

## **GoodKids Academy Mental Health Awareness Pre and Post Survey Tool**

The below survey is developed to study the efficacy of the GoodKids Academy mental health module that covers 4 topics of Anxiety, Depression, Stress and Self Harm. **The objectives of this tool are :**

1. To study the effects of the GoodKids Academy Mental Health Awareness program on **increasing the secondary school students' awareness on mental health.**
2. To study the effects of the GoodKids Academy Mental Health Awareness program on **increasing the secondary school students' knowledge on coping skills.**

### **6 CRITERIAS OF THE SURVEY**

1. Ability to seek credible information regarding mental health issue(s) experienced.
2. Ability to understand and recognise risk factors which cause mental health issues.
3. Ability to seek out, understand and practice healthy coping methods/ self-help interventions.
4. Ability to seek out and receive professional help available
5. Ability to empathise and understand people who experience these symptoms as well as provide reasonable support within social construct.
6. Ability to recognise 4 mental health topics when experienced or come across

### **KVA Category**

The statements in the survey are further categorized into the KVA categories based on the legend below

	Knowledge
	Value
	Attitude

## Pre & Post Survey

Code:

Age:

Gender:

Date:

Please choose the most suitable answer for each statement below.

No.	Statements	Strongly Agree	Agree	Not sure	Disagree	Strongly Disagree
1	When someone famous posts on the internet about mental health information, it is always true.					
2	When I want to find further information regarding mental health issues, I will ask my friend.					
3	At times, I don't know what is bothering me.					
4	When someone shows symptoms of mental health issues, I advise them to be more positive					
5	I think people who see mental health professionals are crazy.					
6	People with mental health issues just need to manage their time better					
7	If I feel stressed, I can play online games all day.					
8	When I feel anxious, I can do deep breathing.					
9	If I feel like punching the wall, I am just angry. I don't need help.					
10	When someone I know shows symptoms of anxiety, depression, stress and self-harm, I will suggest them to speak to a mental health professional such as a counsellor, psychologist etc.					

11	When I think I have symptoms of anxiety, depression, stress and self-harm, I only speak to my best friend.				
12	When I think I have symptoms of mental health issues, I know I can speak to someone I trust such as my parents, teacher or counsellor.				
13	Mental health issues can be managed with proper guidance and knowledge.				
14	When someone shows symptoms of mental health issues, I try to help them.				
15	People with mental health issues have challenges in their daily lives				
16	People with mental health issues just need to work harder to overcome it.				
17	I can listen without being judgemental to someone who shows symptoms of mental health issues.				
18	I believe when someone has a mental health problem, they should keep it to themselves to protect the family image				
19	Talking about mental health issues is not embarrassing				

**Subjective Questions:** Please answer to your best understanding.

20. I can recognise symptoms of Anxiety. They are:

- 1.
- 2.
- 3.
- 4.

21. I can recognise symptoms of Depression. They are:

- 1.
- 2.
- 3.
- 4.

22. I can recognise symptoms of Stress. They are:

- 1.
- 2.
- 3.
- 4.

23. I can recognise symptoms of Self-Harm. They are:

- 1.
- 2.
- 3.
- 4.

24. I know healthy coping skills which I can apply when I am experiencing symptoms of anxiety.

They are:

- 1.
- 2.
- 3.
- 4.

25. I know healthy coping skills which I can apply when I am experiencing symptoms of depression.

They are:

- 1.
- 2.
- 3.
- 4.

26. I know healthy coping skills which I can apply when I am experiencing symptoms of stress.

They are:

- 1.
- 2.
- 3.
- 4.

27. I know healthy coping skills which I can apply when I am experiencing symptoms of self-harm.

They are:

- 1.
- 2.
- 3.
- 4.

Scoring Table:

Score	Strongly agree	Agree	Not Sure	Disagree	Strongly Disagree
Question Number					
1, 2, 3, 4, 5, 6, 7, 9, 11, 16, 18	0	1	2	3	4
8, 10, 12, 13, 14, 15, 17, 19	4	3	2	1	0
20, 21, 22, 23, 24, 25, 26, 27	1 score for every correct answer, capped at 4 answers. Wrong answers, no score.				
	<b>Symptoms:</b> Sweaty hands, headache, fuzzy stomach, rapid breathing, palpitations, biting nails, punching wall, cut or burn wounds, and answers that are relevant. <b>Coping Method:</b> Speaking to parent, counsellor, safe adult, exercising/sports, breathing exercises, grounding exercises, expressive art, music, healthy socialising activities and answers that are relevant				

Highest possible score: 108