Thailand 2015

Global School-Based Student Health Survey

GSHS

Global School-based Student Health Survey

World Health Organization

DEPARTMENT OF HEALTH

Thailand
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ACKNOWLEDGEMENT

The Thailand Global School-Based Student Health Survey, 2015 was conducted with the support of the World Health Organization (WHO) and the United States Centers for Diseases Control and Prevention, as well as that of advisors from the Steering Committee, comprising internal and external executives and experts from the Ministry of Public Health. Moreover, the survey was conducted in collaboration with public health officials from the Provincial Health Offices in the targeted provinces. We would like to take this opportunity to express our sincere gratitude to them for the arrangements they made for us.

This report is based on the 2015 GSHS findings in Thailand. The report was prepared by the following staff of the School Age and Youth Health Group, Bureau of Health Promotion, Department of Health: Dr. Kitti Larpsombatsiri, Chief; Ms. Chanakarn Danvanakijcharoen, Public Health Technical Officer, Senior professional level; and Ms. Ornuma Poksombut, Public Health Technical Officer, Professional level.

We would like to thank our colleagues in the WHO headquarters, Regional Office for South-East Asia and the WHO Country Office, Thailand; Ms Leanee Riley, Dr Thaksaphon Thamarangsi, Dr Manju Rani, Mr Naveen Agarwal, Dr Nima Asgari-Jirhandeh, Dr Renu Garg and Dr Sushera Bunluesin for the technical assistance they provided us throughout this project, including in the preparation and printing of the report.

Our sincere thanks also to the colleagues from the Division of Adolescent and School Health, CDC; Denise Bradford, Laura Kann, Connie Lim, Tim McManus, and Yoshimi Yamakawa, who provided technical assistance on research methodology and data analysis.

Last but not least, we would like to express our sincere appreciation of the dedication and hard work of our partners from the Ministry of Education, both at the central and regional levels, which lent us technical and management support during the conduct of the survey. We are also grateful to all the schools and the teachers and students who gave us their valuable time and participated in this survey.

Department of Health
EXECUTIVE SUMMARY

Introduction

The Global School-Based Student Health Survey (GSHS) is a collaborative surveillance project developed by WHO in collaboration with UNICEF, UNESCO and UNAIDS, and with technical assistance from the United States Centers for Diseases Control and Prevention (CDC). The GSHS was designed to help countries measure and assess the behavioural risk factors and protective factors among students of the age of 13–17 years. Recognizing the importance of gathering such information, Thailand conducted its first GSHS in 2008. This report contains the details of the second round of the GSHS, carried out in 2015 by the Department of Health, Ministry of Public Health, Thailand with the financial and technical support of the CDC and WHO.

The aim of the 2015 GSHS was to explore the current situation of health behaviours and protective factors among students between grades 7 and 12 in Thailand. The survey topics included dietary behaviour, hygiene, violence and unintentional Injury, mental health, the use of tobacco, alcohol and drugs, sexual behaviour, physical activity and protective factors.

Methodology

The survey employed a two-stage cluster sample design to produce a representative sample of students between the ages of 13 and 17 years in grades 7–12. The first-stage sampling frame consisted of all public and private schools offering education from grades 7 to 12. The second stage of sampling consisted of randomly selecting intact classrooms (using a random start) from each school. All students in the sampled classrooms were eligible to participate in the GSHS. A total of 5894 students completed the questionnaire by themselves in 63 schools. The school response rate was 98%, the student response rate was 90%, and the overall response rate was 89%.

Results

The sample group comprised a total of 5894 students studying in grades 7–12. Of these, 2528 were males (47.1%) and 3335 were females (52.9%). Of the total number of students, 4990 (85.2%) were of the age of 13–17 years.

- Dietary behaviour – Overall, 17.1% of the students were overweight; the sex-wise break-up being 22% of the male students and 12.9% of the female students. Overall, 5.8% of the students were obese, the prevalence being significantly higher among the male (8.9%) than the female (3.2%) students. Overall, 56.1% of the students consumed carbonated soft drinks on a regular basis; the sex-wise break-up being 58.7% of the male students and 53.8% of the female students. On the whole, 54.7% of the students often dined at fast food restaurants.

- Hygiene – Overall, 94.9% of the students cleaned or brushed their teeth one or more times a day, the figures for male and female students being 91.7% and 97.9%, respectively. As for washing their hands before eating and after using the toilet, 15.7% and 6.4% of the students, respectively, reported that they never or rarely did so. The prevalence of hygienic practices among male and female students were not significantly different.
• Violence and unintentional Injury – Overall, 26.2% of the students reported that they had been physically attacked, 36.7% of them being males and 16.7% females. Among those who were seriously injured in the year preceding the survey, 26.9% were injured in motorized vehicle accidents. Overall, 29.3% of the students had been bullied, the figures for male and female students being 36.1% and 23.2%, respectively.

• Mental health – Overall, 9.7% of students reported that most of the time or always felt lonely; 10.7% of the male students and 8.9% of the female students, or 12.2% of the students on the whole, had seriously contemplated suicide. While 13.8% had planned to attempt suicide, 13.0% had attempted suicide one or more times. The prevalence of attempting suicide related issues was not significantly different among male and female students.

• Tobacco use – Among the students who had tried smoking, 70.6% first tried a cigarette before they reached 14 years of age. Overall, 10.4% of the students (17.2% of the male students and 4.4% of the female students) smoked. Overall, 41.6% of the students reported that people in general smoked in their presence, and 31.8% of them had parents or guardians who used some form of tobacco.

• Alcohol and drug use – Among the students who had tried some alcoholic beverage, 54.8% had taken their first alcoholic beverage before the age of 14 years. Overall, 22.2% of the students (27.0% male and 17.9% female) reported that they had drank alcohol. Among the students who had tried drugs, 73.5% reported having first used drugs before the age of 14 years.

• Sexual behaviour – Overall, 18.6% of the students reported that they had experienced sexual intercourse. Of these, 23.7% were male students and 14.2% female students. Among those who had experienced sexual intercourse, 40% had had their first experience before the age of 14 years, and 63.0% had used a condom during their last sexual intercourse.

• Physical activity – Overall, 20% of the students (28.6% of the male students and 12.6% of the female students) were physically active for a total of at least 60 minutes per day on five or more days of the week. Only 10.5% had attended physical education classes on three or more days per week during the academic year. Overall, 56.3% of the students (54.6% of the male students and 57.8% of the female students) spent three or more hours a day pursuing sedentary activities.

• Protective factors – Overall, 20.4% of the students, of whom 25.4% were male and 15.9% female, missed classes or school without permission. Only 28.4% of the students reported that their parents or guardians actually checked whether they had done their homework most of the time.
Conclusion

The 2015 GSHS indicates an increasing trend in overweight among Thai students. This group of students is at a risk of becoming obese due to several factors, such as unhealthy dietary behaviour, low level of physical activity and increasing sedentary activities. There has been no decrease over the years in the prevalence of alcohol and drug use and cigarette smoking among students. In addition, Thai students are vulnerable to unintentional injury, especially due to motorized vehicle accidents. The proportion of students having sexual intercourse and those who start early has increased over time, and there has been no improvement in behaviours related to personal hygiene. Students are vulnerable to mental health problems, and the prevalence of attempted suicide has not declined since the last survey. Supportive factors, such as parental and family engagement, are insufficient to protect the students from risks to their physical and mental health.

Recommendations

- Disseminate the findings of the 2015 GSHS across different groups such as the National Assembly of Child and Youth Development and other government agencies, non-government organizations, and schools and communities, especially parents and guardians of students to increase awareness of and encourage participation in improving the health of Thai students.

- Ensure that an integrated policy, strategy and action plans consisting of programmes to improve the health status of schoolgoing children are put in place and implemented. The progress of the implementation of such programmes must be monitored by all the ministries and stakeholders concerned at all levels. Since children and adolescents are the future of the country, this should be a shared responsibility, with participation and commitment across sectors.

- Ensure cross-sectoral collaboration in programmes and initiatives to promote the health of students, for example, the Department of Health’s Health Promoting School Project and Healthy Food in Schools Project. Develop an effective health curriculum for students and instructions for health educators to fit the specific local context.

- Support research on students’ health, especially research aimed at generating evidence and knowledge related to the specific age group and area to support evidence-based policy formulation. Information and surveillance systems should be strengthened in order to ensure the timely and effective monitoring of the progress of the health status of students.
In 2001, WHO, in collaboration with UNAIDS, UNESCO and UNICEF, and with technical assistance from the United States Centers for Diseases Control and Prevention (CDC), initiated the development of the Global School-Based Student Health Survey (GSHS). The GSHS is one of the major international projects aimed at obtaining accurate and up-to-date information which is to be used to determine a direction for and strategy of population development, and to influence overall health in the global context. Recognizing the importance of gathering such information, Thailand conducted its first GSHS in 2008. This report documents the details of the second round of the GSHS, carried out in 2015 by the Department of Health (DOH), Ministry of Public Health, Thailand with financial and technical support from the CDC and WHO.

1.1 Country demographics

Thailand is a Member State of the WHO South-East Asia Region. A constitutional monarchy, it has a total area of approximately 513 000 km² and its official national language is Thai. According to the Department of Provincial Administration (1), the Thai population was 65 931 550 (49% male and 51% female) as of December 2016. The majority of the population is Thai and follows Buddhism.

According to the World Bank, Thailand has been considered an upper-middle-income country since 2011. The per capita gross domestic product (GDP) reported in 2015 was USD 5814. However, the GDP grew by less than 2.5% per year during 2014 and 2016 (2). The currency of Thailand is Thai baht (THB) and USD 1 equals THB 34 (3). The life expectancy at birth is 77.6 years for women and 70.8 years for men. Nine years of education are compulsory according to the policy of the government, which offers free basic education for fifteen years. Thailand’s secondary gross enrolment ratio per 100 population is 89.3% for girls and 83.2% for boys (4).

1.2 Importance of health issues of children and adolescents in public health

According to Thailand Burden of Diseases 2013 (5), among children of the age of 5–14 years, the leading cause of disability-adjusted life years (DALY) lost among males was accidents, followed by other diseases and sensory disorder, while that among females was other diseases, followed by sensory disorder and accidents.

According to the study on Thailand’s adolescent health situation (6), the mortality rate calculated as deaths per 1000 adolescents (13–18 years of age) was 0.83, and the majority of the causes of morbidity and mortality were related to psychosocial factors and engaging in high risk behaviours. The primary diagnoses that were the leading causes of death among adolescents were intracranial injury (24%), followed by other septicaemia (5.6%), injury of the intra-abdominal organs (5.6%), pneumonia (4.8%) and HIV (2.9%). Among hospital deaths, 30.2% were related to accidents, 5% to assault and 2% to intentional self-harm. Considering all child and adolescent admissions, diagnoses that emerged and increased with age during adolescence were pregnancy (100%), followed by musculoskeletal diseases
(46.9%), mental and behavioural diseases (46.5%), and injury and poisoning (46.0%). The majority of adolescents (94.0%) had medical insurance from the Universal Coverage scheme, 5.4% from the Civil Servant Medical Benefits scheme and 0.6% from Social Security.

As for health-related risk factors among children, the 4th Thailand National Health Examination Survey 2008 (Children Health) indicated that one-fifth of children (6–14 years of age) did not have three meals a day. The majority (60%) reported skipping breakfast. The children (6–14 years of age) reported that they got enough sleep (average of 9.6 hours a night) and engaged in sufficient physical activity (60 minutes a day 5 days a week). The majority of the children (90%) said that they lived near (<30 minutes’ walking distance) shops that sold alcohol. Half of the children of the age of 10–14 years (50%) reported that they ever rode motorcycles and of these, more than half (65%) never wore a helmet.

Parental engagement is important for children’s health and well-being. Thailand’s Child Watch Survey 2013–2014 revealed that one-third of Thai children and adolescents (32%) did not live with their parents. The survey indicated that those who did not live with their parents were vulnerable to early sexual initiation, and had relatively easier access to alcohol, drugs and gambling. It also emerged that children and adolescents who lived with parents who drank alcohol, smoked cigarettes and indulged in gambling were significantly more likely to adopt these risk behaviours.

1.3 Policy and programmes on health of children and adolescents

1.3.1 Selected national policies related to health of children and adolescents

- The Children and Youth Development Act 2007

The Act seeks to strengthen institutions addressing challenges relating to children and the youth, especially these institutions’ participation in development activities. It follows the principles and concepts of the Convention on the Rights of the Child, which Thailand ratified in 1992, including the principle of “the best interests of the child”. It reaffirms the right of children and the youth to quality basic education, which is also stipulated in the Constitution.

- National Health Act 2007

The Act contains a specific section regarding the promotion and protection of women’s and children’s health. Article 6 of the Act upholds the promotion and protection of women’s health, including their reproductive health. The health of children and people with disabilities and other specific health characteristics is to be promoted and protected appropriately.

1.3.2 Selected programmes related to health of children and adolescents

- Health-Promoting School Project

Through the DOH, the Ministry of Public Health initiated the Health-Promoting School (HPS) Strategy in 1998, adopting WHO’s health-promoting school concept. The objective was to develop health-promoting schools in Thailand. A HPS is intended to develop the student’s health and create an environment conducive to health. Schools are to be promoted as the starting point and centre of the development of health and education. The HPS Project is led by the DOH, in collaboration with the Ministry of Education, Ministry of Interior and the communities. It consists of 10 elements
for assessment and implementation: 1) school policy; 2) school management; 3) collaboration between school and community; 4) the environment created to support health; 5) school health services; 6) health education in school; 7) nutrition and the safety of food in school; 8) physical activity through sports and recreation; 9) provision of counselling and social support; and 10) promotion of the health of the school staff. Since these 10 elements of the HPS are in line with the GSHS, the administration of the GSHS in 2008 and 2015 could help to monitor HPS outcomes. As of 2016, a total of 33 491 schools (92%) had been enrolled as HPS agents. They were assessed and rated for their performance, which was classified into four levels: bronze (13.5%), silver (18.2%), gold (66.3%) and diamond (1.8%).

