

## Mental Health Questions on the Healthy Youth Survey

Number of question as listed in the “Frequency Reports” for the 2018 HYS results:

<https://www.askhys.net/Reports>

\*\*\* “grades 8-12” means that those questions were only asked to students in those grades. If no grade is indicated, that means that the questions were asked to all students who took the survey.

### **Physical, Emotional and Sexual Abuse:**

- #135 Has an adult ever physically hurt you on purpose (like pushed, slapped, hit, kicked or punched you), leaving a mark, bruise or injury? (grades 8-12)
- #136 How often does a parent or adult in your home swear at you, insult you, put you down or humiliate you? (grades 8-12)
- #137 During the last 12 months, did someone you were dating or going out with ever limit your activities, threaten you, or make you feel unsafe in any other way? (grades 8-12)
- #138 In the past 12 months, how many times did someone you were dating or going out with physically hurt you on purpose? (Count such things as being hit, slammed into something, or injured with an object or weapon.) (grades 8-12)
- #139 Have you ever seen someone about your age pressure someone else to kiss, touch, or have sex when they did not want to? (grades 8-12)
- #140 Have you ever been in a situation where someone made you engage in kissing, sexual touch or intercourse when you did not want to? (grades 8-12)

### **Suicide:**

- #141 During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities? (grades 8-12)
- #142 During the past 12 months, did you ever seriously consider attempting suicide? (grades 8-12)
- #143 During the past 12 months, did you make a plan about how you would attempt suicide? (grades 8-12)
- #144 During the past 12 months, how many times did you actually attempt suicide? (grades 8-12)
- #145 Have you ever seriously thought about killing yourself? (Only asked to 6<sup>th</sup> graders)

### **Nervous, anxious, worrying:**

- #147 How often over the last 2 weeks, were you bothered by: Feeling nervous, anxious or on edge? (grades 8-12)
- #148 How often over the last 2 weeks, were you bothered by: Not being able to stop or control worrying? (grades 8-12)

**Someone to turn to in time of need:**

- #149 When you feel sad or hopeless, are there adults that you can turn to for help?
- #150 If you feel sad or hopeless almost every day for two weeks or more in a row, to whom would you most likely turn for help? (check all that apply) ; sibling, teacher, friend, parent/guardian, adult friend (grades 8-12)
- #160 Does your school provide a counselor, intervention specialist, or other school staff member for students to discuss problems with alcohol, tobacco, or other drugs? (grades 8-12)
- #161 In the last year, did you have any contact with a school counselor? (grades 8-12)
- #162 There are people in this school who will help me if I need it? (grades 8-12)
- #183 There are adults in my neighborhood or community I could talk to about something important. (grades 8-12)
- #187 My neighbors notice when I am doing a good job and let me know. (only asked to 6<sup>th</sup> grade)
- #188 There are people in my neighborhood who encourage me to do my best. (only asked to 6<sup>th</sup> grade)
- #189 There are people in my neighborhood or community who are proud of me when I do something well. (only asked to 6<sup>th</sup> grade)
- #198 If I had a personal problem, I could ask my mom or dad for help.
- #201 My parents notice when I am doing a good job and let me know about it. (only asked to 6<sup>th</sup> grade)
- #202 How often do your parents tell you they're proud of you for something you've done? (only asked to 6<sup>th</sup> grade)
- #203 Do you enjoy spending time with your mom? (only asked to 6<sup>th</sup> grade)
- #204 Do you enjoy spending time with your dad? (only asked to 6<sup>th</sup> grade)

**Bullying:**

- #152 In the last 30 days, how often have you been bullied? Bullying is when one or more students threaten, spread rumors about, hit, shove, or otherwise hurt another student over and over again. It is not bullying when two students of about the same strength or power argue or fight or tease each other in a friendly way.
- #153 In the past 30 days, how often were you bullied, harassed, or intimidated at school or on your way to or from school because of your race, ethnicity, or national origin or what someone thought it was? (grades 8-12)
- #154 In the past 30 days, how often were you bullied, harassed, or intimidated at school or on your way to or from school: Because someone thought you were gay, lesbian, or bisexual (whether you are or are not)? ( grades 8-12)
- #155 During the past 30 days, on how many days did you not go to school because you felt you would be unsafe at school or on your way to and from school? ( grades 8-12)
- #156 In the past 30 days, how often have you been bullied by someone using social media, a phone, or video games? (grades 8-12)

**Quality of Life/ Looking forward to the future:**

- #165 I look forward to the future ( ranked on a scale of 0-10; 0= not at all true and 10= completely true) (grades 8-12)
- #166 Do you have goals and plans for the future? (only asked to 6<sup>th</sup> graders)

**Children's Hope Scale:**

- #168 I can think of many ways to get the things in life that are most important to me. (grades 8-12)
- #169 I am doing just as well as other kids my age. (grades 8-12)
- #170 When I have a problem, I can come up with lots of ways to solve it. (grades 8-12)
- #171 I think the things I have done in the past will help me in the future. (grades 8-12)
- #167 Children's Hope Scale (Computed from questions 168 to 171) (grades 8-12)

**Facts Sheets found here;** <https://www.askhys.net/FactSheets>

*\*\*\* Fact Sheets are not created for all topic areas*

**Suicide:**

- Depression & Suicide
- Depressive Feelings & Suicide

**Nervous, anxious, worrying:**

- Depression & Suicide
- Depressive Feelings & Suicide

**Someone to turn to in time of need:**

- Family Protective Factors
- Depression & Suicide
- Depressive Feelings & Suicide

**Bullying:**

- Bullying and Harassment
- School Safety