Health Behavior Survey
Post-Test
2009-2010

Introduction:

Before we start, let me tell you a few things about this survey:

The purpose of this survey is to evaluate your school’s suicide prevention program. I am going to read the questions out loud. You should follow along with me and fill in the appropriate answer to each question. It is very important that you answer as honestly and accurately as you can. Fill in the boxes completely. Please do not skip ahead so that we can be sure that each person has the same amount of time to answer each question. It should take about 30 minutes to complete this survey.

Your answers will remain confidential and will be stored at the University of Connecticut Health Center. No one at your school will be able to link your responses to you. You should have received a blank survey in a sealed envelope with your name on it. The survey that you complete will not have your name on it but will only have an identification number. No one at your school will ever know your identification number.

Completing the survey is voluntary. Whether or not you answer the questions will not affect your grade in this class. If you are not comfortable answering a question, just leave it blank.

The questions that ask about your background will be used only to describe the types of students completing this survey. When you have completed the survey, please keep it until I collect it from you. Please discard the envelope and turn in the completed survey only.

Does anyone have a question before we start?
A. Did you see the “Friends for Life” suicide prevention video, or were you absent from class that day? The video was shown to your class in the month of _______________.

   ☐ I saw the video  ☐ I did not see the video

B. Did you complete the depression screening form, or were you absent from class that day?

   ☐ I completed the form  ☐ I did not complete the form

True or False:

1. People who talk about suicide don’t really kill themselves.  ☐ TRUE  ☐ FALSE
2. People who commit suicide are usually suffering from depression or some other mental illness.  ☐ TRUE  ☐ FALSE
3. Most suicide attempts occur without any warning signs or clues.  ☐ TRUE  ☐ FALSE
4. Depression is an illness that doctors can treat.  ☐ TRUE  ☐ FALSE
5. The best thing to tell a suicidal friend is to “pull yourself together and things will get better.”  ☐ TRUE  ☐ FALSE
6. If I talk to someone about their suicidal feelings, it may cause them to commit suicide.  ☐ TRUE  ☐ FALSE
7. Alcohol use is not related to suicidal behavior.  ☐ TRUE  ☐ FALSE

Now I’m going to read some statements about depression and suicide, and I’d like to know whether you agree or disagree with them.

8. Sometimes young people have so many personal problems they have no other options besides suicide.

   STRONGLY DISAGREE  DISAGREE  NEITHER AGREE OR DISAGREE  AGREE  STRONGLY AGREE

   ☐  ☐  ☐  ☐  ☐

9. If someone really wants to kill himself/herself, there is not much anyone can do about it.

   STRONGLY DISAGREE  DISAGREE  NEITHER AGREE OR DISAGREE  AGREE  STRONGLY AGREE

   ☐  ☐  ☐  ☐  ☐
10. It's none of my business if a friend says he/she wants to kill himself/herself.

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<tr>
<th>STRONGLY DISAGREE</th>
<th>DISAGREE</th>
<th>NEITHER AGREE</th>
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11. If I were feeling really down, I would try to talk to a counselor or some other adult about my problems.

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<th>STRONGLY DISAGREE</th>
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12. If a friend told me he/she is thinking about committing suicide:

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<th>STRONGLY DISAGREE</th>
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<th>NEITHER AGREE</th>
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<th>STRONGLY AGREE</th>
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<tr>
<td>a. I wouldn’t know what to do.</td>
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<td>b. I would keep it to myself.</td>
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<td>c. I would wish that I had not found out about it.</td>
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<td>d. I would keep it a secret if my friend made me promise not to tell.</td>
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<td>e. I would tell an adult at school about it.</td>
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<td>f. I would tell a parent or some other adult outside of school about it.</td>
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13. In the past 3 months, have you received treatment from a psychiatrist, psychologist, or social worker because you were feeling depressed or suicidal? (By “treatment,” we mean things like medication or talk therapy.)

□ YES  □ NO
14. In the past 3 months, have you talked to any of the following people because you were feeling depressed or suicidal?
   a. Parents or guardians  ☐ YES ☐ NO
   b. Brother or sister  ☐ YES ☐ NO
   c. Teacher or guidance counselor  ☐ YES ☐ NO
   d. Other adult  ☐ YES ☐ NO
   e. Friend  ☐ YES ☐ NO
   f. Crisis or telephone hotline worker  ☐ YES ☐ NO

15. In the past 3 months, have you talked to an adult about a friend you thought was feeling depressed or suicidal?
   ☐ YES ☐ NO

16. During the past 3 months, did you ever seriously consider attempting suicide?
   ☐ YES ☐ NO

17. During the past 3 months, did you make a plan about how you would attempt suicide?
   ☐ YES ☐ NO

18. During the past 3 months, did you actually attempt suicide?
   ☐ YES ☐ NO

19. Have you ever attempted suicide?
   ☐ YES ☐ NO

20. Has anyone who is very close to you ever committed or tried to commit suicide?
   ☐ YES ☐ NO
21. Now I have a few questions about your friends.

