

Survey Questionnaire for Mental Health Assessment in Adolescents

A comprehensive **survey questionnaire** designed to assess mental health in adolescents, focusing on emotional well-being, stress levels, and behavioral patterns. This tool enables early identification of potential mental health issues, facilitating timely intervention and support. It is essential for parents, educators, and healthcare professionals to monitor and promote adolescent mental health effectively.

Section 1: Demographic Information

Age:

Gender:

Section 2: Emotional Well-being

1. How often do you feel happy or content with your life?

- ☐ Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

2. In the past two weeks, how often have you felt sad or hopeless?

- ☐ Not at all
- ☐ Several days
- ☐ More than half the days
- ☐ Nearly every day

Section 3: Stress Levels

3. How stressed do you feel about school or academic performance?

- ☐ Not at all
- ☐ A little
- ☐ Moderately
- ☐ Very
- ☐ Extremely

4. How well do you feel you can manage your daily stress?

- ☐ Very well
- ☐ Well
- ☐ Somewhat well
- ☐ Not so well
- ☐ Not at all

Section 4: Behavioral Patterns

5. How often do you experience trouble sleeping?

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Always

6. Do you find it difficult to concentrate or pay attention during school or other activities?

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Always

Section 5: Additional Comments

Is there anything else you wish to share about your mental health or emotional well-being?

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