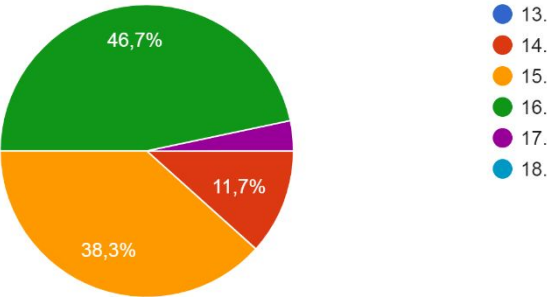


A. ME

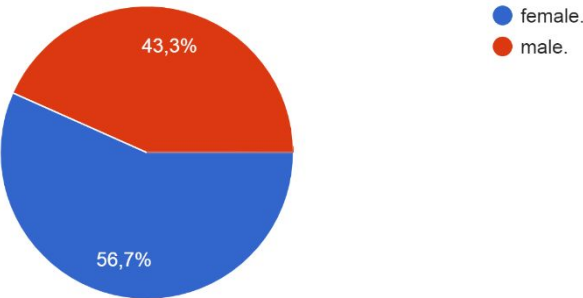
A1. I am...

60 respuestas



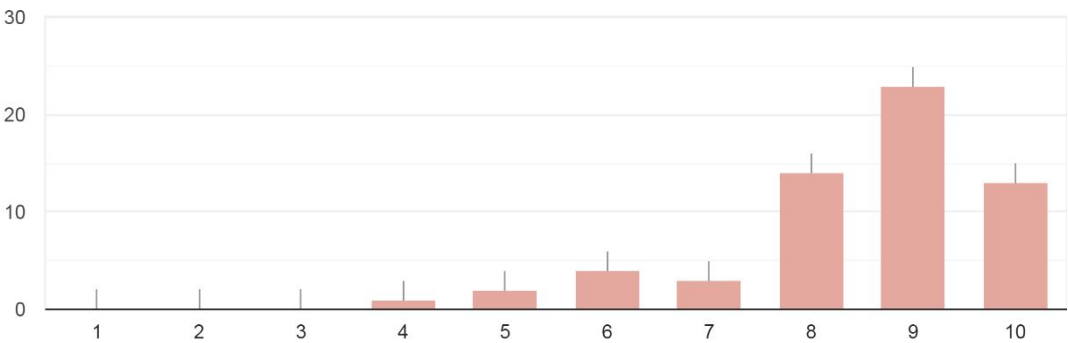
A2. I am...

60 respuestas



A3. I like the way I am.

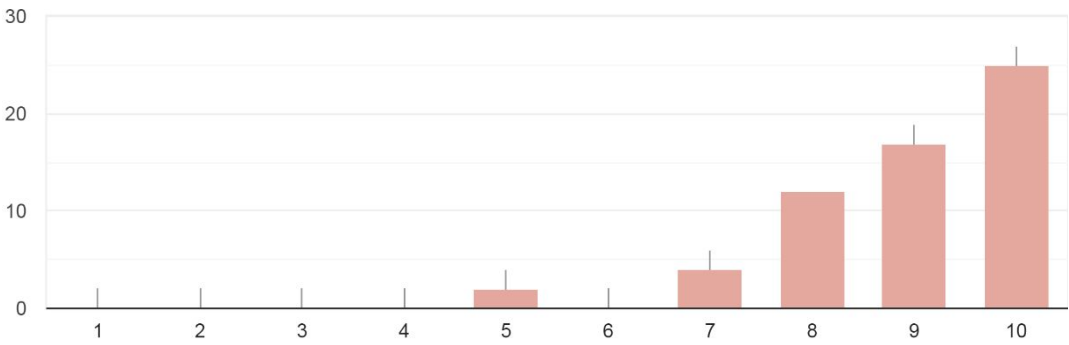
60 respuestas



B. FAMILY

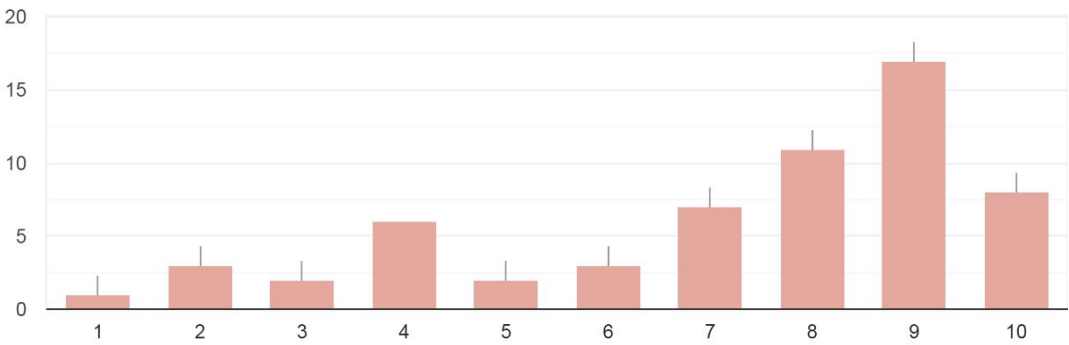
B1. My family always supports me.