The DOH has implemented a number of other programmes related to the health of children and adolescents. These are:

- the Oral Health Promotion Programme in School, an intervention that integrates dental health promotion activities into the school curriculum;
- the Dental Caries Prevention and Control Programme in the four provinces in the deep south – a context-specific dental health programme;
- Oral Health Promotion by School Networking – more than 1000 schools enrolled under the network;
- the Oral Health Promotion Programme in rural schools, under the Royal Patronage of HRH Princess Maha Chakri Sirindhorn;
- the Policy Development Project to reduce sugar consumption among Thai children;
- the Oral Health Education and Media Development Project for Thai Children;
- the Youth-Friendly Health Service Project to promote reproductive health services through hospitals and their networks, such as the community, schools and other sectors.
CHAPTER 2: OBJECTIVES

2.1 Global objectives

General – The GSHS is a surveillance project developed by WHO in collaboration with UNICEF, UNESCO and UNAIDS, and with technical assistance from the CDC. It is designed to help countries measure and assess behavioural risk factors and protective factors among students of the age of 13–17 years.

Specific – The GSHS aims to:

- Help countries develop priorities, establish programmes, and advocate for resources for programmes and policies related to the health of schoolgoing children and the youth;
- Determine the trends in the prevalence of health behaviours and protective factors so as to use these in the evaluation of school health and the promotion of health among the youth; and
- Allow countries, international agencies and others to make comparisons of the prevalence of health behaviours and protective factors across countries and within countries.

2.2 Country-specific objectives

General – The main objective of Thailand’s 2015 GSHS was to explore the situation with respect to the health behaviours and protective factors among students in grades 7–12.

Specific – The specific aims of the 2015 GSHS were to:

- measure the health status of Thai students and generate evidence for the authorities concerned in order to enable them to develop priorities, establish programmes, and advocate for resources and policy changes;
- compare the status of health behaviours and protective factors with the findings of the 2008 GSHS and determine the trends in the prevalence of selected health behaviours and protective factors; and
- allow countries and international agencies to make comparisons regarding the prevalence of various health behaviours and protective factors across countries.
CHAPTER 3: METHODOLOGY

The 2015 GSHS was led by the DOH, Ministry of Public Health, and was conducted in collaboration with the Ministry of Education, Ministry of Interior, Bangkok Metropolitan Administration and private organizations.

The survey adopted a standardized scientific process of sample selection and a common school-based methodology. It utilized core questionnaire modules. There were core-expanded questions and country-specific questions. The questionnaire was a self-administered one and could be administered during one regular class period (11).

3.1 Questionnaire

The 2015 GSHS questionnaire consisted of a total of 10 modules with 89 multiple-choice questions. There were 59 questions from the GSHS core module and 30 core-expanded questions. The questionnaire was reviewed and approved by a committee representing many ministries. The final questionnaire was translated into Thai and then translated back into English independently to check for accuracy. To check its validity, the questionnaire was pretested with 30 students of the age of 13–17 years. It covered the following topics, the details of which are given in English and Thai in Annex 1.

- Demographics
- Dietary behaviour
- Hygiene
- Violence and unintentional injury
- Mental health
- Tobacco use
- Alcohol use and drug use
- Sexual behaviour
- Physical activity
- Protective factors

3.2 Sampling design

The 2015 GSHS was a school-based survey, which employed a two-stage cluster sample designed to produce a nationally representative sample of students in grades 7–12. The first stage sampling frame consisted of all public and private schools offering education to students in grades 7–12. Schools
were selected on the basis of probability proportional to the size of the school enrolment. A total of 64 schools were selected and 63 participated in the GSHS.

The second stage of sampling consisted of randomly selecting entire classrooms (with a random start) from each school. All classrooms in each selected school were included in the sampling frame. All students in the sampled classrooms were eligible to participate in the GSHS.

### 3.3 Data collection

The survey was administered from June 2015 to December 2015. A total of 100 survey administrators were trained in survey procedures and introduced to the documents to be used in the survey. The necessary approvals and permission were obtained from the participating schools, parents and students before the survey was administered.

The survey procedures were designed to protect the students’ privacy as they allowed for anonymous and voluntary participation. The students completed the self-administered questionnaire during one classroom period and recorded their responses directly on an answer sheet, which was designed to be scanned by the computer.

### 3.4 Data analysis

A weighting factor was applied to each student record to adjust for non-response and for the varying probabilities of selection. The weighting formula used is:

$$W = W_1 \times W_2 \times f_1 \times f_2 \times f_3$$

**Table 1: Representation of each variable**

<table>
<thead>
<tr>
<th>Variables</th>
<th>Symbol of configuration</th>
<th>Represents</th>
</tr>
</thead>
<tbody>
<tr>
<td>Base weight</td>
<td>W1</td>
<td>The inverse of the probability of selecting each school</td>
</tr>
<tr>
<td></td>
<td>W2</td>
<td>The inverse of the probability of selecting each classroom</td>
</tr>
<tr>
<td>Nonresponse adjustment</td>
<td>f1</td>
<td>The school-level, nonresponse adjustment factor</td>
</tr>
<tr>
<td></td>
<td>f2</td>
<td>A student-level, nonresponse adjustment factor calculated by classroom</td>
</tr>
<tr>
<td>Post-stratification adjustment</td>
<td>f3</td>
<td>A post-stratification adjustment factor calculated by sex within grade</td>
</tr>
</tbody>
</table>

In the 2015 Thailand GSHS, a total of 5894 students completed the questionnaire in 63 schools. The school response rate was 98%, the student response rate 90%, and the overall response rate 89%. The data set was cleansed and edited to eliminate inconsistencies. The missing data were not statistically imputed. A software that takes into consideration the complex sample design was used to compute prevalence estimates and 95% confidence intervals. The GSHS data are representative of all students attending grades 7–12 in Thailand.
4.1 Demographic

According to the Department of Provincial Administration’s report, as of 31 December 2014, Thailand’s total population was 65,124,716 (12). The total population of children and teenagers, of the age of 0–19 years, was 16,368,926 or one-fourth of the country’s population (25.10%), as shown in Table 2. This demographic data was used to calculate the sample size for this survey.

Table 2: Distribution of 0–19-year-old population by age and sex in Thailand

<table>
<thead>
<tr>
<th>Age of population (years)</th>
<th>Total number</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>Between 0–4</td>
<td>3,735,837</td>
<td>1,922,064</td>
<td>1,813,773</td>
</tr>
<tr>
<td>Between 5–6</td>
<td>3,939,851</td>
<td>2,026,228</td>
<td>1,913,623</td>
</tr>
<tr>
<td>Between 10–14</td>
<td>4,023,611</td>
<td>2,066,091</td>
<td>1,957,520</td>
</tr>
<tr>
<td>Between 15–19</td>
<td>4,669,627</td>
<td>2,392,537</td>
<td>2,277,090</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>16,368,926 (25.10%)</strong></td>
<td><strong>8,406,920 (12.90%)</strong></td>
<td><strong>7,962,006 (12.25%)</strong></td>
</tr>
</tbody>
</table>

Source: Department of Provincial Administration, Ministry of Interior, 2014

The sample group of the Thailand 2015 GSHS comprised a total of 5,894 students studying in grades 7–12. Of these, 2,528 were males (47.1%) and 3,335 females (52.9%).

Table 3: Distribution of sampled population by age, gender and grade in the 2015 GSHS

<table>
<thead>
<tr>
<th>Gender</th>
<th>N</th>
<th>%</th>
<th>Age (years)</th>
<th>N</th>
<th>%</th>
<th>Grade</th>
<th>N</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>2528</td>
<td>47.1</td>
<td>12 or below</td>
<td>673</td>
<td>10.2</td>
<td>7</td>
<td>1283</td>
<td>20.6</td>
</tr>
<tr>
<td>Female</td>
<td>3335</td>
<td>52.9</td>
<td>13–17</td>
<td>4990</td>
<td>85.2</td>
<td>8</td>
<td>1270</td>
<td>20.8</td>
</tr>
<tr>
<td>Missing</td>
<td>31</td>
<td>18 or above</td>
<td>214</td>
<td>4.7</td>
<td>9</td>
<td>1170</td>
<td>20.4</td>
<td></td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>5894</strong></td>
<td><strong>Missing</strong></td>
<td><strong>17</strong></td>
<td><strong>10</strong></td>
<td><strong>727</strong></td>
<td><strong>12.4</strong></td>
<td></td>
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<table>
<thead>
<tr>
<th>Gender</th>
<th>N</th>
<th>%</th>
<th>Age (years)</th>
<th>N</th>
<th>%</th>
<th>Grade</th>
<th>N</th>
<th>%</th>
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<tbody>
<tr>
<td>Male</td>
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<td></td>
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<td>Female</td>
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<td>Missing</td>
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<tr>
<td><strong>Total</strong></td>
<td><strong>5894</strong></td>
<td><strong>Total</strong></td>
<td><strong>5894</strong></td>
<td><strong>11</strong></td>
<td><strong>722</strong></td>
<td><strong>13.0</strong></td>
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</tbody>
</table>

11 675 12.8

47

Total 5894
4.2 Dietary behaviour

Table 4 shows the nutritional status of the students and select indicators of their dietary behaviour.

Prevalence of underweight and overweight

Overall, 8.5% of the students were underweight (<-2 SD from the median for the BMI by age and sex). A significantly higher proportion of male (10.8%) than female (6.5%) students were underweight. As for overweight, 17.1% of students were reported to be overweight (>+1 SD from the median for the BMI by age and sex). A significantly higher proportion of males than females were overweight (22.1% and 12.9%, respectively). In addition, 5.8% of students were obese, with the prevalence of obesity significantly higher among male (8.9%) than female students (3.2%).

Prevalence of hunger

Overall, only 3.9% of students reported that they were hungry most of the time or always due to a lack of food at home during the 30 days before the survey. There was no significant difference between males and females.

Intake of fruit and vegetables

Overall, 41% of the students had been regularly consuming fruits, such as mango, banana, guava, orange and rambutan, two or more times a day during the 30 days before the survey. There was no significant difference between male and female students (40.2% and 41.5%, respectively). As for vegetables, 32.5% of students reported that they had been regularly eating vegetables, namely cabbage, morning glory, Chinese kale, cucumber and cauliflower, three or more times a day during the 30 days before the survey. Overall, only 2.1% of students reported that they had been regularly eating fruit and vegetables five or more times per day during the 30 days before the survey.

Other dietary behaviours

Overall, 56.1% of the students had regularly consumed carbonated soft drinks, such as Coca-Cola, Pepsi, Fanta, Sprite and 7 Up, one or more times a day during the 30 days before the survey. There was no significant difference between male and female students (58.7% vs 53.8%). In addition, 54.7% of students had dined at fast food restaurants, with their regular dining spots including hamburger shops, the school cafeteria and local markets, on three or more days during the 7 days before the survey. There was no significant difference between male and female students.
### Table 4: Nutritional status and dietary behaviour by gender

<table>
<thead>
<tr>
<th>Indicators</th>
<th>Overall % (CI)*</th>
<th>Gender</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Male % (CI)*</td>
<td>Female % (CI)*</td>
</tr>
<tr>
<td>Underweight 1</td>
<td>8.5 (7.2–10.0)</td>
<td>10.8 (8.7–13.3)</td>
</tr>
<tr>
<td></td>
<td>6.5 (5.4–7.8)</td>
<td></td>
</tr>
<tr>
<td>Overweight 2</td>
<td>17.1 (15.1–19.3)</td>
<td>22.1 (19.1–25.4)</td>
</tr>
<tr>
<td></td>
<td>12.9 (11.1–14.8)</td>
<td></td>
</tr>
<tr>
<td>Obese 3</td>
<td>5.8 (4.9–6.9)</td>
<td>8.9 (7.2–11.0)</td>
</tr>
<tr>
<td></td>
<td>3.2 (2.5–4.2)</td>
<td></td>
</tr>
<tr>
<td>Mostly or always hungry because there was not enough food at home during</td>
<td>3.9 (3.2–4.9)</td>
<td>4.6 (3.5–6.0)</td>
</tr>
<tr>
<td>the 30 days before the survey</td>
<td></td>
<td>3.3 (2.5–4.4)</td>
</tr>
<tr>
<td>Regularly had fruit (mango, banana, guava, orange, rambutan, etc.) 2 or</td>
<td>41.0 (38.1–43.9)</td>
<td>40.2 (36.4–44.0)</td>
</tr>
<tr>
<td>more times a day during the 30 days before the survey</td>
<td></td>
<td>41.5 (38.2–44.9)</td>
</tr>
<tr>
<td>Regularly ate vegetables (cabbage, morning glory, Chinese kale, cucumber,</td>
<td>32.5 (30.2–34.8)</td>
<td>33.4 (30.8–36.1)</td>
</tr>
<tr>
<td>cauliflower, etc.) 3 or more times a day during the 30 days before the</td>
<td></td>
<td>31.7 (28.6–35.0)</td>
</tr>
<tr>
<td>survey</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Regularly ate fruit and vegetables 5 or more times a day during the</td>
<td>2.1 (1.7–2.5)</td>
<td>2.7 (2.0–3.2)</td>
</tr>
<tr>
<td>the 30 days before the survey</td>
<td></td>
<td>1.6 (1.3–2.3)</td>
</tr>
<tr>
<td>Regularly drank carbonated soft drinks (Coca-Cola, Pepsi, Fanta, Sprite,</td>
<td>56.1 (52.1–60.1)</td>
<td>58.7 (54.2–63.1)</td>
</tr>
<tr>
<td>7 Up, etc.) one or more times a day during the 30 days before the survey</td>
<td></td>
<td>53.8 (48.9–58.6)</td>
</tr>
<tr>
<td>Ate at fast food restaurants (hamburger shops, school cafeteria or local</td>
<td>54.7 (51.9–57.6)</td>
<td>51.6 (47.7–55.5)</td>
</tr>
<tr>
<td>markets) for 3 or more days during the 7 days before the survey</td>
<td></td>
<td>57.5 (53.6–61.3)</td>
</tr>
</tbody>
</table>

*95% confidence interval
1<-2 SD from median for BMI by age and sex
2>+1 SD from median for BMI by age and sex
3>+2 SD from median for BMI by age and sex
4.3 Hygiene

Overall, 94.9% of students usually cleaned or brushed their teeth one or more times a day during the 30 days before the survey. There was a significant difference between female (97.9%) and male students (91.7%), as shown in Table 5.

