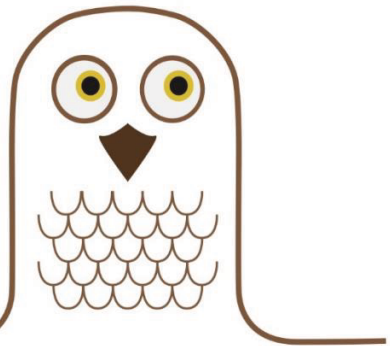


The WISE Project

Wellbeing in Secondary Education



Teacher Questionnaire

PART I: Wellbeing at work

This section asks how you feel about your job, and whether your health (emotional or physical) has affected your work recently.

QUESTION A

1. How satisfied are you with your job as a whole, taking everything into consideration? Please tick one

- Very satisfied
- Satisfied
- A little dissatisfied
- Dissatisfied
- Highly dissatisfied

2. In general, how stressful do you find your job? Please tick one

- Not at all stressful
- Mildly stressful
- Moderately stressful
- Very stressful
- Extremely stressful

QUESTION B

In the following questions, health problems refers to any physical or emotional problem or symptom. *Please fill in the blanks or circle a number, as indicated.*

1. During the last four working weeks, how many days did you miss from school because of health problems?

_____ DAYS

2. During the last four working weeks, how much did health problems affect your productivity while you were working?

Think about days you were limited in the amount or kind of work you could do, days you accomplished less than you would like, or days you could not do your work as carefully as usual. If health problems affected your work only a little, choose a low number. Choose a high number if health problems affected your work a great deal.

Health problems had no effect on my work 0 1 2 3 4 5 6 7 8 9 10 Health problems completely prevented me from working

PLEASE CIRCLE A NUMBER

PART II: Support at work

This section asks about providing and receiving support at work.

QUESTION C

1. How confident would you feel in helping a colleague who appears stressed or down? *Please tick one*

- Not at all
- A little bit
- Moderately
- Quite a bit
- Extremely

2. How confident would you feel in helping a student who appears stressed or down? *Please tick one*

- Not at all
- A little bit
- Moderately
- Quite a bit
- Extremely

3. In the past academic year, how often have you provided emotional support to a distressed colleague? *Please tick one*

- Never
- Once or twice
- Once a term
- Once or twice a month
- Once or twice a week
- Every day

4. In the past academic year, how often have you provided emotional support to a distressed student? *Please tick one*

- Never
- Once or twice
- Once a term
- Once or twice a month
- Once or twice a week
- Every day

5. If a work related problem was making you stressed or down, who would you talk to about it at school? *Please tick all that apply*

- I wouldn't talk to anyone at school
- A member of the senior leadership team
- Your line manager (if different)
- A colleague in a similar role
- A school counsellor or chaplain
- Someone else at school

Please state their role

6. In the past academic year, how often have you talked to a colleague because you were feeling stressed or down? *Please tick one*

- Never
- Once or twice
- Once a term
- Once or twice a month
- Once or twice a week
- Every day
- I haven't felt stressed or down

7. In the past academic year, how often have you wanted to talk to a colleague because you were feeling stressed or down but have not felt able? *Please tick one*

- Never
- Once or twice
- Once a term
- Once or twice a month
- Once or twice a week
- Every day
- I haven't felt stressed or down

Please rate how much you agree with the following statements:

8. This school cares about staff wellbeing

- Strongly agree
- Agree
- Disagree
- Strongly disagree

9. This school cares about student wellbeing

- Strongly agree
- Agree
- Disagree
- Strongly disagree

10. Teachers and students generally have good relationships in this school

- Strongly agree
- Agree
- Disagree
- Strongly disagree

11. Staff generally have good relationships with each other in this school

- Strongly agree
- Agree
- Disagree
- Strongly disagree

12. Are you aware of services to support staff in school? *Please tick one*

Yes

No

Please go to Part III on page 6.

13. Please say what services to support staff in school you are aware of.

14. Have you ever used any of these services to support staff in school? *Please tick one*

Yes

No

Please go to Part III on page 6.

15. Please say what services mentioned above that you have used.

PLEASE GO TO PART III ON THE NEXT PAGE

PART III: Your Emotional Health and Wellbeing

This next section is about how you have been feeling generally in life.