60 respuestas



B2. I can talk to my family (parents/ siblings/ other family) about all my problems.

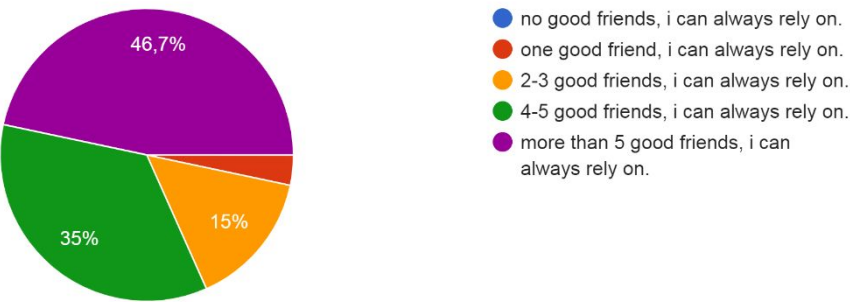
60 respuestas



C. FRIENDS

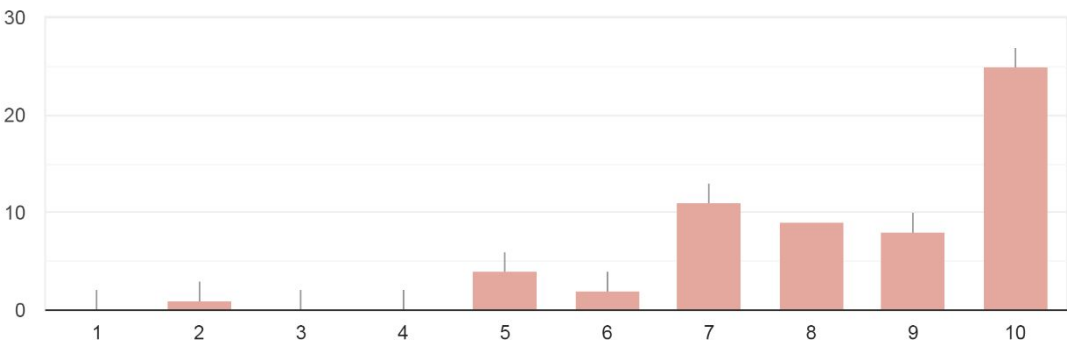
C.1 I have got...

60 respuestas



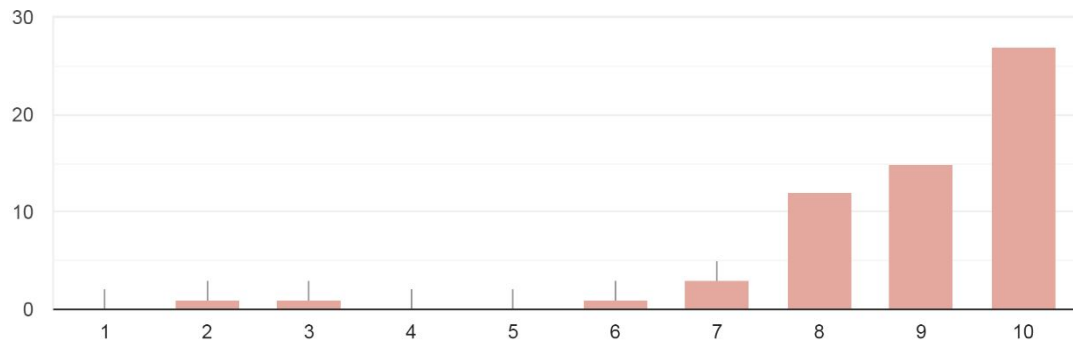
C2. I can talk to my friends about all my problems.

60 respuestas



C3. My friends support and help me in all possible situations.