<table>
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<th>A LOT</th>
<th>SOME</th>
<th>A LITTLE</th>
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a. How much do your friends understand the way you feel about things? [ ] [ ] [ ] [ ]

b. How much can you rely on your friends for help if you have a serious problem? [ ] [ ] [ ] [ ]

c. How much can you open up to your friends if you need to talk about your worries? [ ] [ ] [ ] [ ]

22. Now let me ask you how often you talk to your friends about different issues in your life.

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<th>OFTEN</th>
<th>SOMETIMES</th>
<th>RARELY</th>
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a. How often do you talk with your friends about problems or concerns you may have at school or work? [ ] [ ] [ ] [ ]

b. How often do you talk with your friends about problems or concerns you may have with other friends? [ ] [ ] [ ] [ ]

c. How often do you talk with your friends about how you should handle your dating relationships? [ ] [ ] [ ] [ ]

d. How often do you talk with your friends about family problems? [ ] [ ] [ ] [ ]

23. When something bad or disappointing happens, how likely are you to turn to a friend for comfort and support?

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<th>VERY LIKELY</th>
<th>SOMEWHAT LIKELY</th>
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[ ] [ ] [ ] [ ]
24. Now I have a few questions about adults at school.

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<th>VERY TRUE</th>
<th>SOMewhat True</th>
<th>NOT VERY True</th>
<th>NOT AT ALL True</th>
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a. There is an adult at school that understands the way I feel about things.

b. There is an adult at school I can rely on if I have a serious problem.

c. There is an adult at school that I can open up to if I need to talk about my worries.

25. How often do you...

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<th>ALMOST ALWAYS</th>
<th>OFTEN</th>
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a. enjoy being at school.

b. find your courses interesting.

c. try to do your best work in school.

26. When something bad or disappointing happens, how likely are you to turn to a parent/guardian for comfort and support?

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IRB# 02-04302
27. Now I would like you to think about the most difficult or stressful event or situation you have experienced in the past 3 months. Take a moment to think about this problem. Thinking about this problem, please tell me how you tried to handle it.

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a. How much did you do things to take your mind off the situation?

b. How much did you do things to improve the situation?

c. How much did you try to see things in a positive way?

d. How much did you rely on your religious beliefs or your faith to help you cope?

e. How much did you talk to people about the situation?

f. How much did you think about strategies for dealing with the situation?

28. Let’s talk a little more about your relationship with others.

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a. How often do you feel that you have nobody to talk to?

b. How often do you feel as if nobody understands you?

c. How often do you feel that your interests and ideas are not shared by those around you?

d. How often do you feel left out?

e. How often do you feel that you have no one to do things with?

f. How often do you feel that people are saying bad things about you?
29. What is your gender?
□ MALE    □ FEMALE

30. What is the highest grade in school that your mother completed?
□ Never finished high school   □ College graduate
□ High school graduate         □ Don’t know
□ Some (1-3 years of) college

31. Are you currently eligible for free or reduced priced lunch at school?
□ YES    □ NO    □ DON’T KNOW

32. Do you consider yourself to be of Hispanic or Latino origin or not?
□ YES    □ NO

33. How do you describe your race? (Select one or more responses.)
□ White    □ American Indian or Alaskan Native
□ Black or African American □ Native Hawaiian or other Pacific Islander
□ Asian

34. Have you ever been in an ESL (English as a Second Language), ELL (English Language Learner) or bilingual program?
□ YES    □ NO

35. What grade are you in?
□ 6    □ 7    □ 8    □ 9
□ 10    □ 11    □ 12

36. Which of these best describes your average grade during the previous school year?
□ Mostly A’s    □ Mostly F’s
□ Mostly B’s    □ None of these grades
□ Mostly C’s    □ Not sure
□ Mostly D’s

37. Are either of your parents or the adults taking care of you currently serving in the military?
□ YES    □ NO

38. Are either of your parents or the adults taking care of you currently deployed outside of the United States?
□ YES    □ NO

Thank you for your time!
The survey will be collected from you.