

Mental Health of Children and Young People in England, 2023: Wave 4 follow up to the 2017 survey Questionnaire and Materials

This document presents the questionnaire and materials used for the 2023 Mental Health of Children and Young People survey.

It comprises of a:

- **Parent Questionnaire:** This was asked of the nominated parent in all households with the sampled child aged 8 to 16 years old.
- **Child Questionnaire:** This was asked of children aged 11 to 16 years old who agreed to take part.
- **Young Person Questionnaire:** This was asked of young adults aged 17 to 25 years old who agreed to take part.
- **Survey Materials:** A copy of the advance letter and email, reminder letter and email, reminder SMS messages, information leaflets and thank you letter and email sent to respondents are also presented in this document.

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1. Parent Questionnaire (of children aged 8 to 16 years old)

Introduction

TS1: [SET TIME STAMP HERE]

1. {IF MODE = WEB and Age2023 = 8-16}

IntroP1

"Dear parent/carer of {first_name} {last_name}, welcome to the National Study of Health and Wellbeing: Children and Young People 2023.

This study is about the health and wellbeing of children and young people in England.

{if W1 = 0 AND W2 = 0 AND W3 = 0: "Your household last took part in the 2017 survey and we really appreciate you giving your time again. Any parent/carer of {first_name} {last_name} can take part, however the ideal option is for the parent/carer who took part in 2017 to answer the following questions."}

{if W1 = 1 AND W2 = 1 AND W3 = 1: "Your household took part in the 2017 survey and also in the previous follow-up surveys in 2020, 2021 and 2022. We really appreciate you giving your time again. Any parent/carer of {first_name} {last_name} can take part, however the ideal option is for the parent/carer who took part in one of the previous follow-up studies to answer the following questions."}

{if W1 = 1 and W2 = 0} OR {W2 = 1 and W1 = 0} OR {W3 = 1 and W2 = 0 and W1 = 0} OR {W3 = 0 and W2 = 1 and W1 = 1}: "Your household took part in the 2017 survey and also in the follow-up survey {if W1 = 1 and W2 = 0 and W3 = 0: "in July 2020"; if W2 = 1 and W1 = 0 and W3 = 0: "in March 2021"; if W3 = 1: "in April 2022"}. We really appreciate you giving your time again. Any parent/carer of {first_name} {last_name} can take part, however the ideal option is for the parent/carer who took part in {if W1 = 1 and W2 = 0 and W3 = 0: "2020"; if W2 = 1 and W1 = 0 and W3 = 0: "2021"; if W3 = 1: "2022"} to answer the following questions."}

The survey should take you around 20 minutes to complete. You don't have to complete the whole survey in one go – any progress you make will be saved and you can start where you left off when you next log in.

{if Age2023=11-15: "Once you have finished answering your questions, with your permission we would also like {first_name} to answer some questions on {if Gender=1: "his", Gender=2: "her"} own."}

{if Age2023=16: "Please discuss taking part with {first_name} and ensure that {first_name} is happy for you to take part as the survey asks about their health and wellbeing. Once you have finished answering your questions, with your permission we would also like {first_name} to answer some questions on {if Gender=1: "his", Gender=2: "her"} own."}

Please confirm that you have received and read the information leaflet and are happy to take part."

ANALYSIS:"Parent: Introduction of child (web)"

1. I have read the information leaflet
2. I have not read the information leaflet

NO DK/NO REF

{IF MODE =TEL and Age2023 = 8-16}

IntroP2

“Welcome to the National Study of Health and Wellbeing: Children and Young People 2023.

Before we get started, I need to tell you about the following points:

- This study is about the health and wellbeing of children and young people in England. You have been selected because your household took part in the National Study of Health and Wellbeing: Children and Young People in 2017, and possibly the previous follow up studies in 2020, 2021 or 2022, and someone in your household said that you would be happy to re-contacted about any future studies.
- Taking part is voluntary and you can choose to answer as many as or as few questions as you like. You can also change your mind at any time and withdraw from the study.
- It doesn't matter if you didn't take part in the previous follow-up studies, we would still love to hear from you now.
- The study is confidential and all data is handled in accordance with General Data Protection Regulation (GDPR). The data will be used for statistical and research purposes only and nothing we publish will identify you or your household.
- The questionnaire asks about a range of things about your child. These include general health and wellbeing, how they feel about school and whether they have self-harmed. There are also questions about your current circumstances and life experiences during the past year, as we know that parents and carers play such an important part in a child's life. {IF Age2023 = 11-16: “After you have finished your questionnaire, we would also like your child to answer a questionnaire if you agree.”}

Are you happy to take part?

ANALYSIS:“Parent: Introduction of child (telephone)”

1. I am happy to take part
2. I do not want to take part (exit questionnaire) - NCOOutcome = 43 (refusal) move to REFUSAL queue
3. I would like to read more information

NO DK/NO REF

{If IntroP1 = 2}

ConsentChkP

Please ensure that you have read the information leaflet and are happy to take part. If you have lost the information leaflet, you can read it on the website: www.natcen.ac.uk/NSHW”.

ANALYSIS:“Parent: Ensure that have read the information leaflet”

1. Go back to change your answer [GoTo IntroP1]
2. Exit the questionnaire - NCOOutcome = 43 (refusal) move to STOP queue so that TU can phone. Make ConsentChkP empty after NCOOutcome = 43.

NO DK/NO REF

{If IntroP2 = 3}

MoreInfoP

You should have received an information leaflet about the study. If you have lost this, you can read it on the website: www.natcen.ac.uk/NSHW.

INTERVIEWER: ARRANGE TO CALL BACK RESPONDENT AFTER THEY HAVE READ MORE INFORMATION.

{IF MODE = WEB and Age2023 = 16}

IntroP_16_W

“Please confirm that you have discussed taking part with {first_name} and that {first_name} is happy for you to take part.”

1. My child is happy for me to take part
2. My child is not happy for me to take part

NODK/NOREF

HELP: Why are we asking this?: “Now that your child is older, we would like them to give their permission for you both to take part as the study is about their health and wellbeing. Therefore, we would like you to discuss taking part with them.”

{IF MODE = TEL and Age2023 = 16}

IntroP_16_T

“Can you please confirm that you have discussed taking part with {first_name} and that {first_name} is happy for you to take part?”

1. My child is happy for me to take part
2. My child is not happy for me to take part

INTERVIEWER IF ASKED: Now that your child is older, we would like them to give their permission for you both to take part as the study is about their health and wellbeing. Therefore, we would like you to discuss taking part with them.

{If IntroP_16_W = 2 or IntroP_16_T = 2}

ConsentChkP_16

{if MODE=WEB: “Please ensure that {first_name} is happy for you to take part in your own questionnaire. If {first_name} is not happy for you to take part, then please exit the questionnaire.”}

{if MODE=TEL: “Please ensure that {first_name} is happy for you to take part in your own questionnaire.”}

INTERVIEWER: If the child is not happy for the parent to take part then please select ‘Exit the questionnaire’.”}

ANALYSIS: “Parent: Ensure that 16 year old child is happy for parent to take part”

1. Go back to change your answer [GoTo IntroP_16_W/IntroP_16_T]
 2. Exit the questionnaire - NCOOutcome = 43 (refusal) move to STOP queue so that TU can phone. Make ConsentChkP_16 empty after NCOOutcome = 43.
- NO DK/NO REF

Checks

{if (Age2023 = 8-15 AND (IntroP1 = 1 or IntroP2 = 1)) OR (Age2023 = 16 and (IntroP1 = 1 or IntroP2 = 1) and (IntroP_16_W = 1 or IntroP_16_T = 1))}

Chk1P

“The questionnaire will ask you questions about {first_name} {last_name}.

Before we start, please can you confirm the month and year {first_name} was born. For example, if {first_name} was born on 15th June 1990, {if MODE=WEB: "please enter '06' for the month and '1990' for the year."} {if MODE=TEL: "this would be '06' for the month and '1990' for the year."}

Enter the month (MM):

Enter the year (YYYY):

ANALYSIS:"Parent:Check date of birth of child"

Format: mm/yyyy.

HARD CHECK: If answer provided is in the future: "You have entered a date in the future. Please check and amend."

SOFT CHECK: If answer provided does not match the month and year of birth in the sample file: "These details do not match the details we hold for your child, please check and amend if needed."

HELP: Why are we asking this?: "We need this information to make sure we are asking questions about the correct person."

{if Chk1P = DK,RF}

ChildAgeP

"What age is {first_name} {last_name}?"

ANALYSIS:"Parent:Check age of child"

Range: 7...16

SOFT CHECK: If answer provided does not match the age in the sample file: "This does not match the information we have for your child, please check and amend if needed."

{If ChildAgeP = DK, RF}

Exit1P

"In order to complete this questionnaire we need to make sure that we are asking questions about the correct person. You have told us that you do not want to provide {first_name} {last_name}'s month and year of birth or age.

{if MODE=WEB: "If you are happy to provide this, please go back and enter the month and year of birth.

If you are not happy to provide this about {first_name} {last_name} then please exit the questionnaire."}

{if MODE=TEL: "INTERVIEWER: If the participant is happy to provide this, please go back and enter in the month and year of birth, or age. If they are not happy to provide this then please select 'Exit the questionnaire'."}

ANALYSIS:"Parent: Check exit – has said not happy to give month and year of birth for this child"

1. Go back to change your answer [GoTo Chk1P]
2. Exit the questionnaire - NCOOutcome = 43 (refusal), move to STOP queue so that TU can phone. Make Exit1P empty after NCOOutcome = 43.
NO DK/NO REF

Demographics

TS2: [SET TIME STAMP HERE]

{if Age2023 = 8-16 AND {Chk1P = 1}}

DoBP

“Next, we’d like to ask some questions about you and your household. What was the month and year you were born?”

Enter date as MM/YYYY. For example, if you were born on 15th June 1990, {if MODE=WEB:”please enter ‘06’ for the month and ‘1990’ for the year.”} {if MODE=TEL: “this would be ‘06’ for the month and ‘1990’ for the year.”}

Enter month (MM):

Enter year (YYYY):”

ANALYSIS:”Parent: year and month of parent’s birth”

Formatt: mm/yyyy

HARD CHECK: If answer provided is in the future: “You have entered a date in the future. Please check and amend.”

HARD CHECK: If answer provided is anything from 2008 - 2023: “This would mean you are less than 16 years old. Please check and amend.”

{if DoBP = DK/REF}

AgeP

“What is your age?”

ANALYSIS:”Parent: Age of parent”

Range: 16...110

HARD CHECK: If answer provided is greater than 100: “This would mean you are over 100 years old. Please check and amend.”

{ASK ALL}

GenderP

“And are you...”

G_ReadOut_II1

ANALYSIS:”Parent: Gender of parent”

1. Male
2. Female
3. Other
4. Prefer not to answer

{ASK ALL}

NumAdultP

“How many people in your household are aged 18 and over?”

Please include yourself in the calculation.”

ANALYSIS:”Parent: Number of adults in household”

Range: 1...14

HELP: What does household mean?: "By household we mean the people that you are currently living with."

{ASK ALL}

NumChildP

"How many people in your household are aged 17 or under?"

ANALYSIS:"Parent: Number of children (aged under 18) in household"

Range: 1...14

{if NumAdultP<>DK/REF OR NumChildP<>DK/REF}

NumCheckP

"You have told us that *{if NumAdultP+NumChildP > 1: "people live here"; if NumAdultP+NumChildP = 1: "person lives here"}*, including yourself. Is that correct?"

ANALYSIS:"Parent: Number of people check"

1. Yes
 2. No – go back to change answers [GoTo NumAdultP]
- NO DK/NO REF

{IF NumAdultP > 1}

CoupleStatusP

"Are you living with someone in this household as a couple?"

ANALYSIS:"Parent: Whether living with someone in household as a couple"

1. Yes
2. No

{ASK ALL}

TenureP

"In which of these ways is your accommodation occupied?"

G_ReadOut_II1

ANALYSIS:"Parent: Tenure"

1. Own it outright
2. Buying it with the help of a mortgage/loan
3. Part own and part rent (shared ownership)
4. Rent it from a housing association or local council
5. Rent it from another type of landlord
6. Live here rent-free
7. Squatting

Employment

TS3: [SET TIME STAMP HERE]

{ASK ALL}

EmployStatusP

“Thinking about your current work status, which of these statements best describes your current situation?”

G_ReadOut_II1

ANALYSIS:“Parent: Employment status”

1. Self employed
2. In paid employment (full or part time)
3. Unemployed
4. Retired
5. On maternity / paternity leave
6. Looking after family or home
7. Student
8. Long term sick or disabled
9. On a government training scheme
10. Unpaid worker, volunteer or intern
11. Working in an apprenticeship
12. Doing something else

{if CoupleStatusP = 1}

EmployStatusPartnerP

“And thinking about your partner’s current work status, which of these statements best describes your partner’s current situation?”

G_ReadOut_II1

ANALYSIS:“Parent: Employment status of partner”

1. Self employed
2. In paid employment (full or part time)
3. Unemployed
4. Retired
5. On maternity / paternity leave
6. Looking after family or home
7. Student
8. Long term sick or disabled
9. On a government training scheme
10. Unpaid worker, volunteer or intern
11. Working in an apprenticeship
12. Doing something else

{if W1 = 1 OR W2 = 1 OR W3 = 1}

SameParP

“Are you the same parent/carer who completed the follow-up survey in {IF W1 = 1 AND W2 = 0 AND W3 = 0 “July 2020?”} {IF W2 = 1 AND W3 = 0 “March 2021?”} {IF W3 = 1 “April 2022?”}”

ANALYSIS:“Parent: Whether same parent/carer who completed wave 1 or wave 2 survey”

1. Yes
2. No
3. Don’t know

NO DK/REF

{if SameParP = 2 or 3}

RToChildP

“What is your relationship to {first_name} {last_name}?”

G_ReadOut_II1

ANALYSIS:“Parent: Relationship to the child”

1. Parent
2. Step parent
3. Grandparent or other close family member
4. Guardian or other

{ASK ALL}

NickNameP

{if MODE=WEB: “If {first_name} goes by a different name, please type it in here. We will use this to refer to them throughout the questionnaire.”}

{if MODE=TEL: “Does {first_name} go by a different name? Please let me know if so and I will use this to refer to them throughout the questionnaire instead.”}

INTERVIEWER: Type in the nickname and this will be used throughout the questionnaire instead.”}

ANALYSIS:“Parent: Nickname of child”

OPEN

1. {first_name} does not go by a different name
- NO DK / NO REF

Strengths and Difficulties

TS4: [SET TIME STAMP HERE]

{ASK ALL}

SDQIntroP

“The next set of questions will ask about {if NickNameP=RESPONSE: “NicknameP”, else:“first_name”}'s strengths and difficulties.

Please answer every question even if you are not 100% sure that your answer is right.”

ANALYSIS:“Parent: Strengths and difficulties introduction”

{ASK ALL}

SDQP [COLLAPSIBLE GRID QUESTION: ONE PAGE]

“How well does each statement describe how {if NickNameP=RESPONSE: “NicknameP”, else:“first_name”} has been over the last 6 months?”

G_Collapsible_Grid_II1”

ANALYSIS:“Parent: SDQ statements”

GRID ROWS:

1. Considerate of other people's feelings
2. Restless, overactive, cannot stay still for long
3. Often complains of headaches, stomach aches or sickness
4. Shares readily with other children, for example toys, treats, pencils
5. Often has temper tantrums or hot tempers

GRID COLS:

1. Not true
2. Somewhat true
3. Certainly true

VARNAME1: SDQP1
VARNAME2: SDQP2
VARNAME3: SDQP3
VARNAME4: SDQP4
VARNAME5: SDQP5

{ASK ALL}

SDQP2 [COLLAPSIBLE GRID QUESTION: ONE PAGE]

“How well does each statement describe how {if NickNameP=RESPONSE: “NicknameP”, else:“first_name”} has been over the last 6 months?”

G_Collapsible_Grid_II1”

ANALYSIS:“Parent: SDQ statements”

GRID ROWS:

1. Rather solitary, tends to play alone
2. Generally well behaved, usually does what adults request
3. Many worries or often seems worried
4. Helpful if someone is hurt, upset or feeling ill
5. Constantly fidgeting or squirming

GRID COLS:

1. Not true
2. Somewhat true
3. Certainly true

VARNAME1: SDQP6
VARNAME2: SDQP7
VARNAME3: SDQP8
VARNAME4: SDQP9
VARNAME5: SDQP10

{ASK ALL}

SDQP3 [COLLAPSIBLE GRID QUESTION: ONE PAGE]

“How well does each statement describe how {if NickNameP=RESPONSE: “NicknameP”, else:“first_name”} has been over the last 6 months?”

G_Collapsible_Grid_II1”

ANALYSIS:“Parent: SDQ statements”

GRID ROWS:

1. Has at least one good friend
2. Often fights with other children or bullies them
3. Often unhappy, down-hearted or tearful
4. Generally liked by other children
5. Easily distracted, his/her concentration wanders”

GRID COLS:

1. Not true
2. Somewhat true
3. Certainly true

VARNAME1: SDQP11
VARNAME2: SDQP12
VARNAME3: SDQP13
VARNAME4: SDQP14
VARNAME5: SDQP15

{ASK ALL}

SDQP4 [COLLAPSIBLE GRID QUESTION: ONE PAGE]

“How well does each statement describe how {if NickNameP=RESPONSE: “NicknameP”, else:”first_name”} has been over the last 6 months?”

G_Collapsible_Grid_II1”

ANALYSIS:”Parent: SDQ statements”

GRID ROWS:

1. Nervous or clingy in new situations, easily loses confidence
2. Kind to younger children
3. Often lies or cheats
4. Picked on or bullied by other children
5. Often offers to help others (parents, teachers, children)

GRID COLS:

1. Not true
2. Somewhat true
3. Certainly true

VARNAME1: SDQP16
VARNAME2: SDQP17
VARNAME3: SDQP18
VARNAME4: SDQP19
VARNAME5: SDQP20

{ASK ALL}

SDQP5 [COLLAPSIBLE GRID QUESTION: ONE PAGE]

“How well does each statement describe how {if NickNameP=RESPONSE: “NicknameP”, else:”first_name”} has been over the last 6 months?”

G_Collapsible_Grid_II1”

ANALYSIS:”Parent: SDQ statements”

GRID ROWS:

1. Thinks things out before acting
2. Steals from home, school or elsewhere
3. Gets on better with adults than with other children

4. Many fears, easily scared
5. Sees tasks through to the end, good attention span

GRID COLS:

1. Not true
2. Somewhat true
3. Certainly true

VARNAME1: SDQP21
VARNAME2: SDQP22
VARNAME3: SDQP23
VARNAME4: SDQP24
VARNAME5: SDQP25

{ASK ALL}

SDQ26P

“Overall, do you think that {if NickNameP=RESPONSE: “NicknameP”, else:“first_name”} has difficulties in one or more of the following areas:

Emotions, concentration, behaviour or getting on with other people?

G_ReadOut_II1”

ANALYSIS:”Parent: SDQ – whether has difficulties”

1. No
2. Yes: minor difficulties
3. Yes: definite difficulties
4. Yes: severe difficulties

{ASK IF: SDQ26P >= 2}

SDQ27P

“How long have these difficulties been present?

G_ReadOut_II1”

ANALYSIS:”Parent: SDQ – how long difficulties have been present”

1. Less than a month
2. One to five months
3. Six to twelve months
4. Over a year

{ASK IF SDQ26P >= 2}

SDQ28P

“Do the difficulties upset or distress {if NickNameP=RESPONSE: “NicknameP”, else:“first_name”}?”

G_ReadOut_II1”

ANALYSIS:”Parent: SDQ – whether difficulties upset or distress child”

1. Not at all
2. Only a little

3. Quite a lot
4. A great deal

{ASK IF: SDQ26P >= 2}

SDQDiffP [COLLAPSIBLE GRID QUESTION: ONE PAGE]

“Do the difficulties interfere with {if NickNameP=RESPONSE: “NicknameP”, else:“first_name”}'s everyday life in the following areas...”

G_Collapsible_Grid_II1”

ANALYSIS:“Parent: SDQ impact statements”

GRID ROWS:

1. Home life
2. Friendships
3. Classroom learning
4. Leisure activities

GRID COLS:

1. Not at all
2. Only a little
3. Quite a lot
4. A great deal

VARNAME1: SDQDiffPHome

VARNAME2: SDQDiffPFriends

VARNAME3: SDQDiffPLearn

VARNAME4: SDQDiffPLeisure

{ASK IF SDQ26P >= 2}

SDQ33P

“Do the difficulties put a burden on you or the family as a whole?”

G_ReadOut_II1”

ANALYSIS:“Parent: SDQ – whether difficulties put a burden on parent or family as a whole”

1. Not at all
2. Only a little
3. Quite a lot
4. A great deal

Self-harm

TS5: [SET TIME STAMP HERE]

{ASK ALL}

SHIntroP

“The next questions are about your child harming themselves on purpose, for example by taking an overdose of pills or other medication, cutting themselves, or injuring themselves in some other way.”

ANALYSIS: “Parent: Self harm introduction”

DISPLAY

{ASK ALL}

SelfHarmTalkP

"In the last 4 weeks, did your child talk about harming themselves?"

ANALYSIS:"Parent: Child talking about self-harm in last 4 weeks"

1. Yes
2. No

{ASK ALL}

SelfHarmTryP

"In the last 4 weeks, did your child try to harm themselves?"

ANALYSIS:"Parent: Child trying to self-harm in last 4 weeks"

1. Yes
2. No

{ASK ALL}

SelfHarmEverP

"Over the whole of their lifetime, has your child ever tried to harm themselves?"

ANALYSIS:"Parent: Child ever self-harmed in lifetime"

1. Yes
2. No

{ASK ALL}

OrganisationsP2

"Thank you for answering these questions. {if MODE=WEB: "If you need any support please refer to the list of organisations in the accompanying leaflet or you can visit www.natcen.ac.uk/NSHW. The charity Young Minds provides a helpline for parents and carers which is free on 0808 802 5544 and is open from 9:30am - 4pm, Monday - Friday. The NSPCC provides advice on self-harm for parents and carers here:

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/self-harm/>"}

{if MODE=TEL: "If you need any support you can refer to the list of organisations in the back of your information leaflet. If you would like to talk to someone the charity Young Minds provides a helpline for parents and carers which is free on 0808 802 5544 and is open from 9:30am - 4pm, Monday – Friday. The NSPCC website also provides advice on self-harm for parents and carers. INTERVIEWER: IF ASKED FOR LINK READ OUT:

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/self-harm/>}

Please click 'NEXT' to continue."

ANALYSIS:"Parent: Support for self-harm"

DISPLAY

General Health Questionnaire (GHQ-12)

TS6: [SET TIME STAMP HERE]

{ASK ALL}

GHQIntroP

"The next questions are about how your health has been in general over the

past few weeks. {if MODE=WEB: "Please answer all the questions by selecting the answer which describes how you have been feeling."}; {if MODE=TEL: "Please tell me the answer which describes how you have been feeling."}

ANALYSIS:"Parent: General health questionnaire introduction"

DISPLAY

{ASK ALL}

GHQ1P

"Have you recently been able to concentrate on whatever you're doing?"

G_ReadOut_II1

ANALYSIS:"Parent: GHQ1"

1. Better than usual
2. Same as usual
3. Less than usual
4. Much less than usual

{ASK ALL}

GHQ2P

"Have you recently lost much sleep over worry?"

G_ReadOut_II1

ANALYSIS:"Parent: GHQ2"

1. Not at all
2. No more than usual
3. Rather more than usual
4. Much more than usual

{ASK ALL}

GHQ3P

"Have you recently felt that you are playing a useful part in things?"

G_ReadOut_II1

ANALYSIS:"Parent: GHQ3"

1. More so than usual
2. Same as usual
3. Less so than usual
4. Much less than usual

{ASK ALL}

GHQ4P

“Have you recently felt capable of making decisions about things?”

G_ReadOut_II1

ANALYSIS:“Parent: GHQ4”

1. More so than usual
2. Same as usual
3. Less so than usual
4. Much less than usual

{ASK ALL}

GHQ5P

“Have you recently felt constantly under strain?”

G_ReadOut_II1

ANALYSIS:“Parent: GHQ5”

1. Not at all
2. No more than usual
3. Rather more than usual
4. Much more than usual

{ASK ALL}

GHQ6P

“Have you recently felt you couldn't overcome your difficulties?”

G_ReadOut_II1

ANALYSIS:“Parent: GHQ6”

1. Not at all
2. No more than usual
3. Rather more than usual
4. Much more than usual

{ASK ALL}

GHQ7P

“Have you recently been able to enjoy your normal day-to-day activities?”

G_ReadOut_II1

ANALYSIS:“Parent: GHQ7”

1. More so than usual
2. Same as usual
3. Less able than usual
4. Much less able than usual

{ASK ALL}

GHQ8P

“Have you recently been able to face up to your problems?”

G_ReadOut_II1

ANALYSIS:“Parent: GHQ8”

1. More so than usual
2. Same as usual
3. Less able than usual
4. Much less able than usual

{ASK ALL}

GHQ9P

“Have you recently been feeling unhappy and depressed?”

G_ReadOut_II1

ANALYSIS:“Parent: GHQ9”

1. Not at all
2. No more than usual
3. Rather more than usual
4. Much more than usual

{ASK ALL}

GHQ10P

“Have you recently been losing confidence in yourself?”

G_ReadOut_II1

ANALYSIS:“Parent: GHQ10”

1. Not at all
2. No more than usual
3. Rather more than usual
4. Much more than usual

{ASK ALL}

GHQ11P

“Have you recently been thinking of yourself as a worthless person?”

G_ReadOut_II1

ANALYSIS:“Parent: GHQ11”

1. Not at all
2. No more than usual
3. Rather more than usual
4. Much more than usual

{ASK ALL}

GHQ12P

“Have you recently been feeling reasonably happy, all things considered?”

G_ReadOut_II1

ANALYSIS:“Parent: GHQ12”

1. More so than usual
2. Same as usual
3. Less so than usual
4. Much less than usual

{ASK ALL}

LonelyP

“How often do you feel lonely?”

G_ReadOut_II1

ANALYSIS:“Parent: How often feels lonely”

1. Often or always
2. Some of the time
3. Occasionally
4. Hardly ever
5. Never

{ASK ALL }

LonelyHelpP

“Thank you for answering these questions. {if MODE=WEB: “If you need any support please refer to the list of organisations in the accompanying leaflet or you can visit [www.natcen.ac.uk/NSHW](http://www.natcen.ac.uk/NSHW.”} {if MODE=TEL: “If you need any support you can refer to the list of organisations in the back of your information leaflet. These organisations are also listed on our website. INTERVIEWER: IF ASKED FOR LINK READ OUT: 'you can visit <a href=).' : {if MODE=TEL: “INTERVIEWER:} Please click 'NEXT' to continue.”}

Family functioning

TS7: [SET TIME STAMP HERE]

{ASK ALL}

FamFuncP [COLLAPSIBLE GRID QUESTION: ONE PAGE]

“The next question is about how your family gets on together.

How much would you agree or disagree with the following statements:”

G_Collapsible_Grid_II1”

ANALYSIS:“Parent: Family function statements”

GRID ROWS:

1. We avoid discussing our fears and concerns
2. There is lots of bad feeling in the family
3. We feel accepted for what we are

4. We confide in each other

GRID COLS:

1. Strongly agree
2. Agree
3. Disagree
4. Strongly disagree

VARNAME1: FamFuncPAvoid

VARNAME2: FamFuncPBad

VARNAME3: FamFuncPAccepted

VARNAME4: FamFuncPConfide

{if NumAdultP>1}

ArgueP

“When the adults in the house get into arguments with each other, the children may see or hear what is going on. Has {if NickNameP=RESPONSE: “NicknameP”, else:”first_name”} seen or heard one of these arguments?”

ANALYSIS:“Parent: Whether child has seen or heard arguments”

1. Yes
2. No
3. Don’t know
4. Prefer not to answer

{ASK ALL}

CarerP

“{if Age2022=16: “Apart from anything {if NickNameP=RESPONSE: “NicknameP”, else:”first_name”} does as part of paid employment, does {if Gender=1: “he”, Gender=2: “she”}, if Age2022=7-15: “Does {if NickNameP=RESPONSE: “NicknameP”, else:”first_name”} look after, or give any regular help or support to family members, friends, neighbours or others because of either long-term physical ill-health, mental ill-health, disability; or problems related to old age?”

ANALYSIS:“Parent: Whether child has any caring responsibilities”

1. Yes
2. No

{If CarerP=1}

CarerHoursP

“How many hours a week, on average, does {first_name} spend doing this?”

ANALYSIS:“Parent: Average number of hours a week child spends on caring responsibilities”

1. Less than one hour
2. 1-4 hours
3. 5-9 hours
4. 10-19 hours
5. 20-34 hours
6. 35-49 hours
7. 50 hours or more

Service contact

TS8: [SET TIME STAMP HERE]

{ASK ALL}

SCIntroP

“The next questions ask about {if NickNameP=RESPONSE: “NicknameP”, else:”first_name”}’s contact with any professional services or sources of support.”

ANALYSIS:”Parent: Introduction to Service Contact questions”

DISPLAY

{ASK ALL}

ConcernP

“Since {textfill year ago date}, have you had any concerns or worries about {if NickNameP=RESPONSE: “NicknameP”, else:”first_name”}’s mental health, or emotional, behavioural or concentration problems?”

ANALYSIS:”Parent: Whether had any concerns or worries about child’s mental health, or emotional, behavioural or concentration problems in past year”

1. Yes
2. No

{if ConcernP = 1}

SeekHelpP

“Since {textfill year ago date}, have you sought help or advice for this concern?”

ANALYSIS:”Parent: Whether sought help or advice for concern”

1. Yes
2. No

{if SeekHelpP = 2}

SeekHelpNoP

“Why did you decide not to seek help or advice?”

G_Multi_II1”

ANALYSIS:”Parent: Reason(s) why did not seek help or advice”

1. Did not think problem was serious enough
2. Did not think services could help
3. Did not know who to approach/contact
4. Did not think help was available due to the pandemic
5. Did not want child to be seen due to worries about catching coronavirus (COVID-19)
6. Already receiving help or advice for this concern
7. Other (please specify)

{ASK ALL}

InformalContactP

“Since {textfill year ago date}, have you or {if NickNameP=RESPONSE: “NicknameP”, else:”first_name”} sought help or advice from any of the following sources or people because of worries about {if NickNameP=RESPONSE: “NicknameP”, else:”first_name”}’s mental health or emotional, behavioural or concentration problems?”

