

Hello there!

We would like to know how you have been feeling, so we have worked out a few questions which we would like you to answer.

- ⇒ I am going to read out each question to you and
- \Rightarrow I would like you to think about how things have been for you over the past week, and then
- ⇒ tell me which answer fits you best.

There are no right or wrong answers. It's what you think that matters.

Date of fill out:
(day / month / year)

First of all, please tell me something about you.							
Are you a girl or a boy?	□ girl or	a □ boy					
How old are you?	,	years old					
How many siblings (brothers or sisters) do you ho	ave? 🗆 0 🗆 1	□ 2 □ 3 □ □ 5	□ >5				
Are you going to kindergarten/ nursery school?	□ kinder □ nurser □ neithe	y school/presch	nool				
Now, I will read you an example: When you hear the sentence: "During the past week, I felt like eating ice-cream", can you tell me how often that was the case? There are 3 possible answers: never, sometimes and very often So how was it for you? Would you say: During the past week I never felt like eating ice-cream; sometimes felt like eating ice-cream or very often felt like eating ice-cream. Child's answer! If the child seems to have understood the system of answering, then continue with Question 1. Otherwise repeat the example. You did that very well. So now let's begin.							
very often felt like eating ice-created. Child's answer! If the child seems to have under then continue with Question 1. Otherwise repetitions.	im. erstood the sy eat the examp	le.	-				
very often felt like eating ice-created. Child's answer! If the child seems to have under then continue with Question 1. Otherwise repetation of the very well. So now let's begin.	im. erstood the sy eat the examp	le.	-				
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very often felt like eating ice-created. Child's answer! If the child seems to have under then continue with Question 1. Otherwise repetation of the very well. So now let's begin. 1. First of all, we would like to know sometable During the past week 1 I felt ill	thing about yo	our physical head sometimes	very often				
Very often felt like eating ice-created. Child's answer! If the child seems to have under then continue with Question 1. Otherwise repet You did that very well. So now let's begin. 1. First of all, we would like to know someth During the past week 1 I felt ill 2 I had a headache or tummy-ache	erstood the sycat the example thing about you never	sometimes g in general	very often				

3. ... and how you have been feeling about yourself. During the past week... sometimes very often never 1. ... I was proud of myself 2. ... I felt pleased with myself 4. The next questions are about your family ... During the past week... never sometimes very often ... I got on well with my parents 1. 2. ... I felt fine at home 5. ... and then about friends. During the past week... sometimes very often never 1. ... I played with friends 2. ... I got along well with my friends 6. Now, we would like to know something about nursery school/kindergarten. During the last week, in which I was at sometimes very often never kindergarten/nursery school ...

THANK YOU FOR YOUR ASSISTANCE!

... I coped well with the assignments set in

... I enjoyed nursery school/ kindergarten

nursery school/kindergarten

2.

ID:				
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Hello there!

we would like to know how you have been feeling during the past week, so we have worked out a few questions which we would like you to answer.

- ⇒ Please read each question carefully.
- ⇒ Think about how things have been for you over the past week.
- ⇒ Choose the answer that fits you best in each line and put a cross in the box.

There are no right or wrong answers. It's what you think that matters.

For example:	never	seldom	some- times	often	all the time
During the past week, I liked to listen to music.				X	

Date of fill out:
(day / month / year)

Please tell us something about you. Please put a cross or fill in! I am a □ girl □ boy ____ years old Age: How many siblings do you have? $\square 0 \square 1 \square 2 \square 3 \square 4 \square 5 \square$ more than 5 Which type of school do you go to? 1. First of all, we would like to know something about your physical health... all the some-During the past week... never seldom often times time ... I felt ill 1. 2. ... I had a headache or tummy-ache \Box 3. ... I was tired and worn-out 4. ... I felt strong and full of energy 2. ... then something about how you've been feeling in general... someall the During the past week... never seldom often times time 1. ... I had fun and laughed a lot 2. ... I was bored 3. ... I felt alone 4. ... I was scared 3. ... and how you have been feeling about yourself. all the some-During the past week... never seldom often times time 1. ... I was proud of myself 2. ... I felt on top of the world 3. ... I felt pleased with myself ... I had lots of good ideas 4.

4. The next questions are about your family \dots

	During the past week	never	seldom	some- times	often	all the time
1.	I got on well with my parents					
2.	I felt fine at home					
3.	We quarrelled at home					
4.	My parents stopped me from doing certain things					

5. ... and then about friends.

