

Appendix A

Psychological Well-Being Questionnaire

We are researchers undergoing a research on psychological wellbeing. we solicit for your assistance to carefully fill the different questions presented; there are no wrong or right answers. Please do not write your name. Every information you supply shall be treated with confidentiality and used for only academic and research purposes only. Thank you.

SECTION A

DEMOGRAPHIC DATA

1. Gender i. Male ii. Female
2. Religion i. Islam ii. Christianity iii. Other_____
3. Age Range i. 14yrs ii. 15Yrs iii. 16yrs iv. 17yrs
 v. 18 yrs vi. 19yrs vii. 20yrs & above
4. School Name_____

SECTION B

Please answer the following questions are about how you have been feeling during the **PAST MONTH** by circling the option that applies to you (E.g -2- if you have felt that way once or twice in the past month). Place a check mark in the box that best represents how often you have experienced or felt the following in the **PAST MONTH**:

During the past month, how often did you feel ...	NEVER	ONCE OR TWICE	ABOUT ONCE A WEEK	2 OR 3 TIMES A WEEK	ALMOST EVERY DAY	EVERY DAY
	(0)	(1)	(2)	(3)	(4)	(5)
1. happy						
2. interested in life						
3. satisfied with life						
4. that you had something important to contribute to society						
5. that you belonged to a community (like a social group, your school, or your neighborhood)						
7. that people are basically good						
8. that the way our society works made sense to you						
9. that you liked most parts of your personality						
10. good at managing the responsibilities of your daily life						
11. that you had warm and trusting relationships with others						
12. that you had experiences that challenged you to grow and become a better person						
13. confident to think or express your own ideas and opinions						
14. that your life has a sense of direction or meaning						

Appendix B

THE MENTAL HEALTH LESSON (ADAPTED FROM TIME TO CHANGE TRAINING MANUAL)

What is mental health/psychological wellbeing?

(Students are asked to put their hands up if they know the answer)

The following questions were asked and the group were instructed to put their hands up if they answer yes to any of the questions

Put your hands up if..

You have physical health challenge

You have mental health challenge

You have felt angry in the past week

You have felt sad in the past week

You have felt happy in the past week

You have felt stressed in the past week

That is your mental health or a pointer to your psychological wellbeing! Your mental health and psychological wellbeing has to do with your emotions (feelings) and cognitive processes (such as thoughts, beliefs etc). It is normal to feel a whole range of emotions, including negative ones. We all have mental health just as we all have physical health.

When negative emotions persist for a long period and get in the way of us functioning in our daily lives as we ordinarily might, that means our mental health is not in a good place and we may have a mental health problem and may need to work on ourselves or seek for help from the nearest mental health experts.

Definition of mental health/psychological wellbeing

The capacity to live a full, productive life as well as the flexibility to deal with its ups and downs. In children and young people it is especially about the capacity to learn, enjoy friendships, to meet challenges, to develop talents and capabilities.”

The mental health continuum

The mental health continuum



(The group were taken through the continuum one stage at a time.

The following was highlighted as example at stage 2:

- Someone may become quite stressed in the run up to their exams. This may negatively affect their sleep or appetite and they may develop a heightened level of anxiety during that period. In other words, their mental health or wellbeing is negatively affected. They do not have a diagnosis of a mental health problem and things may improve for them with some support and strategies or just when the exams finish. Alternatively, things may continue to get harder for them and may become a diagnosable mental health problem such as anxiety disorder.

At stage 4:

-Someone may have experienced an episode of psychosis whilst they were at school (this can involve stress and anxiety, disrupted sleep, hallucinations and delusions). This episode passes with treatment and they do not experience any further symptoms of psychosis. They feel good again and enjoy the school.

It was explained that whether we have a diagnosed mental health problem or not, we still experience good or bad days. The same goes for people with a diagnosed mental health problem. People often assume that if you have a diagnosis that means you are never happy and things are always tough for you. This simply isn't true. With the right support, a person can learn to manage or fully recover from a mental health problem and experience very good mental wellbeing.

8 Ways to Psychological Wellbeing

Talking being open with people you trust about how you are feeling.

Exercising looking after your body, playing sport, eating healthy.

Calming trying meditation, good sleep habits like turning your phone off early.

Learning a new skill, a great way to gain confidence.

Relating spending time with the people you care about.

Contributing helping others or contributing to causes you believe in.

Creating expressing yourself creatively e.g. music, art, drama, writing.

Congratulating being kind to yourself, or listing the qualities you value in myself or simply put, saying words of positive affirmation.

Your Way to Wellbeing



Students were asked to pair up again and share the one way to wellbeing they are choosing to try.

The aim is to set a simple goal they can achieve in our next session which will get them on the road to this way of wellbeing.

E.g. if they chose creating, and they would like to try art for the first time, the one goal they could achieve by next week is to buy themselves a pencil.

Or if they chose calming, and they want to try meditation, the one goal they could achieve by next week is to download a meditation app.

The idea is to take the first small step. To break down the broader goal into small chunks.

They will need to report back to the group the following week on how they got on with their goal.

What people said

"Because young people should be able to talk about mental health more openly. I feel very strongly that mental health problems can happen to anyone no matter how intelligent or from what background you are. I am a very sociable person with lots of friends and I don't think people would have expected it to happen to me." Louise

"With so many new opportunities, I can now say with complete honesty that I am excited for my future – a future where people will always stare and ask, "what happened to your arms?", but a future where I can tell them, with a smile, that I beat my demons." Ashton

"It's the little things that count. If you ever are struggling with what to say/do when a friend opens up to you about their mental health, please don't shut them out. Patience and an open mind are the only requirements necessary to be supportive. You don't need to be an expert on the subject to be an effective listener." Emily

"I am also working to improve my diet and cycle more to fight the big 'black dog'." James

The Art of Happiness

(Students were taught some basic principles of maintaining a happy mood which is highly essential for high psychological wellbeing the summary is presented below).

- Communicating (assertiveness)
- Caring
- Exercise
- Getting in the flow

- Spiritual Engagement
- Strengths and virtues
- Positive thinking: Gratitude, savoring and optimism

Communicating

- People who have one or more close friendships appear to be happier
- What seems to make a significant difference is cooperation in activities and sharing of personal feelings (successive disclosure)

Caring

- People who volunteer or simply care for others on a consistent basis seem to be happier and less depressed

Exercise

- Regular exercise is associated with improved mental well-being and a lower incidence of depression

Getting in the flow

- If we are deeply involved in trying to reach a goal, or an activity that is challenging but well suited to our skills, we experience a joyful state called “flow.”

Strengths and virtues

- Positive psychologists like Martin Seligman argue that the happiest people are those that have discovered their unique strengths and virtues
- More empirical evidence needed
- Philosophical parallels are plentiful, especially in classical world: Socrates, Aristotle, Mencius

Spiritual Engagement

- Participation in spiritual activities
- Significant increase in happiness independent from social component
- Possible reasons: The question of meaning and purpose

Positive Thinking

- Positive Thinking: Optimism, Savoring, and Gratitude
- Mindfulness