The percentage of students who reported that they had never or rarely washed their hands before eating during the 30 days before the survey was 15.7. In addition, 6.4% of students reported that they had never or rarely washed their hands after using the toilet or latrine during the same period. The percentage of students who reported that they had never or rarely used soap when washing their hands during the 30 days before the survey was 14.8. There was no significant difference between male and female students as far as behaviour regarding hand-washing was concerned.

Table 5: Hygiene-related behaviour by gender

<table>
<thead>
<tr>
<th>Indicators</th>
<th>Total %</th>
<th>Gender</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Total %</td>
<td>Male % (CI)*</td>
</tr>
<tr>
<td>Normally cleaned or brushed their teeth one or more times a day during</td>
<td>94.9 (94.0–95.7)</td>
<td>91.7 (89.4–93.6)</td>
</tr>
<tr>
<td>the 30 days before the survey</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Never or rarely washed their hands before eating during the 30 days</td>
<td>15.7 (13.2–18.6)</td>
<td>15.6 (13.3–18.3)</td>
</tr>
<tr>
<td>before the survey</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Never or rarely washed their hands after using the toilet or latrine</td>
<td>6.4 (5.1–7.9)</td>
<td>8.2 (6.3–10.7)</td>
</tr>
<tr>
<td>during the 30 days before the survey</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Never or rarely used soap when washing their hands during the 30 days</td>
<td>14.8 (13.3–16.3)</td>
<td>16.3 (14.0–18.9)</td>
</tr>
<tr>
<td>before the survey</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*95% confidence interval
4.4 Violence and unintentional injury

Table 6 shows select indicators of violence and unintentional injury among students, and the results of select behaviours related to violence and unintentional injury are described below.

*Physical attacks*

Overall, 26.2% of students reported that they had been physically attacked one or more times during the 12 months before the survey, with male students being more likely to be physically attacked than females (36.7% vs 16.7%).

*Physical fights*

Overall, 25.7% of students got involved in a physical fight one or more times during the 12 months before the survey. Male students (35.0%) were more likely than female students (17.3%) to be involved in physical fights.

*Serious injuries*

Altogether 39.6% of students reported that they were seriously injured one or more times during the 12 months before the survey. More male students (48.7%) than female (31.5%) suffered serious injuries. Among those who were seriously injured during the 12 months before the survey, 26.9% reported that the most serious injury was a result of a motorized vehicle accident or being hit by a motorized vehicle. There was no significant difference in the prevalence of serious injuries among male and female students (26.7% vs 26.6%). In addition, 12.7% of students reported that the most serious injury was a broken bone or dislocated joint, with the prevalence being higher among males (16.2%) than females (8.0%).

*Bullying*

Overall, 29.3% of the students were bullied on one or more days during the 30 days before the survey. Male students were more likely to be bullied than female (36.1% vs 23.2%). Among those bullied during the month before the survey, 22.1% reported that the bullying consisted most often of being hit, kicked, pushed, shoved or locked indoors. There was no significant different between male (26.1%) and female students (17.1%).
<table>
<thead>
<tr>
<th>Indicators</th>
<th>Total %</th>
<th>Gender</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Male % (CI)*</td>
<td>Female % (CI)*</td>
</tr>
<tr>
<td>Physically attacked one or more times during the 12 months before the survey</td>
<td>26.2 (23.3–29.2)</td>
<td>36.7 (32.2–41.3)</td>
</tr>
<tr>
<td>Involved in a physical fight one or more times during the 12 months before the survey</td>
<td>25.7 (23.0–28.5)</td>
<td>35.0 (31.0–39.2)</td>
</tr>
<tr>
<td>Seriously injured one or more times during the 12 months before the survey</td>
<td>39.6 (37.4–41.9)</td>
<td>48.7 (45.0–52.4)</td>
</tr>
<tr>
<td>Among students seriously injured during the 12 months before the survey, those whose most serious injury was a broken bone or dislocated joint.</td>
<td>12.7 (10.2–15.8)</td>
<td>16.2 (12.7–20.4)</td>
</tr>
<tr>
<td>Among students seriously injured during the 12 months before the survey, those whose most serious injury was a result of a motorized vehicle accident or being hit by a motorized vehicle.</td>
<td>26.9 (23.7–30.4)</td>
<td>26.7 (22.0–31.9)</td>
</tr>
<tr>
<td>Bullied on one or more days during the 30 days before the survey</td>
<td>29.3 (26.0–32.9)</td>
<td>36.1 (31.0–41.5)</td>
</tr>
<tr>
<td>Among students bullied during the 30 days before the survey, those who were bullied most often by being hit, kicked, pushed, shoved or locked indoors</td>
<td>22.1 (18.4–26.3)</td>
<td>26.1 (22.7–29.8)</td>
</tr>
</tbody>
</table>

*95% confidence interval
4.5 Mental health

Overall, 9.7% of students reported that they had felt lonely most of the time or always during the 12 months before the survey. In addition, 8.9% of students said that most of the time or always, they had felt worried about something that had made them sleepless at night during the 12 months before the survey. The prevalence of loneliness and anxiety among male and female students was not significantly different.

The percentage of students who seriously considered attempting suicide during the 12 months before the survey was 12.2. During the same period, 13.8% of students planned to attempt suicide and 13.0% actually attempted suicide one or more times. Overall, 6.6% of students reported that they had no close friends. There were no significant differences between males and females as far as friendship and issues related to attempting suicide are concerned, as shown in Table 7.

Table 7: Mental health issues among students by gender

<table>
<thead>
<tr>
<th>Indicators</th>
<th>Total %</th>
<th>Gender</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Male % (CI)*</td>
</tr>
<tr>
<td>Mostly or always felt lonely during the 12 months before the survey</td>
<td>9.7</td>
<td>10.7 (9.1–12.6)</td>
</tr>
<tr>
<td>Were mostly or always so worried about something that could not sleep at night during the 12 months before the survey</td>
<td>8.9</td>
<td>9.1 (7.1–11.5)</td>
</tr>
<tr>
<td>Seriously considered attempting suicide during the 12 months before the survey</td>
<td>12.2</td>
<td>12.6 (10.5–15.0)</td>
</tr>
<tr>
<td>Made a plan about how they would attempt suicide during the 12 months before the survey</td>
<td>13.8</td>
<td>14.2 (11.6–17.3)</td>
</tr>
<tr>
<td>Actually attempted suicide one or more times during the 12 months before the survey</td>
<td>13.0</td>
<td>14.4 (10.8–18.9)</td>
</tr>
<tr>
<td>Had no close friends</td>
<td>6.6</td>
<td>8.1 (6.2–10.4)</td>
</tr>
</tbody>
</table>

*95% confidence interval
4.6 Tobacco use

Prevalence of tobacco use

Table 6 contains information on students who had tried smoking. Overall, 70.6% of students who had ever smoked had had their first cigarette before 14 years of age. There was no significant difference between male and female students (73.2% vs 62.6%). Overall, 10.4% of students had smoked cigarettes on one or more days during the 30 days before the survey. Male students (17.2%) were more likely than their female counterparts (4.4%) to smoke cigarettes. The percentage of students who used any tobacco products on one or more days during the 30 days before the survey was 14.1, with the prevalence being higher among males than females (22.1% vs 6.9%). Among students who had smoked cigarettes during the past 12 months, 80.7% had tried to quit smoking during the 12 months before the survey. There was no significant difference between male and female students as far as cigarette cessation was concerned (81.5% vs 77.1%).

Tobacco use by parents and guardians

Overall, 41.6% of students reported that people in general smoked in their presence on one or more days during the 7 days before the survey. The parents or guardians of 31.8% of students used some form of tobacco; there was no significant different between male and female students (31.1% vs 32.3%).

Table 6: Tobacco use among students by gender

<table>
<thead>
<tr>
<th>Indicators</th>
<th>Total %</th>
<th>Gender</th>
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</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Male % (CI)*</td>
<td>Female % (CI)*</td>
<td></td>
</tr>
<tr>
<td>Of the students who ever smoked cigarettes, those who had their first</td>
<td>70.6 (64.0–76.4)</td>
<td>73.2 (68.1–77.8)</td>
<td>62.6 (47.5–75.5)</td>
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<tr>
<td>cigarette before they were 14 years old</td>
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<tr>
<td>Students who smoked cigarettes on one or more days during the 30 days</td>
<td>10.4 (8.2–13.1)</td>
<td>17.2 (13.5–1.7)</td>
<td>4.4 (3.3–5.9)</td>
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<tr>
<td>before the survey</td>
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<tr>
<td>Students who used any tobacco products other than cigarettes on one or</td>
<td>9.3 (7.0–12.2)</td>
<td>13.7 (10.4–17.9)</td>
<td>5.2 (3.5–7.6)</td>
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<tr>
<td>more days during the 30 days before the survey</td>
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</tr>
<tr>
<td>Students who used any tobacco on one or more days during the 30 days</td>
<td>14.1 (10.9–18.0)</td>
<td>22.1 (17.3–27.8)</td>
<td>6.9 (4.8–9.9)</td>
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<tr>
<td>before the survey</td>
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</tr>
<tr>
<td>Of the students who smoked cigarettes during the 12 months before the</td>
<td>80.7 (73.9–86.0)</td>
<td>81.5 (73.8–87.3)</td>
<td>77.1 (65.8–85.5)</td>
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<tr>
<td>survey, those who tried to quit smoking during the same period</td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Students who reported that people in general smoked in their presence on</td>
<td>41.6 (38.8–44.5)</td>
<td>43.7 (39.8–47.6)</td>
<td>39.8 (36.2–43.4)</td>
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<tr>
<td>one or more days during the 7 days before the survey</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Students whose parents or guardians used any form of tobacco</td>
<td>31.8 (28.8–35.0)</td>
<td>31.1 (27.8–34.6)</td>
<td>32.3 (28.7–36.2)</td>
<td></td>
</tr>
</tbody>
</table>

*95% confidence interval
### 4.7 Alcohol and drug use

**Prevalence of alcohol use**

As shown in Table 7, more than half (54.8%) of the students who tried drinking alcohol had their first alcoholic beverage before the age of 14 years. There was no significant difference between male and female students (60.1% vs 48.8%). Overall, 22.2% of students reported that they were active drinkers, meaning that they had had at least one drink containing alcohol on one or more days during the 30 days before the survey. The prevalence of alcohol use among male students (27.0%) was higher than that among female students (17.9%).

Of those who had had an alcoholic beverage during the 30 days preceding the survey, 49.5% reported that they normally had two or more drinks on any of their drinking days. There was no significant difference between male and female students (48.3% vs 51.1%).

**Access to alcohol products**

Of the students who had had alcohol during the 30 days before the survey, 18% had obtained the alcohol products they drank from their friends. There was no significant difference between male and female students (17.5% vs 18.9%) as far as access to alcohol was concerned.

