

Tear-Off Sheet

Student Name: _____

Student Code #: _____

Note to Data Collector: Prior to distributing the LSTQ, complete the information above, and also write in the Student Code #, School Code #, and Collection Point on bottom of next page. Tear off this sheet when questionnaire is handed out to the student.



***LifeSkills Training* Questionnaire**

Middle School (LSTQ-MS)

This survey is designed to give us information about your health knowledge, attitudes and behaviors.

None of your answers will be seen by parents, teachers or anyone at your school.

Please answer all of the questions honestly.

Student Code #: _____
School Code #: _____
Date _____ / _____ / _____
Data Collection Point:
Pretest _____
Posttest _____
Follow-Up _____

Note to Data Collector: Prior to distributing the LSTQ, complete the Student Code #, School Code #, and Collection Point on sections above.

Section A

1. My birthday

Month of my birthday	
Jan	<input type="radio"/>
Feb	<input type="radio"/>
Mar	<input type="radio"/>
Apr	<input type="radio"/>
May	<input type="radio"/>
Jun	<input type="radio"/>
Jul	<input type="radio"/>
Aug	<input type="radio"/>
Sep	<input type="radio"/>
Oct	<input type="radio"/>
Nov	<input type="radio"/>
Dec	<input type="radio"/>

Day of my birthday	
2 digits (‘01’ to ‘31’)	
①	①
②	②
③	③
	④
	⑤
	⑥
	⑦
	⑧
	⑨

Year of my birthday	
1995	<input type="radio"/>
1996	<input type="radio"/>
1997	<input type="radio"/>
1998	<input type="radio"/>
1999	<input type="radio"/>
2000	<input type="radio"/>
2001	<input type="radio"/>
2002	<input type="radio"/>
2003	<input type="radio"/>
2004	<input type="radio"/>
2005	<input type="radio"/>
2006	<input type="radio"/>

2. Are you: ① Male ② Female

3. Who do you live with most of the time? (Pick only one)

- | | | |
|-------------------------|-------------------------------------|-----------------------------|
| ① Mother and father | ④ Only father | ⑦ Other relative |
| ② Only mother | ⑤ Stepmother and father | ⑧ Guardian or foster parent |
| ③ Mother and stepfather | ⑥ Some with mother/some with father | ⑨ Alone or with friends |

4. Are you Hispanic or Latino?

- ① Yes ② No

5. What is your race? (SELECT ONE OR MORE.)

- | | | |
|---------------------------------|---|---------|
| ① American Indian/Alaska Native | ③ Native Hawaiian or Other Pacific Islander | ⑤ White |
| ② Asian | ④ Black or African American | |

6. What grade are you in?

- ① 6th grade ② 7th grade ③ 8th grade ④ 9th grade

7. What grades do you generally get in school? (Pick only one)

- | | | |
|-----------------------|----------------------|-------------------------------|
| ① Mostly A’s (90-100) | ③ Mostly C’s (70-79) | ⑤ D’s or lower (less than 60) |
| ② Mostly B’s (80-89) | ④ Mostly D’s (60-69) | |

8. About how many days were you absent from school last year? (Pick only one)

- ① None ② 1-2 days ③ 3-6 days ④ 7-15 days ⑤ 16 or more days

Section B

Directions: Read each statement below and indicate whether you think each is True or False by filling in the appropriate circle.

	True ①	False ②
1. Most adults smoke cigarettes.	①	②
2. Smoking a cigarette causes your heart to beat slower.	①	②
3. Few adults drink wine, beer, or liquor everyday.	①	②
4. Most people my age smoke marijuana.	①	②
5. Smoking marijuana causes your heart to beat faster.	①	②
6. Most adults use cocaine or other hard drugs.	①	②
7. Cocaine and other hard drugs always make you feel good.	①	②
8. What we believe about ourselves affects the way we act or behave.	①	②
9. It is almost impossible to develop a more positive self-image.	①	②
10. It is important to measure how far you have come toward reaching your goal.	①	②
11. It's a good idea to make a decision and then think about the consequences later.	①	②
12. Smoking can affect the steadiness of your hands.	①	②
13. A stimulant is a chemical that calms down the body.	①	②
14. Smoking reduces a person's endurance for physical activity.	①	②
15. A serving of beer or wine contains less alcohol than a serving of "hard liquor" such as whiskey.	①	②
16. Alcohol is a depressant.	①	②
17. Marijuana smoking can improve your eyesight.	①	②
18. Some advertisers are deliberately deceptive.	①	②
19. Companies advertise only because they want you to have all the facts about their product.	①	②
20. It's a good idea to get all information about a product from its ads.	①	②
21. Most people do not experience anxiety.	①	②