G_Multi_II1”

ANALYSIS:"Parent: Whether sought help or advice from informal contacts about child's mental health in past year"

1. Someone in your family or a close friend
2. NHS or Government internet websites such as Every Mind Matters
3. Internet websites run by charities such as Young Minds, Mind
4. Online sources such as online chat, blogs, social media platforms (e.g. Instagram, Twitter) or other online communities or self-help groups
5. Telephone help lines (for example, Samaritans, NHS 111, Mind)
6. Text chat mental health support, such as Young Minds Textline
7. Groups in your community, such as support groups run by charities or other organisations
8. None of the above [EXCLUSIVE CODE]

{ASK ALL}

ServiceContactP

"Since {textfill year ago date}, have you or {if NickNameP=RESPONSE: "NicknameP", else:"first_name"} been in contact with any of the following people or services because of worries about {if NickNameP=RESPONSE: "NicknameP", else:"first_name"}'s mental health or emotional, behavioural or concentration problems?"

G_Multi_II1"

ANALYSIS:"Parent: Whether been in contact with services about child's mental health in past year"

1. A teacher (for example, form teacher, head of year)
2. Someone from school-based mental health support services (for example, school counsellor or someone from a school Mental Health Support Team)
3. Someone working in educational support services (for example, an educational psychologist or external specialist teacher)
4. Someone from primary health care (for example, a GP, practice nurse or school nurse)
5. Someone from Child and Adolescent Mental Health Services (CAMHS) (for example, child psychologist or psychiatrist, child mental health nurse, or family therapist)
6. Someone specialising in children's physical health (for example, a hospital or community paediatrician, or occupational therapist)
7. Someone from social care (for example, a social worker or family support worker)
8. A private, paid for service (for example, a private child psychiatrist, psychologist, therapist or counsellor)
9. Accident and Emergency or an Emergency Department
10. Other (please specify)
11. No contact with any professional/service [EXCLUSIVE CODE]

{ASK ALL}

WaitingListP

"At any point during the past year (since {textfill year ago date}), has your child been on a waiting list for assessment or treatment for a mental health concern?"

ANALYSIS:"Parent: Waiting list for treatment"

1. Yes, my child is currently on a waiting list

2. Yes, my child was on a waiting list but is no longer waiting for assessment or treatment
3. No

{if WaitingListP = 1 or 2}

WaitingListTimeP

{If WaitingListP = 2 “How long was your child on a waiting list?”}

{If WaitingListP = 1 “How long has your child been on a waiting list so far?”}

ANALYSIS:“Parent: how long on waiting list”

1. Less than a month
2. 1 to 2 months
3. 3 to 5 months
4. 6 to 12 months
5. More than a year

{if WaitingListP = 1 or 2}

WaitingListCrisisP

{If WaitingListP = 2 “Did you seek mental health support from any of the following whilst your child was on a waiting list?”}

{If WaitingListP = 1 “Have you sought mental health support from any of the following whilst your child has been on a waiting list?”}

ANALYSIS:“Parent: Sought emergency or crisis mental health support”

1. Yes, emergency or crisis mental health support
2. Yes, private mental health support
3. Yes, other service or source of help
4. No

{if WaitingListP =1 or 2}

WaitingListSupportP

{If WaitingListP = 2 “How well supported by services or professionals did you and your child feel during the time your child was on a waiting list?”}

{If WaitingListP = 1 “How well supported by services or professionals have you and your child felt during the time your child has been on a waiting list?”}

ANALYSIS:“Parent: How well support during time on waiting list”

1. Very well supported
2. Quite well supported
3. Neither supported nor unsupported
4. Not very supported
5. Not at all supported

{ASK ALL}

MedicationP

“Since {textfill year ago date} has {if NickNameP=RESPONSE: “NicknameP”, else:“first_name”} been prescribed any medication for a mental health or emotional, behavioural or concentration problem?”

ANALYSIS:“Parent: Whether child was taking any medication for mental health problem in past year”

1. Yes

2. No

Physical health of child

TS9: [SET TIME STAMP HERE]

{ASK ALL}

HealthConditionsP

“Does {if NickNameP=RESPONSE: “NicknameP”, else:”first_name”} have any long-term physical health conditions or illnesses lasting or expected to last for 12 months or more? These include conditions such as diabetes, asthma, epilepsy, cerebral palsy, or other health problems.”

ANALYSIS:“Parent: Whether child has any long-term physical health conditions”

1. Yes
2. No
3. Don't know

Education

TS10: [SET TIME STAMP HERE]

{ASK ALL}

EducatedP

“From September 2022, how was {if NickNameP=RESPONSE: “NicknameP”, else:”first_name”} being educated?”

G_ReadOut_II1”

ANALYSIS:“Parent: How child was being educated from September 2022”

1. Registered to attend a 'mainstream' school or college, including for an apprenticeship
2. Registered to attend a special school or college for children and young people with special educational needs or disabilities
3. Registered to attend a Pupil Referral Unit
4. Home educated (i.e. not registered to attend a school, college or other educational institution and in full time home education)
5. Other (please specify)

{If EducatedP<>4}

MissedSchoolDaysP

“Which of the following most closely describes the number of school days that {if NickNameP=RESPONSE: “NicknameP”, else:”first_name”} missed in the Autumn school term of 2022 (September – December 2022)?”

G_ReadOut_II1”

ANALYSIS:“Parent: How many days of school that child missed/did not physically attend in the Autumn term (banded)”

1. None
2. 1-2 days
3. 3-5 days
4. 6-10 days
5. 11-15 days
6. More than 15 days

HELP: What do we mean? : “By this we mean not physically attending school due to personal reasons, such as illness..”

{if MissedSchoolDaysP > 1}

MissedSchIRsnP

“What was the reason(s) for {if NickNameP=RESPONSE: “NicknameP”, else:“first_name”} not attending school? Please select as many as applied during the Autumn term of 2022 (September - December 2022).

ANALYSIS:“Parent: Reason(s) child did not attend school in the Autumn term”

1. Child or someone else in the household is clinically vulnerable and avoiding contact with others
2. Physical illness
3. Child is worried or anxious about attending school
4. Being bullied
5. Anxiety, depression or other mental health concerns
6. Illness or death in the family
7. Exclusion from school (either fixed-term or permanent)
8. Other reason (please specify)

{if MissedSchIRsnP = 4, 5 or 6}

HelplineP

“Thank you for answering these questions during a difficult time. If you are worried about your child, then the charity YoungMinds supports young people’s mental health and has a parent helpline: {if MODE=WEB: “<https://youngminds.org.uk/>”}

{if MODE=TEL:“INTERVIEWER IF ASKED: You can visit <https://youngminds.org.uk/> or call **0808 802 5544** (Monday to Friday 9.30am – 4pm).}

If you need help with bereavement, then the charity Cruse can offer support. You can visit their website at <https://www.cruse.org.uk/> for more information.

Please click ‘NEXT’ to continue.”

ANALYSIS:“Parent: YoungMinds and Cruse helpline”

DISPLAY

{ASK ALL}

ExcludeP

Has your child ever been suspended or excluded from school or college?

HELP: What do we mean? : “By this we mean a fixed-period exclusion (suspension) or a permanent exclusion.”

1. Yes
2. No

{If ExcludeP = 1 Yes}

ExcludeFreqP

How many times has your child been suspended or excluded?

1. Once
2. Twice
3. Three times or more

{if ExcludeP = 1 Yes}

ExcludeLastP

When was your child last suspended or excluded from school or college?

1. In the last 12 months
2. In the last 2 to 3 years
3. 4 or more years ago

{ASK ALL}

SchMealsP

Does {if NickNameP=RESPONSE: "NicknameP", else:"first_name"} receive free school meals or vouchers for free school meals?"

ANALYSIS:"Parent: Whether child receives free school meals"

1. Yes
2. No

{ASK ALL}

ParentSNP

"Does {if NickNameP=RESPONSE: "NicknameP", else:"first_name"} have special educational needs or disabilities (SEND)?"

ANALYSIS:"Parent: Whether child has special educational needs or disabilities"

1. Yes
2. No

{if ParentSNP = 1}

ParentEHCP

"Does {if NickNameP=RESPONSE: "NicknameP", else:"first_name"} have an Education, Health and Care (EHC) Needs plan?"

ANALYSIS:"Parent: Whether child has an Education, Health and Care Needs plan"

1. Yes
2. No

{if ParentSNP = 1}

SNAreaP

"Which areas are these special needs related to?"

G_Multi_II1"

ANALYSIS:"Parent: Areas that child's special needs relate to"

1. Difficulties with speech, language and/or communication (difficulties that make it hard for them to understand language or communicate effectively)
2. Learning difficulties (learning at a slower pace, which may be for everything or just for some skills such as reading/writing/maths, and/or difficulties with memory and/or organisation)
3. Social, emotional and mental health (difficulties with emotions, behaviour, concentration or getting along with people that get in the way of learning or coping at school)
4. Sensory and/or physical (difficulties with vision or hearing and/or physical ill health that gets in the way of learning or coping at school)

{if ParentSNP = 1}

SNSupportP

In terms of your child's special educational needs and disabilities, how well supported do you feel by services or professionals?

1. Very well supported
2. Quite well supported
3. Neither supported nor unsupported
4. Not very well supported
5. Not at all supported

Household circumstances and changes

TS11: [SET TIME STAMP HERE]

{ASK ALL}

ChangesP

"In the past year, since {textfill year ago date} has your household experienced any of the following changes?"

G_Multi_II1"

ANALYSIS:"Parent: Changes household has experienced in the past year"

1. You *{if CoupleStatusP=1: "or your partner"}* have lost your job or business
2. Reduction in household income
3. Fallen behind with bills, rent or mortgage
4. Could not afford to buy enough food, or had to use a food bank
5. Could not afford to keep your home warm enough
6. You have lost your home or become homeless
7. Either you or somebody close to you is or was seriously ill
8. None of the above [EXCLUSIVE CODE]

{ASK ALL}

LivingP

To what extent do you agree or disagree with the following statements about your current situation?

G_Collapsible_Grid_II1

ANALYSIS:"Parent: Cost of living statements"

GRID ROWS:

1. I am worried about money
2. I can afford to give my child a healthy balanced diet (A balanced diet includes fruit, vegetables, pulses, meat or fish, starchy foods such as pasta or rice and dairy)
3. I can afford to buy my child the right clothes, shoes and equipment for school or college
4. I can afford for my child to take part in activities outside of school or college such as family days out, swimming or other hobbies
5. I can afford and have access to transport to take my child where we need to go

GRID COLUMNS:

1. Strongly agree
2. Agree

3. Neither agree nor disagree
4. Disagree
5. Strongly disagree
6. Prefer not to say

VARNAME1 – LivingPMoney

VARNAME2 – LivingPDiet

VARNAME3 – LivingPClothes

VARNAME4 – LivingPActivity

VARNAME5 – LivingPTransport

{if ChangesP<>8}

OrganisationsP

“Thank you for answering these questions. {if MODE=WEB: “If you need any support please refer to the list of organisations in the accompanying leaflet. If you would like to talk to someone, you can call Samaritans for free on 116 123. The helpline is open 24 hours every day.” {if MODE=TEL: “If you need any support you can refer to the list of organisations in the back of your information leaflet. If you would like to talk to someone you can call the charity Samaritans for free. INTERVIEWER If asked: the number is 116 123 and the helpline is open 24 hours every day.”}}

Please click ‘NEXT’ to continue.”

ANALYSIS:“Parent: Samaritans helpline”

DISPLAY

{ASK ALL}

ChildSupportP [COLLAPSIBLE GRID QUESTION: ONE PAGE]

The following questions now ask about the people {if NickNameP=RESPONSE:

“NicknameP”, else:“first_name”} can turn to for support since {textfill year ago date}.

{if MODE=WEB: “Please choose the box that best reflects how strongly you agree with each statement.”}

{if MODE=TEL: “Please tell me the answer that best reflects how strongly you agree with each statement.”}

G_Collapsible_Grid_II1”

ANALYSIS:“Parent: Whether child has access to support”

GRID ROWS:

{if NickNameP=RESPONSE: “NicknameP”, else:“first_name”} has access to at least one friend they can turn to for support

{if NickNameP=RESPONSE: “NicknameP”, else:“first_name”} has access to one adult at school they can turn to for support

{if NickNameP=RESPONSE: “NicknameP”, else:“first_name”} has access to one family member outside of the home they can turn to for support

GRID COLUMNS:

Strongly agree

Agree

Neither agree nor disagree

Disagree
Strongly disagree

HELP: What does having access to support mean?: "By having access to support, we mean that if {if NickNameP=RESPONSE: "NicknameP", else:"first_name"} needed support, they would be able to get in touch with and receive support from that person using any method. For example by email, by text message, by phone call or in person."

VARNAME1: ChildSupportFrnd
VARNAME2: ChildSupportASchl
VARNAME3: ChildSupportFam

Eating, Sleeping and Activities

TS12: [SET TIME STAMP HERE]

{ASK ALL}

Eating1P

"The next questions are about how {if NickNameP=RESPONSE: "NicknameP", else:"first_name"} feels about {if Gender=1: "his", Gender=2: "her"} body shape and eating.

Has {if NickNameP=RESPONSE: "NicknameP", else:"first_name"} ever thought {if Gender=1: "he", Gender=2: "she"} was fat even when other people said {if Gender=1: "he", Gender=2: "she"} was very thin?"

ANALYSIS:"Parent: Whether child ever thought they were fat when others said they were thin"

1. Yes
2. No

{ASK ALL}

Eating2P

"Would {if NickNameP=RESPONSE: "NicknameP", else:"first_name"} be ashamed if other people knew how much {if Gender=1: "he", Gender=2: "she"} eats?"

ANALYSIS:"Parent: Whether child would be ashamed if others knew how much they eat"

1. Yes
2. No

{ASK ALL}

Eating3P

"Has {if NickNameP=RESPONSE: "NicknameP", else:"first_name"} ever deliberately made {if Gender=1: "himself", Gender=2: "herself"} vomit (throw up)?"

ANALYSIS:"Parent: Whether child has ever made themselves throw up"

1. Yes
2. No

{ASK ALL}

Eating4P

"Do worries about eating (such as what to eat? Where to eat? How much to eat?) really

interfere with {if NickNameP=RESPONSE: "NicknameP", else:"first_name"}'s life?"
ANALYSIS:"Parent: Whether worries about eating really interfere with child's life"

1. Yes
2. No

{ASK ALL}

Eating5P

"If {if NickNameP=RESPONSE: "NicknameP", else:"first_name"} eats too much, does {if Gender=1: "he", Gender=2: "she"} blame {if Gender=1: "himself", Gender=2: "herself"} a lot?"

ANALYSIS:"Parent: Whether child blames themselves if they eat a lot"

1. Yes
2. No

{ASK ALL}

BeatP

"If you are worried about your child's eating behaviour, then the charity BEAT supports people who have or are worried they have an eating disorder, as well as others affected, such as friends and family members. {if MODE=TEL: "If asked:"} You can visit their website at <https://www.beateatingdisorders.org.uk/support-services> for more information.

ANALYSIS:"Parent: Beat helpline"

DISPLAY

{ASK ALL}

SleepP [COLLAPSIBLE GRID QUESTION: ONE PAGE]

"On how many nights in the past 7 days, has {if NickNameP=RESPONSE: "NicknameP", else:"first_name"} had any of the following problems with their sleep?"

G_Collapsible_Grid_II1"

ANALYSIS:"Parent: Whether child has had problems sleeping in past 7 days"

GRID ROWS:

1. Problems in getting to sleep
2. Problems with waking in the night
3. Problems with waking up early

GRID COLS:

1. None
2. One night
3. Two nights
4. Three nights
5. Four nights
6. Five nights
7. Six nights
8. Seven nights

VARNAME1: SleepPProbs

VARNAME2: SleepPWakeNight

VARNAME3: SleepPWakeEarly

{ASK ALL}

ActivityP [COLLAPSIBLE GRID QUESTION: ONE PAGE]

“In the past 7 days, how often has {if NickNameP=RESPONSE: “NicknameP”, else:”first_name”} done any of the following?

G_Collapsible_Grid_II1”

ANALYSIS:“Parent: Types of activities child has done in past 7 days”

GRID ROWS:

1. Exercised indoors or outdoors (for example, running, walking, dancing, gymnastics, swimming or cycling)
2. Enjoyed time outdoors in green space (for example, in a park, garden or the coast or countryside)
3. Taken part in any groups, clubs or organisations outside of school time (for example, an after-school club, a sports club, a choir, or a volunteering society)
4. Playing video games on an electronic device
5. Eaten a meal together with family
6. Spent time with the rest of the family (for example, watching films or TV together, having a conversation, or doing an activity)

GRID COLS:

1. Not at all
2. On one day
3. On two days
4. On three days
5. On four days
6. On five days
7. On six days
8. On seven days

VARNAME1: ActivityPExercise

VARNAME2: ActivityPOutside

VARNAME3: ActivityPGroups

VARNAME4: ActivityPPlay

VARNAME5: ActivityPEat

VARNAME6: ActivityPTime

Consents

TS13: [SET TIME STAMP HERE]

{ASK ALL}

DLConsentP

“We would like to link your responses to this survey to other data held about {if NickNameP=RESPONSE: “NicknameP”, else:”first_name”} by NHS England, Department for Education and the Office for National Statistics. This includes information that NHS England and the Office for National Statistics maintain on {if NickNameP=RESPONSE: “NicknameP”,

else:"first_name"}'s NHS health record including in-patient/out-patient care, primary care, diagnostic care, mental health, cancer and records for when and the reason why people pass away. The Department for Education maintain information on {if NickNameP=RESPONSE: "NicknameP", else:"first_name"}'s education record including educational achievement, absence, exclusions and special educational needs.

To link this information, we will need to send {if NickNameP=RESPONSE: "NicknameP", else:"first_name"}'s name, address and date of birth to the organisation that owns the data so that they can identify {if NickNameP=RESPONSE: "NicknameP", else:"first_name"}'s record. This linkage allows research into how a person's lifestyle and experiences can have an impact on their future health and education. By doing so, we can create evidence to inform decisions to improve services and policies which affect all children and families in England. {if NickNameP=RESPONSE: "NicknameP", else:"first_name"} will not be identified in any research, which will be carried out under strict privacy and confidentiality rules. You can cancel this permission at any time in the future by contacting NHS England, you do not need to give a reason why.

You can contact NHS England either by emailing enquiries@nhsdigital.nhs.uk, or by telephoning 0300 303 5678. These contact details are also in the accompanying leaflet.

G_Multi_II1"

ANALYSIS:"Parent: Consent to data linkage"

1. I agree to linkage to data held by NHS England and the Office for National Statistics
2. I agree to linkage to data held by the Department for Education
3. I do not agree to linkage [EXCLUSIVE CODE]

NO DK/NO REF

{ASK ALL}

FutConsentP

"In the future, NatCen, ONS or NHS England may want to contact you about further research about your/your child's mental health and wellbeing. Would you be willing to be contacted again in the future? If you are invited to take part in any future studies you will be free to refuse if you do not want to take part. You can cancel this permission at any time by contacting NHS England either by emailing enquiries@nhsdigital.nhs.uk, or by telephoning 0300 303 5678."

G_ReadOut_II1"

ANALYSIS:"Parent: Consent to future research"

1. Yes
2. No
3. Yes (in certain circumstances) – please specify at next question

NO DK/NO REF

{IF FutConsentP = 3}

FutConsentCircP

"What would your conditions be for being contacted again in the future?"

G_Multi_II1"

ANALYSIS:"Parent: Conditions for being contacted again in the future"

1. Contact household beforehand
2. Only at a convenient time
3. Don't want to answer other types of question

**{IF (SCREEN POSITIVE OR SELECTED SCREEN NEGATIVE) AND (Age2023 = 11-16)}
EatConsentP**

Thank you for answering the questions so far.

You have also been selected to take part in the second stage of the study. This involves answering some further questions online at the end of this questionnaire that are about your child's feelings about eating, their eating behaviours and any concerns you might have. This also includes questions about your child's height and weight, how your child might have been feeling or acting recently, and for girls' questions about their menstrual cycle. Your responses will be analysed by researchers at the University of Cambridge and will be combined with the responses you have provided already. The responses shared with researchers at the University of Cambridge will be anonymised, names and contact details will not be shared.

You will receive an additional £10 shopping voucher to thank you for your time. This means that if you complete the second stage of the study you will receive a £20 shopping voucher in total.

The second stage of the study should take you around 20 minutes to complete. You don't have to complete the whole survey in one go – any progress you make will be saved and you can start where you left off when you next log in.

Your child may also be selected to take part in the second stage of the study at the end of their questionnaire, if we have your permission.

Are you willing for yourself and your child (if they are selected) to take part in the second stage of the study? Please choose the answer below.

1. I'm happy for myself and my child to take part
2. I'm only happy for myself to take part and not my child
3. I do not want to take part but my child can, if they are selected
4. I do not want either myself or my child to take part

**{IF MODE = WEB and Age2023 = 16 and EatConsentP = 1 or 2}
EatConsentFU_16P**

"Please confirm that you have discussed taking part in the second stage of the study with {first_name} and that {first_name} is happy for you to take part."

1. My child is happy for me to take part
2. My child is not happy for me to take part

NODK/NOREF

HELP: Why are we asking this?: "Now that your child is older, we would like them to give their permission for you both to take part as the study is about their health and wellbeing. Therefore, we would like you to discuss taking part with them."

**{If EatConsentFU_16P = 2}
ConsentChkEat_16P**

if MODE=WEB: "Please ensure that {first_name} is happy for you to take part in your own questionnaire. If {first_name} is not happy for you to take part, then please continue with the final questions in this questionnaire."

ANALYSIS: "Parent: Ensure that 16 year old child is happy for parent to take part in second stage"

1. Go back to change your answer [GoTo EatConsentFU_16P]
2. My child does not want me to take part, finish this questionnaire
NO DK/NO REF

**{if ((FutConsentP = 1 OR 3) or (EatConsentP = 1, 2 or 3) and (PhoneComb <> ""))
Tel1ChkP**

{IF (Age2023 = 11-15 and EatConsentP=1 or 2) or (Age2023 = 16 and EatConsentFU_16P = 1): "Thank you. We would like to collect some updated contact details before starting the second stage."}

{IF ConsentChkEat_16P = 2: "Thank you for letting us know. Before you finish your questionnaire we would like to collect some updated contact details."}

So that we can keep in touch it is really important that we have your most up-to-date contact details. Is your preferred telephone number {PhoneComb}?"

1. Yes
2. No

{if ((FutConsentP = 1 OR 3) or (EatConsentP = 1, 2 or 3) and (PhoneComb = EMPTY or Tel1ChkP = 2))

Tel1UpdP

{IF PhoneComb = EMPTY: "It is really important that we have your most up-to-date phone details to contact you on.

We do not currently have a telephone number for you in our records. {IF MODE=WEB: "Please enter"}; {IF MODE=TEL: "Could I take"} your preferred telephone number {IF MODE=TEL: "?"}

{IF Tel1ChkP = 2: "{IF MODE=WEB: "Please enter"}; {IF MODE=TEL: "Could I take"} your correct telephone number" {IF MODE=TEL: "?"}}

INTERVIEWER: READ TELEPHONE NUMBER BACK TO PARTICIPANT AND CONFIRM

OPEN

1. {IF MODE=WEB: "I do"}; {IF MODE=TEL: "Respondent does"} not have a telephone number
2. {IF MODE=WEB: "I do"}; {IF MODE=TEL: "Respondent does"} not wish to give {IF MODE=WEB: "my"/IF MODE=TEL: "their"} telephone number

HARD CHECK: If contains characters other than numbers "Please only use numbers without any additional characters or spaces."

HARD CHECK: If does not contain 10 or 11 digits or does not start with a 0. "Your answer is not a valid telephone number. UK phone numbers start with 0 and are 10 or 11 digits. Please check and amend."

{IF (FutConsentP = 1 OR 3) or (EatConsentP = 1, 2 or 3) AND (PhoneComb2 <> "") AND (Tel1UpdP <> 1 or 2)}

Tel2Chk1P

“And is your other phone number {PhoneComb2}?”

1. Yes
2. No

{IF (FutConsentP = 1 OR 3) or (EatConsentP = 1, 2 or 3) AND (PhoneComb2= EMPTY) AND (Tel1UpdP <> 1 or 2)} Tel2Chk2P

“And do you have another phone number we could contact you on?”

1. Yes
2. No

{IF Tel2Chk1P = 2 OR Tel2Chk2P = 1}

Tel2UpdP

{IF Tel2Chk2P = 1 {IF MODE=WEB: “Please enter”}; {IF MODE=TEL: “Could I take”} your other phone number {IF MODE=TEL: “?”}}

{IF Tel2Chk1P = 2 {IF MODE=WEB: “Please enter”}; {IF MODE=TEL: “Could I take”} your correct other phone number {IF MODE=TEL: “?”}}

INTERVIEWER: READ PHONE NUMBER BACK TO PARTICIPANT AND CONFIRM

OPEN

1. {IF MODE=WEB: “I do”}; {IF MODE=TEL: “Respondent does”} not have another phone number
2. {IF MODE=WEB: “I do”}; {IF MODE=TEL: “Respondent does”} not wish to give {IF MODE=WEB: “my”/IF MODE=TEL: “their”} other phone number

HARD CHECK: If contains characters other than numbers “Please only use numbers without any additional characters or spaces.”

HARD CHECK: If does not contain 10 or 11 digits or does not start with a 0. “Your answer is not a valid telephone number. UK phone numbers start with 0 and are 10 or 11 digits. Please check and amend.”

{if (FutConsentP = 1 OR 3) or (EatConsentP = 1, 2 or 3) AND (Email = HAVE ONE)}

EmailChangeP

Is your preferred email address {Email}?

1. Yes
2. No

{if (FutConsentP = 1 OR 3) or (EatConsentP = 1, 2 or 3) AND ((Email = EMPTY) or (EmailChangeP=2))}

EmailUpdP

{IF Email = EMPTY: “We do not currently have an email address for you in our records. {IF MODE=WEB: “Please enter”}; {IF MODE=TEL: “Could I take”} your email address if you have one {IF MODE=TEL: “?”}}

{IF EmailChangeP = 2: “{IF MODE=WEB: “Please enter”}; {IF MODE=TEL: “Could I take”} your correct email address” {IF MODE=TEL: “?”}}

OPEN

{IF MODE=WEB: "Please confirm your email address by typing it in the box below again"} {if MODE=TEL: "INTERVIEWER: Confirm the email address by typing it in the box below again"}

INTERVIEWER: READ EMAIL ADDRESS BACK TO PARTICIPANT AND CONFIRM

OPEN

1. {IF MODE=WEB: "I do"}; {IF MODE=TEL: "Respondent does"} not have an email address
2. {IF MODE=WEB: "I do"}; {IF MODE=TEL: "Respondent does"} not wish to give {IF MODE=WEB: "my"}; {IF MODE=TEL: "their"} e-mail address

HARD CHECK: If answer provided does not include @ or full-stop: "E-mail addresses should contain an @ character and a full stop. Please check and amend."

HARD CHECK: If the two email addresses do not match: "The two email addresses entered do not match. Please check and amend."

Parent eating disorder follow-up

{IF (Age2023 = 11-15 AND EatConsentP = 1 or 2) or (Age2023 = 16 AND EatConsentP = 1 or 2 AND EatConsentFU_16P = 1)}
EatFUIntroP

TS_ED_P1: [SET TIME STAMP HERE]

{ASK ALL}

FollowUpIntroP

Thank you for agreeing to take part in the second stage of the study.

You will be asked a series of questions to explore the experiences of your child's eating behaviours. There are no right or wrong answers. Your responses will remain anonymous and you can withdraw from the study at any point without giving a reason.

At the end of your questionnaire, we will also ask if you are willing for your child to take part in their own questionnaire. They may also be selected to take part in a second stage, if we have your permission. You will be asked about this separately.

DISPLAY

{ASK ALL}

ChldCondP

Does your child have any current health conditions that affect how much they eat and/or their weight or growth?

1. Yes
2. No

{IF ChldCondP = 1}

ChldCondP_Open

Please explain what the health condition is and how it affects how much your child eats and/or their weight or growth.

OPEN

{IF ChldCondP = 1}

ChldSupmentP

Does this health condition mean that your child needs to take any nutritional supplements (such as high calorie or protein drinks) or have a special diet?

1. Yes
2. No

{ASK ALL}

ActiveP

Which of the following best describes how much activity your child does on most days in an ordinary week?

HELP: "By activity we mean anything that makes you breathe faster or feel warmer and includes things like brisk walking, dancing, running, cycling, playing sports."

1. Inactive (less than 30 minutes per day across most weeks)
2. Moderately active (30-60 minutes per day across most weeks)
3. Active (60 minutes or more per day across most weeks)

{ASK ALL}

HeightP

The next few questions are about height and weight. If you don't know the exact answer, an answer that is more or less right is more help to us than no answer at all.

Do you want to answer questions about your child's height in...

1. Centimetres
2. Feet and inches

{IF HeightP = 1 or 2}

HeightP_answer

How tall is {first_name}?

OPEN

Range: 0...7 feet 0...11 inches

0.01...2.44 metres

{IF HeightP_answer = given}

HeightPCor

This height is...

1. Correct (or almost so)
2. A good guess
3. A rough guess
4. I can't give an approximate height

{ASK ALL}

WeightP

Do you want to answer questions about your child's weight in...

1. Kilograms
2. Stones and pounds

{IF WeightP = 1 or 2}

WeightP_answer

How much does {first_name} weigh at present?

OPEN

Range: 1...32 stones 0...13 pounds

1.0...210.0 kilograms

{IF WeightP_answer = given}

WeightPCor

This weight is...

1. Correct (or almost so)
2. A good guess
3. A rough guess
4. I can't give an approximate weight

{ASK ALL}

WeightLowP

What was {first name}'s **lowest weight** in the last 12 months?

FEED FORWARD MEASUREMENT CHOSEN FROM BEFORE

Range: 1...32 stones 0...13 pounds

1.0...210.0 kilograms

{IF WeightLowP = answer given}

WeightLowPCor

This weight is...

1. Correct (or almost so)
2. A good guess
3. A rough guess
4. I can't give an approximate weight

{ASK ALL}

WeightHighP

What was {first_name}'s **highest weight** ever?

FEED FORWARD MEASUREMENT CHOSEN FROM BEFORE

Range: 1...32 stones 0...13 pounds

1.0...210.0 kilograms

{IF WeightHighP = answer given}

WeightHighPCor

This weight is...