**Drunkenness and consequences of drinking**

Overall, 24.3% of the students had consumed a large volume of alcohol, to the extent that they had been drunk one or more times in their life. In addition, 10.8% of students had got into trouble with their family or friends, missed school, or got involved in fights one or more times during their life as a result of drinking alcohol. Male students (14.2%) were more likely than female students (7.9%) to get into trouble as a result of drinking alcohol.
Table 7: Alcohol use among students by gender

<table>
<thead>
<tr>
<th>Indicators</th>
<th>Total %</th>
<th>Gender</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Of the students who had ever had an alcoholic beverage, those who had had their first drink before they were 14 years old</td>
<td>54.8 (48.6–60.7)</td>
<td>Male % (CI)*</td>
<td>60.1 (52.5–67.2)</td>
<td>Female % (CI)*</td>
</tr>
<tr>
<td>Students who had had at least one alcoholic beverage on one or more of the 30 days before the survey</td>
<td>22.2 (19.8–24.8)</td>
<td>Male % (CI)*</td>
<td>27.0 (23.4–30.9)</td>
<td>Female % (CI)*</td>
</tr>
<tr>
<td>Students who had had an alcoholic beverage during the 30 days before the survey and had two or more drinks a day on their drinking days</td>
<td>49.5 (44.0–55.1)</td>
<td>Male % (CI)*</td>
<td>48.3 (42.0–54.6)</td>
<td>Female % (CI)*</td>
</tr>
<tr>
<td>Of the students who had had alcohol during the 30 days before the survey, percentage of those who usually got the alcoholic beverage from their friends</td>
<td>18.0 (15.0–21.5)</td>
<td>Male % (CI)*</td>
<td>17.5 (12.8–23.5)</td>
<td>Female % (CI)*</td>
</tr>
<tr>
<td>Students who had consumed a large volume of alcoholic products, to the extent that they had been seriously drunk one or more times in their life</td>
<td>24.3 (21.7–27.0)</td>
<td>Male % (CI)*</td>
<td>27.0 (23.4–30.8)</td>
<td>Female % (CI)*</td>
</tr>
<tr>
<td>Students who had got into trouble with their family or friends one or more times in their life as a result of alcohol consumption</td>
<td>10.8 (9.2–12.7)</td>
<td>Male % (CI)*</td>
<td>14.2 (11.4–17.7)</td>
<td>Female % (CI)*</td>
</tr>
</tbody>
</table>

*95% confidence interval

Prevalence of drug use

Of the students who had tried drugs, 73.5% reported that they had first used drugs before attaining the age of 14 years. The prevalence of drug use was not significantly different among male and female students (73.4% vs 73.1%), as shown in Table 8. Overall, 6.6% of students had smoked marijuana one or more times in their life, with male students (10.8%) being more likely to use it than female students (3.1%). In addition, 4.4% of students reported that they had had amphetamines or methamphetamines one or more times in their life. More male than female students reported using amphetamines or methamphetamines (7.3% vs 1.8%).
Table 8: Drug use among students by gender

<table>
<thead>
<tr>
<th>Indicators</th>
<th>Total %</th>
<th>Gender</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Male % (CI)*</td>
<td>Female % (CI)*</td>
</tr>
<tr>
<td>Of the students who had tried using drugs, those who had done so before the age of 14 years</td>
<td>73.5 (63.8–81.3)</td>
<td>73.1 (58.2–84.2)</td>
</tr>
<tr>
<td>Students who had smoked marijuana one or more times in their life</td>
<td>6.6 (4.8–9.1)</td>
<td>3.1 (1.7–5.5)</td>
</tr>
<tr>
<td>Students who had smoked marijuana one or more times during the 30 days before the survey</td>
<td>5.1 (3.7–7.1)</td>
<td>2.4 (1.3–4.3)</td>
</tr>
<tr>
<td>Students who had had amphetamines or methamphetamines one or more times in their life</td>
<td>4.4 (2.9–6.6)</td>
<td>1.8 (0.8–4.1)</td>
</tr>
</tbody>
</table>

*95% confidence interval

4.8 Sexual behaviour

Sexual intercourse

As shown in Table 9, 18.6% of students reported that they had had sexual intercourse. A significantly greater proportion of male students (23.7%) had had sexual intercourse than female students (14.2%). Of those who had had sexual intercourse, 40% had had their first such encounter before reaching the age of 14 years. Male students were more likely than female students to have had sexual intercourse before the age of 14 years (50.1% vs 25.9%). Overall, 7.4% of students had had sexual intercourse with two or more partners in their life, with this trend being more prevalent among male students (10.3%) than female (4.9%). Of those who had had sexual intercourse, more than half (63.0%) had used a condom during their last sexual intercourse. The prevalence of condom use as reported by male and female students was not significantly different (67.9% vs 58.2%). Also, among students who had had sexual intercourse, 87% had opted for a method of birth control (such as condoms, withdrawal, rhythm or birth control pills) to prevent pregnancy during their last sexual intercourse.

Overall, 69.5% of students had been educated in any of their classes on how to avoid HIV infection or AIDS during the school year. There was no significant difference between males and females in the matter of HIV-related education (68.4% vs 70.3%).
Table 9: Sexual behaviour and HIV-related knowledge among students by gender

<table>
<thead>
<tr>
<th>Indicators</th>
<th>Total %</th>
<th>Gender</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Male % (CI)*</td>
<td>Female % (CI)*</td>
</tr>
<tr>
<td>Students who had had sexual intercourse</td>
<td>18.6 (16.9–20.3)</td>
<td>23.7 (21.0–26.8)</td>
<td>14.2 (12.2–16.5)</td>
</tr>
<tr>
<td>Of the students who had had sexual intercourse, those who had had it</td>
<td>40.0 (32.8–47.7)</td>
<td>50.1 (40.7–59.4)</td>
<td>25.9 (19.3–33.7)</td>
</tr>
<tr>
<td>before they were 14 years old</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Students who had had sexual intercourse with two or more partners in their</td>
<td>7.4 (6.2–8.9)</td>
<td>10.3 (8.5–12.5)</td>
<td>4.9 (3.6–6.7)</td>
</tr>
<tr>
<td>life</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Of the students who had had sexual intercourse, those who had used a</td>
<td>63.0 (56.3–69.2)</td>
<td>67.9 (60.3–74.6)</td>
<td>58.2 (47.5–68.1)</td>
</tr>
<tr>
<td>condom in their last intercourse</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Of the students who had had sexual intercourse, those who had used a</td>
<td>87 (82.4–90.5)</td>
<td>90.7 (84.7–94.4)</td>
<td>82.9 (76.3–87.9)</td>
</tr>
<tr>
<td>method of birth control in their last sexual intercourse</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Students who were educated in any of their classes during the school year</td>
<td>69.5 (67.0–71.9)</td>
<td>68.4 (64.2–72.3)</td>
<td>70.3 (68.1–72.3)</td>
</tr>
<tr>
<td>on how to avoid HIV infection or AIDS</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*95% confidence interval

4.9 Physical activity

Physical activity behaviours

Table 10 shows that overall, 20% of students were physically active for a total of at least 60 minutes per day on five or more days during the seven days before the survey. Male students were more likely to be physically active than female students (28.6% vs 12.6%). Only 11.7% of students were physically active for a total of at least 60 minutes per day on all seven days before the survey. Here too, more male students (18.5%) were physically active than female (5.8%). Overall, half of the students (51.7%) reported that they had not walked or rode a bicycle to or from school during the seven days before the survey. There was no significant difference between male and female students in this respect (50.4% vs 52.8%).

Physical activity education

Overall, 10.5% of students attended physical education classes on three or more days each week during the school year. More male (14.1%) than female students (7.4%) attended physical education classes. Only 6.4% of students attended physical education classes on five or more days per week during the school year.
**Sedentary behaviour**

Overall, more than half (56.3%) of the students spent three or more hours per day on a typical or usual day on activities involving sitting (sitting and watching television, playing computer games, talking with friends when not in school or doing homework). There was no significant difference in this respect between male and female students (54.6% and 57.8%, respectively).

**Table 10: Physical activity among students by gender**

<table>
<thead>
<tr>
<th>Indicators</th>
<th>Total %</th>
<th>Gender</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Male % (CI)*</td>
<td>Female % (CI)*</td>
<td></td>
</tr>
<tr>
<td>Students who were physically active for at least 60 minutes per day on five or more days during the 7 days before the survey</td>
<td>20.0</td>
<td>(18.0–22.2)</td>
<td>28.6 (24.7–33.0)</td>
<td>12.6 (10.8–14.7)</td>
</tr>
<tr>
<td>Students who were physically active for at least 60 minutes a day on all 7 days during the 7 days before the survey</td>
<td>11.7</td>
<td>(10.2–13.4)</td>
<td>18.5 (15.5–22.0)</td>
<td>5.8 (4.6–7.3)</td>
</tr>
<tr>
<td>Students who did not walk or ride a bicycle to or from school during the 7 days before the survey</td>
<td>51.7</td>
<td>(48.5–54.8)</td>
<td>50.4 (47.3–53.5)</td>
<td>52.8 (48.7–56.8)</td>
</tr>
<tr>
<td>Students who attended physical education classes on 3 or more days a week during the school year</td>
<td>10.5</td>
<td>(8.8–12.5)</td>
<td>14.1 (11.0–18.0)</td>
<td>7.4 (5.9–9.2)</td>
</tr>
<tr>
<td>Students who attended physical education classes on 5 or more days a week during the school year</td>
<td>6.4</td>
<td>(5.5–7.4)</td>
<td>8.1 (6.3–10.5)</td>
<td>4.9 (3.9–6.1)</td>
</tr>
<tr>
<td>Students who spent 3 or more hours a day on a typical day on activities involving sitting</td>
<td>56.3</td>
<td>(53.7–59.0)</td>
<td>54.6 (49.9–59.1)</td>
<td>57.8 (53.6–61.9)</td>
</tr>
</tbody>
</table>

*95% confidence interval

**4.10 Protective factors**

**Missing classes**

Overall, 20.4% of students missed classes or school without permission on one or more of the 30 days before the survey. Male students (25.4%) were more likely to miss classes or school than female students (15.9%), as shown in Table 11.

**Kindness and helpfulness**

Overall, nearly half (39.5%) of the students reported that most students in their school had mostly or always been kind and helpful during the 30 days before the survey. Female students were more likely than their male counterparts to feel that most students in their school were kind and helpful (45.9% vs 32.2%).
Attention from parents and guardians

Overall, 28.4% of students reported that their parents or guardians had mostly or always checked whether their homework had been done during the 30 days before the survey. Nearly half of the students (42.7%) reported that their parents or guardians had mostly or always been aware of their activities during the past 30 days. Female students (48.8%) were more likely to be monitored by their parents or guardians than male students (35.5%). In addition, 66.9% of students reported that their parents or guardians had never or rarely been through their things without their approval during the 30 days before the survey.

Table 11: Protective factors among students by gender

<table>
<thead>
<tr>
<th>Indicators</th>
<th>Total %</th>
<th>Gender</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Male % (CI)*</td>
</tr>
<tr>
<td>Students who had missed classes or school without permission on one or more of the 30 days before the survey</td>
<td>20.4 (18.3–22.6)</td>
<td>25.4 (21.7–29.5)</td>
</tr>
<tr>
<td>Students who reported that most students in their school had mostly or always been kind and helpful during the 30 days before the survey</td>
<td>39.5 (36.1–43.0)</td>
<td>32.2 (28.8–35.7)</td>
</tr>
<tr>
<td>Students who had parents or guardians who mostly or always checked whether their homework had been done during the 30 days before the survey</td>
<td>28.4 (25.6–31.4)</td>
<td>28.4 (25.2–31.9)</td>
</tr>
<tr>
<td>Students whose parents or guardians had mostly or always understood their problems and worries during the 30 days before the survey</td>
<td>28.1 (25.5–30.9)</td>
<td>24.2 (20.7–28.0)</td>
</tr>
<tr>
<td>Students whose parents or guardians were mostly or always aware of their activities in their free time during the 30 days before the survey</td>
<td>42.7 (39.8–45.6)</td>
<td>35.5 (32.6–35.8)</td>
</tr>
<tr>
<td>Students whose parents or guardians had never or rarely been through their things without their approval during the 30 days before the survey</td>
<td>66.9 (65.1–68.5)</td>
<td>67.3 (63.3–71.0)</td>
</tr>
</tbody>
</table>

*95% confidence interval
CHAPTER 5: DISCUSSION

5.1 Discussion of survey findings

5.1.1 Overweight and dietary behaviours

The results of the Thailand 2015 GSHS indicated that almost one out of five Thai students (17.1%) was overweight. The prevalence of overweight among students has increased substantially since the GSHS conducted in 2008 (4.4%). The prevalence of overweight and obesity was significantly higher among male than female students. Obese children of schoolgoing age are at a higher risk for suffering from other chronic health conditions and diseases, such as asthma, sleep apnoea, bone and joint problems, and type 2 diabetes, besides having risk factors for heart disease (13).

Fruit and vegetables are good sources of various nutrients and fibre. Almost half (41.0%) of the students reported that they regularly ate local fruits, such as mango, banana, guava, orange and rambutan, two or more times a day. However, only 32.5% of students regularly ate local vegetables, such as morning glory, Chinese kale, cucumber and cauliflower, three or more times a day during the 30 days preceding the survey. Considering the several health benefits of fruit and vegetables, students should be encouraged to increase their intake of these items.

Even though the majority (72.5%) of students reported that they were taught about the benefits of healthy eating in any of their classes during the school year, unhealthy dietary behaviours among Thai students are quite a cause for concern. More than half (56.1%) of the students drank carbonated soft drinks one or more times a day. In addition, more than half (54.7%) had eaten at fast food restaurants, such as hamburger shops, the school cafeteria or restaurants in the local market, three or more days during the seven days before the survey. Fast food and carbonated soft drinks contain excessive salt, fat, carbohydrate and sugar, which contribute to overweight and obesity. Therefore, students’ access to unhealthy food should be limited, especially in the school, and they should be made aware of the harmful nature of unhealthy food. The study of the obesity management programme, carried out in diamond-level health-promoting schools in Thailand, found that the three most important activities for reducing child obesity in schools were: education on health and nutrition; the provision of healthy foods and drinks, together with the removal of soft drinks and condiments from the cafeteria; and exercise for improving health (14).