QUESTION D

Below are some statements about feelings and thoughts. Please tick the box that best describes your experience of each over the last **2 weeks**

	STATEMENTS	None of the time	Rarely	Some of the time	Often	All of the time
1	I've been feeling optimistic about the future	1	2	3	4	5
2	I've been feeling useful	1	2	3	4	5
3	I've been feeling relaxed	1	2	3	4	5
4	I've been feeling interested in other people	1	2	3	4	5
5	I've had energy to spare	1	2	3	4	5
6	I've been dealing with problems well	1	2	3	4	5
7	I've been thinking clearly	1	2	3	4	5
8	I've been feeling good about myself	1	2	3	4	5
9	I've been feeling close to other people	1	2	3	4	5
10	I've been feeling confident	1	2	3	4	5
11	I've been able to make up my own mind about things	1	2	3	4	5
12	I've been feeling loved	1	2	3	4	5
13	I've been interested in new things	1	2	3	4	5
14	I've been feeling cheerful	1	2	3	4	5

Warwick-Edinburgh Mental Well-Being Scale (WEMWBS)

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QUESTION E

Over the ***last two weeks***, how often have you been bothered by any of the following problems? (Use “✓” to indicate your answer)

PROBLEMS		Not at all	Several days	More than half the days	Nearly every day
1.	Little interest or pleasure in doing things	0	1	2	3
2.	Feeling down, depressed or hopeless	0	1	2	3
3.	Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4.	Feeling tired or having little energy	0	1	2	3
5.	Poor appetite or overeating	0	1	2	3
6.	Feeling bad about yourself, or that you are a failure or have let yourself or your family down	0	1	2	3
7.	Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8.	Moving or speaking so slowly that other people could have noticed. Or the opposite – being so fidgety that you have been moving around a lot more than usual	0	1	2	3
9.	If you ticked any problems for questions 1-9, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people? <i>Please tick one</i>			Not difficult at all ⁰	Somewhat difficult ¹
				Very difficult ²	Extremely difficult ³

PART IV: A bit about you

In this final section we would like you to tell us a bit more about yourself.

QUESTION F

1. Are you? Please tick one

- Male
Female

2. How old are you? Please tick one

- 25 or under
26–35
36–45
46–55
56–65
older than 65

3 Which of the following best describes your teaching post? Please tick one

- Newly qualified teacher
Mainscale teacher
Middle leader
Senior leadership team member
Other
Please say what here

4. Are you? Please tick one

- Part time
Full time

5. How long have you taught in this school? Please tick one

- Under a year
1–2 years
3–5 years
6–10 years
More than 10 years

6. How long have you been a teacher in schools? Please tick one

- Under a year
1–2 years
3–5 years
6–10 years
More than 10 years

7. Have you yourself ever experienced a mental health problem such as anxiety or depression? Please tick one

- Yes
No

8. Has anyone in your family ever experienced a mental health problem such as anxiety or depression? Please tick one

- Yes
No

9. Have you ever attended Mental Health First Aid training (MHFA)? Please tick one

- Yes
- No
- Can't remember

10. Have you ever attended any other training in emotional or mental health? Please tick one

- Yes
- No
- Can't remember

11. If you answered yes to question 10, please give the name or topic of the training below. Please include all that you have attended. If you can't remember any details, please state "can't remember".

12. What is your ethnic group? Please tick one

- White 0
- Mixed 1
- Asian or Asian British 2
- Black or Black British 3
- Chinese or other ethnic group 4

QUESTION G

Imagine a peer support service was to be set up in this school, where staff could get advice or support from trained colleagues about any concerns to do with work, or with life more generally. The peer supporters would need to be trustworthy, good at listening, and able to offer advice in a non-judgmental way. Which staff members from this school do you think would be good at this job?

*Please give up to three names. Please consider all teaching and non-teaching staff, **except members of the senior leadership team**. Please give a reason as to why you have selected each person if possible.*

1a Name: _____

1b Reason: _____

2a Name: _____

2b Reason: _____

3a Name: _____

3b Reason: _____

Thanks very much for your help!

Remember, all the answers you have given are confidential. If you would like to get information or talk to someone about any of the subjects in this questionnaire, we have included details of relevant websites and helplines on a separate sheet.