1. Correct (or almost so)
2. A good guess
3. A rough guess
4. I can't give an approximate weight

{ASK ALL}

DescribeP

At present, how would you describe {first_name}?

1. Very thin
2. Thin
3. Average
4. Plump
5. Fat

{IF DescribeP = 3}

DescribeAvgP

Comparing how {first_name} is this year with how {first_name} has been in previous years, would you say {if Gender = 1: "he"; Gender = 2: "she"} was...

1. Always average weight
2. Thinner this year than in previous years
3. Plumper this year than in previous years

{IF DescribeP = 4 or 5}

DescribePlumpP

Comparing how {first_name} is this year with how {first_name} has been in previous years, would you say {if Gender = 1: "he"; Gender = 2: "she"} was...

1. Even plumper in previous years
2. Always this plump
3. A little plumper this year than in previous years
4. A lot plumper this year than in previous years

{IF DescribeP = 1 or 2}

CompareP

Comparing how {first_name} is this year with how {first_name} has been in previous years, would you say {if Gender = 1: "he"; Gender = 2: "she"} was...

1. Even thinner in previous years
2. Always this thin
3. A little thinner this year than in previous years
4. A lot thinner this year than in previous years

{ASK ALL}

OthersDescribeP

How would other people, such as friends and family, describe {first_name} at present?

1. Very thin
2. Thin
3. Average
4. Plump
5. Fat

{ASK ALL}

PresentChildP

At present, how would {first_name} describe {if Gender = 1: "himself"; Gender = 2: "herself"}?

1. Very thin
2. Thin
3. Average
4. Plump
5. Fat

{ASK ALL}

OthersP

Have you or other people – family, a friend, a doctor – been seriously concerned that {if Gender = 1: "his"; Gender = 2: "her"} weight has been bad for {if Gender = 1: "his"; Gender = 2: "her"} physical health?

1. No
2. Yes

{ASK ALL}

ChildThinkP

What does {first_name} think? Does {if Gender = 1: "he"; Gender = 2: "she"} think that {if Gender = 1: "his"; Gender = 2: "her"} weight has been bad for {if Gender = 1: "his"; Gender = 2: "her"} physical health?

1. No
2. Yes

{ASK ALL}

ChildAfraidP

Is {first_name} afraid of gaining weight or getting fat?

1. No
2. A little
3. A lot

{ASK ALL}

WeightTerrifyP

Does the thought of gaining weight or getting fat really terrify {if Gender = 1: "him"; Gender = 2: "her"}?

1. No
2. Yes

{ASK ALL}

FivePoundsP

If the doctor told {if Gender = 1: "him"; Gender = 2: "her"} that {if Gender = 1: "he"; Gender = 2: "she"} needed to put on five pounds (two kilograms) for the sake of {if Gender = 1: "his";

Gender = 2: “her”) health, would {if Gender = 1: “he”; Gender = 2: “she”} find this easy, difficult or impossible to accept?

HELP: If your child has physical problems that make it hard for them to put on weight, this question is asking whether they would be willing to *try*, not about whether they would succeed.

1. Easy
2. Difficult
3. Impossible

{ASK ALL}

AvoidP

Does {first_name} try to avoid the sorts of food that will make {if Gender = 1: “him”; Gender = 2: “her”} fat?

1. No
2. A little
3. A lot

{IF AvoidP = 2 or 3}

OftenSucceedP

How often does {first_name} succeed in this? (In avoiding fattening food)

1. Never
2. Sometimes
3. Most of the time
4. Always

{ASK ALL}

ThinkP

Does {first_name} spend a lot of {if Gender = 1: “his”; Gender = 2: “her”} time thinking about food?

1. No
2. Yes

{ASK ALL}

DesireP

Sometimes people say that they have such a strong desire for food, and that this desire is so hard to resist, that it is like the way an addict feels about drugs or alcohol.

Does this apply to {first_name}?

1. No
2. A little
3. A lot

{ASK ALL}

ControlP

Sometimes people lose control over what they eat, and then they eat a very large amount of food in a short time. For example, they may open the fridge and eat as much as they can find – eating and eating until they feel physically ill. This usually happens when people are by themselves.

Does this happen to {first_name}?

1. No
2. Yes

{IF ControlIP = 2 Yes}

OftenControlIP

Over the **last three months**, how often on average has this happened?

1. Hasn't happened
2. Occasionally
3. About once a week
4. Twice a week or more

{IF OftenControlIP = 2, 3 or 4}

BingeEpiP

When this happens, does {first_name}...

GRID ROWS:

1. Have a sense of having lost control over his/her eating?
2. Eat much more quickly than usual?
3. Eat so much that he/she feels uncomfortably full?
4. Eat a lot even though he/she doesn't actually feel hungry?
5. Eat by himself/herself because he/she is embarrassed by how much he/she is eating?
6. Feel disgusted with himself/herself afterwards?
7. Feel depressed or really guilty afterwards?

GRID COLUMNS:

1. No
2. A little
3. A lot

VARNAME1: BingeEpiPLost

VARNAME 2: BingeEpiPQuick

VARNAME3: BingeEpiPFull

VARNAME4: BingeEpiPNotHung

VARNAME5: BingeEpiPEmbarass

VARNAME6: BingeEpiPDisgust

VARNAME7: BingeEpiPGuilt

{ASK ALL}

EatingP [COLLAPSIBLE GRID QUESTION: ONE PAGE]

Over the last three months, has {first_name} done any of the following to avoid putting on weight...

GRID ROWS:

1. Eating less at meals
2. Skipping meals
3. Going without food for long periods, e.g. all day or most of the day

4. Hiding or throwing away food that others give {if Gender = 1: "him"; Gender = 2: "her"}
5. Exercising more
6. Making {if Gender = 1: "himself"; Gender = 2: "herself"} vomit (throw up)
7. Taking pills or medicines in order to lose weight
8. Doing other things (e.g. taking insulin if diabetic) [PLEASE SPECIFY]

GRID COLS:

1. No
2. Tries to but not allowed
3. A little
4. A lot

VARNAME1 EatingPLess
VARNAME2 EatingPSkip
VARNAME3 EatingPFast
VARNAME4 EatingPHide
VARNAME5 EatingPExercise
VARNAME6 EatingPPurge
VARNAME7 EatingPPills
VARNAME8 EatingPOther

{IF EatingP_7 = 3 or 4}

PillsP

What pills or medicines has {if Gender = 1: "he"; Gender = 2: "she"} been taking in order to lose weight? {IF MODE = Web: "Please type in the box. You can tell us as much as you want."}

OPEN

{IF ControlP = 2 Yes}

EarlierControlP

{IF any responses to EatingP = 2, 3 or 4: You told us earlier about the times when {first_name} loses control and eats too much. After {if Gender = 1: "he"; Gender = 2: "she"} does this, does {if Gender = 1: "he"; Gender = 2: "she"} normally then (TEXTFILL BASED ON EatingP RESPONSE) to stop {if Gender = 1: "himself"; Gender = 2: "herself"} putting on weight?}

{IF all responses to EatingP = 1: "You told us earlier about the times when {first_name} loses control and eats too much. After {if Gender = 1: "he"; Gender = 2: "she"} does this, does {if Gender = 1: "he"; Gender = 2: "she"} normally do other things to stop {if Gender = 1: "himself"; Gender = 2: "herself"} putting on weight? For example, diet, exercise, vomit or take pills or medicines."

1. No
2. Yes

{IF Gender = 2 Female}

PeriodIntroP

Please be aware that the next questions will ask about your child's menstrual cycle.

If you do not feel comfortable you can skip this section and/or pause or stop the survey at any time.

1. Continue to questions
2. Skip this section [GoTo UpsetP]

{IF Gender = 2 Female and PeriodIntro = 1}

PeriodsP

Has she had any periods in the **last three months**?

1. No
2. Yes

{IF PeriodsP = 1 No}

PeriodsEverP

Has she **ever** had any periods?

1. No
2. Yes

{IF Gender = 2 Female and PeriodIntro = 1}

ContraceptionP

Is she taking any hormone pills or injections (including contraceptives)?

1. No
2. Yes

{IF ContraceptionP = 1 or 2 and (PeriodsP = 2 OR PeriodsEverP = 2)}

PeriodsGenP

Please describe how her periods have been in general, and how they have been recently.

OPEN

{IF PeriodsP = 1 No and PeriodsEverP = 2 Yes}

PeriodsWhyP

Why do you think she has not had any periods in the last 3 months?

OPEN

{IF ContraceptionP = 2 Yes}

ContraEffectP

Please describe what effects the hormone pills or injections have on her periods:

OPEN

{ASK ALL}

UpsetP

You have told us about {if Gender = 1: "his"; Gender = 2: "her"} eating pattern and concern about weight or body shape. How upset or distressed is {if Gender = 1: "he"; Gender = 2: "she"} about them?

1. Not at all
2. A little

3. A medium amount
4. A great deal

{ASK ALL}

InterfereP [COLLAPSIBLE GRID QUESTION: ONE PAGE]

How much have {if Gender = 1: “his”; Gender = 2: “her”} eating pattern or concern about weight or body shape interfered with...

GRID ROWS:

1. How well {if Gender = 1: “he”; Gender = 2: “she”} gets along with you and the rest of the family?
2. Making and keeping friends?
3. Learning or class work?
4. Hobbies, sports or other leisure activities?

GRID COLS:

1. Not at all
2. A little
3. A medium amount
4. A great deal

VARNAME1 – InterferePFam

VARNAME2 – InterferePFrnd

VARNAME3 – InterferePLearn

VARNAME4 – InterferePLeisure

{ASK ALL}

BurdenP

Has {if Gender = 1: “his”; Gender = 2: “her”} eating pattern or concern about weight or body shape put a burden on you or the family as a whole?

1. Not at all
2. A little
3. A medium amount
4. A great deal

{ASK ALL}

CurrentConcernP

Please describe any current concerns about {if Gender = 1: “his”; Gender = 2: “her”} eating pattern, weight or body shape and when they started:

OPEN

{ASK ALL}

TypicalDayP

Thinking about a typical day, please tell us what {first_name} eats, what {if Gender = 1: “he”; Gender = 2: “she”} avoids eating, and any calorie limit or rules that {if Gender = 1: “he”; Gender = 2: “she”} uses to decide what to eat.

OPEN

{ASK ALL}

AspectsP

Has {if Gender = 1: "his"; Gender = 2: "her"} eating pattern or concern about {if Gender = 1: "his"; Gender = 2: "her"} weight affected other aspects of {if Gender = 1: "his"; Gender = 2: "her"} life? For example, reducing {if Gender = 1: "his"; Gender = 2: "her"} interest in things that other people of {if Gender = 1: "his"; Gender = 2: "her"} age enjoy, or affecting how well {if Gender = 1: "he"; Gender = 2: "she"} gets along with family or friends.

OPEN

{ASK ALL}

AdviceP

Has {if Gender = 1: "he"; Gender = 2: "she"}, or have you or anyone else in the family asked a doctor or psychologist to help {if Gender = 1: "him"; Gender = 2: "her"} with food or with {if Gender = 1: "his"; Gender = 2: "her"} weight? If yes, what advice or help did you get? Did it help?

OPEN

{ASK ALL}

ProblemsP

Has {first_name} had any medical problems related to {if Gender = 1: "his"; Gender = 2: "her"} eating patterns, to {if Gender = 1: "his"; Gender = 2: "her"} weight, or to the ways {if Gender = 1: "he"; Gender = 2: "she"} controls {if Gender = 1: "his"; Gender = 2: "her"} weight? For example, problems with fainting, excessive weakness, constipation, bleeding after vomiting, dental problems.

OPEN

TS_ED_P2: [SET TIME STAMP HERE]

{ASK ONLY IF SCREEN POSITIVE}

ARFID_P [COLLAPSIBLE GRID QUESTION: ONE PAGE]

Please select whether you agree or disagree to the following statements...

GRID ROWS:

1. {first_name} is a picky eater
2. {first_name} dislikes most of the foods that other people eat
3. The list of foods that {first_name} likes and will eat is shorter than the list of foods {first_name} won't eat
4. {first_name} is not very interested in eating; {first_name} seems to have a smaller appetite than other people
5. {first_name} has to push {if Gender = 1: "himself"; Gender = 2: "herself"} (or I have to push {if Gender = 1: "him"; Gender = 2: "her"}) to eat regular meals throughout the day, or to eat a large enough amount of food at meals
6. Even when {first_name} is eating a food {if Gender = 1: "he"; Gender = 2: "she"} really likes, it is hard for {first_name} to eat a large enough volume at meals

7. {first_name} avoids or puts off eating because {if Gender = 1: "he"; Gender = 2: "she"} is afraid of feeling uncomfortable (e.g. feeling bloated, feeling sick, or feeling pain), choking, or vomiting/being sick
8. {first_name} restricts {if Gender = 1: "himself"; Gender = 2: "herself"} to certain foods because {if Gender = 1: "he"; Gender = 2: "she"} is afraid that other foods will make {if Gender = 1: "him"; Gender = 2: "her"} feel uncomfortable (e.g. feeling bloated, feeling sick, or feeling pain), choking, or vomiting/being sick
9. {first_name} eats small portions because {if Gender = 1: "he"; Gender = 2: "she"} is afraid of feeling uncomfortable (e.g. feeling bloated, feeling sick, or feeling pain), choking, or vomiting/being sick

GRID COLS:

1. Strongly disagree
2. Disagree
3. Slightly disagree
4. Slightly agree
5. Agree
6. Strongly agree

VARNAME1 - ARFID_PPicky

VARNAME2 - ARFID_PDislike

VARNAME3 - ARFID_PList

VARNAME4 - ARFID_PInterest

VARNAME5 - ARFID_PPush

VARNAME6 - ARFID_PVolume

VARNAME7 - ARFID_PAvoid

VARNAME8 - ARFID_PRestrict

VARNAME9 - ARFID_PPortion

{ASK ONLY IF SCREEN POSITIVE}

MFQ_P [COLLAPSIBLE GRID QUESTION: ONE PAGE]

These questions are about how your child might have been feeling or acting recently. For each statement, please indicate how much {first_name} has been feeling or acting in the **past two weeks**.

GRID ROWS:

1. {first_name} felt miserable or unhappy
2. {first_name} didn't enjoy anything at all
3. {first_name} felt so tired {if Gender = 1: "he"; Gender = 2: "she"} just sat around and did nothing
4. {first_name} was very restless
5. {first_name} felt {if Gender = 1: "he"; Gender = 2: "she"} was no good any more
6. {first_name} cried a lot
7. {first_name} found it hard to think properly or concentrate
8. {first_name} hated {if Gender = 1: "himself"; Gender = 2: "herself"}
9. {first_name} felt {if Gender = 1: "he"; Gender = 2: "she"} was a bad person
10. {first_name} felt lonely
11. {first_name} thought nobody really loved {if Gender = 1: "him"; Gender = 2: "her"}

12. {first_name} thought {if Gender = 1: "he"; Gender = 2: "she"} could never be as good as other kids

13. {first_name} felt {if Gender = 1: "he"; Gender = 2: "she"} did everything wrong

GRID ROWS:

1. Not true
2. Sometimes
3. True

VARNAME1 - MFQ_PUnhappy

VARNAME2 - MFQ_PEnjoy

VARNAME3 - MFQ_PTired

VARNAME4 - MFQ_PRestless

VARNAME5 - MFQ_PNoGood

VARNAME6 - MFQ_PCried

VARNAME7 - MFQ_PThink

VARNAME8 - MFQ_PHate

VARNAME9 - MFQ_PBad

VARNAME10 - MFQ_PLonely

VARNAME11 - MFQ_PLoved

VARNAME12 - MFQ_POthers

VARNAME13 - MFQ_PWrong

TS_ED_P3: [SET TIME STAMP HERE]

Voucher

TS14: [SET TIME STAMP HERE]

{ASK ALL}

VoucherP

"Finally, as a thank you for your time, we would like to offer you a {IF (Age2023 = 8-10) or (EatConsentP = 3 or 4) or (EatConsentFU_16P = 2): "£10 voucher"; if EatConsentP = 1 or 2 AND follow-up completed: "£20 voucher"}. This will be an electronic voucher sent to your email account.

{if Age2023=11-16: "After these questions we would like {if NickNameP=RESPONSE: "NicknameP", else:"first_name"} to answer some questions on {if Gender=1: "his", Gender=2: "her"} own."

ANALYSIS:"Parent: Introduction of voucher"

DISPLAY

{ASK ALL}

EmailP

"Please provide an email address where you would like the voucher sent to:"

ANALYSIS:"Parent: Email address"

OPEN

1. I would prefer to receive a physical voucher in the post, sent to my home address
2. I do not require a voucher

HARD CHECK: If answer provided does not include @ or full-stop: "Please check and amend. E-mail addresses should contain an @ character and a full stop."

PAGE START

{IF EmailP=1}

VouchAddP

"Please provide the address you would like us to send the voucher to:"

ANALYSIS:"Parent: Address"

DISPLAY

{IF EmailP=1}

VouchAdd_AddressLine1P

"First line:"

OPEN

DK/REF NOT ALLOWED

{IF EmailP=1}

VouchAdd_AddressLine2P

"Second line:"

OPEN

ALLOW NA

{IF EmailP=1}

VouchAdd_AddressLine3P

"Third line:"

OPEN

ALLOW NA

{IF EmailP=1}

VouchAdd_AddressLine4P

"Town:"

OPEN

DK/REF NOT ALLOWED

{IF EmailP=1}

VouchAdd_AddressLine5P

"County:"

OPEN

ALLOW NA

{IF EmailP=1}

Postcode

"Post Code:"

OPEN

PAGE END

{IF EmailP=RESPONSE or 1}

VouchSentP

"Please note that it may take up to 21 days for the voucher to arrive.

{IF EmailP=RESPONSE: "Please check your SPAM folder to ensure the electronic voucher did not end up there by mistake."}

Please click 'Next' to continue."

ANALYSIS:"Parent: Voucher may take 21 days to arrive"

DISPLAY

Parent end

{IF Age2023 = 8-10}

ClosePageP2

"Thank you for participating in this survey. Your answers will help us understand more about the health and wellbeing of children and young people in England in 2023.

{if MODE=WEB: "If you are worried about any of the questions in this survey you can get information, advice and support from the list of organisations in the back of your information leaflet, or by visiting www.natcen.ac.uk/NSHW."

If you have any further information you'd like to add, please include it in the box below. Otherwise, please click 'Next' to submit your answers. You will not be able to re-enter the questionnaire once you submit your answers."}

{if MODE=TEL: "If you are worried about any of the questions in this survey you can get information, advice and support from the list of organisations in the back of your information leaflet, or by visiting our website. INTERVIEWER: IF ASKED FOR THE LINK, YOU CAN READ OUT THE FOLLOWING: www.natcen.ac.uk/NSHW."

INTERVIEWER: PLEASE ENTER ANY ADDITIONAL INFORMATION SUCH AS CONTACT DETAILS OR ADDITIONAL COMMENTS RELATING TO THIS RESPONDENT'S INTERVIEW IN THE BOX BELOW"}

ANALYSIS:"Parent: End (child is aged 8-10 years old)"

OPEN [0...2000]
ALLOW NA

TS15: [SET TIME STAMP HERE]

{IF Age2023 = 11-16}

ContinueP

"{IF EatConsentP = 3 or 4: "Thank you for participating in this survey"; IF EatConsentP = 1 or 2 and it is complete: "Thank you for participating in both stages of the survey"}. Your answers will help us understand more about the health and wellbeing of children and young people in England in 2023.

{if MODE=WEB: "If you are worried about any of the questions in this survey you can get information, advice and support from the list of organisations in the back of your information leaflet, or by visiting www.natcen.ac.uk/NSHW."

{if MODE=TEL: "If you are worried about any of the questions in this survey you can get information, advice and support from the list of organisations in the back of your information leaflet, or by visiting our website. INTERVIEWER: IF ASKED FOR THE LINK, YOU CAN READ OUT THE FOLLOWING: www.natcen.ac.uk/NSHW."

We would now like {if NickNameP=RESPONSE: "NicknameP", else:"first_name"} to answer some questions on {if Gender=1: "his", Gender=2: "her"} own. Hearing from {if NickNameP=RESPONSE: "NicknameP", else:"first_name"} will ensure that {if Gender=1:

“his”, Gender=2: “her” own view and personal experiences will be used to help the NHS, policy makers and charities to understand the health and wellbeing of children and young people in England. This will develop policies and initiatives for the future.

The questionnaire for {if NickNameP=RESPONSE: “NicknameP”, else:”first_name”} asks about their health and wellbeing, as well as their contact with family and friends, feelings about their body and eating, whether they think their family can afford certain things, and their experiences and thoughts during the past year.

Are you willing for {if NickNameP=RESPONSE: “NicknameP”, else:”first_name”} to take part in this study?

{if MODE=TEL: “INTERVIEWER: If they are happy for {if NickNameP=RESPONSE: “NicknameP”, else:”first_name”} to take part, please select if they would like {if NickNameP=RESPONSE: “NicknameP”, else:”first_name”} to complete the questionnaire on the telephone or online”}

ANALYSIS:”Parent: Consent for child aged 11-16 to take part”

{if MODE=TEL}:

1. Yes, I am willing for {if NickNameP=RESPONSE: “NicknameP”, else:”first_name”} to take part on the telephone
2. Yes, I am willing for {if NickNameP=RESPONSE: “NicknameP”, else: “first_name”} to take part online
3. No, I do not want {if NickNameP=RESPONSE: “NicknameP”, else:”first_name”} to take part

{if MODE=WEB}:

1. Yes, I am willing for {if NickNameP=RESPONSE: “NicknameP”, else:”first_name”} to take part
2. No, I do not want {if NickNameP=RESPONSE: “NicknameP”, else:”first_name”} to take part

REMOVE ‘PREVIOUS’ BUTTON HERE FOR WEB

{IF (MODE = TEL and ContinueP=1) OR (MODE = WEB and ContinueP=1)}

ContinueP2

“Thank you. Hearing from {if NickNameP=RESPONSE: “NicknameP”, else:”first_name”} as well will be really valuable. We are very grateful to both you and {if NickNameP=RESPONSE: “NicknameP”, else:”first_name”} for taking part in this unique study.

{if MODE=WEB: “If {if NickNameP=RESPONSE: “NicknameP”, else:”first_name”} is not available right now, you can press the ‘STOP’ button to exit the questionnaire and {if NickNameP=RESPONSE: “NicknameP”, else:”first_name”} can come back at a more suitable time. The questionnaire will pick up where you left off.

Otherwise, if {if NickNameP=RESPONSE: “NicknameP”, else:”first_name”} is ready now, please click ‘Next’ for {if Gender=1: “him”, Gender=2: “her”} to begin answering the questions. {if NickNameP=RESPONSE: “NicknameP”, else:”first_name”} should be alone whilst answering these questions, if possible.”}

{if MODE=TEL: "Is {if NickNameP=RESPONSE: "NicknameP", else:"first_name"} available now for me to ask {if Gender=1: "him", Gender=2: "her"} the questions? If {if Gender=1: "he", Gender=2: "she"} is not available now it is possible for {if Gender=1: "him", Gender=2: "her"} to complete the questionnaire online, at a more suitable time for {if Gender=1: "him", Gender=2: "her"}. {if Gender=1: "He", Gender=2: "She"} can do this by using the survey link and unique access code that is on your letter.

INTERVIEWER: If {if NickNameP=RESPONSE: "NicknameP", else:"first_name"} is available now, click 'Next' to move to the child questionnaire.

Otherwise, arrange an appointment when you can call back and complete the child questionnaire with { if NickNameP=RESPONSE: "NicknameP", else:"first_name"}"

ANALYSIS:"Parent: End and continue to child's questionnaire"

DISPLAY

REMOVE 'PREVIOUS' BUTTON HERE

NCOutcome = 110

{if MODE=TEL AND ContinueP=2}

ContinueTel

"Thank you. Hearing from {if NickNameP=RESPONSE: "NicknameP", else:"first_name"} as well will be really valuable. We are very grateful to both you and {if NickNameP=RESPONSE: "NicknameP", else:"first_name"} for taking part in this unique study.

{if NickNameP=RESPONSE: "NicknameP", else:"first_name"} can complete the questionnaire online by using the survey link and unique access code that is on your letter.

INTERVIEWER, IF ASKED: The survey link is survey.natcen.ac.uk/NSHW. Your access code is {AccessCode}.

INTERVIEWER: MAKE A SOFT APPPOINTMENT TO CALL R BACK IN 7 DAYS' TIME."

DISPLAY

NCOutcome = 110 and TRANSFER TO WEB QUEUE

{IF (MODE=TEL AND ContinueP=3) OR (MODE=WEB AND ContinueP=2)}

ClosePageP2B

{if MODE=WEB: "Thank you once again for participating in this survey. This is the end of the questions and your answers have been submitted. You can close your browser now."}

{if MODE=TEL: "Thank you once again for participating in this survey. This is the end of the questions."}

ANALYSIS:"Parent: End (did not want child aged 11-16 to take part)"

DISPLAY

NCOutcome = 110

TS16: [SET TIME STAMP HERE]

2. Child Questionnaire (11 to 16 years old)

Introduction

TS17: [SET TIME STAMP HERE]

{if MODE=WEB and Age2023 = 11-16}

IntroC

"Dear {first_name} {last_name}, welcome to the National Study of Health and Wellbeing: Children and Young People 2023.

This study is about the health and wellbeing of children and young people in England.

The survey should take you around 10 minutes to complete. You don't have to complete the whole survey in one go – any progress you make will be saved and you can start where you left off when you next log in.

Are you willing to take part in this study? By saying yes you also confirm that you have read the information leaflet."

ANALYSIS:"Child: Introduction and consent to take part (web)"

1. Yes I am willing to take part and I confirm that I have read the information leaflet

2. No I do not want to take part

NO DK/NO REF

{if MODE=TEL and Age2023 = 11-16}

IntroC2

"Welcome to the National Study of Health and Wellbeing: Children and Young People 2023.

Before we get started, I need to tell you about the following points:

- This study is about the health and wellbeing of children and young people in England. You have been asked to take part because your household took part in this study in 2017, and possibly the previous follow up studies in 2020, 2021 or 2022, and we would love to hear from you.
- It's up to you if you take part or not. You can choose to answer as many as or as few questions as you like. You can also change your mind at any time and withdraw from the study.
- The questionnaire asks about lots of things including your health, how you feel about your body and eating, whether your family can afford certain things, things you are good at, and things you might find difficult. We'll also ask you questions about your contact with family and friends and what the past year has been like for you.
- The answers to your questions are private. We will not share them with anyone you know. Any information that could directly identify you is removed from the dataset.

Are you happy to take part?

ANALYSIS:"Child: Introduction and consent to take part (telephone)"

1. I am happy to take part

2. I do not want to take part (exit questionnaire) - NCOOutcome = 111 (productive parent but unproductive child) move to REFUSAL queue so that TU does not phone them.

3. I would like to read more information

NO DK/NO REF

**{If IntroC = 2}
ConsentChkC**

Please ensure that you have read the information leaflet and are happy to take part. If you have lost the information leaflet, you can read it on the website: www.natcen.ac.uk/NSHW.
ANALYSIS:"Child: Ensure that have read the information leaflet"

1. Go back to change your answer [GoTo IntroC]
2. Exit the questionnaire - NCOOutcome = 111 (productive parent but unproductive child) move to REFUSAL queue so that TU does not phone them. Make ConsentChkC empty after NCOOutcome = 43.
NO DK/NO REF

**{If IntroC2 = 3}
MoreInfoC**

You should have received an information leaflet about the study. If you have lost this, you can read it on the website: www.natcen.ac.uk/NSHW.

INTERVIEWER: ARRANGE TO CALL BACK RESPONDENT AFTER THEY HAVE READ MORE INFORMATION.

ADD 'PREVIOUS' BUTTON BACK IN

Strengths and Difficulties

TS18: [SET TIME STAMP HERE]

{IF IntroC = 1 or IntroC2 = 1}

SDQIntroC

"Thank you. The next set of questions will ask about your strengths and difficulties.

Please answer every question even if you are not 100% sure that your answer is right."

ANALYSIS:"Child: Strengths and difficulties introduction"

DISPLAY

{ASK ALL}

SDQC [COLLAPSIBLE GRID QUESTION: ONE PAGE]

"How well does each statement describe how you have been over the last 6 months?"

G_Collapsible_Grid_II1"

ANALYSIS:"Child: SDQ statements"

GRID ROWS:

1. I try to be nice to other people, I care about their feelings
2. I am restless, I cannot stay still for long
3. I get a lot of headaches, stomach aches or sickness
4. I usually share with others (food, games, pens etc.)
5. I get very angry and often lose my temper

GRID COLS:

1. Not true
2. Somewhat true
3. Certainly true

VARNAME1: SDQC1
VARNAME2: SDQC2
VARNAME3: SDQC3
VARNAME4: SDQC4
VARNAME5: SDQC5

{ASK ALL}

SDQC2 [COLLAPSIBLE GRID QUESTION: ONE PAGE]

“How well does each statement describe how you have been over the last 6 months?”

G_Collapsible_Grid_II1”

ANALYSIS:“Child: SDQ statements”

GRID ROWS:

1. I am usually on my own, I generally play alone or keep to myself
2. I usually do as I am told
3. I worry a lot
4. I am helpful if someone is hurt, upset or feeling ill
5. I am constantly fidgeting or squirming

GRID COLS:

1. Not true
2. Somewhat true
3. Certainly true

VARNAME1: SDQC6
VARNAME2: SDQC7
VARNAME3: SDQC8
VARNAME4: SDQC9
VARNAME5: SDQC10

{ASK ALL}

SDQC3 [COLLAPSIBLE GRID QUESTION: ONE PAGE]

“How well does each statement describe how you have been over the last 6 months?”

G_Collapsible_Grid_II1”

ANALYSIS:“Child: SDQ statements”

GRID ROWS:

1. I have one good friend or more
2. I fight a lot. I can make other people do what I want
3. I am often unhappy, down-hearted or tearful

4. Other people my age generally like me
5. I am easily distracted, I find it difficult to concentrate

GRID COLS:

1. Not true
2. Somewhat true
3. Certainly true

VARNAME1: SDQC11
VARNAME2: SDQC12
VARNAME3: SDQC13
VARNAME4: SDQC14
VARNAME5: SDQC15

{ASK ALL}

SDQC4 [COLLAPSIBLE GRID QUESTION: ONE PAGE]

“How well does each statement describe how you have been over the last 6 months?”