5.1.2 Personal hygiene

The students had good oral hygiene, with the GSHS showing that a majority of them (94.9%) usually cleaned or brushed their teeth one or more times a day. However, their hand hygiene remains a cause for concern. Almost one out of five students (15.7%) never or rarely washed their hands before eating. In addition, 6.4% of students never or rarely washed their hands after using the toilet or latrine, and 14.8% reported that they never or rarely used soap when washing their hands. Contaminated hands are responsible for a large percentage of the outbreaks of foodborne disease. Appropriate practices of hand-washing can reduce the risk of foodborne illness and other infections (15). According to the National Disease Surveillance Report, as of 2015, 21.7% of the reported cases of food poisoning were students (16).
5.1.3 Violence and unintentional injury

Adolescent violence is one of the major social problems in Thailand. The GSHS revealed that one out of four students had been physically attacked and involved in a physical fight (26.2% and 25.7%, respectively) one or more times during the year preceding the survey. Male students reported having been physically attacked and involved in a fight a significantly greater number of times than female students. This is in line with the cross-sectional survey of Thai adolescents (17), which revealed that males were more prone to physical violence; verbal bullying was more predominant among females than males; and adolescents who received practical support from their parents and had a close relationship with their family were less likely to report violent behaviour.

Unintentional injuries are a leading cause of death and disability among Thai adolescents. Among students who were seriously injured during the 12 months before the survey, motorized vehicle accidents were the leading cause of serious injury (26.9%), followed by bone fracture and dislocated joints (12.7%). The survey also found that among the students who had taken a ride in a motorized vehicle driven by someone else, almost half (42.6%) had never or rarely used a seat belt during the 30 days before the survey. Thai students should be educated on safety measures, which should be enforced, in order to reduce the number of disabilities and deaths from road accidents.

5.1.4 Mental health

Globally, depression is the top cause of illness and disability among adolescents, and suicide is the third most common cause of death (18). The Thailand 2015 GSHS showed that one out of 10 students had felt so lonely or worried about something that they had mostly or always been unable to sleep at night during the 12 months preceding the survey. In addition, one out of 10 students had seriously considered suicide, planned to commit it and actually attempted it during the 12 months before the survey (12%, 14% and 13% respectively). There was no significant difference between males and females with respect to attempting suicide. In 2015, the DOH reported that the rate of suicide among Thai adolescents (age 10–19 years) was 3.6% (19).

5.1.5 Tobacco use

The 2015 GSHS found that among students who had tried smoking, a majority (70.6%) had first tried a cigarette before the age of 14 years, there being no significant difference between males and females. One out of 10 students (10.4%) were active smokers as they reported smoking cigarettes on one or more days during the 30 days before the survey. More male than female students smoked cigarettes. This finding is in line with that of the Thailand 2015 Global Youth Tobacco Survey (GYTS) (20), which showed that 11.3% of students (age 13–15 years) were active smokers and more male than female students were smokers. The majority of students who used tobacco smoked cigarettes, while 9.3% used other tobacco products.

On a more encouraging note, four out of five students (80.7%) who smoked cigarettes tried to quit smoking. Nevertheless, the Thailand 2015 GYTS revealed that only 29.3% of students received help or advice from a programme or a professional. This indicated a dearth of cessation services to meet the high demand of the students.
5.1.6 Alcohol and drug use

Harmful drinking among adolescents is a major concern in many countries. It is a primary cause of injuries (including those due to road accidents), violence and premature death. It can also lead to health problems later in life and affect life expectancy (18). The findings of the 2015 GSHS indicated that among the students who had tried drinking alcohol, more than half (54.8%) had had their first alcoholic beverage before the age of 14 years. There was no significant difference between males and females in this respect. One in five students (22.2%) were active drinkers, with more males being so than females. The prevalence of alcohol use among students recorded during the 2015 GSHS was substantially higher than that recorded during the 2008 GSHS (14.8%).

Almost one in five students (18.0%) usually got their alcoholic beverages from their friends. Among those who drank alcohol, half (49.5%) reported that they usually drank two or more drinks per day on their drinking days. In all, 24.3% of students reported that one or more times in their life, they had drank such a large volume of alcohol that they had got drunk, and 10.8% of students had got into trouble with their family and friends one or more times in their life as a result of drinking.

Much like in the case of alcohol use, almost three in four students (73.5%) who had tried having drugs had had their first drug before 14 years of age. This was the case both with males and females. Almost one out of 10 students (6.6%) had smoked marijuana one or more times in their life, with male students being more likely to smoke marijuana than their female students.

5.1.7 Sexual behaviour

The 2015 GSHS results indicated that almost one in five students (18.6%) had had sexual intercourse, with a significantly higher proportion of male students having had intercourse than female students. Almost half of the students (40.0%) who had had sexual intercourse reported that they had had their first sexual intercourse before reaching the age of 14 years. Male students were more likely to have sexual intercourse before the age of 14 than their female counterparts. In addition, 7.4% of students reported that they had had sexual intercourse with two or more partners in their life. On a positive note, more than half of the students (63.0%) who had had sexual intercourse reported that they had used a condom during their most recent sexual intercourse. The survey results indicated that 69.5% of students had been educated on HIV/AIDS prevention in class. In this context, better access to information on and services related to contraceptives can reduce the number of unwanted pregnancies and teenaged mothers. The proper use of condoms can reduce the risk of HIV infections and other sexually transmitted infections.

5.1.8 Physical activity

Despite government support for the promotion of physical activity, the 2015 GSHS revealed that only one in five students (20.0%) were physically active for a total of at least 60 minutes per day on five or more days during the week preceding the survey. In addition, half of the students (51.7%) did not walk or ride a bicycle to or from school. Only 10.5% of the students had attended physical education classes on three or more days a week during the school year, while more than half (56.3%) reported that they had spent three or more hours a day on activities involving sitting. These findings are in line with the results of the Thailand report card on physical activity for children and the youth (22) indicated that children’s level of participation in physical activities and active play is low, while the level of sedentary behaviour is excessively high. Due to the fact that physical activity is recognized as one of the core modifiable risk factors for NCDs, it is important to increase opportunities for children and adolescents to engage in physical activity in order to lay a strong foundation for good health in adulthood.
5.1.9 Protective factors

Results from the 2015 GSHS showed that one out of five students (20.4%) missed classes or school without permission one or more times during the 30 days preceding the survey, with males being more likely to do so than females. Almost one out of three students (28.4%) reported that their parents or guardians mostly or always checked their homework. In addition, almost half of the students (42.7%) reported that their parents or guardians were aware of the activities they undertook in their free time. The study of Malta et al. (23) concluded that students who missed classes without telling their parents were at a relatively greater risk of being exposed to the use of tobacco, alcohol and drugs. Moreover, family plays an essential role in preventing the use of tobacco, alcohol and drugs, and can promote health among teenagers.

5.1.10 Protective and risk factors for mental health and substance abuse

When analysing the data from the 2015 GSHS in the context of the relationship between protective and risk factors for mental health and substance abuse, it was found that the level of parental engagement was associated with select mental health problems and substance abuse, as shown in Chart 1. Students in whose case the level of parental engagement is high are less likely to develop mental health problems and abuse substances (24).

**Chart 1:** Percentage of specific mental health indicators by level of parental engagement
5.2 Comparison with 2008 GSHS

5.2.1 Overweight and dietary behaviour

The prevalence of overweight (17.1%) among the students surveyed in 2015 was substantially higher than that reported by the 2008 GSHS (4.4%). The prevalence of overweight and obesity was significantly higher among male than female students. The percentage of students who regularly drank carbonated soft drinks two or more times a day was similar to that documented in the previous GSHS.

5.2.2 Personal hygiene

It is a matter of concern that personal hygiene has not improved among Thai students over the years. The proportion of students who never or rarely washed their hands before eating in the 30 days before the survey increased from 8.7% in 2008 to 15.7% in 2015. The trends were similar in the case of hand-washing – the 2008 GHS found that 4.0% of students never or rarely washed their hands after using the toilet, and the corresponding figure for 2015 was 6.4%. While the percentage of those found to be using soap when washing their hands was 7.3 by the 2008 survey, it was found to be 14.8 by the 2015 survey.

5.2.3 Violence and unintentional injury

A positive finding was that the percentage of students who had got involved in physical fights one or more times during the year before the survey declined from 33.3 in 2008 to 25.7 in 2015. Like the 2008 survey, the 2015 GSHS found that male students were more likely than their female students to get involved in a physical fight. In addition, the proportion of students who were bullied most often by being hit, kicked, pushed, shoved around or locked in a confined space against their will remained unchanged from the 2008 GSHS to the 2015 GSHS.

5.2.4 Mental health

The mental health situation among students in Thailand is a cause for concern. The 2015 GSHS reported that compared to the findings of the 2008 GSHS, a slightly higher proportion of students could not sleep at night because they felt lonely or worried about something. The trend was similar in the matter of attempting suicide – the proportion of students who seriously considered committing suicide or planned to attempt it was found to be higher by the 2015 survey than the 2008 survey.

5.2.5 Tobacco use

Despite the fact that Thailand has launched a number of tobacco control interventions during the past few decades, the prevalence of cigarette smoking among students, as reported by the two GSHS surveys, increased from 8.2% in 2008 to 10.4% in 2015. The findings of the GSHS were corroborated by the Thailand 2015 GYTS, according to which the percentage of students who smoked cigarettes was 11.3. Male students remained more likely to smoke cigarettes than female students over the years. The proportion of students whose parents or guardians used any form of tobacco, or who reported that people in general smoked in their presence, remained high, showing no decrease over the years.

5.2.6 Alcohol and drug use

The student who tried drinking alcohol was found to start drinking alcohol at an early age (< 14 years). Though the proportion of students who had tried drinking alcohol at young age remained high at the
time of the 2015 GSHS, there was a gradually decrease from 76.5% in 2008 to 54.8% in 2015. However, the ban on alcohol advertisements and the regulations on access to alcohol may not have been as effective as desired, since we found that the prevalence of alcohol use among the students increased from 14.8% in 2008 to 22.2% in 2015. In addition, there was no reduction in the percentage of students who reported that they had got into trouble with their family or friends as a result of drinking (9.7 in 2008 and 10.8 in 2015). As in the case of alcohol use, the percentage of those who tried using drugs at a young age (< 14 years) among the students who tried drug use remained high, even though there was a slight decrease from 2008 to 2015 (80.3 to 73.5).

5.2.7 Sexual behaviour

Teenage pregnancy is a major social problem in Thailand. Legislation to prevent teenage pregnancy was initiated in 2015 and came into effect in July 2016. The findings of the 2015 GSHS highlighted the urgency of this issue, since from 2008 to 2015, there was a steep increase in the proportion of students who had had sexual intercourse (6.1% to 18.6%). A similar trend was noticed with regard to early sexual initiation, among students who had sexual intercourse, the percentage of students who had had their first sexual intercourse before the age of 14 years increasing dramatically from 4.5 in 2008 to 40.0 in 2015. On the brighter side, the proportion of students who used condoms during their last sexual intercourse increased slightly from 60.4% in 2008 to 63.0% in 2015.

5.2.8 Physical activity

Regrettably, the proportion of students who were physically active for a total of at least 60 minutes a day on seven or more days per week decreased from 15.3% in 2008 to 11.7% in 2015. The prevalence of sedentary behaviour among the students is also a cause for concern, given the significant increase in the percentage of students who reported that they spent three or more hours a day on activities involving sitting (37.6% in 2008 to 56.3% in 2015).

5.2.9 Protective factors

There was no overall improvement with respect to the factors that can play a protective role in students’ lives. The proportion of students who reported missing classes or school without permission increased from 17.2% in 2008 to 20.4% in 2015. The percentage of those who reported that the students in school were kind and helpful decreased slightly, from 41.7% in 2008 to 39.5% in 2015. Compared to 2008, fewer students reported that their parents or guardians paid attention to their homework and personal matters (in terms of understanding their problems and acknowledging their activities) in 2015.

5.3 Limitations of the 2015 GSHS

This was a cross-sectional study in which data were collected at a single point of time. The study covered only students enrolled in the formal education system. In terms of comparison with the previous GSHS, the grades and age group covered were different – while the 2008 survey covered students in grades 7–10 and between the age of 13 and 15 years, the 2015 survey covered students in grades 7–12 and of the age of 13–17 years.
CHAPTER 6: CONCLUSION

The 2015 GSHS indicates that overweight is on the rise among Thai students. This group of students was at risk of becoming obese due to several factors. As evidenced by this round of the GSHS, unhealthy behaviours are of major concern and there has been no improvement over the years. The majority of students regularly drink carbonated soft drinks and eat fast food, while their level of fruit and vegetable intake is relatively low. In addition, their level of physical activity is low and sedentary behaviours are on the rise.

As shown in this round of the GSHS, the students were at risk of drinking alcohol. The majority of those who had ever drank alcohol, used drugs and smoked cigarettes had done so first before 14 years of age. The prevalence of the use of alcohol, drugs and cigarettes among the students did not decline over the years. In addition, the students were vulnerable to unintentional injuries, especially those resulting from motorized vehicle accidents, which were a leading cause of serious injuries.

The sexual behaviour of the students remained a matter of concern, considering that the proportion of those who had had sexual intercourse and had started early increased over the years. The personal hygiene of the students did not improve over time, with the students being less likely than earlier to wash their hands before eating and after using the toilet, and use soap while washing their hands.

The 2015 round of the GSHS revealed that the students were vulnerable to mental health problems, especially suicide. There was no decrease in the prevalence of attempted suicide. The supporting factors, including engagement of the parents and family with the students, did not suffice to shield the students from various physical and mental health risks.
CHAPTER 7: RECOMMENDATIONS

1. Disseminate the findings of the 2015 GSHS widely across different groups, ranging from policy-makers, such as the National Assembly of Child and Youth Development and government, to nongovernment authorities, schools and communities, especially students’ parents and guardians, in order to raise awareness and encourage participation in attempts to improve the health of students.

