

The SHINE Mental Health Pupil Online Survey

Information for Parents

If you have been contacted about your child completing the SHINE Mental Health Pupil Online Survey, this is because your child's school is a member of the [Schools Health and Wellbeing Improvement research Network](#) and the school has chosen to use one of the resources offered to members by the network. For network members, there is no obligation for the school to complete the survey and there is no obligation for your child to complete the survey.

If the school has chosen to use the survey, we ask schools to provide parents/carers and pupils with the information sheets about the survey at least two weeks in advance of the data collection to allow parents time to read the information, make contact with us if required and decide if they think it is best to opt out on behalf of their child. Young people can decide at the time if they wish to opt in to complete the survey or not – there is no obligation for them to do so if they don't want to.

Since 2020, over 40,000 young people have been surveyed using the SHINE Mental Health Survey. Schools have used the data reports received to inform their strategic planning for mental health and wellbeing to ensure that it is in line with what the young people tell them through the survey. From time to time, parents/carers contact us to ask for more details about the type of questions asked in the survey.

Unfortunately, we cannot circulate the questionnaires electronically due to the licence agreements linked to agreed numbers participating in place. However, the questionnaire can be shown during a video call by sharing the screen or read out over the phone, if a parent/carer wishes to contact the SHINE Network Manager at Dawn.Haughton@glasgow.ac.uk. Equally, a parent/carer can arrange to pop into the school to be shown a paper copy of the questions in situ, on the understanding that the copy cannot be removed from the school.

By way of an overview, the survey focuses on promoting positive mental wellbeing through the use of anonymized trend data. There is a primary version (P6-P7) and a secondary version (S1-S6) of the survey which use the following validated, age-appropriate, research measures:

- General Health
- **Good Childhood Index** -11 items on happiness with aspects of life
- **WHO wellbeing 5 Index** -measure of low mood
- **Me and My Feelings** (primary only) emotional and behavioural difficulties
- **Strengths and Difficulties Questionnaire** (secondary only) emotional and behavioural difficulties
- **Sleep Wake Scale** – sleep quality (secondary school only)
- **Loneliness** (secondary school only)
- **Socio-Emotional Health Survey** –measure of socio and emotional skills and available support that are associated with positive mental health

The majority of the questions are positively worded. An example is provided below, which asks pupils to rate how they have felt in the last two weeks:

WHO2 (World Health Organisation Q.2)

I have felt calm and relaxed

At no time/Some of the time/less than half of the time/More than half of the time/Most of the time/All of the time/Prefer not to say

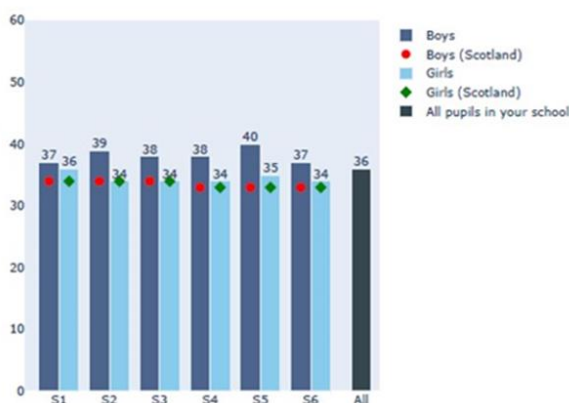
For secondary schools, there are two version of the survey which schools can choose from . One version has 2 optional questions about self-harm, the other version does not include these questions. SHINE advises that the version with the self-harm questions is only used with pupils aged 14 and above. The first question is worded “*Have you ever hurt yourself on purpose in any way?*” Response options include “*Yes/No/prefer not to say.*” Only if the answer is yes to the first question, is the second question asked: “*How many times have you done this in the last year?*” response options include “*None/Once/2-5 times*” etc.

There are no open text boxes, it is all multiple choice (with the option of “prefer not to say” so no disclosures can be made through the survey. There is a video prepared by SHINE to support pupils with the information <https://youtu.be/qNVoPvmPdwI> (updated on 1st Sept 2022) and also to reinforce that no individual can be identified by this survey so if any pupils have been upset by it they should speak to a trusted adult such as a parent/carer/teacher immediately.

The data reports which are supplied to schools are designed to be shared across the school community with staff, young people, parents/carers and school partners. For reference, there is an [example report](#) from an earlier, different survey (the WHO measure above is used in this survey report) on the SHINE website. As no individuals can be identified from the data reports, the aim is to facilitate a whole-school approach to improving mental health and wellbeing by involving all areas of the learning community in the discussion of the report findings and subsequent decision-making process.

Please find below an example of the type of information and the way it is presented in a SHINE mental health survey data report:

Figure 6.1: Pupils' average sleep quality score



MRC/CSO Social and Public Health Science



University of St Andrews



We hope that you have found this information useful. If you would like to make an appointment to view the questionnaire, please contact the SHINE Network Manager at Dawn.Haughton@glasgow.ac.uk

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