

Name:

Date:



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

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

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



The survey will take five minutes to complete.

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



What gender do you identify with?

Male

Female

Non-binary

What is your age?

12

13

14

15

16

17

18

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

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

In the Zone

	Strongly disagree	Disagree	Neither agree or disagree	Agree	Strongly agree
I have times when I am in the zone or totally absorbed in an activity	☐	☐	☐	☐	☐
I know what helps me stay totally absorbed in an activity	☐	☐	☐	☐	☐
I find it hard to be in the zone or be totally absorbed in an activity	☐	☐	☐	☐	☐
I have experienced being totally absorbed by an activity in a group	☐	☐	☐	☐	☐

Self-awareness: Emotions

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

Self-awareness: Thoughts

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

Mindfulness

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

Sensory Awareness

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

Coping with criticism

	Strongly disagree	Disagree	Neither agree or disagree	Agree	Strongly agree
When I am criticised, I become less motivated	☐	☐	☐	☐	☐
I find I can learn from constructive feedback	☐	☐	☐	☐	☐
I know the difference between criticism and constructive feedback	☐	☐	☐	☐	☐
I know how to give others constructive feedback	☐	☐	☐	☐	☐

Expressing emotions

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

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

Managing pressure

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

Compassion

Taken from Kristen Neff's Youth Self-Compassion Scale

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

Positive peer comparison

	Strongly disagree	Disagree	Neither agree or disagree	Agree	Strongly agree
I feel bad when I compare myself with others (R)	☐	☐	☐	☐	☐
When I compare myself to others it helps me to learn how to improve	☐	☐	☐	☐	☐
I appreciate the strengths of others	☐	☐	☐	☐	☐
I can appreciate myself without having to compare myself to others	☐	☐	☐	☐	☐

Listening

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

Empathising

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

Working in groups

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

Doing what I value

	Strongly disagree	Disagree	Neither agree or disagree	Agree	Strongly agree
I am clear about what is important to me in my life	☐	☐	☐	☐	☐
I am passionate about doing certain things	☐	☐	☐	☐	☐
I know what sort of person I want to be	☐	☐	☐	☐	☐
I know how to ensure my actions reflect the sort of person I want to be	☐	☐	☐	☐	☐

Positive body image

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

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

Learning from mistakes

	Strongly disagree	Disagree	Neither agree or disagree	Agree	Strongly agree
I think mistakes help you to learn and improve	☐	☐	☐	☐	☐
My mistakes are not ridiculed in these arts sessions	☐	☐	☐	☐	☐
I feel bad when I make mistakes here	☐	☐	☐	☐	☐
I know how to learn from my mistakes	☐	☐	☐	☐	☐

Trying Something new

	Strongly disagree	Disagree	Neither agree or disagree	Agree	Strongly agree
I enjoy trying things I haven't done before	☐	☐	☐	☐	☐
Trying new things helps me discover more about myself	☐	☐	☐	☐	☐
I am cautious about doing things that I haven't done before	☐	☐	☐	☐	☐
I am afraid to try new things	☐	☐	☐	☐	☐

