

## **APPENDIX I: Scales & items**

## **HBSC symptom checklist**

In the last 6 months: how often have you had the following? (Please tick one box for each line)

### **(Extended version a):**

- a) Headache
- b) Stomach-ache
- c) Back ache
- d) Feeling low
- e) Irritability or bad temper
- f) Feeling nervous
- g) Difficulties in getting to sleep
- h) Feeling dizzy
- i) Neck and shoulder pain
- j) Afraid
- k) Tired and exhausted

### **Additional items (extended version b):**

- l) Nausea
- m) Pain in arms and legs
- n) Heart beating fast without I have been running
- o) Body ache

About every day (1); More than once a week (2); About every week (3); About every month (4); Rarely or never (5)

### **NLHB symptom checklist**

How often have you had the following complaints the last 3 months?

- a) Headache
- b) Stomach ache
- c) Back ache
- d) Pain in arms and legs
- e) Felt Dizzy
- f) Nausea
- g) Poor appetite
- h) Colds or sore throat
- i) Felt exhausted
- j) Diarrhoea or bad stomach

Very often (1); Some of the time (2); Seldom or never (3)

## **Being bullied**

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The next questions are about bullying. We say a pupil is being bullied when another pupil, or a group of pupils, says or does nasty and unpleasant things to him or her. It is also bullying when a student is hit, kicked, threatened, and shut in a room by others or something similar. This may take place often, and it is difficult for the student that is bullied to defend him- or herself. It is also bullying when a pupil is teased repeatedly in a way he or she doesn't like. But it is NOT bullying when two pupils of about the same strength quarrel or fight.

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a) How often have you been bullied in school after the summer (Christmas) holidays?

I have not been bullied after the summer (Christmas) holidays (1), Once or twice (2), Some times (3), About once a week (4), Several times a week (5)

b) How often does it happen that other students have not wanted to spend time with you at school and you ended up being alone?

It has not happened after the summer (Christmas) holidays (1), Once or twice (2), Some times (3), About once a week (4), Several times a week (5)

### **Student support**

- a) The students in my class enjoy being together
- b) Most of the students in my class are kind and helpful
- c) Other students accept me as I am
- d) When a student in my class is feeling down, someone else in class tries to help

Never (1); Rarely (2); Sometimes (3); Often (4); Always (5)

### **Teacher support**

- a) I'm encouraged to express my own views in my class," "Our teachers treat us fairly,"
- b) When I need extra help, I can get it
- c) My teachers are interested in me as a person
- d) Most of my teachers are kind and helpful

Strongly disagree (1); Disagree (2); Neither agree nor disagree (3); agree (4);

Strongly agree (5)

Table 3. Overview of study variables

	Study sample		
	HBSC	ENHPS	NLHB
Subjective health complaints			
1. Headache	X	X	X
2. Stomach-ache	X	X	X
3. Back pain	X	X	X
4. Dizziness	X	X	X
5. Feeling low	X	X	-
6. Nervousness	X	X	-
7. Irritability	X	X	-
8. Anxiety	X	X	-
9. Upper back pain	X	X	-
10. Sleeping difficulties	X	X	-
11. Fatigue	X	X	X
12. Nausea	-	X	X
13. Pain in arms and legs	-	X	X
14. Palpitations	-	X	-
15. Body ache	-	X	-
16. Poor appetite	-	-	X
17. Colds or sore throat	-	-	X
18. Diarrhoea	-	-	X
Being bullied			
1. "Direct" bullying	-	X	-
2. "Indirect" bullying	-	X	-
Social support			
1. Student support	-	X	-
2. Teacher support	-	X	-