7. **Study instruments for 13/14 year olds**

7.1 **Instructions for completing questionnaire and demographic questions**

Examples of instructions for completing questionnaires and demographic questions are given below. *The questionnaire content is fixed.* (see pages 72–73 for 'office use only' boxes example)

On this sheet are questions about your name, school, and birth dates. Please write your answers to these questions in the space provided.

All other questions require you to tick your answer in a box. If you make a mistake put a cross in the box and tick the correct answer. Tick only one option unless otherwise instructed.

Examples of how to mark questionnaires: Age 13 years

To answer Yes/No, put a tick in the appropriate box as per example

<table>
<thead>
<tr>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
</table>

SCHOOL:

TODAY’S DATE:

Day  Month  Year

YOUR NAME:

YOUR AGE:

years

YOUR DATE OF BIRTH:

Day  Month  Year

(Tick all your answers for the rest of the questionnaire)

Are you:  MALE  FEMALE

Optional questions on ethnicity here
7.2 Core questionnaire for asthma

7.2.1 Questionnaire for 13/14 year olds

1 Have you ever had wheezing or whistling in the chest at any time in the past? Yes No

IF YOU HAVE ANSWERED “NO” PLEASE SKIP TO QUESTION 6

2 Have you had wheezing or whistling in the chest in the past 12 months? Yes No

IF YOU HAVE ANSWERED “NO” PLEASE SKIP TO QUESTION 6

3 How many attacks of wheezing have you had in the past 12 months? None 1 to 3 4 to 12 More than 12

4 In the past 12 months, how often, on average, has your sleep been disturbed due to wheezing? Never woken with wheezing Less than one night per week One or more nights per week

5 In the past 12 months, has wheezing ever been severe enough to limit your speech to only one or two words at a time between breaths? Yes No

6 Have you ever had asthma? Yes No

7 In the past 12 months, has your chest sounded wheezy during or after exercise? Yes No

8 In the past 12 months, have you had a dry cough at night, apart from a cough associated with a cold or chest infection? Yes No
7.3 Core questionnaire for rhinitis

7.3.1 Questionnaire for 13/14 year olds

All questions are about problems which occur when you DO NOT have a cold or the flu.

1. Have you ever had a problem with sneezing, or a runny, or blocked nose when you DID NOT have a cold or the flu?  
   - Yes  
   - No

IF YOU HAVE ANSWERED “NO” PLEASE SKIP TO QUESTION 6

2. In the past 12 months, have you had a problem with sneezing, or a runny, or blocked nose when you DID NOT have a cold or the flu?  
   - Yes  
   - No

IF YOU HAVE ANSWERED “NO” PLEASE SKIP TO QUESTION 6

3. In the past 12 months, has this nose problem been accompanied by itchy-watery eyes?  
   - Yes  
   - No

4. In which of the past 12 months did this nose problem occur? (Please tick any which apply)
   - January  
   - February  
   - March  
   - April  
   - May  
   - June  
   - July  
   - August  
   - September  
   - October  
   - November  
   - December

5. In the past 12 months, how much did this nose problem interfere with your daily activities?:  
   - Not at all  
   - A little  
   - A moderate amount  
   - A lot

6. Have you ever had hayfever?  
   - Yes  
   - No
7.4 Core questionnaire for eczema

7.4.1 Questionnaire for 13/14 year olds

1 Have you ever had an itchy rash which was coming and going for at least six months? Yes ☐ No ☐

IF YOU HAVE ANSWERED “NO” PLEASE SKIP TO QUESTION 6

2 Have you had this itchy rash at any time in the past 12 months? Yes ☐ No ☐

IF YOU HAVE ANSWERED “NO” PLEASE SKIP TO QUESTION 6

3 Has this itchy rash at any time affected any of the following places: Yes ☐ No ☐

the folds of the elbows, behind the knees, in front of the ankles, under the buttocks, or around the neck, ears or eyes?

4 Has this rash cleared completely at any time during the past 12 months? Yes ☐ No ☐

5 In the past 12 months, how often, on average, have you been kept awake at night by this itchy rash?

Never in the past 12 months ☐
Less than one night per week ☐
One or more nights per week ☐

6 Have you ever had eczema? Yes ☐ No ☐
If the video questionnaire is included with the core questionnaires, the demographic details will have been put onto the front of the questionnaire. If the video questionnaire is administered separately, the demographic questions will need to be added to this section.