	During the past week	never	seldom	some- times	often	all the time
1.	I played with friends					
2.	Other kids liked me					
3.	I got along well with my friends					
4.	I felt different from other children					

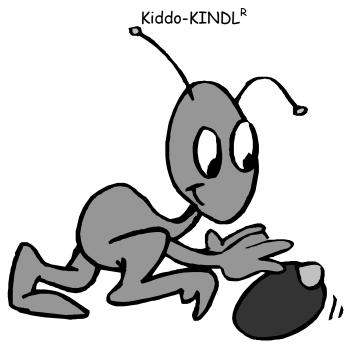
6. Last of all, we would like to know something about school.

	During the last week in which I was at school	never	seldom	some- times	often	all the time
1.	doing my schoolwork was easy					
2.	I enjoyed my lessons					
3.	I worried about my future					
4.	I worried about bad marks or grades					

Thank you for helping us!



Questionnaire for adolescents



Hello there!

we would like to know how you have been feeling during the past week, so we have worked out a few questions which we would like you to answer.

- ⇒ Please read each question carefully.
- ⇒ Think about how things have been for you over the past week.
- \Rightarrow Choose the answer that fits you best in each line and put a cross in the box.

There are no right or wrong answers. It's what you think that matters.

For example:	never	seldom	some- times	often	all the time
During the past week, I liked to listen to music				×	

Date of fill out:
(day / month / year)

Please tell us something about you. Please put a cross or fill in! I am a □ girl □ boy ____ years old Age: How many siblings do you have? $\square 0 \square 1 \square 2 \square 3 \square 4 \square 5 \square$ more than 5 Which type of school do you go to? 1. First of all, we would like to know something about your physical health... all the some-During the past week... never seldom often times time ... I felt ill 1. 2. ... I was in pain \Box 3. ... I was tired and worn-out 4. ... I felt strong and full of energy 2. ... then something about how you've been feeling in general... someall the During the past week... never seldom often times time 1. ... I had fun and laughed a lot 2. ... I was bored ... I felt alone 3. 4. ... I felt scared or unsure of myself 3. ... and how you have been feeling about yourself. all the some-During the past week... never seldom often times time 1. ... I was proud of myself 2. ... I felt on top of the world 3. ... I felt pleased with myself ... I had lots of good ideas 4.

4. The next questions are about your family \dots

	During the past week	never	seldom	some- times	often	all the time
1.	I got on well with my parents					
2.	I felt fine at home					
3.	We quarrelled at home					
4.	I felt restricted by my parents					

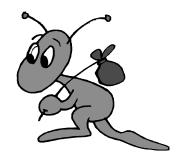
5. ... and then about friends.

	During the past week	never	seldom	some- times	often	all the time
1.	I did things together with my friends					
2.	I was a "success" with my friends					
3.	I got along well with my friends					
4.	I felt different from other people					

6. Last of all, we would like to know something about school.

	During the last week in which I was at school	never	seldom	some- times	often	all the time
1.	doing the schoolwork was easy					
2.	I found school interesting					
3.	I worried about my future					
4.	I worried about getting bad marks or grades					

Thank you for helping us!



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Quality of Life Questionnaire for Children Parents' Questionnaire Parents' Questionnaire

Kiddy KINDL^R



Dear parents,

We really appreciate your taking the time to complete this questionnaire about your child's well-being and health-related quality of life.

Since it is a matter of your own assessment of your child's well-being, please complete the questionnaire yourself according to the instructions, i.e. without asking your child.

- \Rightarrow Read each question carefully.
- \Rightarrow Think about how your child has been feeling during the past week.
- \Rightarrow Put a cross in the box corresponding to the answer that fits your child best.

For example:										
During the past w	eek	never	seldom	some- times	often	all the time				
my child felt lik	ke eating ice-cream.				X					
My Child is a:	Girl □	Boy □	Age:	_Years						
You are:	Mother □	Father □	Other			•				
Date of fill out: _	_ / / (day / r	nonth / year))							

1. Physical Well-being

	During the past week	never	seldom	some- times	often	all the time
1.	my child felt ill					
2.	my child had a headache or tummy- ache					
3.	my child was tired and worn-out					
4.	my child felt strong and full of energy					

2. Emotional Well-being

	During the past week	never	seldom	some- times	often	all the time
1.	my child had fun and laughed a lot					
2.	my child didn't feel much like doing anything					
3.	my child felt alone					
4.	my child felt scared or unsure of itself					