G_Collapsible_Grid_II1”

ANALYSIS:“Child: SDQ statements”

GRID ROWS:

1. I am nervous in new situations. I easily lose confidence
2. I am kind to younger children
3. I am often accused of lying or cheating
4. Other children or young people pick on me or bully me
5. I often volunteer to help others (parents, teachers, children)

GRID COLS:

1. Not true
2. Somewhat true
3. Certainly true

VARNAME1: SDQC16
VARNAME2: SDQC17
VARNAME3: SDQC18
VARNAME4: SDQC19
VARNAME5: SDQC20

{ASK ALL}

SDQC5 [COLLAPSIBLE GRID QUESTION: ONE PAGE]

“How well does each statement describe how you have been over the last 6 months?”

G_Collapsible_Grid_II1”

ANALYSIS:“Child: SDQ statements”

GRID ROWS:

1. I think before I do things
2. I take things that are not mine from home, school or elsewhere

3. I get on better with adults than with people of my own age
4. I have many fears, I am easily scared
5. I finish the work I'm doing, my attention is good

GRID COLS:

1. Not true
2. Somewhat true
3. Certainly true

VARNAME1: SDQC21

VARNAME2: SDQC22

VARNAME3: SDQC23

VARNAME4: SDQC24

VARNAME5: SDQC25

{ASK ALL}

SDQ26C

“Overall, do you think that you have difficulties in one or more of the following areas:

Emotions, concentration, behaviour or getting on with other people?

G_ReadOut_II1”

ANALYSIS:”Child: SDQ – whether has difficulties”

1. No
2. Yes: minor difficulties
3. Yes: definite difficulties
4. Yes: severe difficulties

{ASK IF: SDQ26C >= 2}

SDQ27C

“How long have these difficulties been present?

G_ReadOut_II1”

ANALYSIS:”Child: SDQ – how long difficulties have been present”

1. Less than a month
2. One to five months
3. Six to twelve months
4. Over a year

{ASK IF: SDQ26C >= 2}

SDQ28C

“Do the difficulties upset or distress you?

G_ReadOut_II1”

ANALYSIS:”Child: SDQ – whether difficulties upset or distress child”

1. Not at all
2. Only a little
3. Quite a lot

4. A great deal

{ASK IF: SDQ26C >= 2}

SDQDiffC [COLLAPSIBLE GRID QUESTION: ONE PAGE]

“Do the difficulties interfere with your everyday life in terms of your...”

G_Collapsible_Grid_II1”

ANALYSIS:“Child: SDQ impact statements”

GRID ROWS:

1. Home life
2. Friendships
3. Classroom learning
4. Leisure activities

GRID COLS:

1. Not at all
2. Only a little
3. Quite a lot
4. A great deal

VARNAME1: SDQDiffCHome

VARNAME2: SDQDiffCFriends

VARNAME3: SDQDiffCLearn

VARNAME4: SDQDiffCLEisure

{ASK IF: SDQ26C >= 2}

SDQ33C

“Do the difficulties make it harder for those around you such as your family, friends and teachers?”

G_ReadOut_II1”

ANALYSIS:“Child: SDQ – whether difficulties make it harder for those around them”

1. Not at all
2. Only a little
3. Quite a lot
4. A great deal

Family functioning, Neighbourhood and Loneliness

TS19: [SET TIME STAMP HERE]

{ASK ALL}

ArgueC

“When parents or other adults in the house get into arguments with each other, others may see or hear what is going on. Have you seen or heard one of these arguments?”

ANALYSIS:“Child: Whether seen or heard arguments”

1. Yes

2. No
3. Don't know
4. Prefer not to answer

{ASK ALL}

WEMWBSC [COLLAPSIBLE GRID QUESTION: ONE PAGE]

"Below are some statements about feelings and thoughts. Please select the option that best describes your experience of each over the **last 2 weeks.**"

G_Collapsible_Grid_II1"

GRID ROWS:

1. I've been feeling optimistic about the future
2. I've been feeling useful
3. I've been feeling relaxed
4. I've been dealing with problems well
5. I've been thinking clearly
6. I've been feeling close to other people
7. I've been able to make up my own mind about things

GRID COLS:

1. None of the time
2. Rarely
3. Some of the time
4. Often
5. All of the time

VARNAME1: WEMWBSCOpt

VARNAME2: WEMWBSCUseful

VARNAME3: WEMWBSCRelax

VARNAME4: WEMWBSCProbs

VARNAME5: WEMWBSCClear

VARNAME6: WEMWBSCClose

VARNAME7: WEMWBSCOwnMind

{ASK ALL}

LonelyC

"How often do you feel lonely?"

G_ReadOut_II1

ANALYSIS:"Child: How often feels lonely"

1. Often or always
2. Some of the time
3. Occasionally
4. Hardly ever
5. Never

{ASK ALL}

BullyPerC

Have you been bullied in person (not online) in the last 12 months?

1. Yes
2. No
3. Prefer not to say

{IF BullyPerC = 1 Yes}

BullyPerFreqC

How often have you been bullied in person (not online) in the last 12 months?

1. Every day or a few times a week
2. Once or twice a week
3. Once every two weeks
4. Once a month
5. Only a few times a year
6. Less often than this
7. It varies too much to say

{ASK ALL}

LivingC

Some families struggle with money and being able to afford the things they need. Thinking about your family and life at home at the moment, how much do you agree or disagree with the following statements?

G_Collapsible_Grid_I11

GRID ROWS:

1. My family struggle more than other families to afford the things we need
2. My family can afford to keep our home warm enough
3. My family can afford enough food for me to eat
4. My family can afford for me to eat a healthy diet, including fruit and vegetables
5. My family can afford to do activities or fun things together as a family
6. My family can afford to buy me the right clothes and shoes for school

GRID COLUMNS:

1. Agree a lot
2. Agree a little
3. Neither agree nor disagree
4. Disagree a little
5. Disagree a lot
6. Prefer not to say

VARNAME1 – LivingCMoney

VARNAME2 – LivingCWarm

VARNAME3 – LivingCFood

VARNAME4 – LivingCDiet

VARNAME5 – LivingCActivity

VARNAME6 – LivingCClothes

Education

TS20: [SET TIME STAMP HERE]

{ASK ALL}

SchoolC

“Thinking about school at the moment, how much do you agree or disagree with the following statements...

G_Collapsible_Grid_II1”

ANALYSIS:”Child: School statements”

GRID ROWS:

1. I can be myself at school
2. I feel safe when I am at school
3. I enjoy learning at school
4. I am worried about the effect Covid-19 has had on my schoolwork
5. I am worried about the effect Covid-19 might have on my future exam results
6. I have at least one friend at school I can turn to for support

GRID COLS:

1. Agree a lot
2. Agree a little
3. Neither agree nor disagree
4. Disagree a little
5. Disagree a lot
6. Don't know

VARNAME1: SchoolCMyself

VARNAME2: SchoolCSafe

VARNAME3: SchoolCLearning

VARNAME4: SchoolCCovidWork

VARNAME5: SchoolCCovidExam

VARNAME6: SchoolCFriend

{ASK ALL}

SafetyHelp2C

“Thank you for answering these questions. If you don't feel safe at school or are being bullied, please discuss this with an adult you trust. You can also get support, information and advice about what to do and how to get help from the charity ChildLine here:

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/>.

[You can also get advice and support on issues relating to money on the Young Minds website](https://www.youngminds.org.uk/young-person/coping-with-life/money-and-mental-health/) {IF MODE = TEL: “INTERVIEWER IF ASKED, READ OUT LINK”}:

<https://www.youngminds.org.uk/young-person/coping-with-life/money-and-mental-health/>

If you need any other support please refer to the list of organisations in the accompanying leaflet or you can visit www.natcen.ac.uk/NSHW.”} {if MODE=TEL: “If you need any other support you can refer to the list of organisations in the back of your information leaflet. These organisations are also listed on our website. INTERVIEWER: IF ASKED FOR LINK READ OUT: www.natcen.ac.uk/NSHW.”}

Please click ‘Next’ to continue.

ANALYSIS:” Child: Support”

DISPLAY

{ASK ALL}

MHSupportIntroC

"These next questions are about getting support and help at school for any worries or concerns about your mental health and wellbeing. This means individual or group support you can access at school if you have problems with mental health and wellbeing, for example school counselling."

Please click 'Next' to continue.

ANALYSIS: "Child: Introduction to getting mental health support"

DISPLAY

{ASK ALL}

MHSupportUseC

Have you used any mental health and wellbeing support available through your school?

ANALYSIS: "Child: Have ever used mental health and wellbeing support"

1. Yes
2. No
3. Don't know

{ASK ALL}

MHSupportC [COLLAPSIBLE GRID QUESTION: ONE PAGE]

"Thinking about mental health and wellbeing support at your school, how much do you agree or disagree with the following statements?"

ANALYSIS: "Child: Mental health support at school"

G_Collapsible_Grid_II1"

GRID ROWS:

1. I know how to get help for worries or mental health concerns at my school
2. I feel comfortable talking to adults at my school about my mental health
3. I can get mental health support at my school without others finding out about it
4. The support available at my school is helpful
5. I am able to access support in my school when I need it

COL ROWS:

1. Agree a lot
2. Agree a little
3. Neither agree nor disagree
4. Disagree a little
5. Disagree a lot
6. Don't know

VARNAME1: MHSupportCKnow
VARNAME2: MHSupportCComfortable
VARNAME3: MHSupportCOthers
VARNAME4: MHSupportCHelpful
VARNAME5: MHSupportCAccess

{ASK ALL}

HelpSeekingIntroC

“The next questions are about seeking help outside school for any worries or concerns about your mental health.

Please click ‘Next’ to continue.”

ANALYSIS: “Seeking help outside school introduction”

DISPLAY

{ASK ALL}

InformalContactC

“Since {textfill year ago date}, have you sought help or advice from any of the following people or places about your mental health?

G_Multi_II1”

ANALYSIS: “Child: Whether sought help or advice from informal contacts about mental health in past year”

1. Someone in your family or a close friend
2. Telephone help line (for example, Childline, NHS 111, Mind)
3. NHS or Government internet websites, such as Every Mind Matters
4. Internet websites run by charities, such as Young Minds or Mind
5. Online sources such as online chat, blogs, social media platforms (e.g. Instagram, Twitter) or other online communities or self-help groups
6. Text chat mental health support, such as Young Minds Textline
7. Groups in your community, such as youth groups, or peer support groups
8. None of the above [EXCLUSIVE CODE]

Eating, Activities, and Social Media

TS21: [SET TIME STAMP HERE]

{ASK ALL}

Eating1C

“The next questions are about how you feel about your body shape and eating.

Have you ever thought you were fat even when other people told you that you were very thin?”

ANALYSIS: “Child: Whether ever thought they were fat when others said they were thin”

1. Yes
2. No

{ASK ALL}

Eating2C

“Would you be ashamed if other people knew how much you eat?”

ANALYSIS: “Child: Whether would be ashamed if others knew how much they eat”

1. Yes
2. No

{ASK ALL}

Eating3C

“Have you ever deliberately made yourself vomit (throw up)?”

ANALYSIS:“Child: Whether has ever made themselves throw up”

1. Yes
2. No

{ASK ALL}

Eating4C

“Do worries about eating (such as what to eat? Where to eat? How much to eat?) really interfere with your life?”

ANALYSIS:“Child: Whether worries about eating really interfere with child’s life”

1. Yes
2. No

{ASK ALL}

Eating5C

“If you eat too much, do you blame yourself a lot?”

ANALYSIS:“Child: Whether blames themselves if they eat a lot”

1. Yes
2. No

{ASK ALL}

BeatC

“If you are worried about your eating, then the charity BEAT support people who have or are worried they have an eating disorder, as well as others affected, such as friends and family members. {if MODE=TEL: “INTERVIEWER: IF ASKED:”} You can visit their website at <https://www.beateatingdisorders.org.uk/support-services> for more information.

ANALYSIS:“Child: Beat helpline”

DISPLAY

{ASK ALL}

SocActIntro

“The next questions are about using social media, how well you sleep and different types of activities.”

DISPLAY

{ASK ALL}

SocMedC

“Do you use social media apps or sites, for example, WhatsApp, Twitter, Instagram, Snapchat, Tiktok, etc.?”

ANALYSIS:“Child: Whether uses social media apps or sites”

1. Yes
2. No

{if SocMedC = 1}

SMFeelingsC

“To what extent do you agree or disagree with the following statements...

G_Collapsible_Grid_II1”

ANALYSIS:“Child: Social media statements”

GRID ROWS:

1. The number of likes, comments or shares I get on social media has an impact on my mood
2. In general, I spend more time on social media than I mean to
3. I have been bullied online
4. I feel safe using social media

GRID COLS:

1. Agree a lot
2. Agree a little
3. Neither agree nor disagree
4. Disagree a little
5. Disagree a lot
6. Don't know

VARNAME1: SMFeelingsCLikes

VARNAME2: SMFeelingsCTime

VARNAME3: SMFeelingsCBullied

VARNAME4: SMFeelingsCSafe

{if SocMedC = 1}

BullyOnlineC

Have you been bullied online in the last 12 months?

1. Yes
2. No
3. Prefer not to say

{BullyOnlineC = 1 Yes}

BullyOnlineFreqC

How often have you been bullied online in the last 12 months?

1. Every day or a few times a week
2. Once or twice a week
3. Once every two weeks
4. Once a month
5. Only a few times a year
6. Less often than this
7. It varies too much to say

{ASK ALL}

SafetyHelp3C

“If you are worried about your safety online, you can get support, information and advice

about what to do and how to get help from the charity ChildLine here:

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/>

Please click 'Next' to continue."

ANALYSIS:"Child: Worried about safety online help screen"

DISPLAY

{ASK ALL}

SleepC [COLLAPSIBLE GRID QUESTION: ONE PAGE]

"On how many nights in the past 7 days, have you had any of the following problems with your sleep?

G_Collapsible_Grid_II1"

ANALYSIS:"Child: Whether child has had problems sleeping in past 7 days"

GRID ROWS:

1. Problems in getting to sleep
2. Problems with waking in the night
3. Problems with waking up early

GRID COLS:

1. None
2. One night
3. Two nights
4. Three nights
5. Four nights
6. Five nights
7. Six nights
8. Seven nights

VARNAME1: SleepCProbs

VARNAME2: SleepCWakeNight

VARNAME3: SleepCWakeEarly

{ASK ALL}

ActivityC [COLLAPSIBLE GRID QUESTION: ONE PAGE]

"In the past 7 days, how often have you done any of the following?

G_Collapsible_Grid_II1"

ANALYSIS:"Child: Types of activities child has done in past 7 days"

GRID ROWS:

1. Exercised indoors or outdoors (for example, walking, running, dancing, gymnastics, swimming or cycling)
2. Enjoyed time outdoors in green space, (e.g. in a park, a garden or at the coast or in the countryside)
3. Taken part in any groups, clubs or organisations outside of school time (for example, an after-school club, a sports club, a choir, or a volunteering society)
4. Played video games on an electronic device
5. Eaten a meal together with family

6. Spent time with the rest of the family (for example, watching films or TV together, having a conversation, or doing an activity)
7. Had one or more drinks containing alcohol
8. Smoked one or more cigarettes
9. Used an e-cigarette or vaping device
10. Used cannabis or other drugs
11. Gambled money online

GRID COLS:

1. Not at all
2. On one day
3. On two days
4. On three days
5. On four days
6. On five days
7. On six days
8. On seven days

VARNAME1: ActivityCExercise

VARNAME2: ActivityCOutside

VARNAME3: ActivityCCLubs

VARNAME4: ActivityCVidGame

VARNAME5: ActivityCEat

VARNAME6: ActivityCTime

VARNAME7: ActivityCDrink

VARNAME8: ActivityCSmoked

VARNAME9: ActivityCVape

VARNAME10: ActivityCUsed

VARNAME11: ActivityCGamble

Consents

TS22: [SET TIME STAMP HERE]

{if Age2023 = 16}

DLConsentC

"We would like to link your and your parent/carer's responses to this survey to other data held about you by NHS England, Department for Education and the Office for National Statistics. This includes information that NHS England and the Office for National Statistics maintain on your NHS health record including in-patient/out-patient care, primary care, diagnostic care, mental health, cancer and records for when and the reason why people pass away. The Department for Education maintain information on your education record including educational achievement, absence, exclusions and special educational needs.

To link this information, we will need to send your name, address and date of birth to the organisation that owns the data so that they can identify your record. This linkage allows research into how a person's lifestyle and experiences can have an impact on their future health and education. By doing so, we can create evidence to inform decisions to improve services and policies which affect all children and families in England. You will not be

identified in any research, which will be carried out under strict privacy and confidentiality rules. You can cancel this permission at any time in the future by contacting NHS England, you do not need to give a reason why.

You can contact NHS England either by emailing enquiries@nhsdigital.nhs.uk, or by telephoning 0300 303 5678. These contact details are also in the accompanying leaflet.

G_Multi_II1”

ANALYSIS:”Child: Consent to data linkage”

1. I agree to linkage to data held by NHS England and the Office for National Statistics
2. I agree to linkage to data held by the Department for Education
3. I do not agree to linkage [EXCLUSIVE CODE]
NO DK/NO REF

{if Age2023 = 16}

FutConsentC

“In the future, NatCen, ONS or NHS England may want to contact you about further research about your mental health and wellbeing. Would you be willing to be contacted again in the future? If you are invited to take part in any future studies you will be free to refuse if you do not want to take part. You can cancel this permission at any time by contacting NHS England either by emailing enquiries@nhsdigital.nhs.uk, or by telephoning 0300 303 5678.

G_ReadOut_II1”

ANALYSIS:”Child: Consent to future research”

1. Yes
2. No
3. Yes (in certain circumstances) – please specify at next question
NO DK/NO REF

{IF FutConsentC = 3}

FutConsentCircC

“What would your conditions be for being contacted again in the future?”

G_Multi_II1”

ANALYSIS:”Child: Conditions for being contacted again in the future”

1. Contact household beforehand
2. Only at a convenient time
3. Don't want to answer other types of question

{IF (SCREEN POSITIVE OR SELECTED SCREEN NEGATIVE) and (EatConsentP = 1 or 3)}

EatConsentC

Thank you for answering the questions so far.

You have also been selected to take part in the second stage of this study. This involves answering some further questions online at the end of this questionnaire that are about your feelings about eating, your eating behaviours and any concerns you might have. This also includes questions about your height and weight, how you might have been feeling or acting recently, and for girls' questions about your menstrual cycle. Your responses will be

analysed by researchers at the University of Cambridge and will be combined with the responses you have provided already. The responses shared with researchers at the University of Cambridge will be anonymised, names and contact details will not be shared.

The second stage of this study should take you around 20 minutes to complete. You don't have to complete the whole survey in one go – any progress you make will be saved and you can start where you left off when you next log in.

Are you willing to take part in the second stage of the study?

1. Yes
2. No

Child eating disorder follow-up

{IF (EatConsentC = 1)}

EatFUIntroC

TS_ED_C1: [SET TIME STAMP HERE]

{ASK ALL}

FollowUpIntroC

Thank you for agreeing to take part in the second stage of the study.

You will be asked a series of questions to explore the experiences of your eating behaviours. There are no right or wrong answers. Your responses will remain anonymous and you can withdraw from the study at any point without giving a reason.

Please click 'Next' to continue.

DISPLAY

{ASK ALL}

ChldCondC

Do you have any current health conditions that affect how much you eat and/or your weight or growth?

3. Yes
4. No

{IF ChldCondC = 1}

ChldCondC_Open

Please explain what the health condition is and how it affects how much you eat and/or your weight or growth.

OPEN

{IF ChldCondC = 1}

ChldSupmentC

Does this health condition mean that you need to take any nutritional supplements (such as high calorie or protein drinks) or have a special diet?

3. Yes
4. No

{ASK ALL}

ActiveC

Which of the following best describes how much activity you do on most days in an ordinary week?

HELP: "By activity we mean anything that makes you breathe faster or feel warmer and includes things like brisk walking, dancing, running, cycling, playing sports."

4. Inactive (less than 30 minutes per day across most weeks)
5. Moderately active (30-60 minutes per day across most weeks)
6. Active (60 minutes or more per day across most weeks)

{ASK ALL}

HeightC

The next few questions are about height and weight. If you don't know the exact answer, an answer that is more or less right is more help to us than no answer at all.

Do you want to answer questions about your height in...

3. Centimetres
4. Feet and inches

{IF HeightC = 1 or 2}

HeightC_answer

How tall are you?

OPEN

Range: 0...7 feet 0...11 inches
0.01...2.44 metres

{IF HeightC_answer = given}

HeightCCor

This height is...

5. Correct (or almost so)
6. A good guess
7. A rough guess
8. I can't give an approximate height

{ASK ALL}

WeightC

Do you want to answer questions about your weight in...

3. Kilograms
4. Stones and pounds

{IF WeightC = 1 or 2}

WeightC_answer

How much do you weigh at present?

OPEN

Range: 1...32 stones 0...13 pounds
1.0...210.0 kilograms

{IF WeightC_answer = given}

WeightCCor

This weight is...

5. Correct (or almost so)
6. A good guess
7. A rough guess
8. I can't give an approximate weight

{ASK ALL}

WeightLowC

What was your **lowest weight** in the last 12 months?

FEED FORWARD MEASUREMENT CHOSEN FROM BEFORE

Range: 1...32 stones 0...13 pounds

1.0...210.0 kilograms

{IF WeightLowC = given}

WeightLowCCor

This weight is...

1. Correct (or almost so)
2. A good guess
3. A rough guess
4. I can't give an approximate weight

{ASK ALL}

WeightHighC

What was your **highest weight** ever?

FEED FORWARD MEASUREMENT CHOSEN FROM BEFORE

Range: 1...32 stones 0...13 pounds

1.0...210.0 kilograms

{IF WeightHighC = given}

WeightHighCCor

This weight is...

1. Correct (or almost so)
2. A good guess
3. A rough guess
4. I can't give an approximate weight

{ASK ALL}

DescribeC

At present, how would you describe yourself?

6. Very thin
7. Thin
8. Average
9. Plump
10. Fat

{ASK ALL}

OthersDescribeC

How would other people, such as friends and family, describe you at present?

6. Very thin
7. Thin
8. Average
9. Plump
10. Fat

{IF OthersDescribeC = 3}

DescribeAvgC

Comparing how you are this year with how you have been in previous years, would other people say you were ...

4. Always average weight
5. Thinner this year than in previous years
6. Plumper this year than in previous years

{IF OthersDescribeC = 4 or 5}

DescribePlumC

Comparing how you are this year with how you have been in previous years, would other people say you were ...

5. Even plumper in previous years
6. Always this plump
7. A little plumper this year than in previous years
8. A lot plumper this year than in previous years

{IF OthersDescribeC = 1 or 2}

CompareC

Comparing how you are this year with how you have been in previous years, would other people say you were...

1. Even thinner in previous years
2. Always this thin
3. A little thinner this year than in previous years
4. A lot thinner this year than in previous years

{ASK ALL}

OthersC

Have other people such as your family, a friend, or a doctor, been seriously concerned that your weight has been bad for your physical health?

3. No
4. Yes

{ASK ALL}

ChildThinkC

Do you think that your weight has been bad for your physical health?

3. No
4. Yes

{ASK ALL}

ChildAfraidC

Are you afraid of gaining weight or getting fat?

4. No
5. A little
6. A lot

{ASK ALL}

WeightTerrifyC

Does the thought of gaining weight or getting fat really terrify you?

3. No
4. Yes

{ASK ALL}

FivePoundsC

If the doctor told you that you needed to put on five pounds (two kilograms), for the sake of your health, would you find this easy, difficult or impossible to accept?

HELP: If you have physical problems that make it hard for you to put on weight, the question is about whether you would be willing to try, not about whether you would succeed.

4. Easy
5. Difficult
6. Impossible

{ASK ALL}

AvoidC

Do you try **not** to eat the sorts of food that will make you fat?

4. No
5. A little
6. A lot

{IF AvoidC = 2 or 3}

OftenSucceedC

How often do you succeed in this? (In avoiding fattening food)

5. Never
6. Sometimes
7. Most of the time
8. Always

{ASK ALL}

ThinkC

Do you spend a lot of your time thinking about food?

3. No
4. Yes

{ASK ALL}

DesireC

Sometimes people say that they have such a strong desire for food, and that this desire is so hard to resist that it is like the way an addict feels about drugs or alcohol.

Does this apply to you?

- 4. No
- 5. A little
- 6. A lot

{ASK ALL}

ControlC

Sometimes people lose control over what they eat, and then they eat a very large amount of food in a short time.

For example, they may open the fridge and eat as much as they can find – eating and eating until they feel physically ill. This usually happens when people are by themselves.

Does this happen to you?

- 3. No
- 4. Yes

{IF ControlC = 2 Yes}

OftenControlC

Over the **last 3 months**, how often on average has this happened?

- 5. Hasn't happened
- 6. Occasionally
- 7. About once a week
- 8. Twice a week or more

{IF OftenControlC = 2, 3 or 4}

BingeEpiC

When this happens, do you...

GRID ROWS:

- 8. Have a sense of having lost control over your eating?
- 9. Eat much more quickly than usual?
- 10. Eat so much that you feel uncomfortably full?
- 11. Eat a lot even though you don't actually feel hungry?
- 12. Eat by yourself because you are embarrassed by how much you are eating?
- 13. Feel disgusted with yourself afterwards?
- 14. Feel depressed or really guilty afterwards?

GRID COLUMNS:

- 4. No
- 5. A little
- 6. A lot

VARNAME1: BingeEpiCLost

VARNAME 2: BingeEpiCQuick

VARNAME3: BingeEpiCFull

VARNAME4: BingeEpiCNotHung

VARNAME5: BingeEpiCEmbarass

VARNAME6: BingeEpiCDisgust

VARNAME7: BingeEpiCGuilt

{ASK ALL}

EatingC [COLLAPSIBLE GRID QUESTION: ONE PAGE]

Over the last three months, have you done any of the following to avoid putting on weight...

GRID ROWS:

1. Eating less at meals
2. Skipping meals
3. Going without food for long periods, for example all day or most of the day
4. Hiding or throwing away food that others give you
5. Exercising more
6. Making yourself vomit (throw up)
7. Taking pills or medicines in order to lose weight
8. Doing other things (e.g. not taking insulin if diabetic) [PLEASE SPECIFY]

GRID COLS:

1. No
2. I try to but I'm not allowed
3. A little
4. A lot

VARNAME1 EatingCLess

VARNAME2 EatingCSkip

VARNAME3 EatingCFast

VARNAME4 EatingCHide

VARNAME5 EatingCExercise

VARNAME6 EatingCPurge

VARNAME7 EatingCPills

VARNAME8 EatingCOther

{IF EatingC_7 = 3 or 4}

PillsC

What pills or medicines have you been taking in order to lose weight? {IF MODE = Web:
"Please type in the box. You can tell us as much as you want."}

OPEN

{IF ControlC = 2 Yes}

EarlierControlC

{IF any responses to EatingC = 2, 3 or 4: "You told us earlier there were times when you lose control and eat too much. After you do this, do you normally then (TEXTFILL BASED ON EatingC RESPONSE) to stop yourself putting on weight?"}

{IF all responses to EatingC = 1: "You told us earlier there were times when you lose control and eat too much. After you do this, do you normally then do other things to stop yourself putting on weight? For example, diet, exercise, vomit or take pills or medicines."}

3. No
4. Yes

{IF Gender = 2 Female}

PeriodIntroC

Please be aware that the next questions will ask about your menstrual cycle.

If you do not feel comfortable, you can skip this section and/or pause or stop the survey at any time.

3. Continue to questions
4. Skip this section [GoTo UpsetC]

{IF Gender = 2 Female and PeriodIntroC = 1}

PeriodsC

The following questions are all about your menstrual cycle.

Have you had any periods in the **last three months**?

1. No
2. Yes

{IF PeriodsC = 1 No}

PeriodsEverC

Have you **ever** had any periods?

3. No
4. Yes

{IF Gender = 2 Female and PeriodIntroC = 1}

ContraceptionC

Are you taking any hormone pills or injections (including contraceptives)?

3. No
4. Yes

{IF ContraceptionC = 1 or 2 and (PeriodsC = 2 OR PeriodsEverC = 2)}

PeriodsGenC

Please describe how your periods have been in general, and how they have been recently.

OPEN

{IF PeriodsC = 1 No and PeriodsEverC = 2 Yes}

PeriodsWhyC

Why do you think you have not had any periods in the last 3 months?

OPEN

{IF ContraceptionC = 2 Yes}

ContraEffectC

Please describe what effects the hormone pills or injections have on your periods:

OPEN

{ASK ALL}

UpsetC

You have described your eating pattern and concern about weight or body shape. How upset or distressed are you by this?

5. Not at all
6. A little
7. A medium amount
8. A great deal

{ASK ALL}

InterfereC [COLLAPSIBLE GRID QUESTION: ONE PAGE]

How much has your eating pattern or concern about weight or body shape interfered with...

GRID ROWS:

1. How well you get along with the rest of the family?
2. Making and keeping friends?
3. Learning or class work?
4. Playing, hobbies, sports or other leisure activities?

GRID COLS:

1. Not at all
2. A little
3. A medium amount
4. A great deal

VARNAME1 – InterfereCFam

VARNAME2 – InterfereCFrnd

VARNAME3 – InterfereCLearn

VARNAME4 – InterfereCLEisure

{ASK ALL}

BurdenC

Has your eating pattern or concern about weight or body shape made it harder for those around you (such as your family, friends, teachers, etc)?

5. Not at all
6. A little
7. A medium amount
8. A great deal

{ASK ALL}

CurrentConcernC

Please describe any current concerns about your eating pattern, weight or body shape and when they started:

OPEN

{ASK ALL}

TypicalDayC

Thinking about a typical day, please tell us what you eat, what you avoid eating, and any calorie limit or rules that you use to decide what to eat.

OPEN

{ASK ALL}

AspectsC

Has your eating pattern or concern about your weight affected other aspects of your life? For example, reducing interest in things that other people of your age enjoy, or affecting how well you get along with family or friends.

OPEN

{ASK ALL}

AdviceC

Have you or anyone else in the family asked a doctor or psychologist to help you with food or with your weight? If yes, what advice or help did you get? Did it help?

OPEN

{ASK ALL}

ProblemsC

Have you had any medical problems related to your eating patterns, to your weight, or to the ways you control your weight? For example, problems with fainting, excessive weakness, constipation, bleeding after vomiting, dental problems.

OPEN

TS_ED_C2: [SET TIME STAMP HERE]

{ASK ONLY IF SCREEN POSITIVE}

ARFID_C [COLLAPSIBLE GRID QUESTION: ONE PAGE]

Please select whether you agree or disagree to the following statements...