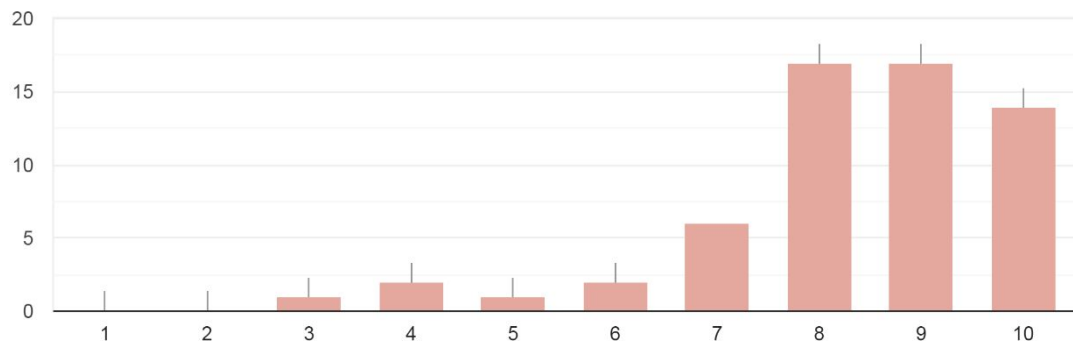
60 respuestas



D. ACTIVITIES

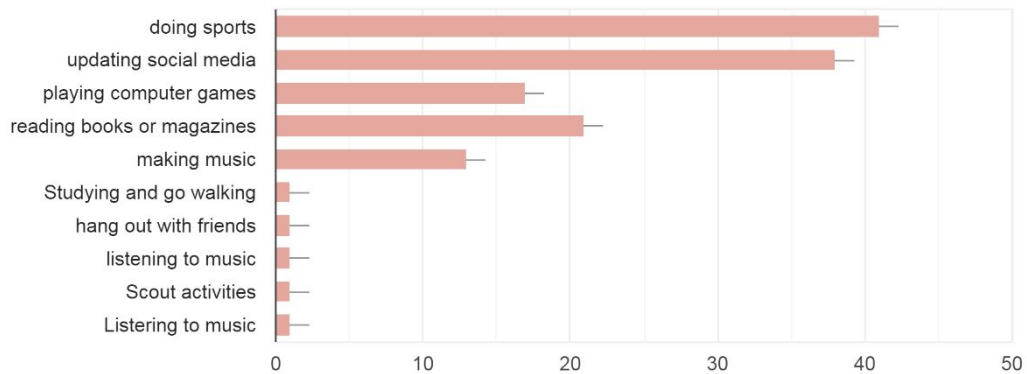
D.1 I think I am a very active person.

60 respuestas



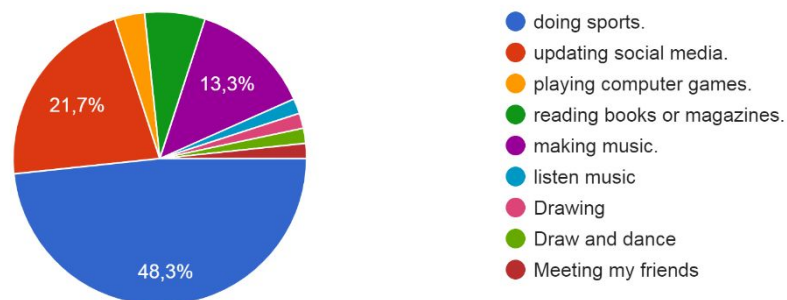
D.2 I do the following activities regularly:

60 respuestas



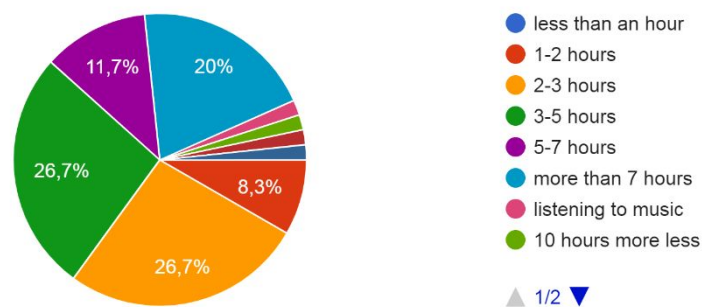
D.3 My most favourite activity is...

60 respuestas



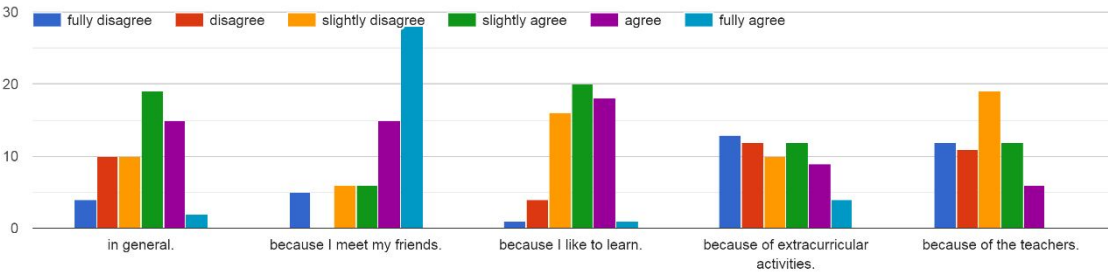
D.4 How much time do you spend on these activities per week:

60 respuestas



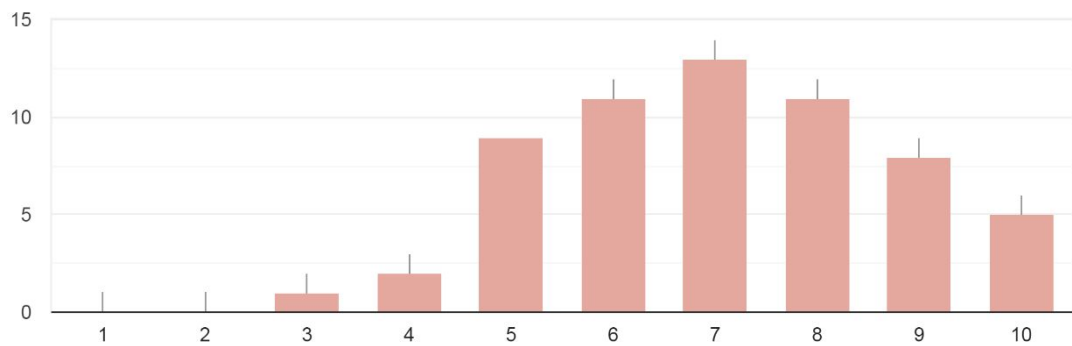
E. SCHOOL

E1. I like going to school...



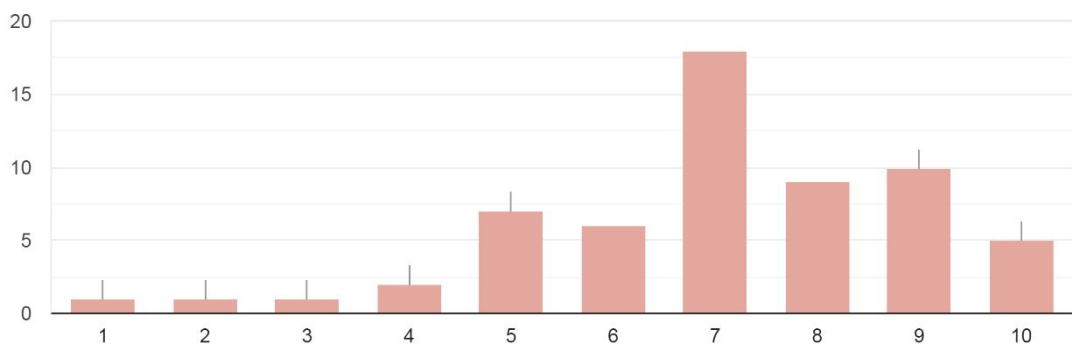
E2. The atmosphere at our school is...

60 respuestas



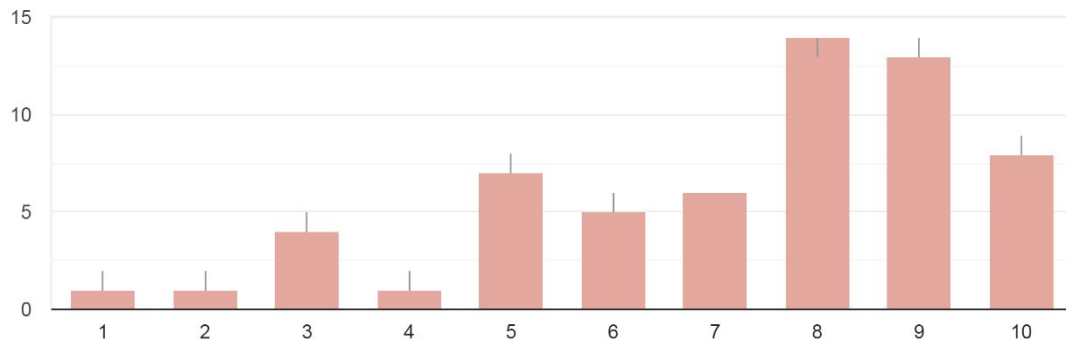
E3. There is a feeling of togetherness (conviviality) at our school.

60 respuestas

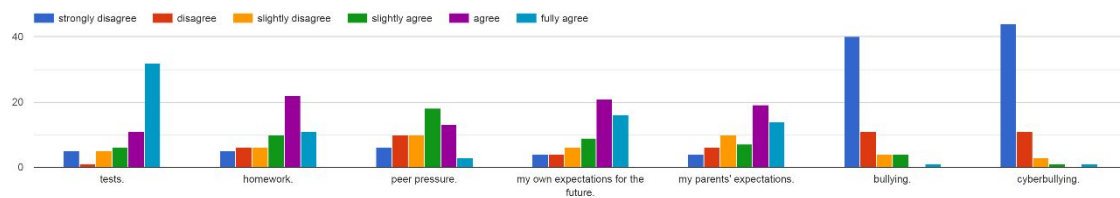


E4. I ... feel stressed out by school.