3. Self-esteem

	During the past week	never	seldom	some- times	often	all the time
1.	my child was proud of himself					
2.	my child felt on top of the world					
3.	my child felt pleased with himself					
4.	my child had lots of good ideas					

4. Family

	During the past week	never	seldom	some- times	often	all the time
1.	my child got on well with us as parents					
2.	my child felt fine at home					
3.	we quarrelled at home					
4.	my child felt that I was bossing him around					

5. Social Contacts

	During the past week	never	seldom	some- times	often	all the time
1.	my child played with friends					
2.	my child was liked by other kids					
3.	my child got along well with his friends					
4.	my child felt different from other children					

6. School

	During the past week	never	seldom	some- times	often	all the time
1.	my child coped well with the assignments set in nursery school/kindergarten					
2.	my child enjoyed the nursery school/kindergarten					
3.	my child looked forward to nursery school/kindergarten					
4.	my child made lots of mistakes when doing minor assignments or homework					

7. Some important questions

	During the past week	never	seldom	some- times	often	all the time
1.	my child was moody and whined a lot					
2.	my child had a healthy appetite					
3.	I managed to show patience and understanding towards my child					
4.	my child felt under pressure					
5.	my child slept soundly					
6.	5 my child romped around and was very active					
7.	my child kept bursting into tears					
8.	my child was cheerful and in a good mood					
9.	my child was alert and able to concentrate well					

	During the past week	never	seldom	some- times	often	all the time
10.	my child was easily distracted and absent- minded					
11.	my child enjoyed being with other children					
12.	I had to give my child a telling-off					
13.	I praised my child					
14.	my child had problems with teachers, kindergarten staff or other child-minders					
15.	my child was nervous and fidgety					
16.	my child was lively and energetic					
17.	my child complained of being in pain					
18.	my child was sociable and out- going					
19.	my child succeeded at everything he set out to do					
20.	my child became dissatisfied easily					
21.	my child cried bitterly					
22.	my child lost his temper quickly					

Thank you for your co-operation!

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Quality of Life Questionnaire for Children

Kid- & Kiddo-KINDL Parents' Questionnaire KINDL^R



Dear Parent,

We really appreciate your taking the time to complete this questionnaire about your child's well-being and health-related quality of life.

Since it is a matter of your own assessment of your child's well-being, please complete the questionnaire yourself according to the instructions, i.e. without asking your child.

- Read each question carefully. \Rightarrow
- Think about how your child has been feeling during the past week.
- Put a cross in the box corresponding to the answer in each line that fits \Rightarrow your child best.

For example	2	:
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For example:							
During the past we	eek		never	seldom	some- times	often	all the time
	my child has	s slept well				×	
My Child is a:	□ Girl	□ Воу					
Age:	Years						
You are:	\square Mother	□ Father	□ <i>0</i>	ther			
Date of fill out:	_/_/_	_ (day / moi	nth/ye	ar)			

1. Physical Well-being

	During the past week	never	seldom	some- times	often	all the time
1.	my child felt ill					
2.	my child had a headache or tummy- ache					
3.	my child was tired and worn-out					
4.	my child felt strong and full of energy					

2. Emotional Well-being

	During the past week	never	seldom	some- times	often	all the time
1.	my child had fun and laughed a lot					
2.	my child didn't feel much like doing anything					
3.	my child felt alone					
4.	my child felt scared or unsure of him-/ herself					

3. Self-esteem

	During the past week	never	seldom	some- times	often	all the time
1.	my child was proud of him-/herself					
2.	my child felt on top of the world					
3.	my child felt pleased with him-/ herself					
4.	my child had lots of good ideas					

4. Family

	During the past week	never	seldom	some- times	often	all the time
1.	my child got on well with us as parents					
2.	my child felt fine at home					
3.	we quarrelled at home					
4.	my child felt that I was bossing him/ her around					

5. Social Contacts

	During the past week	never	seldom	some- times	often	all the time
1.	my child did things together with friends					
2.	my child was liked by other kids					
3.	my child got along well with his/ her friends					
4.	my child felt different from other children					

6. School

	During the last week in which my child was at school	never	seldom	some- times	often	all the time
1.	my child easily coped with schoolwork					
2.	my child enjoyed the school lessons					
3.	my child worried about his/her future					
4.	my child was afraid of bad marks or grades					

Thank you for your co-operation!