

# **Festival for Healthy Living - Student questionnaire**

## **Instructions for administering questionnaire**

### **Purpose:**

This simple questionnaire is designed to explore the understandings students have about mental health. We would like this survey to be **administered the week after the Festival for Healthy Living performance**. Information from the questionnaire will help to:

- determine if there have been any shifts in students' knowledge and attitudes
- identify any areas of knowledge and understanding which might need further work

### **Principles:**

1. The questionnaire is anonymous. It aims to identify shifts across groups of students, rather than tracking individual students
2. It would be useful to survey all students.
3. Staff can help explain the questions but it is important not to "lead" the students into answers by giving too much detailed information.

### **Process:**

#### *1. Preparation:*

- a) Please keep the questionnaires in separate envelopes for each class.
- b) Identify a time in the timetable when the questionnaire can be administered. Please try to survey the whole group at the same time or as near to the same time as possible.
- c) Have a short discussion between those staff administering the questionnaire to check that how the survey is going to be introduced and conducted is consistent.
- d) Have an activity prepared which students can go on to after completing the questionnaire while others are still finishing.

#### *2. Administration*

- a) Set the scene eg, "Earlier this year, most of you filled out a questionnaire about health and mental health. We want to find out what you think now. We also want to find out what you thought about being involved in the Festival for Healthy Living".
- b) Give out the questionnaires and explain how they are to be completed. Eg "In each box, write down any words or ideas you have about the question or sentence in that box". Explain what you want the students to do when they have finished. Eg Put the questionnaire in the envelope, and go on with the other activity.

#### *3. Processing:*

Please return the surveys to the nominated coordinator who will enter and summarise the data and provide an overview report back to the school.