

Name:

Date:



The following survey explores questions regarding your thoughts and feelings (emotional wellbeing) and your relationships with others (social wellbeing).

These are both important for children and adolescents' good mental health.

Thank you for completing this survey. Your responses will help us refine support to enhance the emotional and social wellbeing of children and adolescents engaged with the arts.



The survey will take five minutes to complete.

Unless stated otherwise, only **one answer** is required for each question.



What gender do you identify with?

Male

Female

Non-binary

What is your age?

12

13

14

15

16

17

18

What arts activity or program/s are you currently engaged in?

The following questions ask you to consider what you currently do to enhance and promote your own social and emotional wellbeing.

In the Zone

	Strongly disagree	Disagree	Neither agree or disagree	Agree	Strongly agree
I have times when I am in the zone or totally absorbed in an activity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I know what helps me stay totally absorbed in an activity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I find it hard to be in the zone or be totally absorbed in an activity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have experienced being totally absorbed by an activity in a group	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Self-awareness: Emotions

	Strongly disagree	Disagree	Neither agree or disagree	Agree	Strongly agree
I can tell when I am starting to feel different emotions such as frustration or relief	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My emotions are confusing to me (R)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can understand the difference between the various emotions I feel	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can feel my emotions in my body	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Self-awareness: Thoughts

	Strongly disagree	Disagree	Neither agree or disagree	Agree	Strongly agree
My thoughts get in the way of me being happy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can let negative thoughts go by and not dwell on them	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can tell which thoughts help put me in a good mood	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can tell the difference between my thoughts and my feelings	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Mindfulness

	Strongly disagree	Disagree	Neither agree or disagree	Agree	Strongly agree
I notice changes inside my body like my heart going faster or my muscles tensing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When someone asks how I am feeling I can identify my emotions easily	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can quieten myself easily when I focus on my breath	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I am stressed I bring my attention to the way I am reacting to things and this helps calm me down	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Sensory Awareness

	Strongly disagree	Disagree	Neither agree or disagree	Agree	Strongly agree
Various sounds can help me feel calm	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I notice different emotions in my body	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can recognise when my senses (hearing, touch, sight) are overstimulated	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I know how to calm myself by using my senses	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Coping with criticism

	Strongly disagree	Disagree	Neither agree or disagree	Agree	Strongly agree
When I am criticised, I become less motivated	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I find I can learn from constructive feedback	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I know the difference between criticism and constructive feedback	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I know how to give others constructive feedback	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Expressing emotions

From the Berkeley Expressivity Questionnaire (Gross and John, 1997)

	Strongly disagree	Disagree	Neither agree or disagree	Agree	Strongly agree
When I feel positive emotions people can easily see what I am feeling	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It is hard to talk about my deep feelings (R)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
No matter how upset I am I tend to keep a calm exterior	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am sometimes unable to hide my feelings even though I would like to (R)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Managing pressure

	Strongly disagree	Disagree	Neither agree or disagree	Agree	Strongly agree
I have some good strategies for managing pressure when it gets too much	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I know when my stress levels are helping me to perform well	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I am under too much pressure I feel unwell	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I know when my stress levels are not helping me to perform well	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Compassion

Taken from Kristen Neff's Youth Self-Compassion Scale

	Strongly disagree	Disagree	Neither agree or disagree	Agree	Strongly agree
I am kind to myself when I'm having a hard time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am patient with myself, even when I mess up	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I get mad at myself for not being better at some things (R)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I feel I'm not "good enough" in some way, I remind myself that other people sometimes feel this way too	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Positive peer comparison

	Strongly disagree	Disagree	Neither agree or disagree	Agree	Strongly agree
I feel bad when I compare myself with others (R)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I compare myself to others it helps me to learn how to improve	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I appreciate the strengths of others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can appreciate myself without having to compare myself to others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Listening

	Strongly disagree	Disagree	Neither agree or disagree	Agree	Strongly agree
I listen carefully to other people when I am in a conversation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I like to ask people questions in a conversation to get to know them better	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I prefer to talk about myself in a conversation rather than listen to other people	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I usually think about what I will say next in a conversation rather than listen to other people	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Empathising

	Strongly disagree	Disagree	Neither agree or disagree	Agree	Strongly agree
I care what happens to other people I know	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel bad when other people have their feelings hurt	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I know when people are upset, even when they say nothing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I find it hard to accept other people's opinions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Working in groups

	Strongly disagree	Disagree	Neither agree or disagree	Agree	Strongly agree
I know how to work well in a group	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am aware of the different roles I can play in a group	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I find it hard to participate in group work (R)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can't work in a group with people I don't know	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Doing what I value

	Strongly disagree	Disagree	Neither agree or disagree	Agree	Strongly agree
I am clear about what is important to me in my life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am passionate about doing certain things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I know what sort of person I want to be	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I know how to ensure my actions reflect the sort of person I want to be	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Positive body image

Taken from the PBIAS Positive Body Image for Adolescents Scale (Maes et al, 2021) and the Body Self-Esteem Scale (Mendleson, White and Mendleson, 2001)

	Strongly disagree	Disagree	Neither agree or disagree	Agree	Strongly agree
I'm pretty happy with the way I look	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I take care of my body	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feeling good about your body does not need to depend on how you look.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If I am confronted with body ideals (e.g., slim or muscular bodies) in the media, it is important not to pay too much attention to them.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Learning from mistakes

	Strongly disagree	Disagree	Neither agree or disagree	Agree	Strongly agree
I think mistakes help you to learn and improve	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My mistakes are not ridiculed in these arts sessions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel bad when I make mistakes here	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I know how to learn from my mistakes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Trying Something new

	Strongly disagree	Disagree	Neither agree or disagree	Agree	Strongly agree
I enjoy trying things I haven't done before	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Trying new things helps me discover more about myself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am cautious about doing things that I haven't done before	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am afraid to try new things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