GRID ROWS:

10. I am a picky eater
11. I dislike most of the foods that other people eat
12. The list of foods that I like and will eat is shorter than the list of foods I won't eat
13. I am not very interested in eating; I seem to have a smaller appetite than other people
14. I have to push myself to eat regular meals throughout the day, or to eat a large enough amount of food at meals
15. Even when I am eating a food I really like, it is hard for me to eat a large enough volume at meals
16. I avoid or put off eating because I am afraid of feeling uncomfortable (e.g. feeling bloated, feeling sick, or feeling pain), choking, or vomiting/being sick
17. I restrict myself to certain foods because I am afraid that other foods will make me feel uncomfortable (e.g. feeling bloated, feeling sick, or feeling pain), choking, or vomiting/being sick
18. I eat small portions because I am afraid of feeling uncomfortable (e.g. feeling bloated, feeling sick, or feeling pain), choking, or vomiting/being sick

GRID COLS:

7. Strongly disagree
8. Disagree

9. Slightly disagree
10. Slightly agree
11. Agree
12. Strongly agree

VARNAME1 - ARFID_CPicky
VARNAME2 - ARFID_CDislike
VARNAME3 - ARFID_CList
VARNAME4 - ARFID_CInterest
VARNAME5 - ARFID_CPush
VARNAME6 - ARFID_CVolume
VARNAME7 - ARFID_CAvoid
VARNAME8 - ARFID_CRestrict
VARNAME9 - ARFID_CPortion

{ASK ONLY IF SCREEN POSITIVE}

MFQ_C [COLLAPSIBLE GRID QUESTION: ONE PAGE]

These questions are about how you might have been feeling or acting recently. For each statement, please indicate how much you have felt or acted this way in the **past two weeks**.

GRID ROWS:

14. I felt miserable or unhappy
15. I didn't enjoy anything at all
16. I felt so tired I just sat around and did nothing
17. I was very restless
18. I felt I was no good any more
19. I cried a lot
20. I found it hard to think properly or concentrate
21. I hated myself
22. I was a bad person
23. I felt lonely
24. I thought nobody really loved me
25. I thought I could never be as good as other kids
26. I did everything wrong

GRID ROWS:

1. Not true
2. Sometimes
3. True

VARNAME1 - MFQ_CUnhappy
VARNAME2 - MFQ_CEnjoy
VARNAME3 - MFQ_CTired
VARNAME4 - MFQ_Crestless
VARNAME5 - MFQ_CNoGood
VARNAME6 - MFQ_CCried
VARNAME7 - MFQ_CThink
VARNAME8 - MFQ_CHate
VARNAME9 - MFQ_CBad
VARNAME10 - MFQ_CLonely

VARNAME11 - MFQ_Cloved
VARNAME12 - MFQ_COthers
VARNAME13 - MFQ_CWrong

TS_ED_C3: [SET TIME STAMP HERE]

Child end

{ASK ALL}

ClosePageC

{IF EatConsentC=2: "Thank you very much for participating in this survey"; if EatConsentC=1 and is complete: "Thank you very much for taking part in both stages of the survey"}. Your answers will help us understand more about the health and wellbeing of children and young people in England in 2023.

{if MODE=WEB: "If you are worried about any of the questions in this survey and want to talk about anything confidentially, Childline offers trained counsellors where you can do this. Visit <https://www.childline.org.uk/> or call 0800 1111.

You can also get information, advice and support from the list of organisations in the back of your information leaflet, or by visiting www.natcen.ac.uk/NSHW."}

{if MODE=TEL: "If you are worried about any of the questions in this survey and want to talk about anything confidentially, Childline offers trained counsellors where you can do this. INTERVIEWER: IF ASKED FOR THE LINK, YOU CAN READ OUT THE FOLLOWING: <https://www.childline.org.uk/> or call 0800 1111.

You can also get information, advice and support from the list of organisations in the back of your information leaflet, or by visiting our website. INTERVIEWER: IF ASKED FOR THE LINK, YOU CAN READ OUT THE FOLLOWING: www.natcen.ac.uk/NSHW."}

{if EmailP=RESPONSE: "As a thank you for your time, your household will shortly be receiving a {IF (EatConsentP = 3 and EatConsentC = 2) or EatConsentP = 4: "£10 digital"; IF (EatConsentP = 1 or 2) or (EatConsentP = 3 and EatConsentC = 1) and one of the follow-ups is complete: "£20 digital"} Love2Shop e-code. This can be spent in many online shops."}

{if EmailP=1: "As a thank you for your time, your household will shortly be receiving a {IF (EatConsentP = 3 and EatConsentC = 2) or EatConsentP = 4: "£10 Love2Shop"; IF (EatConsentP = 1 or 2) or (EatConsentP = 3 and EatConsentC = 1) and one of the follow-ups is complete: "£20 Love2Shop"} voucher in the post. This can be spent in many high street stores."}

{if MODE=WEB: "If you have any further information you'd like to add, please include it in the box below. Otherwise, please click 'Next' to submit your answers. You will not be able to re-enter the questionnaire once you submit your answers"}

{if MODE=TEL: "INTERVIEWER: PLEASE ENTER ANY ADDITIONAL INFORMATION SUCH AS CONTACT DETAILS OR ADDITIONAL COMMENTS RELATING TO THIS RESPONDENT'S INTERVIEW IN THE BOX BELOW"}

ANALYSIS:"Child: End"

OPEN

ALLOW NA

TS23: [SET TIME STAMP HERE]

3. Young Person Questionnaire (17 to 25 years old)

Introduction

TS24: [SET TIME STAMP HERE]

{IF MODE=WEB and Age2023 = 17-25}

IntroYP

“Dear {first_name} {last_name}, welcome to the National Study of Health and Wellbeing: Children and Young People 2023.

This study is about the health and wellbeing of children and young people in England. The survey should take you around 20 minutes to complete. You don't have to complete the whole survey in one go – any progress you make will be saved and you can start where you left off when you next log in.

Please confirm you have received and read the information leaflet, and are happy to take part.”

ANALYSIS:“Young Person: Introduction (web)”

1. I have read the information leaflet
 2. I have not read the information leaflet
- NO DK/NO REF

{if MODE=TEL and Age2023 = 17-25}

IntroYP2

“Welcome to the National Study of Health and Wellbeing: Children and Young People 2023.

Before we get started, I need to tell you about the following points:

- This study is about the health and wellbeing of children and young people in England. You have been selected because your household took part in the National Study of Health and Wellbeing: Children and Young People in 2017, and possibly the previous follow up studies in 2020, 2021 or 2022, and someone in your household said that you would be happy to re-contacted about any future studies.
- Taking part is voluntary and you can choose to answer as many as or as few questions as you like. You can also change your mind at any time and withdraw from the study.
- It doesn't matter if you didn't take part in the previous follow-up studies, we would still love to hear from you now.
- The study is confidential and all data is handed in accordance with General Data Protection Regulation (GDPR). The data will be used for statistical and research purposes only and nothing we publish will identify you or your household.
- The questionnaire asks about a range of things about your health and wellbeing. These include feelings about your body and eating, whether you have self-harmed, as well as your current circumstances and your experiences and thoughts during the past year.

Are you happy to take part?"

ANALYSIS:"Young Person: Introduction (telephone)"

1. I am happy to take part
2. I do not want to take part (exit questionnaire) - NCOOutcome = 44 (refusal) move to REFUSAL queue
3. I would like to read more information
NO DK/NO REF

{If IntroYP2 = 3}

MoreInfoYP

You should have received an information leaflet about the study. If you have lost this, you can read it on the website: www.natcen.ac.uk/NSHW.

INTERVIEWER: ARRANGE TO CALL BACK RESPONDENT AFTER THEY HAVE READ MORE INFORMATION.

{IF IntroYP = 2}

ConsentChkYP

Before taking part in this study, please ensure that you have read the information leaflet and are happy to take part. If you have lost the information leaflet, you can read it on the website: www.natcen.ac.uk/NSHW".

ANALYSIS:"Young Person: Ensure that have read the information leaflet"

1. Go back to change your answer [GoTo IntroYP]
2. Exit the questionnaire - NCOOutcome = 44 (refusal) move to STOP queue so that TU can phone them. Make ConsentChkYP empty after NCOOutcome = 44.

Checks

{IF IntroYP = 1 or IntroYP2 = 1}

Chk1YP

"We need to make sure we are asking questions about the correct person. Please confirm you are {first_name} {last_name}."

ANALYSIS:"Young Person: Check that they are the sampled young person"

1. Yes
2. Yes, that was my previous name
3. No

{if Chk1YP=2}

PrevNameYP

"You have told us that was your previous name. What are you currently known as?"

FirstName: "First name:" TEXT [1..100]

LastName: "Last Name:" TEXT [1..100]

{If Chk1YP = 3, DK, RF}

Exit1YP

"This questionnaire is about {first_name} {last_name}. You have told us that you are not this person.

{IF MODE=TEL: "INTERVIEWER: If the person you are speaking to is"; {IF MODE=WEB: "If you are"} {first_name} {last_name} please go back and select yes at the previous question.

{IF MODE=TEL: "INTERVIEWER: If the person you are speaking to is"; {IF MODE=WEB: "If you are"} not {first_name} {last_name} please select 'Exit the questionnaire'."

ANALYSIS:"Young Person: Check exit – has said that they are not the sampled young person"

1. Go back to change your answer [GoTo Chk1YP]
2. Exit the questionnaire - NCOOutcome = 78 (ineligible) move to STOP queue so that TU can phone them (use '78' instead of '44' to indicate this is a YP saying they were not the correct person, rather than refusing). Make Exit1YP empty after NCOOutcome = 78.
NO DK/NO REF

Demographics

TS25: [SET TIME STAMP HERE]

{ASK ALL}

DoBYP

"First we'd like to ask you some questions about you and your household. What was the month and year you were born?

Enter as MM/YYYY. For example, if you were born on 15th June 1990, {if

MODE=WEB:"please enter '06' for the month and '1990' for the year."} {if MODE=TEL: "this would be '06' for the month and '1990' for the year."}

Enter month (MM):

Enter year (YYYY):"

ANALYSIS:"Young Person: Year and month of birth of young person"

Format: mm/yyyy

HARD CHECK: If answer provided is in the future: "You have entered a date in the future. Please check and amend."

SOFT CHECK: If answer provided does not match the month and year of birth in the sample file: "This does not match the information we have for you, please check and amend if needed."

HELP: Why are we asking this?: "We need this information to make sure we are asking questions about the correct person."

{if DoBYP = DK/REF}

AgeYP

"What is your age?"

ANALYSIS:"Young Person: Age of young person"

Range: 16...110

SOFT CHECK: If answer provided does not match the age in the sample file: "This does not match the information we have for you, please check and amend if needed."

{If AgeYP = DK/RF}

Exit2YP

"In order to complete this questionnaire we need to make sure that we are asking questions about the correct person. You have told us that you do not want to provide your month and year of birth or your current age.

{if MODE=WEB: "If you are happy to provide this, please go back and enter the month and year of birth.

If you are not happy to provide this then please exit the questionnaire."}

{if MODE=TEL: "INTERVIEWER: If the participant is happy to provide this, please go back and enter in the month and year of birth, or age. If they are not happy to provide this then please select 'Exit the questionnaire'."}

ANALYSIS:"Young Person: Check exit – has said not happy to give month and year of birth"

1. Go back to change your answer [GoTo DoBYP]
2. Exit the questionnaire - NCOOutcome = 44 (refusal) move to STOP queue so that TU can phone them. Make Exit2YP empty after NCOOutcome = 44.
NO DK/NO REF

{ASK ALL}

GenderYP

"And are you...?"

G_ReadOut_II1

ANALYSIS:"Young Person: Gender of young person"

1. Male
2. Female
3. Other
4. Prefer not to say

{ASK ALL}

NumAdultsYP

"How many people in your household are aged 18 and over?"

Please include yourself in the calculation if you are aged 18 or over."

ANALYSIS:"Young Person: Number of adults in household"

Range: 0...14

HELP: What does household mean?: "By household we mean the people that you are currently living with."

{ASK ALL}

NumChildYP

"How many people in your household are aged 17 or under?"

Please include yourself in the calculation if you are aged 17."

ANALYSIS:"Young Person: Number of children (aged under 18) in household"

Range: 0...14

{if NumAdultsYP<>DK/REF OR NumChildYP<>DK/REF}

NumCheckYP

“You have told us that *{if NumAdultsYP+NumChildYP > 1: “people live here”; if NumAdultsYP+NumChildYP=1: “person lives here”}*, including yourself. Is that correct?”

ANALYSIS:“Young Person: Number of people check”

1. Yes
2. No – go back to change answers [GoTo NumAdultsYP]

NO DK/NO REF

{if NumAdultsYP+NumChildYP>1}

CoupleStatusYP

“Are you living with someone in this household as a couple?”

ANALYSIS:“Young Person: Whether living with someone in household as a couple”

1. Yes
2. No

{ASK ALL}

TenureYP

“In which of these ways is your accommodation occupied? (If you are a student living in halls of residence, this would be covered under option “Rent it from another type of landlord”)

G_ReadOut_II1

ANALYSIS:“Young Person: Tenure”

1. Own it outright
2. Buying it with the help of a mortgage/loan
3. Part own and part rent (shared ownership)
4. Rent it from a housing association or local council
5. Rent it from another type of landlord
6. Live here rent-free
7. Squatting

Education and Employment

TS26: [SET TIME STAMP HERE]

{ASK ALL}

EducationYP

“What is your highest level of educational attainment?”

G_ReadOut_II1

ANALYSIS:“Young Person: Highest level of educational attainment”

1. No qualifications [EXCLUSIVE CODE]
2. GCSE or equivalent
3. Post-16 vocational course
4. A-levels or equivalent
5. Undergraduate degree or professional qualification
6. Postgraduate degree

{ASK ALL}

EmployStatusYP

“Thinking about your current work status, which of these statements best describes your current situation?”

G_ReadOut_II1

ANALYSIS:“Young Person: Employment status”

1. Self employed
2. In paid employment (full or part time)
3. Unemployed
4. Looking after family or home
5. Student
6. Long term sick or disabled
7. On a government training scheme
8. Unpaid worker, volunteer or intern
9. Working in an apprenticeship
10. Doing something else

{if EmployStatusYP = 5}

StudentWrkYP

“Did you do any paid work in the last 4 weeks, either as an employee or self-employed?”

ANALYSIS:“Young Person: Whether did paid work in last 4 weeks”

1. Yes
2. No

{if StudentWrkYP = 1 or EmployStatusYP = 1 or 2}

HoursWkYP

“How many hours per week do you usually work, excluding studying and volunteering?”

ANALYSIS:“Young Person: Number of hours per week working”

1. 0 to 15 hours
2. 16 to 30 hours
3. 31 to 48 hours
4. 49 or more hours

{ASK ALL}

CarerYP

“Apart from anything you do as part of paid employment, do you look after, or give any regular help or support to family members, friends, neighbours or others because of either long-term physical ill-health, mental ill-health, disability; or problems related to old age?”

ANALYSIS:“Young Person: Whether has any caring responsibilities”

1. Yes
2. No

{if CarerYP = 1}

CarerHoursYP

“How many hours a week, on average, do you spend doing this?”

ANALYSIS:“Young Person: Average number of hours a week spends on caring responsibilities”

1. Less than one hour
 2. 1-4 hours
 3. 5-9 hours
 4. 10-19 hours
 5. 20-34 hours
 6. 35-49 hours
1. 50 hours or more

Strengths and Difficulties

TS27: [SET TIME STAMP HERE]

{ASK ALL}

SDQIntroYP

"The next set of questions will ask about your strengths and difficulties.

Please answer every question even if you are not 100% sure that your answer is right."

ANALYSIS:"Young Person: Strengths and difficulties introduction"

DISPLAY

{ASK ALL}

SDQYP [COLLAPSIBLE GRID QUESTION: ONE PAGE]

"How well does each statement describe how you have been over the last 6 months?"

G_Collapsible_Grid_II1"

ANALYSIS:"Young Person: SDQ statements"

GRID ROWS:

1. I try to be nice to other people, I care about their feelings
2. I am restless, I find it hard to sit down for long
3. I get a lot of headaches, stomach aches or sickness
4. I usually share with others (food, drink, etc.)
5. I get very angry and often lose my temper

GRID COLS:

1. Not true
2. Somewhat true
3. Certainly true

VARNAME1: SDQYP1

VARNAME2: SDQYP2

VARNAME3: SDQYP3

VARNAME4: SDQYP4

VARNAME5: SDQYP5

{ASK ALL}

SDQYP2 [COLLAPSIBLE GRID QUESTION: ONE PAGE]

“How well does each statement describe how you have been over the last 6 months?”

G_Collapsible_Grid_II1”

ANALYSIS:“Young Person: SDQ statements”

GRID ROWS:

1. I would rather be alone than with other people
2. I am generally willing to do what other people want
3. I worry a lot
4. I am helpful if someone is hurt, upset or feeling ill
5. I am constantly fidgeting or squirming

GRID COLS:

1. Not true
2. Somewhat true
3. Certainly true

VARNAME1: SDQYP6
VARNAME2: SDQYP7
VARNAME3: SDQYP8
VARNAME4: SDQYP9
VARNAME5: SDQYP10

{ASK ALL}

SDQYP3 [COLLAPSIBLE GRID QUESTION: ONE PAGE]

“How well does each statement describe how you have been over the last 6 months?”

G_Collapsible_Grid_II1”

ANALYSIS:“Young Person: SDQ statements”

GRID ROWS:

1. I have at least one good friend
2. I fight a lot. I can make other people do what I want
3. I am often unhappy, depressed or tearful
4. Other people generally like me
5. I am easily distracted, I find it difficult to concentrate

GRID COLS:

1. Not true
2. Somewhat true
3. Certainly true

VARNAME1: SDQYP11
VARNAME2: SDQYP12
VARNAME3: SDQYP13
VARNAME4: SDQYP14
VARNAME5: SDQYP15

{ASK ALL}

SDQYP4 [COLLAPSIBLE GRID QUESTION: ONE PAGE]

“How well does each statement describe how you have been over the last 6 months?”

G_Collapsible_Grid_II1”

ANALYSIS:“Young Person: SDQ statements”

GRID ROWS:

1. I am nervous in new situations. I easily lose confidence
2. I am kind to children
3. I am often accused of lying or cheating
4. Other people pick on me or bully me
5. I often offer to help others (family members, friends, colleagues)”

GRID COLS:

1. Not true
2. Somewhat true
3. Certainly true

VARNAME1: SDQYP16

VARNAME2: SDQYP17

VARNAME3: SDQYP18

VARNAME4: SDQYP19

VARNAME5: SDQYP20

{ASK ALL}

SDQYP5 [COLLAPSIBLE GRID QUESTION: ONE PAGE]

“How well does each statement describe how you have been over the last 6 months?”

G_Collapsible_Grid_II1”

ANALYSIS:“Young Person: SDQ statements”

GRID ROWS:

1. I think before I do things
2. I take things that are not mine from home, work or elsewhere
3. I get along better with older people than with people of my own age
4. I have many fears, I am easily scared
5. I finish the work I'm doing, my attention is good

GRID COLS:

1. Not true
2. Somewhat true
3. Certainly true

VARNAME1: SDQYP21

VARNAME2: SDQYP22

VARNAME3: SDQYP23

VARNAME4: SDQYP24

VARNAME5: SDQYP25

{ASK ALL}

SDQ26YP

“Overall, do you think that you have difficulties in one or more of the following areas:

Emotions, concentration, behaviour or getting on with other people?

G_ReadOut_II1”

ANALYSIS:”Young Person: SDQ – whether has difficulties”

1. No
2. Yes: minor difficulties
3. Yes: definite difficulties
4. Yes: severe difficulties

{ASK IF: SDQ26YP >= 2}

SDQ27YP

“How long have these difficulties been present?

G_ReadOut_II1”

ANALYSIS:”Young Person: SDQ – how long difficulties have been present”

1. Less than a month
2. One to five months
3. Six to twelve months
4. Over a year

{ASK IF: SDQ26YP >= 2}

SDQ28YP

“Do the difficulties upset or distress you?

G_ReadOut_II1”

ANALYSIS:”Young Person: SDQ – whether difficulties upset or distress them”

1. Not at all
2. Only a little
3. Quite a lot
4. A great deal

{ASK IF: SDQ26YP >= 2}

SDQDiffYP [COLLAPSIBLE GRID QUESTION: ONE PAGE]

“Do the difficulties interfere with your everyday life in terms of...

G_Collapsible_Grid_II1”

ANALYSIS:”Young Person: SDQ impact statements”

GRID ROWS:

1. Getting along with the people you are closest to (for example, family, partner)
2. Making and keeping friends
3. Work or study
4. Hobbies, sports or other leisure activities

GRID COLS:

1. Not at all
2. Only a little
3. Quite a lot
4. A great deal

VARNAME1: SDQDiffYPGdRelations
VARNAME2: SDQDiffYPFriends
VARNAME3: SDQDiffYPSWork
VARNAME4: SDQDiffYPLeisure

{ASK IF: SDQ26YP >= 2}

SDQ33YP

“Do the difficulties make it harder for those around you such as your family and friends?

G_ReadOut_II1”

ANALYSIS:“Young Person: SDQ – whether difficulties make it harder for people around them”

5. Not at all
6. Only a little
7. Quite a lot
8. A great deal

General Health Questionnaire (GHQ-12)

TS28: [SET TIME STAMP HERE]

{ASK ALL}

GHQIntroYP

“The next questions are about how **your** health has been in general over the **past few weeks**. {if MODE=WEB: “Please answer all the questions by selecting the answer which describes how you have been feeling.”}; {if MODE=TEL: “Please tell me the answer which describes how you have been feeling.”}

ANALYSIS:“Young Person: General health questionnaire introduction”

DISPLAY

{ASK ALL}

GHQ1YP

“Have you recently been able to concentrate on whatever you're doing?”

G_ReadOut_II1

ANALYSIS:“Young Person: GHQ1”

1. Better than usual

2. Same as usual
3. Less than usual
4. Much less than usual

{ASK ALL}

GHQ2YP

“Have you recently lost much sleep over worry?”

G_ReadOut_II1

ANALYSIS: “Young Person: GHQ2”

1. Not at all
2. No more than usual
3. Rather more than usual
4. Much more than usual

{ASK ALL}

GHQ3YP

“Have you recently felt that you are playing a useful part in things?”

G_ReadOut_II1

ANALYSIS: “Young Person: GHQ3”

1. More so than usual
2. Same as usual
3. Less so than usual
4. Much less than usual

{ASK ALL}

GHQ4YP

“Have you recently felt capable of making decisions about things?”

G_ReadOut_II1

ANALYSIS: “Young Person: GHQ4”

1. More so than usual
2. Same as usual
3. Less so than usual
4. Much less than usual

{ASK ALL}

GHQ5YP

“Have you recently felt constantly under strain?”

G_ReadOut_II1

ANALYSIS: “Young Person: GHQ5”

1. Not at all
2. No more than usual
3. Rather more than usual
4. Much more than usual

{ASK ALL}

GHQ6YP

“Have you recently felt you couldn't overcome your difficulties?”

G_ReadOut_II1

ANALYSIS:“Young Person: GHQ6”

1. Not at all
2. No more than usual
3. Rather more than usual
4. Much more than usual

{ASK ALL}

GHQ7YP

“Have you recently been able to enjoy your normal day-to-day activities?”

G_ReadOut_II1

ANALYSIS:“Young Person: GHQ7”

1. More so than usual
2. Same as usual
3. Less able than usual
4. Much less able than usual

{ASK ALL}

GHQ8YP

“Have you recently been able to face up to your problems?”

G_ReadOut_II1

ANALYSIS:“Young Person: GHQ8”

1. More so than usual
2. Same as usual
3. Less able than usual
4. Much less able than usual

{ASK ALL}

GHQ9YP

“Have you recently been feeling unhappy and depressed?”

G_ReadOut_II1

ANALYSIS:“Young Person: GHQ9”

1. Not at all
2. No more than usual
3. Rather more than usual
4. Much more than usual

{ASK ALL}

GHQ10YP

“Have you recently been losing confidence in yourself?”

G_ReadOut_II1

ANALYSIS:“Young Person: GHQ10”

1. Not at all
2. No more than usual
3. Rather more than usual
4. Much more than usual

{ASK ALL}

GHQ11YP

“Have you recently been thinking of yourself as a worthless person?”

G_ReadOut_II1

ANALYSIS:“Young Person: GHQ11”

4. Not at all
5. No more than usual
6. Rather more than usual
7. Much more than usual

{ASK ALL}

GHQ12YP

“Have you recently been feeling reasonably happy, all things considered?”

G_ReadOut_II1

ANALYSIS:“Young Person: GHQ12”

4. More so than usual
5. Same as usual
6. Less so than usual
7. Much less than usual

{ASK ALL}

LonelyYP

“How often do you feel lonely?”

G_ReadOut_II1

ANALYSIS:“Young Person: How often feels lonely”

1. Often or always
2. Some of the time
3. Occasionally
4. Hardly ever
5. Never

{if NumAdultsYP>1}

ArgueYP

“When adults in your house get into arguments with each other, others may see or hear what

is going on. Have you seen or been involved in one of these arguments?

G_Multi_II1

ANALYSIS:"Young Person: Whether seen or been involved in arguments"

1. I have seen or heard one of these arguments
2. I have been involved in one of these arguments
3. I have not been involved or seen/heard one of these arguments [EXCLUSIVE CODE]
4. Don't know [EXCLUSIVE CODE]
5. Prefer not to answer [EXCLUSIVE CODE]

{ASK ALL}

SHIntroYP

"The next questions are about harming yourself on purpose, (for example by taking an overdose of pills or other medication, cutting yourself, or injuring yourself in some other way)."

DISPLAY

{ASK ALL}

SelfHarmTalkYP

"In the last 4 weeks, did you talk about harming yourself?"

ANALYSIS:"Young Person: Talking about self-harm in last 4 weeks"

1. Yes
2. No

{ASK ALL}

SelfHarmTryYP

"In the last 4 weeks, did you try to harm yourself?"

ANALYSIS:"Young Person: Trying to self-harm in last 4 weeks"

1. Yes
2. No

{ASK ALL}

SelfHarmEverYP

"Over the whole of your lifetime, have you ever tried to harm yourself?"

ANALYSIS:"Young Person: Ever self-harmed in lifetime"

1. Yes
2. No

{ASK ALL}

OrganisationsYP2

"Thank you for answering these questions. {if MODE=WEB: "If you need any support please refer to the list of organisations in the accompanying leaflet or you can visit www.natcen.ac.uk/NSHW. If you would like to talk to someone, you can call Samaritans for free on 116 123. The helpline is open 24 hours every day." {if MODE=TEL: "If you need any support you can refer to the list of organisations in the back of your information leaflet. If you would like to talk to someone you can call the charity Samaritans for free. INTERVIEWER: If asked, the number is 116 123 and the helpline is open 24 hours every day."}"

ANALYSIS:"Young Person: Help organisations"

DISPLAY

{ASK ALL}

SAPASYP

“The next set of questions are about how you are, generally, as a person.

G_Collapsible_Grid_II1”

ANALYSIS:“Young Person: SAPAS statements”

GRID ROWS:

1. In general, do you have difficulty making and keeping friends?
2. Would you normally describe yourself as a loner?
3. In general, do you trust other people?
4. Do you normally lose your temper easily?
5. Are you normally an impulsive sort of person?
6. Are you normally a worrier?
7. In general, do you depend on others a lot?
8. In general, are you a perfectionist?

GRID COLUMNS:

1. Yes
2. No

VARNAME1: SAPASYPFriends

VARNAME2: SAPASYPLoner

VARNAME3: SAPASYPTrust

VARNAME4: SAPASYPTemper

VARNAME5: SAPASYPImpulsive

VARNAME6: SAPASYPWorry

VARNAME7: SAPASYPDepend

VARNAME8: SAPASYPPerfect

Service contact

TS29: [SET TIME STAMP HERE]

{ASK ALL}

SCIntroYP

“The next questions ask about any contact you’ve had with professional services or sources of support.”

ANALYSIS:“Young Person: Service contact introduction”

DISPLAY

{ASK ALL}

ConcernYP

“Since {textfill year ago date}, have you had any concerns or worries about your mental health, or emotional, behavioural or concentration problems?”

ANALYSIS:“Young Person: Whether had any concerns or worries about mental health, or emotional, behavioural or concentration problems in past year”

1. Yes

2. No

{If ConcernYP = 1}

SeekHelpYP

“Since {textfill year ago date}, have you sought help or advice for this concern?”

ANALYSIS: “Young Person: Whether sought help or advice for concern”

1. Yes
2. No

{If SeekHelpYP = 2}

SeekHelpNoYP

“Why did you decide not to seek help or advice?”

G_Multi_II1”

ANALYSIS: “Young Person: Reason(s) why did not seek help or advice”

1. Did not think problem was serious enough
2. Did not think services could help
3. Did not know who to approach/contact
4. Did not think help was available due to the pandemic
5. Did not want to be seen due to worries about catching coronavirus
6. Already receiving help or advice for this concern
7. Other (please specify)

{ASK ALL}

InformalContactYP

“Since {textfill year ago date}, have you sought help or advice from, or had contact with, any of the following sources because of worries or concerns about your mental health, or emotional, behavioural or concentration problems?”

G_Multi_II1”

ANALYSIS: “Young Person: Whether sought help or advice from informal contacts about child’s mental health in past year”

1. Someone in your family or a close friend
2. NHS or Government internet websites such as Every Mind Matters
3. Internet websites run by charities such as Young Minds or Mind
4. Online sources such as online chat, blogs, social media platforms (e.g. Instagram, Twitter) or other online communities or self-help groups
5. Telephone help lines (for example, Samaritans, NHS 111, Mind)
6. Text chat mental health support, such as Young Minds Textline
7. Groups in your community, such as youth groups, or peer support groups
8. None of the above [EXCLUSIVE CODE]

{ASK ALL}

ServiceContactYP

“Since {textfill year ago date}, have you been in contact with any of the following people or services because of worries about your mental health or emotional, behavioural or concentration problems?”

