



IRISH  
RESEARCH  
COUNCIL  
An Chomhairle um  
Thaighde in Éirinn

**JIGSAW**  
Young people's  
health in mind

## Survey

**Although many of the questions in this survey ask about teaching and about classrooms, we would like to encourage all school staff to take part. If an item does not apply to you, you can skip that item or choose the “Does not apply to me” option.**

What is your gender?

- Male
- Female
- Other (e.g. non binary), please specify \_\_\_\_\_
- Prefer not to say

What is your age?

- Under 25
- 26-30
- 31-40
- 41-50
- 51-60
- Over 60

Which of the following best describes your role? Please tick all that apply.

- Principal/ Deputy Principal
- Year Head
- Subject Teacher
- Career guidance/ counsellor
- Home School Community Liaison Coordinator
- Special Needs Assistant
- Qualified but not currently working/ active
- Preservice/ Student Teacher
- Other (please specify) \_\_\_\_\_

Do you work in Youthreach?

- Yes
- No
- Does not apply to me



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How long have you worked in the post-primary sector?

- Less than 3 years
- 3 to 5 years
- 6 to 10 years
- 11 to 15 years
- Over 15 years

Where is your school located?

- Rural
- Urban
- Does not apply to me

Is your school mixed gender or single sex?

- Mixed gender
- Single sex
- Does not apply to me

Is your school a DEIS school?

- Yes
- No
- I don't know
- Does not apply to me

Is your school fee paying or non-fee paying?

- Fee paying
- Non-fee paying
- Does not apply to me

How many students attend your school?

- <300 students
- 300 - 500 students
- 501 - 700 students
- 701+ students
- Does not apply to me

Please indicate if you have previously received any mental health related training?

- Yes (please briefly describe the type of training you received) \_\_\_\_\_
- No



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**This section asks about how confident you feel when supporting the mental health of students or answering their questions about mental health.**

**Please read each statement below and choose the most appropriate option.**

	1 = Not at all confident	2	3	4	5	6	7	8	9	10 = Very Confident
I can answer students' general questions about mental health										
I can create a mentally healthy classroom										
I can advocate for the importance of learning about mental health										
I can help students to be more aware of their mental health										
I can improve students' general knowledge about mental health										
I can help students to learn to value their mental health										
I can use students' attitudes toward mental health to create learning opportunities										
I can teach students how to find reliable information about mental health										
I can help to break down stereotypes about mental health										



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I can help students to learn about the negative impact of stigma										
I can improve students' knowledge of resources available to support their mental health										
I can improve students' ability to seek help for mental health difficulties										



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**This section asks questions about issues that might worry you when addressing issues related to mental health with students.**

**Please read each statement below and choose the most appropriate option.**

I worry I may ...

	1 Strongly Disagree	2	3	4	5	6	7	8	9	10 Strongly Agree
... trigger an emotional reaction in a student with a mental health difficulty										
... cause a student to identify with a mental illness that they do not have										
... do more damage than good										
... glamorize mental illness										
... single out a student who does have a mental health difficulty										
... say the wrong thing										
... answer a question incorrectly										
... be seen as the "expert"										
... overstep my boundaries										
... see something as a small problem when really it's a big problem										
... be unable to help a student										



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**This section asks questions about your thoughts and beliefs around mental health.**

**Please read each statement below and choose the most appropriate option.**

Mental health is...

	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
... a state of emotional wellbeing					
... a state of social wellbeing					
... an ability to study/ work productively					
... an ability to cope with normal stresses of life					
... an ability to make a contribution to school/ wider community					
... a sense of belonging					
... having a purpose in life					



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The following questions ask about your experience and views in relation to people who have mental health problems.

Please read each statement below and choose the most appropriate option.

	Agree Strongly	Agree Slightly	Neither Agree nor Disagree	Disagree Slightly	Disagree Strongly	Don't Know
In the future, I would be willing to live with someone with a mental health problem						
In the future, I would be willing to work with someone with a mental health problem						
In the future, I would be willing to live nearby to someone with a mental health problem						
In the future, I would be willing to continue a relationship with a friend who developed a mental health problem						

Please read each statement below and choose the most appropriate option.

	Agree Strongly	Agree Slightly	Neither Agree nor Disagree	Disagree Slightly	Disagree Strongly	Don't Know	Not Applicable
In the future, I would be willing to teach a student with a mental health problem							
In the future, I would be willing to provide support to a student with a mental health problem							



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**These questions are designed to help us gain a better understanding of the kinds of things that create difficulties for teachers in their school activities.**

**Please respond to each of the questions by considering the combination of your current ability, resources and opportunity to do each of the following in your present position.**

**Please read each statement below and choose the most appropriate option.**

	Nothing/ Not at all 1	2	Very little 3	4	Some influence/ Somewhat 5	6	Quite a bit 7	8	A great deal 9	Not applicable
How much can you do to control disruptive behaviour in the classroom?										
How much can you do to motivate students who show low interest in school work?										
How much can you do to calm a student who is disruptive or noisy?										
How much can you do to help your students value learning?										
To what extent can you craft good questions for your students?										
How much can you do to get children to follow classroom rules?										





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How much can you do to get students to believe they can do well in school work?										
How well can you establish a classroom management system with each group of students?										
To what extent can you use a variety of assessment strategies?										
To what extent can you provide an alternative explanation or example when students are confused?										
How much can you assist families in helping their children do well in school?										
How well can you implement alternative teaching strategies in your classroom?										



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The next questions measure your feelings of apprehension over the past week to a variety of situations.

Please read each statement below and choose the option that best matches your experience. There are no right or wrong answers. Do not spend too much time on any statement.

Over the past week...

	Did not apply to me at all	Applied to me to some degree, or some of the time	Applied to me to a considerable degree, or a good part most of the time	Applied to me very much, or most of the time
... I was aware of dryness of my mouth				
... I experienced breathing difficulty (e.g. excessively rapid breathing, breathlessness in the absence of physical exertion)				
... I experienced trembling (e.g., in the hands)				
... I was worried about situations in which I might panic and make a fool of myself				
... I felt I was close to panic				



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... I was aware of the action of my heart in the absence of physical exertion (e.g. sense of heart rate increase, heart missing a beat)				
... I felt scared without any good reason				



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Please use the space below to tell us about your experience of addressing mental health in school:

*(Please remember not to provide any information that could identify you, your school, or any other individual in order to preserve the anonymity of the survey responses)*

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