

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 #, and Collection Point on bottom of the 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

Date Completed:

Month		Day		Year	
0	0	0	0	0	0
1	1	1	1	1	1
2	2	2	2	2	2
3	3	3	3	3	3
4	4	4	4	4	4
5	5	5	5	5	5
6	6	6	6	6	6
7	7	7	7	7	7
8	8	8	8	8	8
9	9	9	9	9	9

1. Birth Date:

Month		Day		Year	
0	0	0	0	0	0
1	1	1	1	1	1
2	2	2	2	2	2
3	3	3	3	3	3
4	4	4	4	4	4
5	5	5	5	5	5
6	6	6	6	6	6
7	7	7	7	7	7
8	8	8	8	8	8
9	9	9	9	9	9

2. Are you:

- Male Female

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

- Mother and father Only father Other relative
 Only mother Stepmother and father Guardian or foster parent
 Mother and stepfather Some with mother/some with father Alone or with friends

4. Are you Hispanic or Latino?

- Yes No

5. What is your race? (Select one or more)

- American Indian/Alaska Native Native Hawaiian or Other Pacific Islander White
 Asian Black or African American

6. What grade are you in?

- 6th grade 7th grade 8th grade 9th grade

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

- Mostly A's (90-100) Mostly C's (70-79) D's or lower (less than 60)
 Mostly B's (80-89) Mostly D's (60-69)

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

- None 1-2 days 3-6 days 7-15 days 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 every day.	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

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

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
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 ①	Disagree ②	Neither Agree Nor Disagree ③	Agree ④	Strongly Agree ⑤
	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

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 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 are doing until you're finished with it.	①	②	③	④	⑤

Section E

Directions: Fill in the circle under the column heading to tell us how often (if ever) you generally do or have done the following things. Remember only the researchers will know you answered these questions, so please be honest.

Directions: Read the statements below and fill in the circle to indicate your response

	Never ①	A few times but NOT in the past year ②	A few times a year ③	Once a month ④	A few times a month ⑤	Once a week ⑥	A few times a week ⑦	Once a day ⑧	More than once a day ⑨
About how often (if ever) do you:									
1. smoke cigarettes	①	②	③	④	⑤	⑥	⑦	⑧	⑨
2. drink beer, wine, wine coolers, or hard liquor	①	②	③	④	⑤	⑥	⑦	⑧	⑨
3. drink until you get drunk	①	②	③	④	⑤	⑥	⑦	⑧	⑨
4. smoke marijuana (pot, grass) or hashish (hash)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
5. smoke marijuana or hashish until you get high or stoned	①	②	③	④	⑤	⑥	⑦	⑧	⑨
6. sniff glue, paint, gas or other things you inhale to get high	①	②	③	④	⑤	⑥	⑦	⑧	⑨

Directions: Read the statements below and fill in the circle to indicate your response

	Definitely Not ①	Probably Not ②	Maybe ③	Probably will ④	Definitely will ⑤
Do you think you will use any of these within the next year?					
7. cigarettes	①	②	③	④	⑤
8. beer, wine, wine coolers or hard liquor (excluding use during religious ceremonies)	①	②	③	④	⑤
9. marijuana or hashish (pot, reefer, weed, blunts)	①	②	③	④	⑤
10. cocaine or other hard drugs	①	②	③	④	⑤
11. sniff glue, paint, gas or other things you inhale to get high	①	②	③	④	⑤

Directions: Read the statements below and fill in the circle to indicate your response

	None or Almost None (≤10%) ①	Some (11-25%) ②	Less than Half (26-50%) ③	More than Half (51-75%) ④	All or Almost All (76-100%) ⑤
How many <u>people your age</u> do you think:					
12. Smoke cigarettes	①	②	③	④	⑤
13. drink beer, wine, or liquor	①	②	③	④	⑤
14. smoke marijuana (pot, reefer, weed, blunts)	①	②	③	④	⑤
15. use cocaine or other hard drugs	①	②	③	④	⑤
16. sniff glue, paint, gas, or other things you inhale to get high	①	②	③	④	⑤

	None or Almost None (≤10%) ①	Some (11-25%) ②	Less than Half (26-50%) ③	More than Half (51-75%) ④	All or Almost All (76-100%) ⑤
How many <u>adults</u> do you think:					
17. Smoke cigarettes	①	②	③	④	⑤
18. drink beer, wine, or liquor	①	②	③	④	⑤
19. smoke marijuana (pot, reefer, weed, blunts)	①	②	③	④	⑤
20. use cocaine or other hard drugs	①	②	③	④	⑤
22. sniff glue, paint, gas, or other things you inhale to get high	①	②	③	④	⑤

Thank you for completing this survey!