60 respuestas

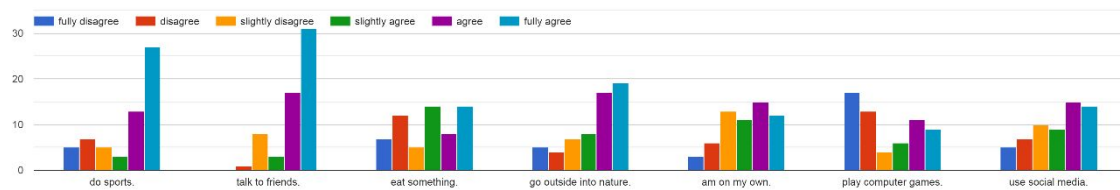


E5. For me the causes of stress at school are...



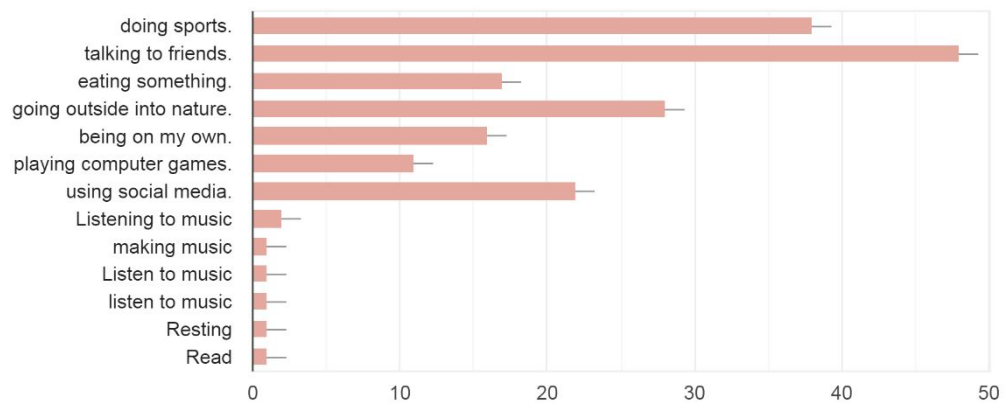
F. COPING WITH STRESS

F1. It helps me to reduce stress/ feel better, if I...



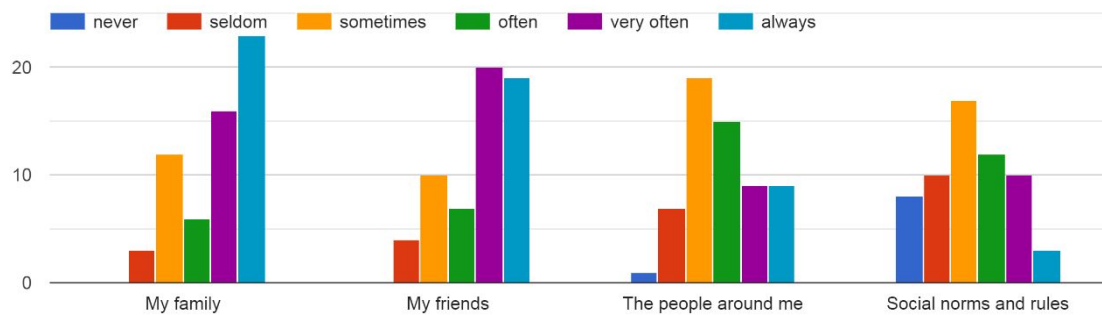
F2. My favorite ways to reduce stress are...

60 respuestas

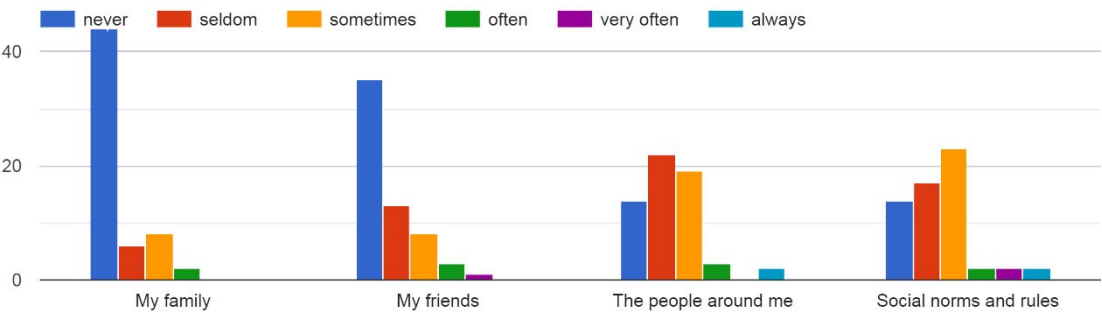


G. SOCIETY

G1. The following aspects influence me positively:



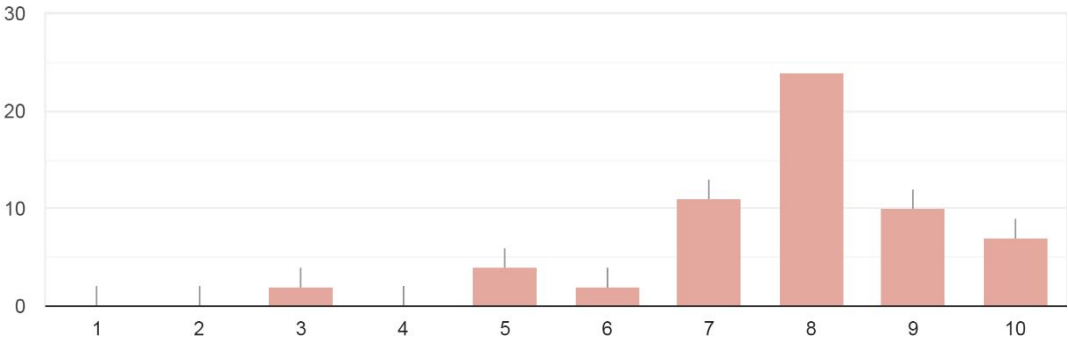
G1. The following aspects influence me negatively:



H. MEDIA

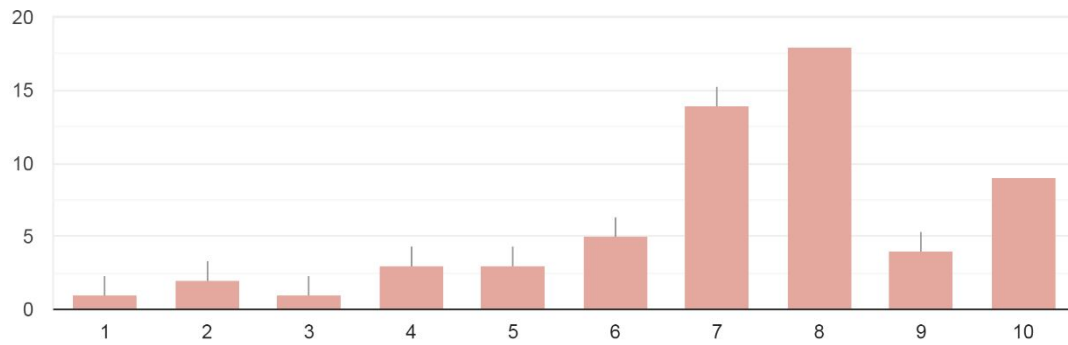
H1. Technology and media are very important to me.

60 respuestas

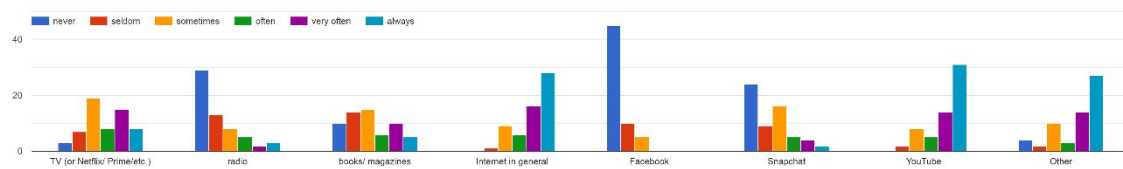


H2. Social media play an important role in my life.

60 respuestas

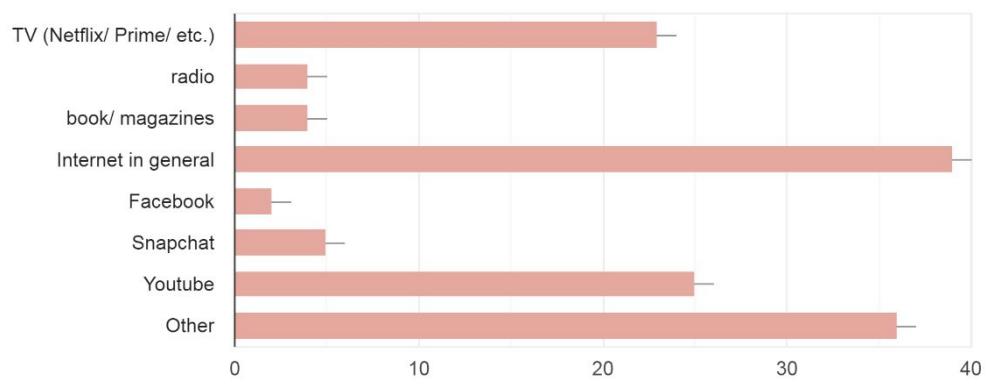


H3. I use the following media/ social media:



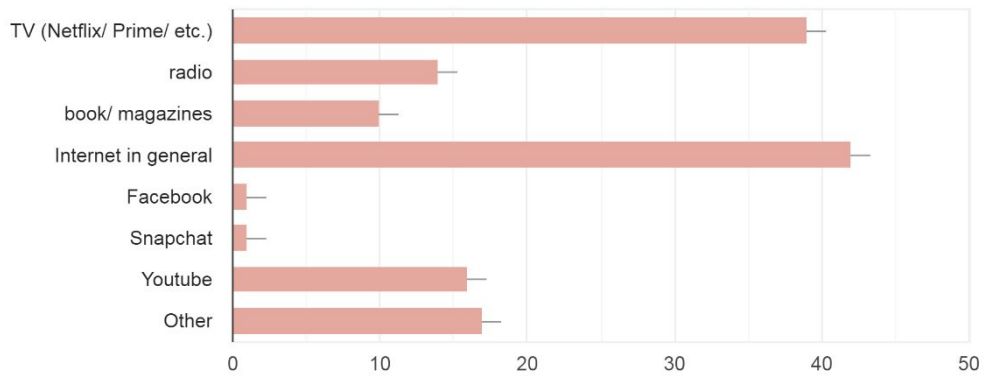
H4. For me the most important media for communication are:

60 respuestas



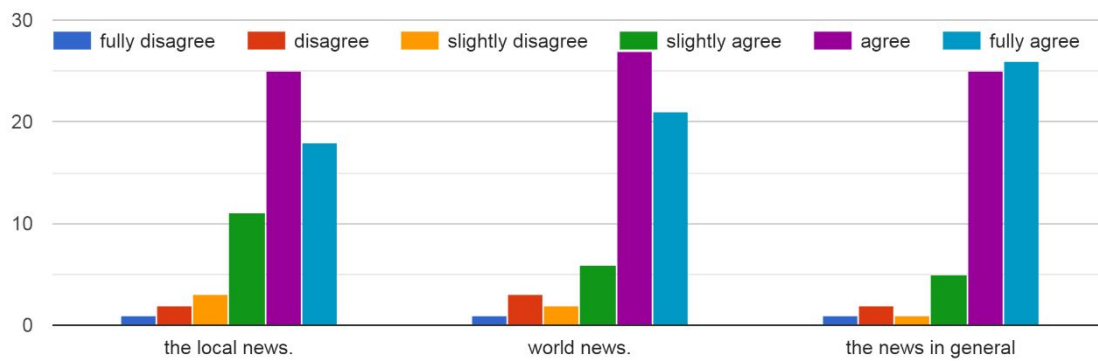
H5. For me the most important media for getting the news are:

60 respuestas

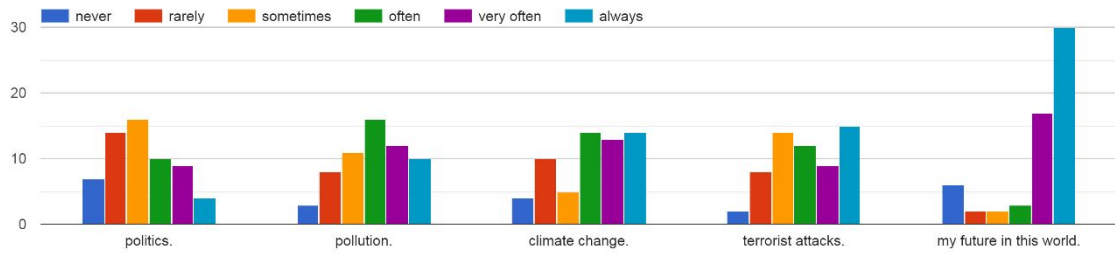


I. NEWS

I1. I think it is important to follow...

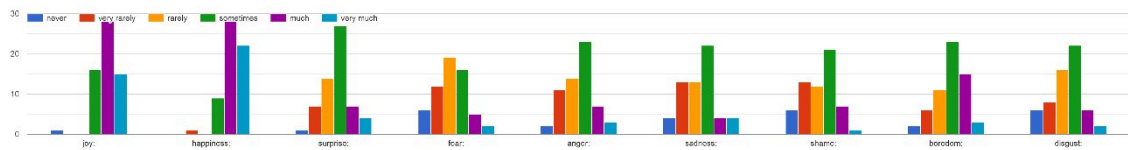


I1. I am worried by...