2. Ensure that an integrated policy, strategy and action plan consisting of programmes to improve the health status of schoolgoing children are put in place and implemented. The progress should be monitored by all the ministries and sectors concerned, at all levels. Since children and adolescents are the future of the country, this should be a shared responsibility, with participation and commitment across sectors.

3. Ensure the participation of all sectors concerned and see to it that there is sufficient support for the collaborative programme and initiative to promote students’ health. For example, the initiative should involve the DOH’s Health-Promoting School Project, Healthy Food in Schools Project, the development of an effective health curriculum for students and instruction for health educators that is relevant to the local context.

4. Promote research on students’ health, especially research aimed at generating evidence and knowledge related to the specific age group and area, to support evidence-based policy formulation. Information and surveillance systems should be strengthened in order to ensure the timely and effective monitoring of the progress of the health status of students.


This survey is about your health and the things you do that may affect your health. Students like you all over your country are doing this survey. Students in many other countries around the world also are doing this survey. The information you give will be used to develop better health programs for young people like yourself.

DO NOT write your name on this survey or the answer sheet. The answers you give will be kept private. No one will know how you answer. Answer the questions based on what you really know or do. There are no right or wrong answers.

Completing the survey is voluntary. Your grade or mark in this class will not be affected whether or not you answer the questions. If you do not want to answer a question, just leave it blank.

Make sure to read every question. Fill in the circles on your answer sheet that match your answer. Use only the pencil you are given. When you are done, do what the person who is giving you the survey says to do.

Here is an example of how to fill in the circles:

Fill in the circles like this

Survey
1. Do fish live in water?
   A. Yes
   B. No

Answer sheet
1.  

Thank you very much for your help.
1. How old are you?
   A. 11 years old or younger
   B. 12 years old
   C. 13 years old
   D. 14 years old
   E. 15 years old
   F. 16 years old
   G. 17 years old
   H. 18 years old or older

2. What is your sex?
   A. Male
   B. Female

3. In what grade/class/standard are you?
   A. Grade 7
   B. Grade 8
   C. Grade 9
   D. Grade 10
   E. Grade 11
   F. Grade 12

The next 3 questions ask about your height, weight, and going hungry.

4. How tall are you without your shoes on?
   ON THE ANSWER SHEET, WRITE YOUR HEIGHT IN THE SHADED BOXES AT THE TOP OF THE GRID. THEN FILL IN THE OVAL BELOW EACH NUMBER.

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5. How much do you weigh without your shoes on?
ON THE ANSWER SHEET, WRITE YOUR WEIGHT IN THE SHADED BOXES AT THE TOP OF THE GRID. THEN FILL IN THE OVAL BELOW EACH NUMBER.

**Example**

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6. During the past 30 days, how often did you go hungry because there was not enough food in your home?

A. Never  
B. Rarely  
C. Sometimes  
D. Most of the time  
E. Always

7. During the past 30 days, how many times per day did you **usually** eat fruit, such as mango, banana, guava, orange, or rambutan?

A. I did not eat fruit during the past 30 days  
B. Less than one time per day  
C. 1 time per day  
D. 2 times per day  
E. 3 times per day  
F. 4 times per day  
G. 5 or more times per day

8. During the past 30 days, how many times per day did you usually eat vegetables, such as cabbage, morning glory, Chinese kale, cucumber, or cauliflower?

A. I did not eat vegetables during the past 30 days  
B. Less than one time per day  
C. 1 time per day  
D. 2 times per day  
E. 3 times per day  
F. 4 times per day  
G. 5 or more times per day

9. During the past 30 days, how many times per day did you usually drink carbonated soft drinks, such as Nam-ud-lon? (Do not include diet soft drinks.)

A. I did not drink carbonated soft drinks during the past 30 days  
B. Less than one time per day  
C. 1 time per day  
D. 2 times per day  
E. 3 times per day  
F. 4 times per day  
G. 5 or more times per day
10. During the past 7 days, on how many days did you eat food from a fast food restaurant, such as a hamburger restaurant, school canteen, or district market?

A. 0 days  
B. 1 day  
C. 2 days  
D. 3 days  
E. 4 days  
F. 5 days  
G. 6 days  
H. 7 days

11. During the past 30 days, how many times per day did you usually drink milk or eat milk products, such as yogurt or cheese?

A. I did not drink milk or eat milk products during the past 30 days  
B. Less than one time per day  
C. 1 time per day  
D. 2 times per day  
E. 3 times per day  
F. 4 times per day  
G. 5 or more times per day

12. During the past 30 days, how often did you eat breakfast?

A. Never  
B. Rarely  
C. Sometimes  
D. Most of the time  
E. Always

13. What is the main reason you do not eat breakfast?

A. I always eat breakfast  
B. I do not have time for breakfast  
C. I cannot eat early in the morning  
D. There is not always food in my home  
E. Some other reason

The next question asks about what you learned in school about eating.

14. During this school year, were you taught in any of your classes the benefits of healthy eating?

A. Yes  
B. No  
C. I do not know

The next 8 questions ask about cleaning your teeth and washing your hands.

15. During the past 30 days, how many times per day did you usually clean or brush your teeth?

A. I did not clean or brush my teeth during the past 30 days  
B. Less than 1 time per day  
C. 1 time per day  
D. 2 times per day  
E. 3 times per day  
F. 4 or more times per day

16. During the past 12 months, how often did you have a tooth ache or feel discomfort because of your teeth?

A. Never  
B. Rarely  
C. Sometimes  
D. Most of the time  
E. Always

17. During this school year, were you taught in any of your classes the importance of cleaning or brushing your teeth?

a. Yes  
b. No  
c. I do not know
18. During the past 30 days, how often did you wash your hands before eating?
   A. Never
   B. Rarely
   C. Sometimes
   D. Most of the time
   E. Always

19. During the past 30 days, how often did you wash your hands after using the toilet or latrine?
   A. Never
   B. Rarely
   C. Sometimes
   D. Most of the time
   E. Always

20. During the past 30 days, how often did you use soap when washing your hands?
   A. Never
   B. Rarely
   C. Sometimes
   D. Most of the time
   E. Always

21. During the past 30 days, how often did you use soap when washing your hands at school?
   A. I did not wash my hands at school
   B. Never
   C. Rarely
   D. Sometimes
   E. Most of the time
   F. Always

22. Are the toilets or latrines clean at school?
   A. There are no toilets or latrines at school
   B. Yes
   C. No

The next question asks about physical attacks. A physical attack occurs when one or more people hit or strike someone, or when one or more people hurt another person with a weapon (such as a stick, knife, or gun). It is not a physical attack when two students of about the same strength or power choose to fight each other.

23. During the past 12 months, how many times were you physically attacked?
   A. 0 times
   B. 1 time
   C. 2 or 3 times
   D. 4 or 5 times
   E. 6 or 7 times
   F. 8 or 9 times
   G. 10 or 11 times
   H. 12 or more times

The next question asks about physical fights. A physical fight occurs when two students of about the same strength or power choose to fight each other.

24. During the past 12 months, how many times were you in a physical fight?
   A. 0 times
   B. 1 time
   C. 2 or 3 times
   D. 4 or 5 times
   E. 6 or 7 times
   F. 8 or 9 times
   G. 10 or 11 times
   H. 12 or more times
The next 4 questions ask about serious injuries that happened to you. An injury is serious when it makes you miss at least one full day of usual activities (such as school, sports, or a job) or requires treatment by a doctor or nurse.

25. During the past 12 months, how many times were you seriously injured?

A. 0 times
B. 1 time
C. 2 or 3 times
D. 4 or 5 times
E. 6 or 7 times
F. 8 or 9 times
G. 10 or 11 times
H. 12 or more times

26. During the past 12 months, what was the most serious injury that happened to you?

A. I was not seriously injured during the past 12 months
B. I had a broken bone or a dislocated joint
C. I had a cut or stab wound
D. I had a concussion or other head or neck injury, was knocked out, or could not breathe
E. I had a gunshot wound
F. I had a bad burn
G. I was poisoned or took too much of a drug
H. Something else happened to me

27. During the past 12 months, what was the major cause of the most serious injury that happened to you?

A. I was not seriously injured during the past 12 months
B. I was in a motor vehicle accident or hit by a motor vehicle
C. I fell
D. Something fell on me or hit me
E. I was attacked or abused or was fighting with someone
F. I was in a fire or too near a flame or something hot
G. I inhaled or swallowed something bad for me
H. Something else caused my injury

28. During the past 12 months, where did the most serious injury that happened to you occur?

A. I was not seriously injured during the past 12 months
B. At home
C. At school
D. At work
E. On a playing field or court or in a gymnasium
F. On or near a road
G. In a park
H. Somewhere else
The next 2 questions ask about bullying. Bullying occurs when a student or group of students say or do bad and unpleasant things to another student. It is also bullying when a student is teased a lot in an unpleasant way or when a student is left out of things on purpose. It is not bullying when two students of about the same strength or power argue or fight or when teasing is done in a friendly and fun way.

29. During the past 30 days, on how many days were you bullied?

A. 0 days
B. 1 or 2 days
C. 3 to 5 days
D. 6 to 9 days
E. 10 to 19 days
F. 20 to 29 days
G. All 30 days

30. During the past 30 days, how were you bullied most often?

A. I was not bullied during the past 30 days
B. I was hit, kicked, pushed, shoved around, or locked indoors
C. I was made fun of because of my race, nationality, or color
D. I was made fun of because of my religion
E. I was made fun of with sexual jokes, comments, or gestures
F. I was left out of activities on purpose or completely ignored
G. I was made fun of because of how my body or face looks
H. I was bullied in some other way

The next question asks about how safe you feel at school.

31. During the past 30 days, on how many days did you not go to school because you felt you would be unsafe at school or on your way to or from school?

A. 0 days
B. 1 day
C. 2 or 3 days
D. 4 or 5 days
E. 6 or more days

The next 2 questions ask about vehicle safety.

32. During the past 30 days, how often did you use a seat belt when riding in a car or other motor vehicle driven by someone else?

A. I did not ride in a motor vehicle driven by someone else
B. Never
C. Rarely
D. Sometimes
E. Most of the time
F. Always

33. During the past 30 days, how often did you wear a helmet when riding a bicycle?

A. I did not ride a bicycle
B. Never
C. Rarely
D. Sometimes
E. Most of the time
F. Always
### The next 9 questions ask about your feelings and friendships.

34. During the past 12 months, how often have you felt lonely?
   - A. Never
   - B. Rarely
   - C. Sometimes
   - D. Most of the time
   - E. Always

35. During the past 12 months, how often have you been so worried about something that you could not sleep at night?
   - A. Never
   - B. Rarely
   - C. Sometimes
   - D. Most of the time
   - E. Always

36. During the past 12 months, how often have you been so worried about something that you wanted to use alcohol or other drugs to feel better?
   - A. Never
   - B. Rarely
   - C. Sometimes
   - D. Most of the time
   - E. Always

37. During the past 12 months, how often have you been so worried about something that you could not eat or did not feel hungry?
   - A. Never
   - B. Rarely
   - C. Sometimes
   - D. Most of the time
   - E. Always

38. During the past 12 months, did you ever **seriously** consider attempting suicide?
   - A. Yes
   - B. No

39. During the past 12 months, did you make a plan about how you would attempt suicide?
   - A. Yes
   - B. No

40. During the past 12 months, how many times did you actually attempt suicide?
   - A. 0 times
   - B. 1 time
   - C. 2 or 3 times
   - D. 4 or 5 times
   - E. 6 or more times

41. How many close friends do you have?
   - A. 0
   - B. 1
   - C. 2
   - D. 3 or more

42. During this school year, were you taught in any of your classes how to handle stress in healthy ways?
   - A. Yes
   - B. No
   - C. I do not know
The next 7 questions ask about cigarette and other tobacco use.

43. How old were you when you first tried a cigarette?
   A. I have never smoked cigarettes
   B. 7 years old or younger
   C. 8 or 9 years old
   D. 10 or 11 years old
   E. 12 or 13 years old
   F. 14 or 15 years old
   G. 16 or 17 years old
   H. 18 years old or older

44. During the past 30 days, on how many days did you smoke cigarettes?
   A. 0 days
   B. 1 or 2 days
   C. 3 to 5 days
   D. 6 to 9 days
   E. 10 to 19 days
   F. 20 to 29 days
   G. All 30 days

45. During the past 30 days, on how many days did you use any tobacco products other than cigarettes, such as cigars, baraku, or electronic cigarettes?
   A. 0 days
   B. 1 or 2 days
   C. 3 to 5 days
   D. 6 to 9 days
   E. 10 to 19 days
   F. 20 to 29 days
   G. All 30 days

46. During the past 12 months, have you ever tried to stop smoking cigarettes?
   A. I have never smoked cigarettes
   B. I did not smoke cigarettes during the past 12 months
   C. Yes
   D. No

47. During the past 7 days, on how many days have people smoked in your presence?
   A. 0 days
   B. 1 or 2 days
   C. 3 or 4 days
   D. 5 or 6 days
   E. All 7 days

48. Which of your parents or guardians use any form of tobacco?
   A. Neither
   B. My father or male guardian
   C. My mother or female guardian
   D. Both
   E. I do not know

49. If one of your best friends offered you a cigarette, would you smoke it?
   A. Definitely not
   B. Probably not
   C. Probably yes
   D. Definitely yes
The 8 questions ask about drinking alcohol. This includes drinking beer, wine, or satho. Drinking alcohol does not include drinking a few sips of wine for religious purposes. A “drink” is a glass of wine, a bottle of beer, a small glass of liquor, or a mixed drink.