G_Multi_II1”

ANALYSIS: “Young Person: Whether been in contact with services about child’s mental health in past year”

1. **A teacher or member of college or university staff** (for example, tutor, lecturer, head of year)
2. **Someone from a school, college or university mental health support service** (for example, a college or university counsellor)
3. **Someone working in educational support services** (for example, an educational psychologist)
4. **Someone from primary health care** (for example, your GP, practice nurse)
5. **Someone from specialist mental health services such as Child and Adolescent Mental Health Services (CAMHS) or Adult Mental Health Services (AMHS)** (for example, psychologist or psychiatrist, or mental health nurse)
6. **Someone specialising in physical health** (for example, a hospital doctor, a doctor or nurse in outpatient clinic)
7. **Someone from social care** (for example, a social worker or family support worker)
8. **A private, paid for service** (for example, a private psychiatrist, psychologist, therapist or counsellor)
9. Accident and Emergency or an Emergency Department
10. Other (please specify)
11. No contact with any service/professional [EXCLUSIVE CODE]

{ASK ALL}

WaitingListYP

“At any point during the past year **since** {textfill year ago date}**,** have you been on a waiting list for assessment or treatment for a mental health concern?”

ANALYSIS: “Young Person: Been on waiting list for assessment or treatment”

1. Yes, I am currently on a waiting list
2. Yes, I have been on a waiting list but am not currently waiting for assessment or treatment
3. No

{if WaitingListYP = 1 or 2}

WaitingListTimeYP

{If WaitingListYP = 2 “How long were you on a waiting list for?”}

{If WaitingListYP = 1 “How long have you been on a waiting list so far?”}

ANALYSIS: “Young Person: How long on waiting list”

1. Less than a month
2. 1 to 2 months
3. 3 to 5 months
4. 6 to 12 months
5. More than a year

{if WaitingListYP = 1 or 2}

WaitingListCrisisYP

If WaitingListYP = 2 “Did you seek mental health support from any of the following whilst you were on a waiting list?”

If WaitingListYP = 1 “Have you sought mental health support from any of the following while you have been on the waiting list?”

ANALYSIS: “Young Person: sought emergency or crisis mental health support”

1. Yes, emergency or crisis mental health support

2. Yes, private mental health support
3. Yes, other service or source of help
4. No

{if WaitingListYP =1 or 2}

WaitingListSupportYP

{If WaitingListYP = 2 “How well supported by services or professionals did you feel during the time you were on a waiting list?”}

{If WaitingListYP = 1 “ How well supported by services or professionals have you felt while you have been on a waiting list?”}

ANALYSIS:“Young Person: How well supported during time on waiting list”

1. Very well supported
2. Quite well supported
3. Neither supported nor unsupported
4. Not very supported
5. Not at all supported

{ASK ALL}

MedicationYP

“Since {textfill year ago date}, have you been prescribed any medication for a mental health or emotional, behavioural or concentration problem?”

ANALYSIS:“Young Person: Whether was taking any medication for mental health problem in past year”

1. Yes
2. No

Education or work

TS30: [SET TIME STAMP HERE]

{if EmployStatusYP = 5 ‘Student’}

StudentYP

“Are you a...”

G_ReadOut_II1

ANALYSIS:“Young Person: Student setting”

1. Student in further education e.g. at a sixth form or at a further education college
2. Student in higher education, e.g. at a university
3. Other (please specify)

{if EmployStatusYP = 5 ‘Student’}

EducExperienceYP

“Thinking about your experience at college or university since September 2022 how much do you agree or disagree with the following statements...”

G_Collapsible_Grid_II1”

ANALYSIS:“Young Person: College/university statements”

GRID ROWS:

1. There is a good balance between online and face-to-face learning

2. I feel isolated from other students
3. There is support available for student mental health and wellbeing
4. There is support available from lecturers and tutors for questions or problems relating to my course
5. I am worried about COVID-19 affecting my exams and course results
6. When I finish my education, I will have the skills and knowledge I need to be prepared for life
7. If I do well with my education, I will have the same chances as everyone else of getting a steady job

GRID COLS:

1. Strongly agree
2. Agree
3. Neither agree nor disagree
4. Disagree
5. Strongly disagree
6. Don't know

VARNAME1: LrnBalanceYP

VARNAME2: IsolateYP

VARNAME3: SupportWBYP

VARNAME4: SupportProbYP

VARNAME5: ExamsYP

VARNAME6: SkillsYP

VARNAME7: ChancesYP

{if EmployStatusYP = 5 'Student'}

DaysMissYP

How many days of college or university did you miss due to mental health reasons (mental health problems or concerns) in the **Autumn term of 2022** (September – December 2022)?

1. None
2. 1-2 days
3. 3-5 days
4. 6-10 days
5. 11-15 days
6. More than 15 days

Physical Health

TS31: [SET TIME STAMP HERE]

{ASK ALL}

HealthConditionsYP

“Do you have any long-term physical health conditions or illnesses lasting or expected to last for 12 months or more? These include conditions such as diabetes, asthma, epilepsy, cerebral palsy, or other health problems.”

ANALYSIS: "Young Person: Whether has any long-term physical health conditions"

1. Yes

2. No
3. Don't know

Household circumstances and changes

TS32: [SET TIME STAMP HERE]

{ASK ALL}

ChangesYP

"Since {textfill year ago date}, have you/your household experienced any of the following?"

G_Multi_II1"

ANALYSIS:"Young Person: Changes household has experienced in past year"

1. You moved in with a partner
2. You moved out of your parents or carer's home
3. You started a new job or course of study
4. You have lost your job or business
5. You or your partner have had a baby
6. You have lost your home or become homeless
7. Reduction in household income
8. Fallen behind with bills, rent or mortgage
9. Could not afford to buy enough food, or had to use a food bank
10. Could not afford to keep your home warm enough
11. Either you or somebody close to you is or was seriously ill
12. None of the above [EXCLUSIVE CODE]

{ASK ALL}

LivingYP

"To what extent do you agree or disagree with the following statements about your/your household's current situation?"

G_Collapsible_Grid_II1"

ANALYSIS:"Young Person: Cost of living statements"

GRID ROWS:

1. I am worried about money
2. I or my household can afford for me to eat a healthy balanced diet (A balanced diet includes fruit, vegetables, pulses, meat or fish, starchy foods such as pasta or rice and dairy)
3. I or my household can afford for me to have the clothes, shoes and equipment I need for daily life (e.g. for work, college, university or other responsibilities)
4. I or my household can afford for me to take part in activities such as sports, days out, or socialising with friends
5. I or my household can afford and have access to transport to do the things I need in my daily life

GRID COLUMNS:

1. Strongly agree

2. Agree
3. Neither agree nor disagree
4. Disagree
5. Strongly disagree
6. Prefer not to say

VARNAME1 – LivingYPMoney

VARNAME2 – LivingYPDiet

VARNAME3 – LivingYPClothes

VARNAME4 – LivingYPActivity

VARNAME5 – LivingYPTransport

{if ChangesYP=4, 6, 7, 8, 9, 10, 11}

OrganisationsYP

Thank you for answering these questions. {if MODE=WEB: “If you need any support please refer to the list of organisations in the accompanying leaflet or you can visit www.natcen.ac.uk/NSHW. If you would like to talk to someone, you can call Samaritans for free on 116 123. The helpline is open 24 hours every day.” {if MODE=TEL: “If you need any support you can refer to the list of organisations in the back of your information leaflet. If you would like to talk to someone you can call the charity Samaritans for free. INTERVIEWER: If asked, the number is 116 123 and the helpline is open 24 hours every day.”}}

Please click ‘NEXT’ to continue.”

ANALYSIS:”Young Person: Samaritans helpline”

DISPLAY

{ASK ALL}

SupportYP [COLLAPSIBLE GRID QUESTION: ONE PAGE]

“The following questions now ask about the people you can turn to for support since {textfill year ago date}. {if MODE=WEB: “Please choose the box that best reflects how strongly you agree with each statement.”}; {if MODE=TEL: “Please tell me the answer that best reflects how strongly you agree with each statement.”}}

G_Collapsible_Grid_II1”

ANALYSIS:”Parent: Whether young person has access to support”

GRID ROWS:

I have access to at least one friend I can turn to for support

I have access to one adult at school or work I can turn to for support

I have access to one family member outside of the home I can turn to for support

GRID COLUMNS:

Strongly agree

Agree

Neither agree/disagree

Disagree

Strongly disagree

HELP: What does having access to support mean?: “By having access to support, we mean that if you needed support, you would be able to get in touch with and receive support from that person using any method. For example by email, by text message, by phone call or in person.”

VARNAME1: YPSupportFrnd

VARNAME2: YPSupportASchl

VARNAME3: YPSupportFam

Eating

TS33: [SET TIME STAMP HERE]

{ASK ALL}

Eating1YP

“The next questions are about how you feel about your body shape and eating.

Have you ever thought you were fat even when other people told you that you were very thin?”

ANALYSIS: “Young Person: Whether ever thought they were fat when others said they were thin”

1. Yes
2. No

{ASK ALL}

Eating2YP

“Would you be ashamed if other people knew how much you eat?”

ANALYSIS: “Young Person: Whether would be ashamed if others knew how much they eat”

1. Yes
2. No

{ASK ALL}

Eating3YP

“Have you ever deliberately made yourself vomit (throw up)?”

ANALYSIS: “Young Person: Whether has ever made themselves throw up”

1. Yes
2. No

{ASK ALL}

Eating4YP

“Do worries about eating (such as what to eat? Where to eat? how much to eat?) really interfere with your life?”

ANALYSIS: “Young Person: Whether worries about eating really interfere with child’s life”

1. Yes
2. No

{ASK ALL}

Eating5YP

“If you eat too much, do you blame yourself a lot?”

ANALYSIS: “Young Person: Whether blames themselves if they eat a lot”

1. Yes
2. No

{ASK ALL}

BeatYP

“If you are worried about your eating, then the charity BEAT supports people who have or are worried they have an eating disorder, as well as others affected, such as friends and family members. {if MODE=TEL: “If asked:”} You can visit their website at <https://www.beateatingdisorders.org.uk/support-services> for more information.

{if MODE=TEL: “INTERVIEWER: IF ASKED: Please click ‘NEXT’ to continue.”}

ANALYSIS: “Young Person: Beat helpline”

DISPLAY

Activities, Sleep, and the Future

TS34: [SET TIME STAMP HERE]

{ASK ALL}

ActivityYP [COLLAPSIBLE GRID QUESTION: ONE PAGE]

“In the past 7 days, how often have you done any of the following?”

G_Collapsible_Grid_II1”

ANALYSIS: “Young Person: Types of activities done in past 7 days”

GRID ROWS:

1. Exercised indoors or outdoors (for example, walking, running, dancing, gymnastics, swimming or cycling)
2. Enjoyed time outdoors in green space (for example in a garden, a park, at the coast or in the countryside)
3. Taken part in an activity as part of a club, group, society or other community organisation (for example, a sports club, volunteering group, choir etc.)
4. Played video games on an electronic device
5. Eaten a meal together with others that you live with
6. Spent time with others that you live with (for example, watching films or TV together, having a conversation, or doing an activity)
7. Had one or more drinks containing alcohol
8. Smoked one or more cigarettes
9. Used an e-cigarette or vaping device
10. Used cannabis or other drugs
11. Gambled money online

GRID COLS:

12. Not at all
13. On one day

1. On two days
2. On three days
3. On four days
4. On five days
5. On six days
6. On seven days

VARNAME1: ActivityYPEExercise
VARNAME2: ActivityYPOutside
VARNAME3: ActivityYPClubs
VARNAME4: ActiviyYPVidGame
VARNAME5: ActivityYPEat
VARNAME6: ActivityYPTime
VARNAME7: ActivityYPAIcohol
VARNAME8: ActivityYPSmoke
VARNAME9: ActivityYPVape
VARNAME10: ActivityYPPDrugs
VARNAME11: ActivityYPGamble

{ASK ALL}

SocActIntroYP

“The next questions are about using social media, how well you sleep and how you feel about the future.”

DISPLAY

{ASK ALL}

SocMedYP

“Do you use social media apps or sites, for example, WhatsApp, Twitter, Instagram, Snapchat, Tiktok, etc.?”

ANALYSIS:“YP: Whether uses social media apps or sites”

1. Yes
2. No

{IF SocMedYP = 1}

SMFeelingsYP

“To what extent do you agree or disagree with the following statements...”

G_Collapsible_Grid_II1”

ANALYSIS:“YP: Social media statements”

GRID ROWS:

1. The number of likes, comments or shares I get on social media has an impact on my mood
2. In general, I spend more time on social media than I mean to
3. I have experienced bullying or harassment online
4. I feel safe using social media

GRID COLS:

1. Agree a lot

2. Agree a little
3. Neither agree nor disagree
4. Disagree a little
5. Disagree a lot
6. Don't know

VARNAME1 - SMFeelingsYPLikes
VARNAME2 - SMFeelingsYPTIME
VARNAME3 - SMFeelingsYPBullied
VARNAME4 - SMFeelingsYPSafe

{if SocMedYP = 1}

BullyOnlineYP

Have you been bullied online in the last 12 months?

1. Yes
2. No
3. Prefer not to say

{if BullyOnlineYP = 1}

BullyOnlineFreqYP

How often have you been bullied online in the last 12 months?

1. Every day or a few times a week
2. Once or twice a week
3. Once every two weeks
4. Once a month
5. Only a few times a year
6. Less often than this
7. It varies too much to say

{ASK ALL}

SafetyHelpYP

"If you would like support and information around online safety and bullying or harassment online, the charity Mind provide further information. {if MODE=TEL: "If asked:"} You can visit their website at www.mind.org.uk.

Please click 'NEXT' to continue."

{ASK ALL}

SleepYP [COLLAPSIBLE GRID QUESTION: ONE PAGE]

"On how many nights in the past 7 days, have you had any of the following problems with your sleep?

G_Collapsible_Grid_II1"

ANALYSIS:"Young Person: Whether had problems sleeping in past 7 days"

GRID ROWS:

1. Problems in getting to sleep
2. Problems with waking in the night
3. Problems with waking up early

GRID COLS:

9. None
10. One night
11. Two nights
12. Three nights
13. Four nights
14. Five nights
15. Six nights
16. Seven nights

VARNAME1: SleepYPProbs

VARNAME2: SleepYPWakeNight

VARNAME3: SleepYPWakeEarly

{ASK ALL}

ClimateYP

How worried or unworried are you about the impact of climate change?

1. Very worried
2. Somewhat worried
3. Neither worried nor unworried
4. Somewhat unworried
5. Not at all worried

{ASK ALL}

FutureYP [COLLAPSIBLE GRID QUESTION: ONE PAGE]

“Thinking about the future, how do you feel about the following?”

G_Collapsible_Grid_II1”

ANALYSIS: “Young Person: How optimistic feeling about the future”

GRID ROWS:

1. Job prospects (e.g. getting or keeping a job)
2. Having enough money
3. Having somewhere secure to live
4. Your health (including mental health and wellbeing)
5. Your family’s health
6. The environment
7. Brexit
8. COVID-19
9. Relationships with friends
10. Relationships with family

GRID COLS:

1. Very optimistic
2. Quite optimistic
3. Don’t know
4. Not very optimistic
5. Not at all optimistic

VARNAME1: FutureYPJobs
VARNAME2: FutureYPMoney
VARNAME3: FutureYPHouse
VARNAME4: FutureYPHealth
VARNAME5: FutureYPFamHealth
VARNAME6: FutureYPEnv
VARNAME7: FutureYPBrexit
VARNAME8: FutureYPCovid
VARNAME9: FutureYPFriends
VARNAME10: FutureYPFamily

Consents

TS35: [SET TIME STAMP HERE]

{ASK ALL}

DLConsentYP

“We would like to link your responses to this survey to other data held about you by NHS England, Department for Education and the Office for National Statistics. This includes information that NHS England and the Office for National Statistics maintain on your NHS health record including in-patient/out-patient care, primary care, diagnostic care, mental health, cancer and records for when and the reason why people pass away. The Department for Education maintain information on your education record including educational achievement, absence, exclusions and special educational needs.

To link this information, we will need to send your name, address and date of birth to the organisation that owns the data so that they can identify your record. This linkage allows research into how a person’s lifestyle and experiences can have an impact on their future health and education. By doing so, we can create evidence to inform decisions to improve services and policies which affect all children and families in England. You will not be identified in any research, which will be carried out under strict privacy and confidentiality rules. You can cancel this permission at any time in the future by contacting NHS England, you do not need to give a reason why.

You can contact NHS England either by emailing enquiries@nhsdigital.nhs.uk, or by telephoning 0300 303 5678. These contact details are also in the accompanying leaflet.

G_Multi_II1”

ANALYSIS:“Young Person: Consent to data linkage”

1. I agree to linkage to data held by NHS England and the Office for National Statistics
2. I agree to linkage to data held by the Department for Education
3. I do not agree to linkage [EXCLUSIVE CODE]

NO DK/NO REF

{ASK ALL}

FutConsentYP

“In the future, NatCen, ONS or NHS England may want to contact you about further research about your mental health and wellbeing. Would you be willing to be contacted again in the

future? If you are invited to take part in any future studies you will be free to refuse if you do not want to take part. You can cancel this permission at any time by contacting NHS England either by emailing enquiries@nhsdigital.nhs.uk, or by telephoning 0300 303 5678.

G_ReadOut_II1”

ANALYSIS:“Young Person: Consent to future research”

1. Yes
2. No
3. Yes (in certain circumstances) – please specify at next question

NO DK/NO REF

{IF FutConsentYP = 3}

FutConsentCircYP

“What would your conditions be for being contacted again in the future?”

G_Multi_II1”

ANALYSIS:“Young Person: Conditions for being contacted again in the future”

1. Contact household beforehand
2. Only at a convenient time
3. Don't want to answer other types of question

{IF (SCREEN POSITIVE OR SELECTED SCREEN NEGATIVE)}

EatConsentYP

Thank you for answering the questions so far.

You have also been selected to take part in the second stage of this study. This involves answering some further questions online at the end of this questionnaire that are about your feelings about eating, your eating behaviours and any concerns you might have. This also includes questions about your height and weight, how you might have been feeling or acting recently, and for girls' questions about your menstrual cycle. Your responses will be analysed by researchers at the University of Cambridge and will be combined with the responses you have provided already. The responses shared with researchers at the University of Cambridge will be anonymised, names and contact details will not be shared.

You will receive an additional £10 shopping voucher to thank you for your time. This means that if you complete the second stage of the study you will receive a £20 shopping voucher in total.

The second stage of this study should take you around 20 minutes to complete. You don't have to complete the whole survey in one go – any progress you make will be saved and you can start where you left off when you next log in.

Are you willing to take part in the second stage of the study?

1. Yes
2. No

{if ((FutConsentYP = 1 OR 3) or (EatConsentYP = 1)) AND (PhoneComb <> “”)}

Tel1ChkYP

“{IF EatConsentYP=1: “Thank you. We would like to collect some updated contact details before starting the second stage.”}

So that we can keep in touch it is really important that we have your most up-to-date contact details. Is your preferred telephone number {PhoneComb}?"

1. Yes
2. No

{if ((FutConsentYP = 1 OR 3) or (EatConsentYP = 1)) AND (PhoneComb = EMPTY OR Tel1ChkYP = 2)}

Tel1UpdYP

{IF PhoneComb = EMPTY: "It is really important that we have your most up-to-date phone details to contact you on.

We do not currently have a telephone number for you in our records. {IF MODE=WEB: "Please enter"; {IF MODE=TEL: "Could I take"} your preferred telephone number {IF MODE=TEL: "?"}}

{IF Tel1ChkYP = 2: "{IF MODE=WEB: "Please enter"; {IF MODE=TEL: "Could I take"} your correct telephone number" {IF MODE=TEL: "?"}}

INTERVIEWER: READ TELEPHONE NUMBER BACK TO PARTICIPANT AND CONFIRM

OPEN

1. {IF MODE=WEB: "I do"; {IF MODE=TEL: "Respondent does"} not have a telephone number
2. {IF MODE=WEB: "I do"; {IF MODE=TEL: "Respondent does"} not wish to give {IF MODE=WEB: "my"/IF MODE=TEL: "their"} telephone number

HARD CHECK: If contains characters other than numbers "Please only use numbers without any additional characters or spaces."

HARD CHECK: If does not contain 10 or 11 digits or does not start with a 0. "Your answer is not a valid telephone number. UK phone numbers start with 0 and are 10 or 11 digits. Please check and amend."

{IF ((FutConsentYP = 1 OR 3) or (EatConsentYP = 1)) AND (PhoneComb2 <> "") AND (Tel1UpdYP <> 1 or 2)}

Tel2Chk1YP

"And is your other phone number {PhoneComb2}?"

1. Yes
2. No

{IF ((FutConsentYP = 1 OR 3) or (EatConsentYP = 1)) AND (PhoneComb2= EMPTY) AND (Tel1UpdYP <> 1 or 2)}

Tel2Chk2YP

"And do you have another phone number we could contact you on?"

1. Yes
2. No

{IF Tel2Chk1YP = 2 OR Tel2Chk2YP = 1}

Tel2UpdYP

{IF Tel2Chk2YP = 1 {IF MODE=WEB: "Please enter"; {IF MODE=TEL: "Could I take"}} your other phone number {IF MODE=TEL: "?"}}

{IF Tel2Chk1YP = 2 {IF MODE=WEB: "Please enter"; {IF MODE=TEL: "Could I take"}} your correct other phone number {IF MODE=TEL: "?"}}

INTERVIEWER: READ PHONE NUMBER BACK TO PARTICIPANT AND CONFIRM

OPEN

1. {IF MODE=WEB: "I do"; {IF MODE=TEL: "Respondent does"}} not have another phone number
2. {IF MODE=WEB: "I do"; {IF MODE=TEL: "Respondent does"}} not wish to give {IF MODE=WEB: "my"/IF MODE=TEL: "their"}} other phone number

HARD CHECK: If contains characters other than numbers "Please only use numbers without any additional characters or spaces."

HARD CHECK: If does not contain 10 or 11 digits or does not start with a 0. "Your answer is not a valid telephone number. UK phone numbers start with 0 and are 10 or 11 digits. Please check and amend."

**{if ((FutConsentYP = 1 OR 3) or (EatConsentYP = 1)) and Email = HAVE ONE}
EmailChangeYP**

Is your preferred email address {Email}?

1. Yes
2. No

**{if ((FutConsentYP = 1 OR 3) or (EatConsentYP = 1)) and Email = EMPTY}
EmailUpdYP**

{IF Email = EMPTY: "We do not currently have an email address for you in our records. {IF MODE=WEB: "Please enter"; {IF MODE=TEL: "Could I take"}} your email address if you have one {IF MODE=TEL: "?"}}

{IF EmailChangeYP = 2: "{IF MODE=WEB: "Please enter"; {IF MODE=TEL: "Could I take"}} your correct email address" {IF MODE=TEL: "?"}}

OPEN

{IF MODE=WEB: "Please confirm your email address by typing it in the box below again"} {if MODE=TEL: "INTERVIEWER: Confirm the email address by typing it in the box below again"}

INTERVIEWER: READ EMAIL ADDRESS BACK TO PARTICIPANT AND CONFIRM

OPEN

1. {IF MODE=WEB: "I do"; {IF MODE=TEL: "Respondent does"}} not have an email address
2. {IF MODE=WEB: "I do"; {IF MODE=TEL: "Respondent does"}} not wish to give {IF MODE=WEB: "my"; {IF MODE=TEL: "their"}} e-mail address

HARD CHECK: If answer provided does not include @ or full-stop: "E-mail addresses should contain an @ character and a full stop. Please check and amend."

HARD CHECK: If the two email addresses do not match: "The two email addresses entered do not match. Please check and amend."

Young Person eating disorder follow-up

{IF EatConsentYP = 1}
EatFUIntroYP

TS_ED_YP1: [SET TIME STAMP HERE]

{ASK ALL}

FollowUpIntroYP

Thank you for agreeing to take part in the second stage of the study.

You will be asked a series of questions to explore the experiences of your eating behaviours. There are no right or wrong answers. Your responses will remain anonymous and you can withdraw from the study at any point without giving a reason.

DISPLAY

{ASK ALL}

CondYP

Do you have any current health conditions that affect how much you eat and/or your weight or growth?

5. Yes
6. No

{IF CondYP = 1}

CondYP_Open

Please explain what the health condition is and how it affects how much you eat and/or your weight or growth.

OPEN

{IF CondYP = 1}

SupmentYP

Does this health condition mean that you need to take any nutritional supplements (such as high calorie or protein drinks) or have a special diet?

5. Yes
6. No

{ASK ALL}

ActiveYP

Which of the following best describes how much activity you do in an ordinary week?

HELP: "By activity we mean anything that makes you breathe faster or feel warmer and includes things like brisk walking, dancing, running, cycling, playing sports."

7. Inactive (less than 30 minutes activity per week)
8. Moderately active (30-60 minutes activity per week)
9. Active (60-150 minutes activity per week)

{ASK ALL}

HeightYP

The next few questions are about height and weight. If you don't know the exact answer, an answer that is more or less right is more help to us than no answer at all.

Do you want to answer questions about your height in...

5. Centimetres
6. Feet and inches

{IF HeightYP = 1 or 2}

HeightYP_answer

How tall are you?

OPEN

Range: 0...7 feet 0...11 inches
0.01...2.44 metres

{IF HeightYP_answer = given}

HeightYPCor

This height is...

9. Correct (or almost so)
10. A good guess
11. A rough guess
12. I can't give an approximate height

{ASK ALL}

WeightYP

Do you want to answer questions about your weight in...

5. Kilograms
6. Stones and pounds

{IF WeightYP = 1 or 2}

WeightYP_answer

How much do you weigh at present?

OPEN

Range: 1...32 stones 0...13 pounds
1.0...210.0 kilograms

{IF WeightYP_answer = given}

WeightYPCor

This weight is...

9. Correct (or almost so)
10. A good guess
11. A rough guess
12. I can't give an approximate weight

{ASK ALL}

WeightLowYP

What was your **lowest weight** in the last 12 months?

FEED FORWARD MEASUREMENT CHOSEN FROM BEFORE

Range: 1...32 stones 0...13 pounds

1.0...210.0 kilograms

{IF WeightLowYP = given}

WeightLowYPCor

This weight is...

5. Correct (or almost so)
6. A good guess
7. A rough guess
8. I can't give an approximate weight

{ASK ALL}

WeightHighYP

What was your **highest weight** ever {IF Gender=2: "(excluding pregnancy, if applicable)"}?

FEED FORWARD MEASUREMENT CHOSEN FROM BEFORE

Range: 1...32 stones 0...13 pounds

1.0...210.0 kilograms

{IF WeightHighYP = given}

WeightHighYPCor

This weight is...

9. Correct (or almost so)
10. A good guess
11. A rough guess
12. I can't give an approximate weight

{ASK ALL}

DescribeYP

At present, how would you describe yourself?

11. Very thin
12. Thin
13. Average
14. Plump
15. Fat

{ASK ALL}

OthersDescribeYP

How would other people, such as your friends and family, describe you at present?

11. Very thin
12. Thin
13. Average
14. Plump

15. Fat

{IF OthersDescribeYP = 3}

DescribeAvgYP

Comparing how you are this year with how you have been in previous years, would other people say you were ...

1. Always average weight
2. Thinner this year than in previous years
3. Plumper this year than in previous years

{IF OthersDescribeYP = 4 or 5}

DescribePlumYP

Comparing how you are this year with how you have been in previous years, would other people say you were ...

1. Even plumper in previous years
2. Always this plump
3. A little plumper this year than in previous years
4. A lot plumper this year than in previous years

{IF OthersDescribeYP = 1 or 2}

CompareYP

Comparing how you are this year with how you have been in previous years, would other people say you were...

1. Even thinner in previous years
2. Always this thin
3. A little thinner this year than in previous years
4. A lot thinner this year than in previous years

{ASK ALL}

OthersYP

Have other people, such as your family, a friend, or a doctor, been seriously concerned that your weight has been bad for your physical health?

5. No
6. Yes

{ASK ALL}

ThinkWYP

Do you think that your weight has been bad for your physical health?

5. No
6. Yes

{ASK ALL}

AfraidYP

Are you afraid of gaining weight or getting fat?

7. No
8. A little
9. A lot

{ASK ALL}

WeightTerrifyYP

Does the thought of gaining weight or getting fat really terrify you?

- 5. No
- 6. Yes

{ASK ALL}

FivePoundsYP

If the doctor told you that you needed to put on five pounds (two kilograms), for the sake of your health, would you find this easy, difficult or impossible to accept?

HELP: If you have physical problems that make it hard for you to put on weight, the question is about whether you would be willing to try, not about whether you would succeed.

- 7. Easy
- 8. Difficult
- 9. Impossible

{ASK ALL}

AvoidYP

Do you try **not** to eat the sorts of food that will make you fat?

- 7. No
- 8. A little
- 9. A lot

{IF AvoidYP = 2 or 3}

OftenSucceedYP

How often do you succeed in this? (In avoiding fattening food)

- 9. Never
- 10. Sometimes
- 11. Most of the time
- 12. Always

{ASK ALL}

ThinkYP

Do you spend a lot of your time thinking about food?

- 5. No
- 6. Yes

{ASK ALL}

DesireYP

Sometimes people say that they have such a strong desire for food, and that this desire is so hard to resist that it is like the way an addict feels about drugs or alcohol.

Does this apply to you?

- 7. No
- 8. A little
- 9. A lot

{ASK ALL}

ControlYP

Sometimes people lose control over what they eat, and then they eat a very large amount of food in a short time.

For example, they may open the fridge and eat as much as they can find – eating and eating until they feel physically ill. This usually happens when people are by themselves.

Does this happen to you?

- 5. No
- 6. Yes

{IF ControlYIP = 2 Yes}

OftenControlYIP

Over the **last 3 months**, how often on average has this happened?

- 9. Hasn't happened
- 10. Occasionally
- 11. About once a week
- 12. Twice a week or more

{IF OftenControlYIP = 2, 3 or 4}

BingeEpiYIP

When this happens, do you...

GRID ROWS:

- 15. Have a sense of having lost control over your eating?
- 16. Eat much more quickly than usual?
- 17. Eat so much that you feel uncomfortably full?
- 18. Eat a lot even though you don't actually feel hungry?
- 19. Eat by yourself because you are embarrassed by how much you are eating?
- 20. Feel disgusted with yourself afterwards?
- 21. Feel depressed or really guilty afterwards?

GRID COLUMNS:

- 7. No
- 8. A little
- 9. A lot

VARNAME1: BingeEpiYPLost

VARNAME 2: BingeEpiYPQuick

VARNAME3: BingeEpiYPFull

VARNAME4: BingeEpiYPNotHung

VARNAME5: BingeEpiYPEmbarass

VARNAME6: BingeEpiYPDisgust

VARNAME7: BingeEpiYPGuilt

{ASK ALL}

EatingYP [COLLAPSIBLE GRID QUESTION: ONE PAGE]

Over the last three months, have you done any of the following to avoid putting on weight...

