Healthy Lifestyle survey

Name: Student Number:

Q1.

In the past week, on how many days have you done a total of 30 min or more of physical activity, which was enough to raise your breathing rate? This may include sport, exercise and brisk walking or cycling for recreation or to get to and from places, but should not include housework or physical activity that may be part of your job

*Tick****√***

|  |  |
| --- | --- |
| * 0
* 1
* 2
* 3
 | * 4
* 5
* 6
* 7
 |

To what extent do you agree with the following statements:

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|   | Strongly Agree | Agree | Neither agree or disagree | Disagree | Strongly disagree | Don't know | Prefer not to say |
| Q2. I can achieve most of the goals I set myself? |   |   |   |   |   |   |   |
| Q3. That most people in your local area can be trusted? |   |   |   |   |   |   |   |

Please read the following questions and tick the answer that is most appropriate:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|   | All of the time | Often | Some of the time | Rarely | None of the time |
| Q4. I have been feeling optimistic about the future |   |   |   |   |   |
| Q5. I have been feeling useful |   |   |   |   |   |
| Q6. I have been feeling relaxed |   |   |   |   |   |
| Q7. I have been dealing with problems well |   |   |   |   |   |
| Q8. I have been thinking clearly |   |   |   |   |   |
| Q9. I have been feeling close to other people |   |   |   |   |   |
| Q10. I have been able to make up my own mind about things |   |   |   |   |   |

On a scale of 0-10, where 0 is not at all satisfied and 10 is completely satisfied, overall, how satisfied are you with your life nowadays?

On a scale of 0-10, where 0 is not at all happy and 10 is completely happy, overall, how happy did you feel yesterday?

On a scale of 0-10, where 0 is not at all anxious and 10 is completely anxious, overall, how anxious did you feel yesterday?

On a scale of 0-10, where 0 is not at all worthwhile and 10 is completely worthwhile, overall, to what extent do you feel the things you do in your life are worthwhile?