KIDSCREEN-10 Index
Health Questionnaire for Children and Young People

Child and Adolescent Version
8 to 18 Years
English (UK)
Hello,

How are you? How do you feel? This is what we would like you to tell us.

Please read every question carefully. What answer comes to your mind first? Choose the box that fits your answer best and cross it.

Remember: This is not a test so there are no wrong answers. It is important that you answer all the questions and also that we can see your marks clearly. When you think of your answer please try to remember the last week.

You do not have to show your answers to anybody. Also, nobody who knows you will look at your questionnaire once you have finished it.
### About Your Health

#### Thinking about the last week...

1. Have you felt fit and well?
   - not at all
   - slightly
   - moderately
   - very
   - extremely

2. Have you felt full of energy?
   - never
   - seldom
   - quite often
   - very often
   - always

3. Have you felt sad?
   - never
   - seldom
   - quite often
   - very often
   - always

4. Have you felt lonely?
   - never
   - seldom
   - quite often
   - very often
   - always

5. Have you had enough time for yourself?
   - never
   - seldom
   - quite often
   - very often
   - always

6. Have you been able to do the things that you want to do in your free time?
   - never
   - seldom
   - quite often
   - very often
   - always

7. Have your parent(s) treated you fairly?
   - never
   - seldom
   - quite often
   - very often
   - always

8. Have you had fun with your friends?
   - never
   - seldom
   - quite often
   - very often
   - always

9. Have you got on well at school?
   - not at all
   - slightly
   - moderately
   - very
   - extremely

10. Have you been able to pay attention?
    - never
    - seldom
    - quite often
    - very often
    - always

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### In general, how would you say your health is?

- excellent
- very good
- good
- fair
- poor