GRID ROWS:

1. Eating less at meals
2. Skipping meals
3. Going without food for long periods, for example all day or most of the day
4. Hiding or throwing away food that others give you
5. Exercising more
6. Making yourself vomit (throw up)
7. Taking pills or medicines in order to lose weight
8. Doing other things (e.g. not taking insulin if diabetic) [PLEASE SPECIFY]

GRID COLS:

1. No
2. I try to but I'm not allowed
3. A little
4. A lot

VARNAME1 EatingYPLess
VARNAME2 EatingYPSkip
VARNAME3 EatingYPFast
VARNAME4 EatingYPHide
VARNAME5 EatingYPExercise
VARNAME6 EatingYPPurge
VARNAME7 EatingYPPills
VARNAME8 EatingYPOther

{IF EatingYP_7 = 3 or 4}

PillsYP

What pills or medicines have you been taking in order to lose weight? {IF MODE = Web:
"Please type in the box. You can tell us as much as you want."}

OPEN

{IF ControlYP = 2 Yes}

EarlierControlYP

{IF any responses to EatingYP = 2, 3 or 4: "You told us earlier there were times when you lose control and eat too much. After you do this, do you normally then (TEXTFILL BASED ON EatingYP RESPONSE) to stop yourself putting on weight?"

{IF all responses to EatingYP = 1: "You told us earlier there were times when you lose control and eat too much. After you do this, do you normally then do other things to stop yourself putting on weight? For example, diet, exercise, vomit or take pills or medicines."

5. No
6. Yes

{IF Gender = 2 Female}

PeriodIntroYP

Please be aware that the next questions will ask about your menstrual cycle.

If you do not feel comfortable you can skip this section and/or pause or stop the survey at any time.

5. Continue to questions
6. Skip this section [GoTo UpsetYP]

{IF Gender = 2 Female and PeriodIntroYP = 1}

PeriodsYP

The following questions are all about your menstrual cycle.

Have you had any periods in the **last three months**?

1. No
2. Yes

{IF PeriodsYP = 1 No}

PeriodsEverYP

Have you **ever** had any periods?

5. No
6. Yes

{IF Gender = 2 Female and PeriodIntroYP = 1}

ContraceptionYP

Are you taking any hormone pills or injections (including contraceptives)?

5. No
6. Yes

{IF ContraceptionYP = 1 or 2 and (PeriodsYP = 2 OR PeriodsEverYP = 2)}

PeriodsGenYP

Please describe how your periods have been in general, and how they have been recently.

OPEN

{IF PeriodsYP = 1 No and PeriodsEverYP = 2 Yes}

PeriodsWhyYP

Why do you think you have not had any periods in the last 3 months?

OPEN

{IF ContraceptionYP = 2 Yes}

ContraEffectYP

Please describe what effects the hormone pills or injections have on your periods:

OPEN

{ASK ALL}

UpsetYP

You have described your eating pattern and concern about weight or body shape. How upset or distressed are you by this?

9. Not at all
10. A little
11. A medium amount
12. A great deal

{ASK ALL}

InterfereYP [COLLAPSIBLE GRID QUESTION: ONE PAGE]

How much has your eating pattern or concern about weight or body shape interfered with...

GRID ROWS:

1. How well you get along with the rest of the family?
2. Making and keeping friends?
3. Learning or class work?
4. Playing, hobbies, sports or other leisure activities?

GRID COLS:

1. Not at all
2. A little
3. A medium amount
4. A great deal

VARNAME1 – InterfereYPFam

VARNAME2 – InterfereYPFrnd

VARNAME3 – InterfereYPLearn

VARNAME4 – InterfereYPLeisure

{ASK ALL}

BurdenYP

Has your eating pattern or concern about weight or body shape made it harder for those around you (such as your family, friends, teachers, colleagues etc)?

9. Not at all
10. A little
11. A medium amount
12. A great deal

{ASK ALL}

CurrentConcernYP

Please describe any current concerns about your eating pattern, weight or body shape and when they started:

OPEN

{ASK ALL}

TypicalDayYP

Thinking about a typical day, please tell us what you eat, what you avoid eating, and any calorie limit or rules that you use to decide what to eat.

OPEN

{ASK ALL}

AspectsYP

Has your eating pattern or concern about your weight affected other aspects of your life? For example, reducing interest in things that other people of your age enjoy, or affecting how well you get along with family or friends.

OPEN

{ASK ALL}

AdviceYP

Have you or anyone else in the family asked a doctor or psychologist to help you with food or with your weight? If yes, what advice or help did you get? Did it help?

OPEN

{ASK ALL}

ProblemsYP

Have you had any medical problems related to your eating patterns, to your weight, or to the ways you control your weight? For example, problems with fainting, excessive weakness, constipation, bleeding after vomiting, dental problems.

OPEN

TS_ED_YP2: [SET TIME STAMP HERE]

{ASK ONLY IF SCREEN POSITIVE}

ARFID_YP [COLLAPSIBLE GRID QUESTION: ONE PAGE]

Please select whether you agree or disagree to the following statements...

GRID ROWS:

19. I am a picky eater
20. I dislike most of the foods that other people eat
21. The list of foods that I like and will eat is shorter than the list of foods I won't eat
22. I am not very interested in eating; I seem to have a smaller appetite than other people
23. I have to push myself to eat regular meals throughout the day, or to eat a large enough amount of food at meals
24. Even when I am eating a food I really like, it is hard for me to eat a large enough volume at meals
25. I avoid or put off eating because I am afraid of feeling uncomfortable (e.g. feeling bloated, feeling sick, or feeling pain), choking, or vomiting/being sick
26. I restrict myself to certain foods because I am afraid that other foods will make me feel uncomfortable (e.g. feeling bloated, feeling sick, or feeling pain), choking, or vomiting/being sick
27. I eat small portions because I am afraid of feeling uncomfortable (e.g. feeling bloated, feeling sick, or feeling pain), choking, or vomiting/being sick

GRID COLS:

13. Strongly disagree
14. Disagree
15. Slightly disagree
16. Slightly agree
17. Agree
18. Strongly agree

VARNAME1 - ARFID_YPPicky
VARNAME2 - ARFID_YPDislike
VARNAME3 - ARFID_YPList
VARNAME4 - ARFID_YPInterest
VARNAME5 - ARFID_YPPush
VARNAME6 - ARFID_YPVolume
VARNAME7 - ARFID_YPAvoid
VARNAME8 - ARFID_YPRestrict
VARNAME9 - ARFID_YPPortion

TS_ED_YP3: [SET TIME STAMP HERE]

NO MFQ BECAUSE SDQ AND GHQ-12 DATA WILL BE SENT INSTEAD.

AGE, GENDER AND 5 GROUP ETHNICITY ALSO SENT.

Voucher

TS36: [SET TIME STAMP HERE]

{ASK ALL}

VoucherYP

“Finally, as a thank you for your time, we would like to offer you a {IF EatConsentYP = 2: “£10 voucher”; IF EatConsentYP = 1 and completed: “£20 voucher”}. This will be an electronic voucher sent to your email account.”

ANALYSIS:“Young Person: Introduction of voucher”

DISPLAY

{ASK ALL}

EmailYP

“Please provide an email address where you would like the voucher sent to:”

ANALYSIS:“Young Person: Email address”

OPEN

1. I would prefer to receive a physical voucher in the post, sent to my home address

2. I do not require a voucher

HARD CHECK: If answer provided does not include @ or full-stop: “Please check and amend. E-mail addresses should contain an @ character and a full stop.”

PAGE START

{IF EmailYP=1}

VouchAddYP

“Please provide the address you would like us to send the voucher to:”

ANALYSIS:“Young Person: Address”

DISPLAY

{IF EmailYP=1}

VouchAdd_AddressLine1YP

“First line:”
OPEN
DK/REF NOT ALLOWED

{IF EmailYP=1}
VouchAdd_AddressLine2YP
“Second line:”
OPEN
ALLOW NA

{IF EmailYP=1}
VouchAdd_AddressLine3YP
“Third line:”
OPEN
ALLOW NA

{IF EmailYP=1}
VouchAdd_AddressLine4YP
“Town:”
OPEN
DK/REF NOT ALLOWED

{IF EmailYP=1}
VouchAdd_AddressLine5YP
“County:”
OPEN
ALLOW NA

{IF EmailYP=1}
Postcode
“Post Code:”
OPEN
PAGE END

{IF EmailYP= RESPONSE or 1}
VouchSentYP
“Please note that it may take up to 21 days for the voucher to arrive.
Please click ‘Next’ to continue.

{IF EmailYP=RESPONSE: “Please check your SPAM folder to ensure the electronic voucher did not end up there by mistake.”}

ANALYSIS:“Young Person: Voucher may take 21 days to arrive”

DISPLAY

Young Person End

{ASK ALL}
ClosePageYP
“{IF EatConsentYP = 2 :”Thank you for participating in this survey”; IF EatConsentYP = 1 and completed: “Thank you for taking part in both stages of the survey”}. Your answers will

help us understand more about the health and wellbeing of children and young people in England in 2023.

{if MODE = WEB: "If you are worried about any of the questions in this survey you can get information, advice and support from the list of organisations in the back of your information leaflet, or by visiting www.natcen.ac.uk/NSHW.

If you have any further information you'd like to add, please include it in the box below. Otherwise, please click 'Next' to submit your answers. You will not be able to re-enter the questionnaire once you submit your answers"} }

{if MODE=TEL: "If you are worried about any of the questions in this survey you can get information, advice and support from the list of organisations in the back of your information leaflet, or by visiting our website. INTERVIEWER: IF ASKED FOR THE LINK, YOU CAN READ OUT THE FOLLOWING: www.natcen.ac.uk/NSHW."

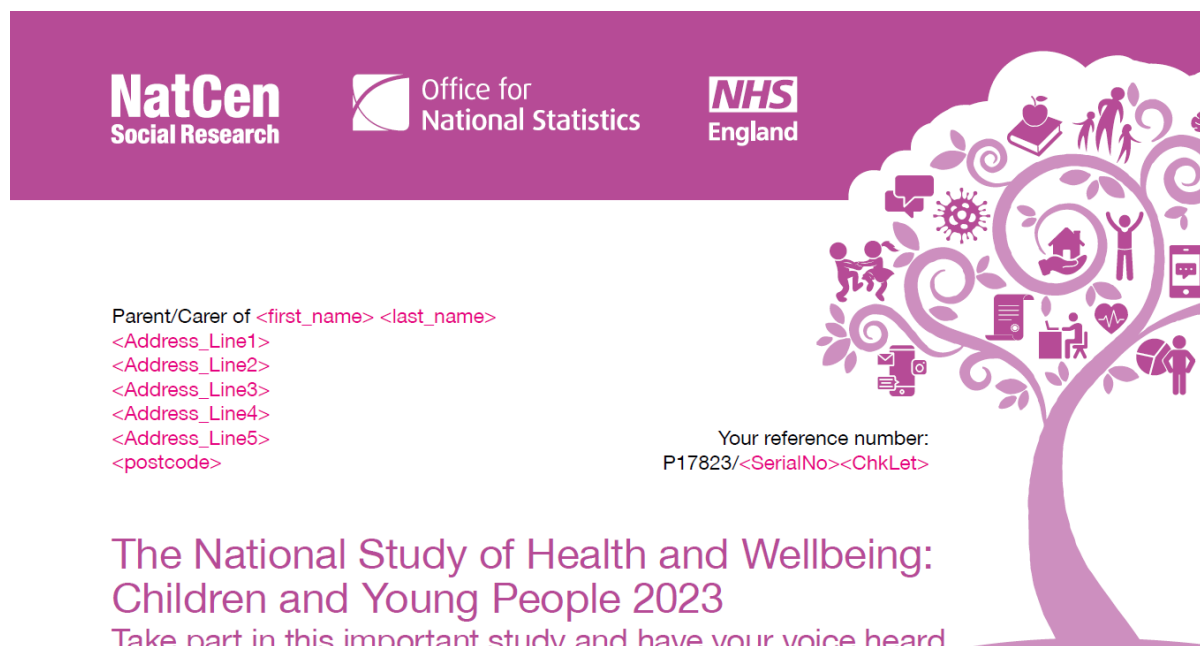
INTERVIEWER: PLEASE ENTER ANY ADDITIONAL INFORMATION SUCH AS CONTACT DETAILS OR ADDITIONAL COMMENTS RELATING TO THIS RESPONDENT'S INTERVIEW IN THE BOX BELOW"}
ANALYSIS:"Young Person: End"

OPEN
ALLOW NA

TS37: [SET TIME STAMP HERE]

4. Survey Materials

Advance Letter: Parents of 8 to 16 year olds



NatCen
Social Research

Office for
National Statistics

NHS
England

Parent/Carer of <first_name> <last_name>
<Address_Line1>
<Address_Line2>
<Address_Line3>
<Address_Line4>
<Address_Line5>
<postcode>

Your reference number:
P17823/<SerialNo><ChkLet>

**The National Study of Health and Wellbeing:
Children and Young People 2023**
Take part in this important study and have your voice heard

Dear Parent/Carer of <first_name> <last_name>
<Intro1>

We are writing to invite you to take part in the next unique follow-up study to the National Study of Health and Wellbeing. <IntroPYP2>

We are asking you <Child16> to complete a **short online questionnaire**. This will ask some questions about the health and wellbeing of <first_name> during the past year.

It's easy to take part

Taking part is entirely voluntary and will only take around <Permission>. Ideally we would like the adult who took part in <time> to take part again, although this is not essential. Here's how you can take part:

- 1 Go to the study website:
survey.natcen.ac.uk/NSHW
- 2 Enter your unique code:
<AccessCode>
- 3 Complete the study and receive a **£10 gift voucher** as a thank you

If you can't take part online, one of our interviewers may call you to see if you would like to take part over the phone.

Taking part matters

The findings from the follow-up study last year have been shared widely, helping to inform key policy decisions for the health and lives of children and young people in England. By taking part, you can help the NHS, policy makers and charities continue to understand more about the health and wellbeing of children and young people.

For more information please see the back of this letter, refer to the leaflet enclosed or contact us at Freephone **0800 652 4568**; email **nshw@natcen.ac.uk**; or visit **natcen.ac.uk/NSHW**.

We hope you will be able to help us with this vital research.

Yours sincerely


Franziska Marcheselli
Research Director
NatCen Social Research


Tracy Williams
Principal Researcher
ONS


Fiona Daley
Survey Section Head
NHS England

Advance Email: Parents of 8 to 16 year olds

The National Study of Health and Wellbeing: Children and Young People 2023

Take part in this important study and have your voice heard

[Start Survey]

Your reference number is: P17823\[<SerialNo><ChkLet>](#)

Dear parent/carer of [<first_name><last_name>](#),

You recently asked us to send your invitation to this unique follow-up study to the National Study of Health and Wellbeing: Children and Young People 2023 by email. [<Intro2>](#) [<Intro2_16>](#) We are asking you to complete a short online questionnaire. This will ask some questions about the health and wellbeing of [<first_name>](#) during the past year.

It's easy to take part

Taking part is entirely voluntary and will only take around [<Permission>](#). Ideally we would like the adult who took part in [<xTime>](#) to take part again, although this is not essential. Here's how you can take part:

1. Go to the survey website: [<SurveyURL>](#)
2. Enter your unique code: [<AccessCode>](#)
3. Complete the survey and receive a **£10** shopping voucher as a thank you. This can be used in a wide range of high-street and online shops.

If you can't take part online, one of our interviewers may call you to see if you would like to take part over the phone.

Taking part matters

The findings from the follow-up study last year have been shared widely, helping to inform key policy decisions for the health and lives of children and young people during this current time. By taking part, you can help the NHS, policy makers and charities continue to understand more about the health and wellbeing of children and young people.

For more information please see the frequently asked questions or contact us using the details below.

We hope you will be able to help us with this vital research.

Yours sincerely

[INSERT SIGNATURE]
Franziska Marcheselli
Research Director
NatCen Social Research

[INSERT SIGNATURE]
Tracy Williams
Principal Researcher
ONS

[INSERT SIGNATURE]
Fiona Daley
Survey Sections Head
NHS England

[Start Survey]

[Frequently asked questions](#)

[Privacy notice](#)

[LOGOS OF NatCen, ONS, NHS England]

Email: NSHW@natcen.ac.uk

Phone: 0800 652 4568

Website: natcen.ac.uk/NSHW

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A Charity registered in England and Wales (1091768) and Scotland (SC038454).

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Advance Letter: Parents of young people¹

NatCen
Social Research

 Office for
National Statistics

NHS
England



Parent/Carer of <first_name> <last_name>
<Address_Line1>
<Address_Line2>
<Address_Line3>
<Address_Line4>
<Address_Line5>
<postcode>

Your reference number:
P17823/<SerialNo><ChkLet>

The National Study of Health and Wellbeing: Children and Young People 2023

Take part in this important study

Dear Parent/Carer of <first_name> <last_name>
<Intro1P17>

We are writing to invite <first_name> to take part in the next unique follow-up study to the National Study of Health and Wellbeing. <Intro2P17>

With your permission, we are asking them to complete **a short online questionnaire**. This will ask some questions about their health and wellbeing during the past year.

It's easy to take part

Taking part is entirely voluntary and will only take around 20 minutes of their time. Here's how <first_name> can take part:

- 1 Go to the study website:
survey.natcen.ac.uk/NSHW
- 2 Enter the unique code:
<AccessCode>
- 3 Complete the study and they will receive a **£10 gift voucher** as a thank you

If <first_name> can't take part online, one of our interviewers may call you to see if they would like to take part over the phone.

Taking part matters

Now that <first_name> is older, we would like them to take part in this study if you both agree. Their answers will provide vital information about the health and wellbeing of children and young people and what has changed since they last took part in the study. By taking part, they can help the NHS, policy makers and charities to understand more about the health and wellbeing of children and young people in England.

For more information please see the back of this letter, refer to the leaflet enclosed or contact us at Freephone **0800 652 4568**; email nshw@natcen.ac.uk; or visit natcen.ac.uk/NSHW.

We hope <first_name> will be able to help us with this vital research.

Yours sincerely


Franziska Marcheselli
Research Director
NatCen Social Research


Tracy Williams
Principal Researcher
ONS


Fiona Daley
Survey Section Head
NHS England

Item2-P17823-FU4-AdvLet17-NSDEC(20)13

Advance Email: Parents of young people

The National Study of Health and Wellbeing: Children and Young People 2023 Take part in this important study and have your voice heard

[Start Survey]

Your reference number is: P17823\[<SerialNo><ChkLet>](#)

Dear parent/carer of [<first_name><last_name>](#),

You recently asked us to send your invitation to the next follow-up study to the National Study of Health and Wellbeing: Children and Young People 2023 by email. We are writing to invite [<first_name>](#) to take part in the next follow-up study to the National Study of Health and Wellbeing. [<IntroP17>](#)With your permission, we are asking [<first_name>](#) to complete a short online questionnaire. This will ask some questions about their health and wellbeing during the past year.

It's easy to take part

Taking part is entirely voluntary and will only take around 20 minutes of their time. Here's how [<first_name>](#) can take part:

1. Go to the survey website: [<SurveyURL>](#)
2. Enter the unique code: [<AccessCode>](#)
3. Complete the survey and [<first_name>](#) will receive a **£10** shopping voucher as a thank you. This can be used in a wide range of high-street and online shops.

If [<first_name>](#) can't take part online, one of our interviewers may call you to see if they would like to take part over the phone.

Taking part matters

Now that [<first_name>](#) is older, we would like them to take part in this study if you both agree. Their answers will provide vital information about the health and wellbeing of children and young people and what has changed since they last took part in the study. By taking part, they can help the NHS, policy makers and charities to understand more about the health and wellbeing of children and young people in England.

For more information please see the frequently asked questions or contact us using the details below.

We hope [<first_name>](#) will be able to help us with this vital research.

Yours sincerely

[INSERT SIGNATURE]
Franziska Marcheselli
Research Director
NatCen Social Research

[INSERT SIGNATURE]
Tracy Williams
Principal Researcher
ONS

[INSERT SIGNATURE]
Fiona Daley
Survey Sections Head
NHS England

[Start Survey]

[Frequently asked questions](#)

[Privacy notice](#)

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Phone: 0800 652 4568

Website: natcen.ac.uk/NSHW

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A Charity registered in England and Wales (1091768) and Scotland (SC038454).

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Advance Letter: Young People aged 18 to 25 years old

NatCen
Social Research

 Office for
National Statistics

NHS
England



<first_name> <last_name>
<Address_Line1>
<Address_Line2>
<Address_Line3>
<Address_Line4>
<Address_Line5>
<postcode>

Your reference number:
P17823/<SerialNo><ChkLet>

The National Study of Health and Wellbeing: Children and Young People 2023

Take part in this important study and have your voice heard

Dear <first_name> <last_name>

<Intro1YP>

We are writing to invite you to take part in the next unique follow-up study to the National Study of Health and Wellbeing. <IntroPYP2>

We are asking you to complete **a short online questionnaire**. This will ask you some questions about your health and wellbeing during the past year.

It's easy to take part

Taking part is entirely voluntary and will only take around 20 minutes of your time. Here's how you can take part:

- 1 Go to the study website:
survey.natcen.ac.uk/NSHW
- 2 Enter your unique code:
<AccessCode>
- 3 Complete the study and receive a **£10 gift voucher** as a thank you

If you can't take part online, one of our interviewers may call you to see if you would like to take part over the phone.

Taking part matters

The findings from the follow-up study last year have been shared widely, helping to inform key policy decisions for the health and lives of children and young people in England. By taking part, you can help the NHS, policy makers and charities continue to understand more about the health and wellbeing of children and young people.


For more information please see the back of this letter, refer to the leaflet enclosed or contact us at Freephone **0800 652 4568**; email nshw@natcen.ac.uk; or visit natcen.ac.uk/NSHW.

We hope you will be able to help us with this vital research.

Yours sincerely


Franziska Marcheselli
Research Director
NatCen Social Research


Tracy Williams
Principal Researcher
ONS


Fiona Daley
Survey Section Head
NHS England

Frequently Asked Questions

Why was I chosen?

You have been selected because you took part in the National Study of Health and Wellbeing: Children and Young People 2017 <Consent> and said that you would be happy to be re-contacted about any future studies.

Who is carrying out the study?

NHS England has commissioned NatCen Social Research and the Office for National Statistics (ONS) to carry out the study. The study is funded by the Department of Health and Social Care (DHSC) and the Department for Education (DfE).

Who are NHS England?

NHS England is a Public Body and leads the NHS in England to deliver high quality services for all. Part of NHS England's role is to collect data about health and health care services and support NHS organisations to work in partnership to deliver better outcomes for our patients and communities.

What is the National Study of Health and Wellbeing?

There have been a number of national studies of children and young people's health and wellbeing. The information collected from these studies has been used in lots of ways to look at how common different kinds of health conditions are and the kinds of things that are associated with health, development and wellbeing. This study provides England's best information source of how children and young people's health and wellbeing can change over time.

This study helped to build a picture of the health and wellbeing of children and young people in England and the data is used for statistical and research purposes only. An anonymised report on the findings from the follow-up study last year was published in November 2022 and you can read about the findings here: <http://digital.nhs.uk/pubs/mhcypsurvey2022w3>. <Thank>

How will the results from this follow-up study be used?

The results from this follow-up study will be used by the NHS, policy makers and charities to understand more about how the health and wellbeing of children and young people is changing. All results will be published in a report, that will be freely available. A link to the report from this follow-up study will be included on this website when it is available: natcen.ac.uk/NSHWreport. The privacy notice for the study can be found here: natcen.ac.uk/NSHWprivacy.

What does taking part involve?

We'd like to ask you some questions about your health and wellbeing. The study will also ask specific questions about your life and experiences during the past year. This will take no more than 20 minutes for you to complete. Full instructions on how to access the online questionnaire can be found on the front of this letter.

Is the information I provide safe online?

We take our responsibility to keep personal information secure very seriously. To make sure your information is protected we use a secure website (https). This is the same type of website that you would generally see when shopping online. As part of our commitment to the security of your information, NatCen Social Research has regular internal and external audits of its information security, and is accredited to the ISO 27001:2013, the international standard for information security.



NatCen
Social Research

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Advance Email: Young People aged 18 to 25 years old

The National Study of Health and Wellbeing: Children and Young People 2023 Take part in this important study and have your voice heard

[Start Survey]

Your reference number is: P17823\[SerialNo](#)<[ChkLet](#)>

Dear [first_name](#)<[last_name](#)>,

You recently asked us to send your invitation to the next unique follow-up study to the National Study of Health and Wellbeing: Children and Young People 2023 by email. [Intro2](#). We are asking you to complete a short online questionnaire. This will ask some questions about your health and wellbeing during the past year.

It's easy to take part

Taking part is entirely voluntary and will only take around 20 minutes of your time. Here's how you can take part:

1. Go to the survey website: [SurveyURL](#)
2. Enter your unique code: [AccessCode](#)
3. Complete the survey and receive a **£10** shopping voucher as a thank you. This can be used in a wide range of high-street and online shops.

If you can't take part online, one of our interviewers may call you to see if you would like to take part over the phone.

Taking part matters

The findings from the follow-up study last year have been shared widely, helping to inform key policy decisions for the health and lives of children and young people during this current time. By taking part, you can help the NHS, policy makers and charities continue to understand more about the health and wellbeing of children and young people in England.

For more information please see the frequently asked questions or contact us using the details below. We hope you will be able to help us with this vital research.

Yours sincerely

[INSERT SIGNATURE]
Franziska Marcheselli
Research Director
NatCen Social Research

[INSERT SIGNATURE]
Tracy Williams
Principle Researcher
ONS

[INSERT SIGNATURE]
Fiona Daley
Survey Sections Head
NHS England

[Start Survey]

Frequently asked questions

Privacy notice

[LOGOS OF NatCen, ONS, NHS England]

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Reminder Letter: Parents of 8 to 16 year olds

NatCen
Social Research

 Office for
National Statistics

NHS
England



Parent/Carer of <first_name> <last_name>
<Address_Line1>
<Address_Line2>
<Address_Line3>
<Address_Line4>
<Address_Line5>
<postcode>

Your reference number:
P17823/<SerialNo><ChkLet>

The National Study of Health and Wellbeing: Children and Young People 2023

Your voice matters and deserves to be heard

Dear Parent/Carer of <first_name> <last_name>

Recently, we wrote to ask for your help with the next unique study looking at the health and wellbeing of children and young people in 2023. Time is running out to take part: the study will close on <Deadline>. Thank you if you have already completed this study, we have safely received your answers.

It's easy to take part

Taking part is entirely voluntary and will only take around <Permission>. Ideally we would like the adult who took part in <Time> to take part again, although this is not essential. Here's how you can take part:

- 1 Go to the study website:
survey.natcen.ac.uk/NSHW
- 2 Enter your unique code:
<AccessCode>
- 3 Complete the study and receive a **£10 gift voucher** as a thank you

If you can't take part online, one of our interviewers may call you to see if you would like to take part over the phone.

We want to hear from as many people as possible

Your answers will provide vital information about the health and wellbeing of children and young people and what has changed since they last took part in the study. By taking part, you can help the NHS, policy makers and charities continue to understand more about the health and wellbeing of children and young people in England.

For more information please see the back of this letter, refer to the leaflet enclosed or contact us at Freephone **0800 652 4568**; email nshw@natcen.ac.uk; or visit natcen.ac.uk/NSHW.

We hope you will be able to help us with this vital research.

Yours sincerely


Franziska Marcheselli
Research Director
NatCen Social Research


Tracy Williams
Principal Researcher
ONS


Fiona Daley
Survey Section Head
NHS England

Item6-P17823-FU4-RemLet816-NSDEC(20)13

Frequently Asked Questions

Why were we chosen?

You have been selected because someone in your household took part in the National Study of Health and Wellbeing: Children and Young People 2017 <Consent> and said they would be happy to be re-contacted about any future studies.

Who is carrying out the study?

NHS England has commissioned NatCen Social Research and the Office for National Statistics (ONS) to carry out the study. The study is funded by the Department of Health and Social Care (DHSC) and Department for Education (DfE).

Who are NHS England?

NHS England is a Public Body and leads the NHS in England to deliver high quality services for all. Part of NHS England's role is to collect data about health and health care services and support NHS organisations to work in partnership to deliver better outcomes for our patients and communities.

What is the National Study of Health and Wellbeing?

There have been a number of national studies of children and young people's health and wellbeing. The information collected from these studies has been used in lots of ways to look at how common different kinds of health conditions are and the kinds of things that are associated with health, development and wellbeing. This study provides England's best information source of how children and young people's health and wellbeing can change over time.

This study helped to build a picture of the health and wellbeing of children and young people in England and the data is used for statistical and research purposes only. An anonymised report on the findings from the follow-up study last year was published in November 2022 and you can read about the findings here: <http://digital.nhs.uk/pubs/mhcypsurvey2022w3>. <Thank>

How will the results from this follow-up study be used?

The results from this follow-up study will be used by the NHS, policy makers and charities to understand more about how the health and wellbeing of children and young people is changing. All results will be published in a report, that will be freely available. A link to the report from this follow-up study will be included on this website when it is available: natcen.ac.uk/NSHWreport. The privacy notice for the study can be found here: natcen.ac.uk/NSHWprivacy.

What does taking part involve?

We'd like to ask you <YourChild> some questions about your health and wellbeing <TheirHealth>. The study will also ask specific questions about your life and experiences during the past year. This will take no more than 20 minutes for you to complete <IntLengthC>. Full instructions on how to access the online questionnaire can be found on the front of this letter.

Is the information I provide safe online?

We take our responsibility to keep personal information secure very seriously. To make sure your information is protected we use a secure website (https). This is the same type of website that you would generally see when shopping online. As part of our commitment to the security of your information, NatCen Social Research has regular internal and external audits of its information security, and is accredited to the ISO 27001:2013, the international standard for information security.



NatCen
Social Research

NatCen Social Research, Kings House, 101-135 Kings Road, Brentwood, Essex CM14 4LX Tel. 0800 526 397. Company limited by guarantee. Reg No. 4392418. A Charity registered in England and Wales (1091768) and in Scotland (SC038454).

Reminder Email: Parents of 8 to 16 year olds

The National Study of Health and Wellbeing: Children and Young People 2023

Last chance to take part in this important study and have your voice heard
Survey closing on **<Deadline>**

[Start Survey]

Your reference number is: P17823\<Serialno><ChkLet>

Dear Parent/Carer of <first_name> <last_name>,

We are asking again for your help with the next unique study looking at the health and wellbeing of children and young people in 2023. There is not long left to take part: the study will close on <Deadline>.