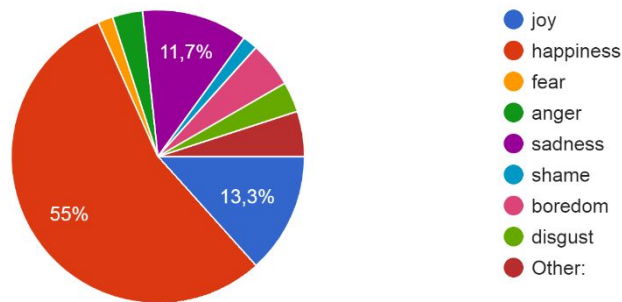
J. MY EMOTIONS

J1. I often feel...



I2. This emotion influences me most:

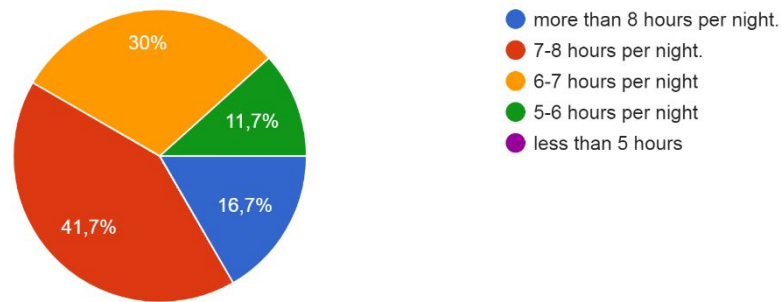
60 respuestas



K. SLEEP

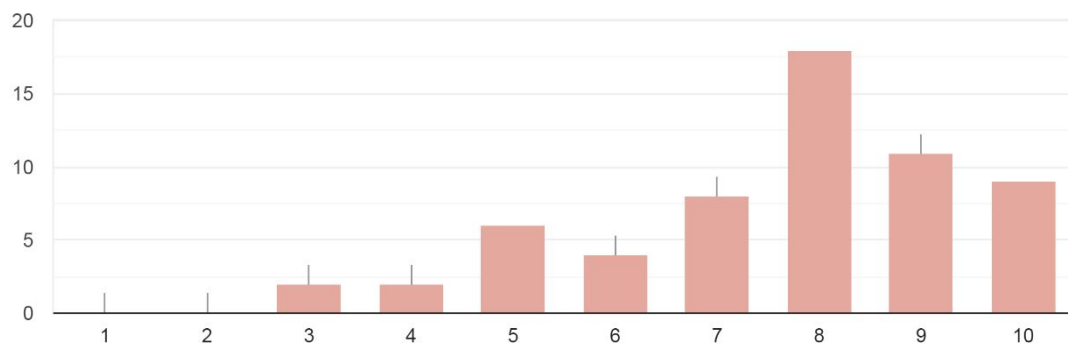
K1. I sleep...

60 respuestas



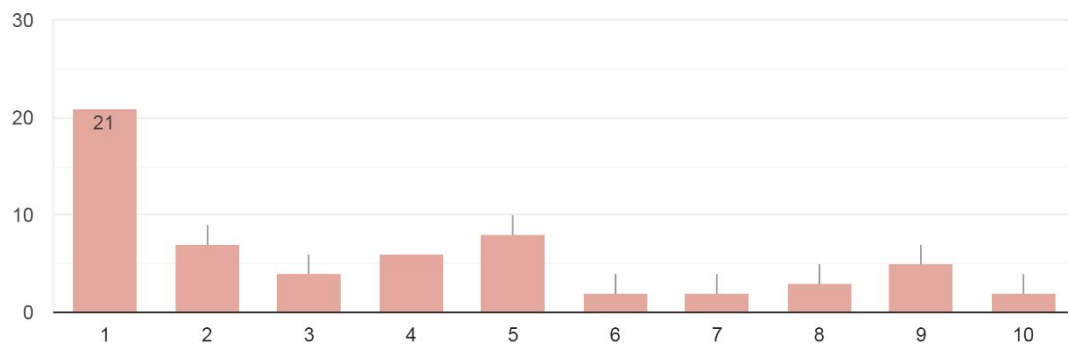
K2. I sleep very well.

60 respuestas



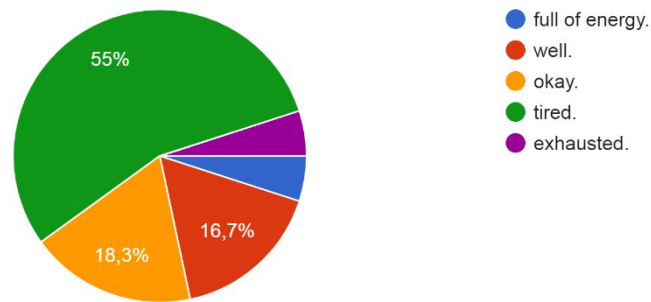
K3. I wake up at night.

60 respuestas



K4. When I wake up in the morning I feel...

60 respuestas



L. LIFE IN GENERAL

L1. Assess the following statements about life:

