most of the time
- 3 Some of the time
- 4 A little of the time
- 5 None of the time

**PHNE**

**{ASK ALL}**

During the last 30 days, about how often did you feel nervous?

- 1 All of the time
- 2 Most of the time
- 3 Some of the time
- 4 A little of the time
- 5 None of the time

**\*\* SHORT WEMWBS GRID (MCS7)**

**WWOP-WWMN**

**{ASK ALL, ASK AS A GRID, LAYOUT: KEEP ON ONE PAGE}**

Below are some statements about feelings and thoughts.

Please select the answer that best describes your experience of each over the last two weeks.

Please select one answer on every row.

GRID ROWS

**WWOP** I've been feeling optimistic about the future

**WWUS** I've been feeling useful

**WWRE** I've been feeling relaxed

**WWDE** I've been dealing with problems well

**WWTH** I've been thinking clearly

**WWCL** I've been feeling close to other people

**WWMN** I've been able to make up my own mind about things

GRID COLS

- 1 None of the time
- 2 Rarely
- 3 Some of the time
- 4 Often
- 5 All of the time

**\*\*\* ROSENBERG GRID (MCS7)**

**SATI-GDSF**

**{ASK ALL, ASK AS GRID LAYOUT: KEEP ON ONE PAGE}**

How much do you agree or disagree with the following statements about you?

Please select one answer on every row.

**GRID ROWS**

**SATI** On the whole, I am satisfied with myself

**GDQL** I feel I have a number of good qualities

**DOWL** I am able to do things as well as most other people

**VALU** I am a person of value

**GDSF** I feel good about myself

**GRID COLS**

1 Strongly agree

2 Agree

3 Disagree

4 Strongly disagree

**\*\*\* DEPRESSION & ANXIETY TREATMENT (MCS7 adapted routing)**

**DEAN**

**{ASK ALL}**

Has a doctor ever told you that you suffer from depression or serious anxiety?

1 Yes

2 No

**DAGE**

**{ASK IF HAS SUFFERED FROM DEPRESSION OR SERIOUS ANXIETY: DEAN = 1}**

At what age were you first diagnosed with depression or serious anxiety?

AGE IN YEARS

**NUMERIC**

RANGE: 5-21

**TRDV**

Have you ever received treatment for depression or serious anxiety?

1 Yes

2 No

**TRDE**

Are you currently being treated for depression or serious anxiety?

1 Yes

2 No

**\*\*\* SELF HARM GRID (MCS7)**

**SHCU-SHRM**

**{ASK ALL, ASK AS GRID LAYOUT: KEEP ON ONE PAGE}**

During the last year, have you hurt yourself on purpose in any of the following ways?

Please select one answer on every row

GRID ROWS

**SHCU** Cut or stabbed yourself

**SHBU** Burned yourself

**SHBR** Bruised or pinched yourself

**SHOD** Taken an overdose of tablets

**SHPU** Pulled out your hair

**SHRM** Hurt yourself some other way (please write in the box on the next screen)

**{VARIABLE SHRZ 200}**

GRID COLS

1 Yes

2 No

**SHRZ**

**{ASK IF HAS HURT SELF IN OTHER WAY: SHRM = 1}**

How did you hurt yourself?

STRING

**{ALLOW DK/REF}**

**SUIC**

**{ASK ALL}**

Have you ever hurt yourself on purpose in an attempt to end your life?

1 Yes

2 No

**\*\*\*SOCIAL PROVISION (MCS7)**

**SAFF-MONY**

**{ASK ALL, ASK AS A GRID}**

In answering the following questions, think about your current relationships with friends, family members, community members, and so on. Please indicate to what extent each statement describes your current relationships with other people.

GRID ROWS

**SAFF** I have family and friends who help me feel safe, secure and happy

**TRSS** There is someone I trust whom I would turn to for advice if I were having problems

**NCLS** There is no one I feel close to

**MONY** There is someone I could turn to for financial help if I needed it

GRID COLS

1 Very true

2 Partly true

3 Not true at all

**\*\*\*GAD-2 PHQ-2 (COVID-19)**

**GAD2 - PHQ2**

**{ASK ALL, ASK AS A GRID}**

Over the last 2 weeks, how often have you been bothered by the following problems?

GRID ROWS

**GAD1** Feeling nervous, anxious or on edge

**GAD2** Not being able to stop or control worrying

**PHQ1** Little interest or pleasure in doing things

**PHQ2** Feeling down, depressed or hopeless

GRID COLS

1 Not at all

2 Several days

3 More than half the days

4 Nearly every day

**\*\*\*LONELINESS (3 UCLA ITEMS & 1 NCDS: COVID-19)**

**LONLY1- LONLY4**

**{ASK ALL, ASK AS A GRID}**

GRID ROWS

**LONLY1** How often do you feel that you lack companionship?

**LONLY2** How often do you feel left out?

**LONLY3** How often do you feel isolated from others?

**LONLY4** How often do you feel lonely?

GRID COLS

1 Hardly ever

2 Some of the time

3 Often

**\*\*\*LIFE SATISFACTION (ONS Q: COVID-19)**

**SATN**

**{ASK ALL}**

Overall, how satisfied are you with your life nowadays, where 0 means 'not at all' and 10 means 'completely'?

1. 0: Not at all satisfied
2. 1
3. 2
4. 3
5. 4
6. 5
7. 6
8. 7
9. 8
10. 9
11. 10: Completely satisfied

**\*\*\*BRIEF COPING SCALE (LOW PRIORITY)**

**BCS1-BCS4**

**{ASK ALL, ASK AS A GRID}**

Consider how well the following statements describe your behaviour and actions on a scale from 1 to 5. Please select the number that best reflects your behaviour.

GRID ROWS

**BCS1** I look for creative ways to alter difficult situations

**BCS2** Regardless of what happens to me, I believe I can control my reaction to it

**BCS3** I believe I can grow in positive ways by dealing with difficult situations

**BCS4** I actively look for ways to replace the losses I encounter in life

GRID COLS

1 Does not describe me at all

2

3

4

5 Describes me very well

**Potential Other Topics:**

**Additional Body Image Questions/Eating Disorders:**

**Three-Item Short Form of the Modified Weight Bias Internalization Scale (WBIS-3)**

1. I feel anxious about my weight because of what people might think of me.
  2. Whenever I think a lot about my weight, I feel depressed.
  3. I hate myself for my weight
- 7 item response scale

SCOFF 5 items

EDDS 22 items (would need shortening)

**Adverse Childhood Conditions (ACEs)**

**Protective Childhood Conditions (PCEs)**