How to take part

To take part you can click the button above or:

1. Go to the survey website: <SurveyURL>
2. Enter your unique code: <AccessCode>
3. Complete the survey and receive a **£10** voucher.

Taking part matters

Your answers will provide vital information about the health and wellbeing of children and young people and what has changed since they last took part in the study. Taking part is entirely voluntary and will only take around <Permission> .

The latest findings from the study

Findings from the follow-up study in 2022 were published last year. In 2022 we found that...

- 1 in 5 children aged 7 to 16 years old lived in households that experienced a reduction in household income in the past year;
- Young women aged 17 to 24 years were almost twice as likely to report having been bullied online than young men (19.5% compared with 11.3%).

These are just some of the valuable findings from the report. You can read in more detail about the findings here: <http://digital.nhs.uk/pubs/mhcypsurvey2022w3>.

These are only made possible by people like you taking part in the study. We hope you are able to help us with this vital research.

Yours sincerely

[INSERT SIGNATURE]
Franziska Marcheselli
Research Director
NatCen Social Research

[INSERT SIGNATURE]
Tracy Williams
Principal Researcher
ONS

[INSERT SIGNATURE]
Fiona Daley
Survey Sections Head
NHS England

[Start Survey]

Frequently asked questions

Privacy notice

[LOGOS OF NatCen, ONS, NHS England]

Email: nshw@natcen.ac.uk
www.natcen.ac.uk/NSHW

Phone: 0800 652 4568

Website:

NatCen Social Research, 35 Northampton Square, London EC1V 0AX
A Company Limited by Guarantee. Registered in England No. 4392418.
A Charity registered in England and Wales (1091768) and Scotland (SC038454).

[Click here to unsubscribe](#)

Reminder Email: Parents of young people

The National Study of Health and Wellbeing: Children and Young People 2023

Last chance to take part in this important study and have your voice heard
Survey closing on <Deadline>

[Start Survey]

Your reference number is: P17823\<SerialNo><ChkLet>

Dear Parent/Carer of <first_name> <last_name>,

We are asking again for your help with the next unique study looking at the health and wellbeing of children and young people in 2023. There is not long left to take part: the study will close on <Deadline>.

How to take part

To take part you can click the button above or:

4. Go to the survey website: <SurveyURL>
5. Enter your unique code: <AccessCode>
6. Complete the survey and receive a **£10** voucher.

Taking part matters

Your answers will provide vital information about the health and wellbeing of children and young people and what has changed since they last took part in the study. Taking part is entirely voluntary and will only take around <Permission> .

The latest findings from the study

Findings from the follow-up study in 2022 were published last year. In 2022 we found that...

- 1 in 5 children aged 7 to 16 years old lived in households that experienced a reduction in household income in the past year;
- Young women aged 17 to 24 years were almost twice as likely to report having been bullied online than young men (19.5% compared with 11.3%).

These are just some of the valuable findings from the report. You can read in more detail about the findings here: [http://digital.nhs.uk/pubs/mhcypsurvey2022w3](http://digital.nhs.uk/pubs/mhcypssurvey2022w3).

These are only made possible by people like you taking part in the study. We hope you are able to help us with this vital research.

Yours sincerely

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Franziska Marcheselli
Research Director
NatCen Social Research

[INSERT SIGNATURE]
Tracy Williams
Principal Researcher
ONS

[INSERT SIGNATURE]
Fiona Daley
Survey Sections Head
NHS England

[Start Survey]

Frequently asked questions

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Reminder Letter: Young Person aged 18 to 25 years old

NatCen
Social Research

 Office for
National Statistics

NHS
England



<first_name> <last_name>
<Address_Line1>
<Address_Line2>
<Address_Line3>
<Address_Line4>
<Address_Line5>
<postcode>

Your reference number:
P17823/<SerialNo><ChkLet>

The National Study of Health and Wellbeing: Children and Young People 2023

Your voice matters and deserves to be heard

Dear <first_name> <last_name>

Recently, we wrote to ask for your help with the next unique study looking at the health and wellbeing of children and young people. Time is running out to take part: the questionnaire will close on <Deadline>. Thank you if you have already completed this study, we have safely received your answers.

It's easy to take part

Taking part is entirely voluntary and will only take around 20 minutes of your time. Here's how you can take part:

- 1 Go to the study website:
survey.natcen.ac.uk/NSHW
- 2 Enter your unique code:
<AccessCode>
- 3 Complete the study and receive a **£10 gift voucher** as a thank you

If you can't take part online, one of our interviewers may call you to see if you would like to take part over the phone.

We want to hear from as many people as possible

Your answers will provide vital information about the health and wellbeing of children and young people and what has changed since you last took part in the study. By taking part, you can help the NHS, policy makers and charities to understand more about the health and wellbeing of children and young people.

For more information please see the back of this letter, refer to the leaflet enclosed or contact us at Freephone **0800 652 4568**; email nshw@natcen.ac.uk; or visit natcen.ac.uk/NSHW.

We hope you will be able to help us with this vital research.

Yours sincerely


Franziska Marcheselli
Research Director
NatCen Social Research


Tracy Williams
Principal Researcher
ONS


Fiona Daley
Survey Section Head
NHS England

Reminder Email: Young Person aged 18 to 25 years old

The National Study of Health and Wellbeing: Children and Young People 2023

Last chance to take part in this important study and have your voice heard
Survey closing on **<Deadline>**

[Start Survey]

Your reference number is: P17823**<Serialno>****<ChkLet>**

Dear **<first_name>** **<last_name>**,

We are asking again for your help with the next unique study looking at the health and wellbeing of children and young people in 2023. There is not long left to take part: the study will close on **<Deadline>**.

How to take part

To take part you can click the button above or:

1. Go to the survey website: **<SurveyURL>**
2. Enter your unique code: **<AccessCode>**
3. Complete the survey and receive a **£10** voucher.

Taking part matters

Your answers will provide vital information about the health and wellbeing of children and young people and what has changed since they last took part in the study. Taking part is entirely voluntary and will only take around 20 minutes of your time.

The latest findings from the study

Findings from the follow-up study in 2022 were published last year. In 2022 we found that...

- 1 in 5 children aged 7 to 16 years old lived in households that experienced a reduction in household income in the past year;
- Young women aged 17 to 24 years were almost twice as likely to report having been bullied online than young men (19.5% compared with 11.3%).

These are just some of the valuable findings from the report. You can read in more detail about the findings here: **<http://digital.nhs.uk/pubs/mhcypsurvey2022w3>**.

These are only made possible by people like you taking part in the study. We hope you are able to help us with this vital research.

Yours sincerely

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[Start Survey]

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Reminder Email: Parents of 11 to 16 year olds - Eating disorder follow up

The National Study of Health and Wellbeing: Children and Young People 2023

Last chance to take part in this important study and have your voice heard
Survey closing on <Deadline>

[Start Survey]

Your reference number is: P17823\<Serialno><ChkLet>

Dear Parent/Carer of <first_name> <last_name>,
Thank you for taking part in the National Study of Health and Wellbeing 2023 so far. You consented to take part in the second stage of the study. There is not long left to finish this: the study will close on <Deadline>.

How to complete the second stage

To complete the second stage you can click the button above or:

1. Go to the survey website: <SurveyURL>
2. Enter your unique code: <AccessCode>
3. Complete the second stage and receive an additional **£10** voucher.

Taking part matters

Your answers will provide vital information about the health and wellbeing of children and young people and what has changed since they last took part in the study. Taking part is entirely voluntary and will only take around 10 minutes of your time.

The latest findings from the study

Findings from the follow-up study in 2022 were published last year. In 2022 we found that...

- 1 in 5 children aged 7 to 16 years old lived in households that experienced a reduction in household income in the past year;
- Young women aged 17 to 24 years were almost twice as likely to report having been bullied online than young men (19.5% compared with 11.3%).

These are just some of the valuable findings from the report. You can read in more detail about the findings here: [http://digital.nhs.uk/pubs/mhcypsurvey2022w3](http://digital.nhs.uk/pubs/mhcypssurvey2022w3).

These are only made possible by people like you taking part in the study. We hope you are able to help us with this vital research.

Yours sincerely

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Reminder Email: Young Person aged 17 to 25 years old - Eating disorder follow up

The National Study of Health and Wellbeing: Children and Young People 2023

Last chance to take part in this important study and have your voice heard
Survey closing on <Deadline>

[Start Survey]

Your reference number is: P17823\<Serialno><ChkLet>

Dear <first_name> <last_name>,

Thank you for taking part in the National Study of Health and Wellbeing 2023 so far. You consented to take part in the second stage of the study. There is not long left to finish this: the study will close on <Deadline>.

How to complete the second stage

To complete the second stage you can click the button above or:

1. Go to the survey website: <SurveyURL>
2. Enter your unique code: <AccessCode>
3. Complete the second stage and receive an additional **£10** voucher.

Taking part matters

Your answers will provide vital information about the health and wellbeing of children and young people and what has changed since they last took part in the study. Taking part is entirely voluntary and will only take around 10 minutes of your time.

The latest findings from the study

Findings from the follow-up study in 2022 were published last year. In 2022 we found that...

- 1 in 5 children aged 7 to 16 years old lived in households that experienced a reduction in household income in the past year;
- Young women aged 17 to 24 years were almost twice as likely to report having been bullied online than young men (19.5% compared with 11.3%).

These are just some of the valuable findings from the report. You can read in more detail about the findings here: <http://digital.nhs.uk/pubs/mhcypsurvey2022w3>.

These are only made possible by people like you taking part in the study. We hope you are able to help us with this vital research.

Yours sincerely

[INSERT SIGNATURE]

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Research Director
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[INSERT SIGNATURE]

Tracy Williams
Principal Researcher
ONS

[INSERT SIGNATURE]

Fiona Daley
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[Start Survey]

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[Click here to unsubscribe](#)

SMS Reminders

Reminder 1: Parents of 8 to 16 year olds

Hi Parent/Carer of “child name”. We recently invited you to take part in the next follow-up study to the National Study of Health and Wellbeing. This is your last chance to take part. The study will close on 2nd April. To take part and receive a £10 voucher, visit survey.natcen.ac.uk/NSHW and enter your unique code “access code”. You might also receive a call from one of our interviewers from a number starting with 01277. Thank you for your help.

Reminder 2: Young Person aged 17 to 25 years old

Hi “child name”. We recently invited you to take part in the next follow-up study to the National Study of Health and Wellbeing. This is your last chance to take part. The study will close on 2nd April. To take part and receive a £10 voucher, visit survey.natcen.ac.uk/NSHW and enter your unique code “access code”. You might also receive a call from one of our interviewers from a number starting with 01277. Thank you for your help.

Reminder 3: Parents of 11 to 16 year olds

Dear Parent/Carer of “child name”. We recently invited you and “child name” to take part in the next follow-up study to the National Study of Health and Wellbeing. Thank you for completing your part of the questionnaire. There is still time for “child name” to take part. The study will close on 2nd April. To take part, visit survey.natcen.ac.uk/NSHW and enter your unique code “access code”. Thank you for your help.

Reminder 4: Parents of 8 to 16 year olds - Eating disorder follow up

Dear Parent/Carer of “child name”. Thank you and “child name” for taking part in the National Study of Health and Wellbeing so far. You consented to take part in the second stage. There is still time to finish this. The study will close on 2nd April. To take part, visit survey.natcen.ac.uk/NSHW and enter your unique code “access code”. Thank you for your help.

Reminder 5: Young person aged 17 to 25 years old - Eating disorder follow up

Dear “child name”. Thank you for taking part in the National Study of Health and Wellbeing so far. You consented to take part in the second stage. There is still time to finish this. The study will close on 2nd April. To take part, visit survey.natcen.ac.uk/NSHW and enter your unique code “access code”. Thank you for your help.

Information Leaflet: Children aged 11 to 16 years old

The National Study of Health and Wellbeing: Children and Young People 2023

Information for children



NatCen
Social Research

 Office for
National Statistics

NHS
England



What is the study about?

This study is about the health and wellbeing of children and young people in England. We are asking you to complete an online questionnaire. This will ask you some questions about your health and everyday life. This should only take around 10 minutes of your time to complete. If you can't complete online then one of our interviewers may call your household to see if you would like to take part over the phone.



Why do you want me to take part?

You have been asked to take part because your household completed this study in 2017, and possibly the previous follow-up studies in 2020, 2021 or 2022, and we would love to hear from you again.

Everyone is different, so we want to include as many people as possible. You don't need to learn anything or have previous experience to take part.



Do I have to take part?

No. It's up to you if you take part or not. Your parent/carer can still take part even if you don't.

If you decide to take part, you can choose to answer some questions but not others. You can also change your mind and decide to stop if you want to.



What is the questionnaire about?

It's about lots of things including your health, how you feel about your body and eating, whether your family can afford certain things, things you are good at, and things you might find difficult. We'll also ask you questions about your contact with family and friends and what the past year has been like for you.

Your parent/carer will also answer their own questionnaire. If you are 16 years old at the 31st August 2023 please discuss the study with your parent/carer and that you are happy for them to take part.



Why should I take part?

By taking part you will help the NHS, the government and scientists to improve services for children and young people. They can also use the results to help people to be healthier and happier.



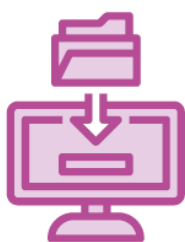
How long will it take?

It should take no more than 10 minutes to complete the questions.



Who will see my answers?

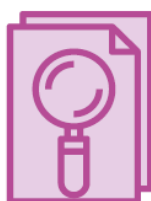
The answers to your questions are private. We will not share them with anyone you know, like your parents, guardian or school. Your answers will be seen by the Researchers working on this study and by anyone who applies to access the data. However, any information that could directly identify you is removed from the dataset so they won't know who answered what.



What will happen to my answers?

Your answers will be put together with those from all the other people who take part. This will help build a picture of the health and happiness of children and young people across England in 2023. We also plan to compare your answers to the answers given by your household in the previous studies if you took part. This will allow us to build a picture of changes over time.

No-one will ever know how you answer the questions. All answers will be mixed together, and your name will not be included in the results.



Follow-up research

In the questionnaire, if your parent or carer has agreed, you may be asked whether you are happy to complete the second stage of the study. The second stage of the study includes questions about your eating behaviours and any concerns you may have. Your responses to the second stage will be added

together with your responses to the first questionnaire. Taking part in the second stage is voluntary, and you will be free to refuse if you do not want to take part.

If you are 16 years old at the 31st August 2023, in the future, NatCen, ONS or NHS England may also want to contact you about follow-up research about your health and wellbeing. We will only invite you to take part in follow-up research if you agree to this in the online questionnaire. Taking part in any follow-up research is voluntary, and you will be free to refuse if you do not want to take part.



Linking study answers to other information

If you are 16 years old at 31st August 2023, we will ask for your and your parent/carer's permission to link some of your NHS health information and education information with your and your parent/carer's survey answers. If you agree, your name, address and date of birth, but no other information, will be passed to authorised individuals at NHS England, the Office for National Statistics and the Department for Education. This will let us add information from health and education to look at how a person's lifestyle and experiences can have an impact on their future health and education.

We will only link your NHS health information and education information with both your survey answers and your parent/carer's survey answers if you both agree. If you agree but your parent doesn't, we will only link your NHS health information and education information with your survey answers. You can cancel this permission at any time by contacting NHS England; either by emailing enquiries@nhsdigital.nhs.uk, or by telephoning **0300 303 5678**.

If you are aged between 11 and 15 at the 31st August 2023, we will ask your parent/carer for their consent to link your NHS health information and education information with their answers. If they agree, your name, address and date of birth, but no other information, will be passed to authorised individuals at NHS England, the Office for National Statistics and the Department for Education. This would let us add information from health and education to look at how a person's lifestyle and experiences can have an impact on their future health and education.

Useful contacts

If you are affected by anything in the questionnaire, here are contact details for organisations that you might find helpful.

Your GP

They will be able to provide help and advice. Your GP can also provide access to appropriate specialist services and local organisations.

NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones. Also available online at 111.nhs.uk.

Beat

Supports people who have or are worried they have an eating disorder, as well as others affected, such as friends and family members.

0808 801 0677

beateatingdisorders.org.uk

Childline

Free 24-hour counselling service for children and young people up to their 19th birthday.

0800 1111

childline.org.uk

Cruse

Provides help and support for dealing with bereavement.

0808 808 1677

www.cruse.org.uk

Every Mind Matters

Every Mind Matters provides simple and practical advice to get a healthier mind and get more out of life – from how to deal with stress and anxiety, to boosting our mood or sleeping better. You'll also learn about what you can do to help others.

nhs.uk/every-mind-matters

GambleAware

Offers help and support to anyone who is worried about their – or someone else's – gambling.

0808 8020 133

begambleaware.org

Mental Health Foundation

This website offers a wide range of information about mental health issues.

mentalhealth.org.uk

Mind

Offers advice and support to service users; has a network of local associations in England and Wales to which people can turn for help and assistance.

0300 123 3393

mind.org.uk

NSPCC

Provides helplines and information on child abuse, child protection and safeguarding children.

0808 800 5000

nspcc.org.uk

The Samaritans

The Samaritans provide a confidential service for people in despair and who feel suicidal.

116 123

samaritans.org

Shout Crisis Textline

If you need immediate support, you can text **SHOUT** to **85258** and chat by text. The service is free on most networks and available 24/7.

YoungMinds

A wide range of support is available, including advice and support on issues relating to money.

youngminds.org.uk

NatCen
Social Research

NatCen Social Research, Kings House, 101-135 Kings Road, Brentwood, Essex CM14 4LX. Tel. 0800 526 397. Company limited by guarantee. Reg No. 4392418. A Charity registered in England and Wales (1091768) and in Scotland (SC038454).

Item5-P17823-FU4-SurLeaf-Child-NSDEC(20)13



What is the study about?

Similar to the previous studies, this study is about the health and emotional wellbeing of children and young people in England. Over time, and for many different reasons, there can be changes in people's health and wellbeing. Your household took part in 2017 and may also have taken part in the previous follow-up studies in 2020, 2021 and 2022. We are now conducting the next follow-up study and would love to hear from you. We are asking you to complete an online questionnaire. It should only take around 20 minutes of your time to complete. If you can't complete online, then one of our interviewers may call you to see if you would like to take part over the phone.



Why are you contacting me again?

You have been selected because your household took part in the National Study of Health and Wellbeing: Children and Young People 2017, and possibly the previous follow-up studies in 2020, 2021 or 2022, and someone in your household said that you would be happy to be re-contacted about any future studies. Taking part is voluntary and if you do decide to take part, you can choose to answer as many or as few questions as you like. You can also change your mind at any time and withdraw from the study by contacting us using the contact details provided in this leaflet. We rely on the voluntary cooperation and goodwill of those who are selected to make the study a success. If you didn't take part in the previous follow-up studies, it doesn't matter, we would love to hear from you now.



Why should I take part?

By taking part you will help the NHS, policy makers and charities make the right decisions about important issues that affect the health and wellbeing of children and young people. The results from this study have already provided valuable data that have informed researchers about the impact of the coronavirus pandemic on children and young people. We are conducting another follow-up study to further our understanding and track change over time.



Who is carrying out the research?

NHS England have commissioned NatCen Social Research (NatCen) and the Office for National Statistics (ONS) to carry out the study. The Department of Health and Social Care (DHSC) and the Department for Education (DfE) are funding the study. NHS England is a Public Body and leads the NHS in England to deliver high quality services for all. Part of NHS England's role is to collect data about health and health care services and support NHS organisations to work in partnership to deliver better outcomes for our patients and communities.



What is the questionnaire about?

If you are a parent/carer the questionnaire asks about a range of things about your child. These include general health and wellbeing, how they feel about school and whether they have self-harmed. There are also questions about your current circumstances and life experiences during the past year, as we know that parents and carers play such an important part in a child's life. Ideally, we would like the adult who took part in 2017, or the adult who took part in the previous follow-up studies, to take part again, although this is not essential.

If your child is aged between 11 and 16 at the 31st August 2023, after you have finished your questionnaire we would like your child to also answer an online questionnaire. The questionnaire for children asks about their health and wellbeing, as well as their contact with family and friends, feelings about their body and eating, whether they think their family can afford certain things, and their experiences and thoughts during the past year. We have created an information leaflet, similar to this one, that can be given to your child so that they can understand what is involved. If your child is 16 years old at the 31st August 2023, at the start of the survey you will be asked to confirm that you have discussed taking part in the survey with them and that they are happy for you to take part.

If you are a young person aged between 17 and 25, the questionnaire asks about your health and wellbeing, feelings about your body and eating, whether you have self-harmed, as well as your current circumstances and your experiences and thoughts during the past year.



How long will it take?

The parent/carer and young person questionnaire should take no more than 20 minutes to complete. If your child is 11 to 16 years old and would like to take part it should take them around 10 minutes to complete.



What will happen to the information I give?

Data collected will be held by NatCen, ONS and NHS England. The answers you give will be put together with the answers collected from thousands of other people across England, analysed anonymously and published in a report. This anonymised report will provide the NHS, policy makers and charities with a clear picture of the health and wellbeing of children and young people in England in 2023. We also plan to compare your responses to the information you gave in the previous studies if you took part. This will allow changes over time to be analysed.



Is the study confidential?

Yes. We take great care to protect the privacy of the information people give us and we take careful steps to ensure that the information is secure at all times. We will handle your data in accordance with General Data Protection Regulation (GDPR). The data will be used for statistical and research purposes only and nothing we publish will identify you or your household. You can read more about the study privacy policy on this website: natcen.ac.uk/NSHWprivacy.



Follow-up research

In the questionnaire, you may be asked whether you are happy to complete the second stage of the study. The second stage of the study includes questions about your child's, or if you are aged between 17 and 25 your, eating behaviours and any concerns you may have. If you have a child aged between 11 and 16 they may also be asked to complete the second stage of the study, if we have your permission. Your responses to the second stage will be added together with your responses to the first questionnaire. Taking part in the second stage is voluntary, and you will be free to refuse if you do not want to take part.

In the future, NatCen, ONS or NHS England may want to contact you about follow-up research about your child's, or if you are aged between 17 and 25 your, health and wellbeing. We will only invite you to take part in follow-up research if you agree to this in the questionnaire. Taking part in any follow-up research is voluntary, and you will be free to refuse if you do not want to take part.



Linking study answers to other information

We will ask for your consent to link some of your child's, or if you are aged between 17 and 25 your, NHS health information and education information with your survey responses. If you agree your child's, or if you are aged between 17 and 25 your, name, address and date of birth, but no other information, will be passed to authorised individuals at NHS England, the Office for National Statistics and the Department for Education. This would let us add information from health and education to look at how a person's lifestyle and experiences can have an impact on their future health and education. You can cancel this permission at any time by contacting NHS England; either by emailing enquiries@nhsdigital.nhs.uk, or by telephoning **0300 303 5678**.

If your child is 16 years old at 31st August 2023, we will also ask your child for their consent to link some of their NHS health information and education information with both their and your survey responses. We will only link some of your child's NHS health information and education information with your survey responses if you both agree. If you do not agree but your child does, we will only link your child's NHS health information and education information with your child's survey responses.



How long will you keep my data?

At the end of the study we will delete the names and addresses of people who took part, unless you give us permission to keep them for follow-up research or linking to health and education information. We'll ask you about this separately if you choose to take part.

We will keep anonymised information from the study permanently, so researchers can make use of it for many years to come. A copy of the survey dataset which does not include information that could directly identify you is created. Researchers and analysts can apply to use the data for research and statistical purposes and applicants will need to meet strict data governance standards. You can request that your personal data is deleted at any time, by using the contact details provided in this leaflet. As the dataset is anonymised we will not be able to remove your data from the anonymised dataset or publication.



Do I get anything for taking part?

As a thank you for completing the study, each household will receive a £10 shopping voucher that can be used in a wide range of high-street and online shops. You can request to receive this either in the post or by email. An additional £10 shopping voucher will be given to each household who completes the second stage of the study.



Will I be able to see the study results?

All results will be published in a report, that will be freely available. A link to the report will be included on this website when it is available: natcen.ac.uk/NSHWreport.



Who has reviewed the study?

The study has been looked at by an independent group of people called a Research Ethics Committee. This study has been reviewed and approved by the National Statistician's Data Ethics Advisory Committee. Further information about this committee can be found at statisticsauthority.gov.uk/about-the-authority/committees/nsdec/.



What if I have a complaint about the study?

If you have a complaint, please get in touch with NatCen by Freephone **0800 652 4568** or email nshw@natcen.ac.uk.

For more information about your data and your rights, you can contact the NHS England Data Protection Officer. Data Protection Officers are responsible for upholding your rights and making sure we process your information correctly.

Email: england.dpo@nhs.net



More information

You can visit our webpage at natcen.ac.uk/NSHW, contact us at Freephone **0800 652 4568** or email nshw@natcen.ac.uk.

To read more about the health and care information NHS England collects, our legal basis for collecting this information and what choices and rights you have, see how we look after your health and care information, see the mental health of children and young people survey transparency notice, our general transparency notice and UK GDPR information, visit this website: digital.nhs.uk/mhcyp-gdpr.

Useful contacts

If you are affected by anything in the questionnaire, here are contact details for organisations that you might find helpful.

Your GP

They will be able to provide help and advice. Your GP can also provide access to appropriate specialist services and local organisations.

NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones. Also available online at 111.nhs.uk.

Beat

Supports people who have or are worried they have an eating disorder, as well as others affected, such as friends and family members.

0808 801 0677

beateatingdisorders.org.uk

Childline

Free 24-hour counselling service for children and young people up to their 19th birthday.

0800 1111

childline.org.uk

Citizens Advice

Offers financial advice and information, as well as help with other issues like housing, health and work.

citizensadvice.org.uk

Cruse

Provides help and support for dealing with bereavement.

0808 808 1677

www.cruse.org.uk

Every Mind Matters

Every Mind Matters provides simple and practical advice to get a healthier mind and get more out of life – from how to deal with stress and anxiety, to boosting our mood or sleeping better. You'll also learn about what you can do to help others.

nhs.uk/every-mind-matters

GambleAware

Offers help and support to anyone who is worried about their – or someone else's – gambling.

0808 8020 133

begambleaware.org

Mental Health Foundation

This website offers a wide range of information about mental health issues.

mentalhealth.org.uk

Mind

Offers advice and support to service users; has a network of local associations in England and Wales to which people can turn for help and assistance.

0300 123 3393

mind.org.uk

NSPCC

Provides helplines and information on child abuse, child protection and safeguarding children.

0808 800 5000

nspcc.org.uk

The Samaritans

The Samaritans provide a confidential service for people in despair and who feel suicidal.

116 123

samaritans.org

Shout Crisis Textline

If you need immediate support, you can text **SHOUT** to **85258** and chat by text.

The service is free on most networks and available 24/7.

The Trussell Trust

Supports food banks across the UK and can provide emergency food and support to those who need it.

trusselltrust.org

YoungMinds

Provides young people with tools to look after their mental health. A wide range of support is available.

youngminds.org.uk

NatCen
Social Research

NatCen Social Research, Kings House, 101-135 Kings Road,
Brentwood, Essex CM14 4LX Tel. 0800 526 397. Company
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Item4-P17823-FU4-SurLeaf-PYP-NSDEC(20)13

Thank You Letter

NatGen
Social Research

 Office for
National Statistics

NHS
England

<ParentCarer> <first_name> <last_name>
<Address_Line1>
<Address_Line2>
<Address_Line3>
<Address_Line4>
<Address_Line5>
<postcode>

Your reference number:
P17823/<SerialNo><ChkLet>



Thank you for taking part

Dear <ParentCarer> <first_name> <last_name>,

Thank you for completing the questionnaire for the National Study of Health and Wellbeing: Children and Young People 2023. Your support and co-operation are greatly appreciated and your answers will help our research to make a difference.

£10 voucher enclosed

As a token of our appreciation, please find enclosed a **£10 Love2Shop shopping voucher** which can be spent at many online and high street shops. This voucher is valid for over 18 months.

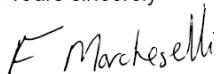
If you have any difficulty with it, please email nshw@natcen.ac.uk or call free on **0800 652 4568**.

See the findings

The report on the findings from the follow-up study last year was published in November 2022. You can read this here: <http://digital.nhs.uk/pubs/mhcypsurvey2022w3>. A link to the report from this follow-up study will be included on this website when it is available: natcen.ac.uk/NSHWreport.

Thank you for your continued support with the National Study of Health and Wellbeing: Children and Young People.

Yours sincerely



Franziska Marcheselli
Research Director
NatGen Social Research



Tracy Williams
Principal Researcher
ONS



Fiona Daley
Survey Section Head
NHS England

Email: nshw@natcen.ac.uk
Freephone: 0800 652 4568
Website: natcen.ac.uk/NSHW

Thank You Email

The National Study of Health and Wellbeing: Children and Young People 2023 Thank you for taking part

Your reference number is: P17823\[SerialNo](#)<[ChkLet](#)>

Dear [Parent/Carer of](#) [first_name](#) [last_name](#),

Thank you for completing the questionnaire for the National Study of Health and Wellbeing: Children and Young People 2023. Your support and co-operation are greatly appreciated and your answers will help our research to make a difference.

Your [£amount](#) voucher

As a token of our appreciation, please find below your [£amount](#) Love2Shop voucher code:

Voucher code: [VouchCode](#)

Expiry date: [VouchExp](#)

To redeem your voucher please go to [VouchURL](#). To log in use your voucher code, you can then select how you want to spend your voucher. Simply click on the brand you would like and choose whether you want to receive a gift card delivered to your home or a retailer digital code which can be emailed to you.

If you have any difficulty with it, please email nshw@natcen.ac.uk or call free on 0800 652 4568.

See the findings

The report on the findings from the follow-up study last year was published in November 2022. You can read this here: <http://digital.nhs.uk/pubs/mhcybsurvey2022w3>. A link to the report from this follow-up study will be included on this website when it is available: natcen.ac.uk/NSHWreport.

Thank you for your continued support with the National Study of Health and Wellbeing: Children and Young People.

Yours sincerely

[INSERT SIGNATURE]
Franziska Marcheselli
Research Director
NatCen Social Research

[INSERT SIGNATURE]
Tracy Williams
Principal Researcher
ONS

[INSERT SIGNATURE]
Fiona Daley
Survey Sections Head
NHS England

Frequently asked questions

Privacy notice

[LOGOS OF NatCen, ONS, NHS England]

Email: NSHW@natcen.ac.uk

Phone: 0800 652 4568

Website: natcen.ac.uk/NSHW

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