**SCENE ONE:** The first scene is of a young person at rest.

**QUESTION ONE:** Has your breathing been like this, at any time in your life?  
if YES: has this happened in the past year?  
if YES: has this happened one or more times a month?

**SCENE TWO:** The second scene is of two young people exercising. One is in a dark shirt and the other is in a white shirt.

**QUESTION TWO:** Has your breathing been like the boy’s in the dark shirt during or following exercise at any time in your life?  
if YES: has this happened in the past year?  
if YES: has this happened one or more times a month?

**SCENE THREE:** The third scene is of a young person waking at night.

**QUESTION THREE:** Have you been woken at night like this at any time in your life?  
if YES: has this happened in the past year?  
if YES: has this happened one or more times a month?

**SCENE FOUR:** The fourth scene is also of a young person waking at night.

**QUESTION FOUR:** Have you been woken at night like this at any time in your life?  
if YES: has this happened in the past year?  
if YES: has this happened one or more times a month?

**SCENE FIVE:** The final scene is of another person at rest.

**QUESTION FIVE:** Has your breathing been like this at any time in your life?  
if YES: has this happened in the past year?  
if YES: has this happened one or more times a month?
7.6. Video questionnaire verbal instructions
(see page 83 for detailed guidelines)

Instructions to be read out once the video is running:

*THIS IS A VIDEO QUESTIONNAIRE WHICH IS BEING SEEN BY YOUNG PEOPLE ALL OVER THE WORLD.

IT IS DESIGNED TO ASK YOU QUESTIONS ABOUT YOUR BREATHING.

YOU WILL BE SHOWN SOME SCENES OF YOUNG PEOPLE IN DIFFERENT SITUATIONS, FROM DIFFERENT COUNTRIES.

AFTER EACH SCENE, SOME NUMBERED QUESTIONS WILL BE READ OUT TO YOU.

TICK YES OR NO.

PLEASE ANSWER THE QUESTIONS AS YOU GO.

*THE FIRST SCENE IS OF A YOUNG PERSON AT REST.

(First scene comes on here)

*QUESTION 1. HAS YOUR BREATHING BEEN LIKE THIS AT ANY TIME IN YOUR LIFE?
IF YES, HAS THIS HAPPENED IN THE PAST YEAR?
IF YES, HAS THIS HAPPENED ONE OR MORE TIMES A MONTH?

*THE SECOND SCENE IS OF TWO YOUNG PEOPLE AFTER EXERCISE. ONE IS IN A DARK SHIRT, AND ONE IS IN A LIGHT SHIRT.

(Second scene comes on here)

*QUESTION 2. HAS YOUR BREATHING BEEN LIKE THE BOY’S IN THE DARK SHIRT FOLLOWING EXERCISE AT ANY TIME IN YOUR LIFE?
IF YES, HAS THIS HAPPENED IN THE PAST YEAR?
IF YES, HAS THIS HAPPENED ONE OR MORE TIMES A MONTH?

*THE THIRD SCENE IS OF A YOUNG PERSON WAKING AT NIGHT.

(Third scene comes on here)

*QUESTION 3. HAVE YOU BEEN WOKEN AT NIGHT LIKE THIS AT ANY TIME IN YOUR
LIFE?
IF YES, HAS THIS HAPPENED IN THE PAST YEAR?
IF YES, HAS THIS HAPPENED ONE OR MORE TIMES A MONTH?

*THE FOURTH SCENE IS ALSO OF A YOUNG PERSON WAKING AT NIGHT.

(Fourth scene comes on here)

*QUESTION 4. HAVE YOU BEEN WOKEN AT NIGHT LIKE THIS AT ANY TIME IN YOUR LIFE?
IF YES, HAS THIS HAPPENED IN THE PAST YEAR?
IF YES, HAS THIS HAPPENED ONE OR MORE TIMES A MONTH?

*THE FINAL SCENE IS OF ANOTHER PERSON AT REST.

(Fifth scene comes on here)

*QUESTION 5. HAS YOUR BREATHING BEEN LIKE THIS AT ANY TIME IN YOUR LIFE?
IF YES, HAS THIS HAPPENED IN THE PAST YEAR?
IF YES, HAS THIS HAPPENED ONE OR MORE TIMES A MONTH?

*THANK YOU FOR TAKING PART IN THIS PROJECT.