	True ①	False ②
22. There is very little you can do when you feel anxious.	①	②
23. Deep breathing is one way to lessen anxiety.	①	②
24. Mental rehearsal is a poor relaxation technique.	①	②
25. You can avoid misunderstandings by assuming the other person knows what you mean.	①	②
26. Effective communication is when both sender and receiver interpret a message in the same way.	①	②
27. Relaxation techniques are of no use when meeting people.	①	②
28. A compliment is more effective when it is said sincerely.	①	②
29. A nice way of ending a conversation is to tell the person you enjoyed talking with him/her.	①	②
30. Sense of humor is an example of a non-physical attribute.	①	②
31. It's better to be polite and lead someone on, even if you don't want to go out with them.	①	②
32. Almost all people who are assertive are either rude or hostile.	①	②

Section C

Directions: Please fill in the circle to show how much you agree or disagree with each statement.

	Strongly Disagree	Disagree	Neither Agree Nor Disagree	Agree	Strongly Agree
	①	②	③	④	⑤
1. Kids who drink alcohol are more grown-up.	①	②	③	④	⑤
2. Smoking cigarettes makes you look cool.	①	②	③	④	⑤
3. Kids who drink alcohol have more friends.	①	②	③	④	⑤
4. Kids who smoke have more friends.	①	②	③	④	⑤
5. Drinking alcohol makes you look cool.	①	②	③	④	⑤
6. Smoking cigarettes lets you have more fun.	①	②	③	④	⑤
7. Kids who smoke cigarettes are more grown-up.	①	②	③	④	⑤
8. Drinking alcohol lets you have more fun.	①	②	③	④	⑤

Section D

Directions: Please fill in the circle to show how you would handle the following situations.

	Definitely would ①	Probably would ②	Not sure ③	Probably would not ④	Definitely would not ⑤
How likely would you be to:					
1. Say “no” when someone tries to get you to smoke a cigarette?	①	②	③	④	⑤
2. Say “no” when someone tries to get you to drink beer, wine, or liquor?	①	②	③	④	⑤
3. Say “no” when someone tries to get you to smoke marijuana or hashish?	①	②	③	④	⑤
4. Say “no” when someone tries to get you to use cocaine or other drugs?	①	②	③	④	⑤
5. Say “no” when someone tries to get you to sniff glue, paint, gas, or other things you inhale to get high?	①	②	③	④	⑤

	Definitely would ①	Probably would ②	Not sure ③	Probably would not ④	Definitely would not ⑤
How likely would you be to do the following things?					
6. Tell someone if they give you less change (money) than you're supposed to get back after you pay for something.	①	②	③	④	⑤
7. Say “no” to someone who asks to borrow money from you.	①	②	③	④	⑤
8. Tell someone to go to the end of the line if they try to cut in line ahead of you.	①	②	③	④	⑤

	Definitely would ①	Probably would ②	Not sure ③	Probably would not ④	Definitely would not ⑤
When you feel anxious, you:					
9. Relax all the muscles in your body, starting with your feet and legs.	①	②	③	④	⑤
10. Breathe in slowly while you count to four and hold your breath for four and breathe out for a count of four.	①	②	③	④	⑤

	Strongly Disagree ①	Disagree ②	Neither Agree Nor Disagree ③	Agree ④	Strongly Agree ⑤
In general:					
11. If you find that something is really difficult, you get frustrated and quit.	①	②	③	④	⑤
12. You stick to what you're doing until you're finished with it.	①	②	③	④	⑤

Thank you for completing this survey!