50. How old were you when you had your first drink of alcohol other than a few sips?
   A. I have never had a drink of alcohol other than a few sips
   B. 7 years old or younger
   C. 8 or 9 years old
   D. 10 or 11 years old
   E. 12 or 13 years old
   F. 14 or 15 years old
   G. 16 or 17 years old
   H. 18 years old or older

51. During the past 30 days, on how many days did you have at least one drink containing alcohol?
   A. 0 days
   B. 1 or 2 days
   C. 3 to 5 days
   D. 6 to 9 days
   E. 10 to 19 days
   F. 20 to 29 days
   G. All 30 days

52. During the past 30 days, on the days you drank alcohol, how many drinks did you usually drink per day?
   A. I did not drink alcohol during the past 30 days
   B. Less than one drink
   C. 1 drink
   D. 2 drinks
   E. 3 drinks
   F. 4 drinks
   G. 5 or more drinks

53. During the past 30 days, how did you usually get the alcohol you drank? SELECT ONLY ONE RESPONSE.
   A. I did not drink alcohol during the past 30 days
   B. I bought it in a store, shop, or from a street vendor
   C. I gave someone else money to buy it for me
   D. I got it from my friends
   E. I got it from my family
   F. I stole it or got it without permission
   G. I got it some other way

Staggering when walking, not being able to speak right, and throwing up are some signs of being really drunk.

54. During your life, how many times did you drink so much alcohol that you were really drunk?
   A. 0 times
   B. 1 or 2 times
   C. 3 to 9 times
   D. 10 or more times

55. How old were you the first time you drank so much alcohol that you were really drunk?
   A. I have never drank so much alcohol that I was really drunk
   B. 7 years old or younger
   C. 8 or 9 years old
   D. 10 or 11 years old
   E. 12 or 13 years old
   F. 14 or 15 years old
   G. 16 or 17 years old
   H. 18 years old or older
56. During your life, how many times have you got into trouble with your family or friends, missed school, or got into fights, as a result of drinking alcohol?
   A. 0 times
   B. 1 or 2 times
   C. 3 to 9 times
   D. 10 or more times

57. During the past 30 days, how many times did you get into trouble with your family or friends, miss school, or get into fights as a result of drinking alcohol?
   A. 0 times
   B. 1 or 2 times
   C. 3 to 9 times
   D. 10 or more times

The next 5 questions ask about drug use. This includes using marijuana, amphetamines, cocaine, inhalants, and ecstasy.

58. How old were you when you first used drugs?
   A. I have never used drugs
   B. 7 years old or younger
   C. 8 or 9 years old
   D. 10 or 11 years old
   E. 12 or 13 years old
   F. 14 or 15 years old
   G. 16 or 17 years old
   H. 18 years old or older

59. During your life, how many times have you used marijuana (also called nua or Kuncha)?
   A. 0 times
   B. 1 or 2 times
   C. 3 to 9 times
   D. 10 to 19 times
   E. 20 or more times

60. During the past 30 days, how many times have you used marijuana (also called nua)?
   A. 0 times
   B. 1 or 2 times
   C. 3 to 9 times
   D. 10 to 19 times
   E. 20 or more times

61. During your life, how many times have you used amphetamines or methamphetamines (also called Ya-ba)?
   A. 0 times
   B. 1 or 2 times
   C. 3 to 9 times
   D. 10 to 19 times
   E. 20 or more times

62. During this school year, were you taught in any of your classes the problems associated with using drugs, such as Ya-ba or Kuncha?
   A. Yes
   B. No
   C. I do not know

The next 12 questions ask about sexual intercourse.

63. Have you ever had sexual intercourse?
   A. Yes
   B. No

64. How old were you when you had sexual intercourse for the first time?
   A. I have never had sexual intercourse
   B. 11 years old or younger
   C. 12 years old
   D. 13 years old
   E. 14 years old
   F. 15 years old
   G. 16 or 17 years old
   H. 18 year old or older
65. During your life, with how many people have you had sexual intercourse?

A. I have never had sexual intercourse
B. 1 person
C. 2 people
D. 3 people
E. 4 people
F. 5 people
G. 6 or more people

66. During the past 12 months, how many times did you have sexual intercourse?

A. 0 times
B. 1 time
C. 2 or 3 times
D. 4 to 9 times
E. 10 to 29 times
F. 30 or more times

67. The first time you had sexual intercourse, did you or your partner use a condom or raincoat?

A. I have never had sexual intercourse
B. Yes
C. No

68. The first time you had sexual intercourse, did you or your partner use any other method of birth control or protection, such as withdrawal, rhythm (safe time), birth control pills, or any other method to prevent pregnancy?

A. I have never had sexual intercourse
B. Yes
C. No

69. The last time you had sexual intercourse, did you or your partner use a condom or raincoat?

A. I have never had sexual intercourse
B. Yes
C. No

70. How often do you or your partner use a condom or raincoat when you have sexual intercourse?

A. I have never had sexual intercourse
B. Never
C. Rarely
D. Sometimes
E. Most of the time
F. Always

71. If you wanted to get a condom or raincoat, how would you most likely get it?

A. I would get it from a vending machine
B. I would get it in a store or shop or from a street vendor
C. I would get it from a pharmacy, clinic, or hospital
D. I would give someone else money to buy it for me
E. I would get it from friends
F. I would get it some other way
G. I do not know

72. The last time you had sexual intercourse, did you or your partner use any other method of birth control, such as withdrawal, rhythm (safe time), birth control pills, or any other method to prevent pregnancy?

A. I have never had sexual intercourse
B. Yes
C. No
D. I do not know
73. If you wanted to get birth control, how would you most likely get it?

A. I would get it from a vending machine
B. I would get it in a store or shop or from a street vendor
C. I would get it from a pharmacy, clinic, or hospital
D. I would give someone else money to buy it for me
E. I would borrow it from someone else
F. I would get it from friends
G. I would get it some other way
H. I do not know

74. During this school year, were you taught in any of your classes how to avoid HIV infection or AIDS?

A. Yes
B. No
C. I do not know

The next 4 questions ask about physical activity. Physical activity is any activity that increases your heart rate and makes you get out of breath some of the time. Physical activity can be done in sports, playing with friends, or walking to school. Some examples of physical activity are running, fast walking, biking, dancing, football, and aerobic exercise.

75. During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? ADD UP ALL THE TIME YOU SPENT IN ANY KIND OF PHYSICAL ACTIVITY EACH DAY.

A. 0 days
B. 1 day
C. 2 days
D. 3 days
E. 4 days
F. 5 days
G. 6 days
H. 7 days

76. During the past 7 days, on how many days did you do exercises to strengthen or tone your muscles, such as push-ups, sit-ups, or weight lifting?

A. 0 days
B. 1 day
C. 2 days
D. 3 days
E. 4 days
F. 5 days
G. 6 days
H. 7 days

77. During the past 7 days, on how many days did you walk or ride a bicycle to or from school?

A. 0 days
B. 1 day
C. 2 days
D. 3 days
E. 4 days
F. 5 days
G. 6 days
H. 7 days

78. During this school year, on how many days did you go to physical education (PE) class each week?

A. 0 days
B. 1 day
C. 2 days
D. 3 days
E. 4 days
F. 5 or more days
The next question asks about the time you spend mostly sitting when you are not in school or doing homework.

79. How much time do you spend during a typical or usual day sitting and watching television, playing computer games, talking with friends, or doing other sitting activities, such as working on social network?

A. Less than 1 hour per day  
B. 1 to 2 hours per day  
C. 3 to 4 hours per day  
D. 5 to 6 hours per day  
E. 7 to 8 hours per day  
F. More than 8 hours per day

The next question asks about your sleep.

80. On an average school night, how many hours of sleep do you get?

A. 4 or less hours  
B. 5 hours  
C. 6 hours  
D. 7 hours  
E. 8 hours  
F. 9 hours  
G. 10 or more hours

The next 9 questions ask about your experiences at school and at home.

81. During the past 30 days, on how many days did you miss classes or school without permission?

A. 0 days  
B. 1 or 2 days  
C. 3 to 5 days  
D. 6 to 9 days  
E. 10 or more days

82. During the past 30 days, how often were most of the students in your school kind and helpful?

A. Never  
B. Rarely  
C. Sometimes  
D. Most of the time  
E. Always

83. During the past 30 days, how often did your parents or guardians check to see if your homework was done?

A. Never  
B. Rarely  
C. Sometimes  
D. Most of the time  
E. Always

84. During the past 30 days, how often did your parents or guardians understand your problems and worries?

A. Never  
B. Rarely  
C. Sometimes  
D. Most of the time  
E. Always

85. During the past 30 days, how often did your parents or guardians really know what you were doing with your free time?

A. Never  
B. Rarely  
C. Sometimes  
D. Most of the time  
E. Always
86. During the past 30 days, how often did your parents or guardians go through your things without your approval?

A. Never  
B. Rarely  
C. Sometimes  
D. Most of the time  
E. Always  

87. During the past 30 days, how often did your parents or guardians support and encourage you?

A. Never  
B. Rarely  
C. Sometimes  
D. Most of the time  
E. Always  

88. During the past 30 days, how often did your parents or guardians show you affection?

A. Never  
B. Rarely  
C. Sometimes  
D. Most of the time  
E. Always  

89. During the past 30 days, how often did your parents or guardians unfairly compare you to someone else (such as to your brother or sister or to themselves)?

A. Never  
B. Rarely  
C. Sometimes  
D. Most of the time  
E. Always
แบบสอบถาม
การสำรวจภาวะสุขภาพนักเรียนในประเทศไทย พ.ศ. 2558

ความสำคัญ
1. เป็นการสำรวจภาวะสุขภาพของนักเรียนและปัจจัยต่างๆ ที่ส่งผลกระทบต่อสุขภาพ ข้อมูลที่ได้จะเป็นประโยชน์ในการพัฒนาโครงการเพื่อสุขภาพที่ดีขึ้นของเด็กและเยาวชนไทยในอนาคตต่อไป
2. เป็นการสำรวจภาวะสุขภาพของนักเรียนไทยและนักเรียนอีกหลายประเทศทั่วโลก

ค่าเฉลี่ย
1. การตอบแบบสอบถามนี้เป็นความสมัครใจของนักเรียน จึงไม่มีผลต่อการได้เกรดหรือคะแนนใดๆ หากไม่ต้องการตอบวิจัยข้อไหนข้อใด โปรดปล่อยไว้
2. ไม่ต้องขึ้นชื่อนักเรียนและชื่อโรงเรียนลงบนแบบสอบถามหรือแผ่นกระดาษคำตอบ คำตอบหรือข้อมูลต่างๆที่นักเรียนตอบ จะถูกเก็บไว้เป็นความลับ โดยไม่มีผู้ใดรู้ค่าตอบของนักเรียน
3. การตอบแบบสอบถามจะไม่ได้ผลต่อการพัฒนาโครงการเพื่อสุขภาพของเด็กและเยาวชนไทยในอนาคต

ตัวอย่าง ให้ระบายทึบลงในวงกลมเป็นลักษณะเช่นนี้ ไม่ใช่แบบนี้ 

1. ปลาอาศัยอยู่ในน้ำใช่ไหม
   A) ใช่
   B) ไม่ใช่

การตอบลงในแผ่นกระดาษคำตอบ

ให้ระบายทึบลงในวงกลมเป็นลักษณะเช่นนี้ ไม่ใช่

1. ปลาอาศัยอยู่ในน้ำใช่ไหม

ขอให้ระบายทึบลงในวงกลมเป็นลักษณะเช่นนี้ หรือ ไม่ใช่แบบนี้
1. นักเรียนอายุเท่าไร (นับอายุเต็มบริบูรณ์)
   A) 11 ปี หรือน้อยกว่า  B) 12 ปี
   C) 13 ปี  D) 14 ปี
   E) 15 ปี  F) 16 ปี
   G) 17 ปี  H) 18 ปี หรือมากกว่า

2. นักเรียนเพศอะไร
   A) ชาย  B) หญิง

3. ขณะนี้นักเรียนเรียนอยู่ชั้นอะไร
   A) มัธยมศึกษาปีที่ 1  B) มัธยมศึกษาปีที่ 2
   C) มัธยมศึกษาปีที่ 3  D) มัธยมศึกษาปีที่ 4
   E) มัธยมศึกษาปีที่ 5  F) มัธยมศึกษาปีที่ 6

คำถาม 3 ข้อต่อไปนี้ ถามเกี่ยวกับความสูงและน้ำหนัก รวมทั้งการหิวอาหารของนักเรียน

4. นักเรียนสูงเท่าไร เมื่อไม่ได้สวมรองเท้า

5. นักเรียนมีน้ำหนักเท่าไร เมื่อไม่ได้สวมรองเท้า

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ไม่ทราบ
6. ในระหว่าง 30 วันที่ผ่านมา นักเรียนหิวเพราะที่บ้านมีอาหารไม่เพียงพอ บ่อยแค่ไหน
   A) ไม่เคยเลย  B) นานๆ ครั้ง
   C) บางครั้ง  D) เป็นส่วนมาก
   E) เป็นประจำเสมอ

ค่าถาม 7 ข้อต่อไปนี้ ถามเกี่ยวกับอาหารที่นักเรียนรับประทาน และเครื่องดื่มที่นักเรียนดื่ม

7. ในระหว่าง 30 วันที่ผ่านมา โดยปกตินักเรียนรับประทานผลไม้ เช่น ส้ม สับปะรด เงาะ มะม่วง ละมุด จำนวนกี่ครั้งต่อวัน
   A) ไม่ได้รับประทานผลไม้เลย ในระหว่าง 30 วันที่ผ่านมา
   B) น้อยกว่า 1 ครั้งต่อวัน
   C) 1 ครั้งต่อวัน
   D) 2 ครั้งต่อวัน
   E) 3 ครั้งต่อวัน
   F) 4 ครั้งต่อวัน
   G) 5 ครั้งต่อวัน หรือมากกว่า

8. ในระหว่าง 30 วันที่ผ่านมา โดยปกตินักเรียนรับประทานผัก เช่น ผักกาด ผักบุ้ง ผักคะน้า แตงกวา กะหล่ำปลี จำนวนกี่ครั้งต่อวัน
   A) ไม่ได้รับประทานผักเลย ในระหว่าง 30 วันที่ผ่านมา
   B) น้อยกว่า 1 ครั้งต่อวัน
   C) 1 ครั้งต่อวัน
   D) 2 ครั้งต่อวัน
   E) 3 ครั้งต่อวัน
   F) 4 ครั้งต่อวัน
   G) 5 ครั้งต่อวัน หรือมากกว่า

9. ในระหว่าง 30 วันที่ผ่านมา โดยปกตินักเรียนรับประทานน้ำอัดลมกี่ครั้งต่อวัน
   A) ไม่เคยดื่มน้ำอัดลมเลย ในระหว่าง 30 วันที่ผ่านมา
   B) น้อยกว่า 1 ครั้งต่อวัน
   C) 1 ครั้งต่อวัน
   D) 2 ครั้งต่อวัน
   E) 3 ครั้งต่อวัน
   F) 4 ครั้งต่อวัน
   G) 5 ครั้งต่อวัน หรือมากกว่า

10. ในระหว่าง 7 วันที่ผ่านมา โดยปกตินักเรียนรับประทานอาหารจากร้านอาหารจานด่วน (เช่น ร้านขายแฮมเบอร์เกอร์)
    โรงอาหารของโรงเรียน ร้านขายอาหาร หรือตลาด จำนวนกี่ครั้งต่อวัน
       A) ไม่เคยเลย
       B) 1 วัน
       C) 2 วัน
       D) 3 วัน
       E) 4 วัน
       F) 5 วัน
       G) 6 วัน
       H) 7 วัน
11. ในระหว่าง 30 วันที่ผ่านมา นักเรียนดื่มนมหรือรับประทานผลิตภัณฑ์จากนม เช่น โยเกิร์ต หรือชีส ทั้งหมดอย่างน้อยเป็นครั้งต่อวัน
   A) ไม่ได้ดื่มนหรือรับประทานผลิตภัณฑ์จากนมเลย ในระหว่าง 30 วันที่ผ่านมา
   B) น้อยกว่า 1 ครั้งต่อวัน
   C) 1 ครั้งต่อวัน
   D) 2 ครั้งต่อวัน
   E) 3 ครั้งต่อวัน
   F) 4 ครั้งต่อวัน
   G) 5 ครั้งต่อวัน หรือมากกว่า

12. ในระหว่าง 30 วันที่ผ่านมา นักเรียนได้รับประทานอาหารเช้า บ่อยแค่ไหน
   A) ไม่เคย
   B) นานๆ ครั้ง
   C) บางครั้ง
   D) เป็นส่วนมาก
   E) เป็นประจำเสมอ

13. อะไรเป็นเหตุผลสําคัญที่ทำให้นักเรียนไม่รับประทานอาหารเช้า
   A) รับประทานอาหารเช้าเป็นประจำเสมอ
   B) ไม่มีเวลาสําหรับอาหารเช้า
   C) ไม่สามารถรับประทานในช่วงเช้าตูร์
   D) ไม่มีอาหารเตรียมไว้ในบ้าน
   E) เหตุผลอื่นบางประการ

คำถามข้อต่อไปนี้ถามเกี่ยวกับความรู้และทักษะเรื่องอาหารเพื่อสุขภาพ

14. ในช่วงปีการศึกษาที่นักเรียนได้รับการสอนในชั้นเรียนเรื่องประโยชน์ของการรับประทานอาหารเพื่อสุขภาพ หรือไม่
   A) สอน
   B) ไม่ได้สอน
   C) ไม่ทราบ

คำถาม 8 ข้อต่อไปนี้ถามเกี่ยวกับการทําความสะอาดฟัน การล้างมือของนักเรียน และห้องส้วมของโรงเรียน

15. ในระหว่าง 30 วันที่ผ่านมา โดยปกตินักเรียนทําความสะอาดฟันหรือแปรงฟัน จำนวนกี่ครั้งต่อวัน
   A) ไม่ได้ทําความสะอาดฟันหรือแปรงฟันเลย ในระหว่าง 30 วันที่ผ่านมา
   B) น้อยกว่า 1 ครั้งต่อวัน
   C) 1 ครั้งต่อวัน
   D) 2 ครั้งต่อวัน
   E) 3 ครั้งต่อวัน
   F) 4 ครั้งต่อวัน หรือมากกว่า

16. ในระหว่าง 12 เดือนที่ผ่านมา นักเรียนปวดฟันหรือรู้สึกไม่สบายเพราะฟันบ่อยแค่ไหน
   A) ไม่เคย
   B) นานๆ ครั้ง
   C) บางครั้ง
   D) ส่วนใหญ่
   E) เป็นประจำ
17. ในปีการศึกษา นักเรียนได้รับการสอนในชั้นเรียนเรื่องความสำคัญของการทำความสะอาดฟันและการแปรงฟันหรือไม่
   A) สอน 
   B) ไม่ได้สอน
   C) ไม่ทราบ

18. ในระยะเวลา 30 วันที่ผ่านมา นักเรียนได้รับการสอนเรื่องความสะอาดฟันหรือไม่
   A) ไม่สอน 
   B) นานๆครั้ง
   C) บางครั้ง 
   D) เป็นส่วนมาก
   E) เป็นประจันเสมอ

19. ในระยะเวลา 30 วันที่ผ่านมา นักเรียนได้รับการสอนเรื่องการใช้ล้างมือหรือไม่
   A) ไม่สอน 
   B) นานๆครั้ง
   C) บางครั้ง 
   D) เป็นส่วนมาก
   E) เป็นประจันเสมอ

20. ในระยะเวลา 30 วันที่ผ่านมา นักเรียนได้รับการสอนเรื่องการใช้สบู่หรือไม่
   A) ไม่สอน 
   B) นานๆครั้ง
   C) บางครั้ง 
   D) เป็นส่วนมาก
   E) เป็นประจันเสมอ

21. ในระยะเวลา 30 วันที่ผ่านมา นักเรียนได้รับการสอนเรื่องการใช้สบู่ในโรงเรียนหรือไม่
   A) ไม่สอน 
   B) นานๆครั้ง
   C) บางครั้ง 
   D) เป็นส่วนมาก
   E) เป็นประจันเสมอ

22. ห้องเรียนในโรงเรียนมีความสะอาดหรือไม่
   A) ไม่มีห้องเรียน 
   B) สะอาด
   C) ไม่สะอาด

ค่าถามข้อต่อไปนี้ ถามเกี่ยวกับการทำการร้ายร่างกาย

การทำการร้ายร่างกาย หมายถึง การที่บุคคลหนึ่งหรือมากกว่าทำการร้ายบุคคลอื่น โดยใช้อาวุธ (เช่น ไม้ มีด หรือปืน) หรือไม่ใช้อาวุธ กรณีนักเรียน 2 คน ที่แข็งแรงและมีกำลังที่ใกล้เคียงกัน เลือกที่จะต่อสู้กัน

23. ในระยะเวลา 12 เดือนที่ผ่านมา นักเรียนถูกทำการร้ายร่างกาย จำนวนกี่ครั้ง
   A) 0 ครั้ง 
   B) 1 ครั้ง
   C) 2 หรือ 3 ครั้ง 
   D) 4 หรือ 5 ครั้ง
   E) 6 หรือ 7 ครั้ง 
   F) 8 หรือ 9 ครั้ง
   G) 10 หรือ 11 ครั้ง 
   H) 12 ครั้งหรือมากกว่า
คำถามข้อต่อไปนี้ ถามเกี่ยวกับการต่อสู้ที่เกิดขึ้น เมื่อนักเรียน 2 คนหรือมากกว่า ที่มีความแข็งแรงหรือกำลังใกล้เคียงกัน เลือกที่จะต่อสู้กัน

24. ในระยะเวลา 12 เดือนที่ผ่านมา นักเรียนมีการต่อสู้กัน จำนวนกี่ครั้ง
   A) 0 ครั้ง
   B) 1 ครั้ง
   C) 2 หรือ 3 ครั้ง
   D) 4 หรือ 5 ครั้ง
   E) 6 หรือ 7 ครั้ง
   F) 8 หรือ 9 ครั้ง
   G) 10 หรือ 11 ครั้ง
   H) 12 ครั้งหรือมากกว่า

คำถาม 4 ข้อต่อไปนี้ ถามเกี่ยวกับการบาดเจ็บรุนแรงที่สุด ที่เกิดขึ้นกับนักเรียนในระยะเวลา 12 เดือนที่ผ่านมา การบาดเจ็บรุนแรงนี้ทำให้นักเรียนไม่สามารถทำกิจกรรมต่างๆ ตามปกติได้เป็นเวลาอย่างน้อย 1 วัน (เช่น ขาดโรงเรียน ขาดการซ้อมกีฬา หรือหยุดเรียน) หรือจำเป็นต้องได้รับการรักษาโดยแพทย์หรือผู้เชี่ยวชาญ

25. ในระยะเวลา 12 เดือนที่ผ่านมา นักเรียนได้รับการบาดเจ็บอย่างรุนแรง จำนวนกี่ครั้ง
   A) 0 ครั้ง
   B) 1 ครั้ง
   C) 2 หรือ 3 ครั้ง
   D) 4 หรือ 5 ครั้ง
   E) 6 หรือ 7 ครั้ง
   F) 8 หรือ 9 ครั้ง
   G) 10 หรือ 11 ครั้ง
   H) 12 ครั้งหรือมากกว่า

26. ในระยะเวลา 12 เดือนที่ผ่านมา การบาดเจ็บรุนแรงที่สุดที่เกิดขึ้นกับนักเรียน คืออะไร
   A) ไม่ได้รับบาดเจ็บรุนแรงในระยะเวลา 12 เดือนที่ผ่านมา
   B) กระดูกหัก หรือข้อเคลื่อนหลุด
   C) บาดแผลจากการถูกของมีคม แผลเจาะทะลุ หรือถูกแทง
   D) ได้รับการกระทบกระแทก หรือบาดเจ็บบริเวณศีรษะหรือคอ จนทำให้หมดสติหรือไม่สามารถหายใจได้
   E) บาดแผลจากการถูกปืนยิง
   F) บาดแผลจากการถูกความร้อนรุนแรง
   G) ได้รับสารพิษหรือกินยาเกินขนาด
   H) สาเหตุอื่นๆ
27. ในระหว่าง 12 เดือนที่ผ่านมา อะไรเป็นสาเหตุสําคัญของการบาดเจ็บที่รุนแรงที่สุดที่เกิดขึ้นกับนักเรียน

A) ไม่ได้เกิดการบาดเจ็บรุนแรง  ในระหว่าง 12 เดือนที่ผ่านมา
B) ประสบอุบัติเหตุจากการท่องยา หรือยาที่ไม่เหมาะสม
C) ขาดแคลน
D) มีสิ่งของตกใส่ หรือทราย/ปลาใส
E) อุกกาฬการ การท่องยา หรือต่างๆ ที่เกี่ยวกับ
F) ติดอยู่ในกองเพลิง อยู่ใกล้เปลวเพลิง หรือสิ่งของที่มีความร้อน
G) ซึมซับหรือกิน สิ่งที่เป็นอันตราย
H) สาเหตุอื่นๆ

28. ในระหว่าง 12 เดือนที่ผ่านมา การบาดเจ็บรุนแรงที่สุดที่เกิดขึ้นกับตัวนักเรียน เกิดขึ้นที่ใด

A) ไม่ได้เกิดการบาดเจ็บรุนแรง ในระหว่าง 12 เดือนที่ผ่านมา
B) ที่บ้าน
C) ที่โรงเรียน
D) ที่กำกับการ
E) ที่สนามเด็กเล่น หรือสนามกีฬา หรือโรงยิม
F) บริเวณถนนหรือบริเวณใกล้เคียง
G) ในสวน
H) สถานที่อื่นๆ

คำถาม 2 ข้อต่อไปนี้ ถามเกี่ยวกับการข่มเหงรังแก

การข่มเหงรังแก หมายถึง การที่นักเรียนคนหนึ่งหรือกลุ่มหนึ่ง พูดหรือกระทําสิ่งไม่ดีและไม่สมควรกับนักเรียนอืน รวมถึงการข่มขู่ถูกอธิบายอย่างมากในทางที่ไม่เหมาะสมหรือมีโทษให้ตัวเองจากกิจกรรมบางอย่าง (กรณีนักเรียน 2 คน ที่มีความแข็งแรงหรือก้าวล้มกีฬาเกินกัน โดยเห็นหรือต่อสู้กัน หรือหลอกลวงกันอย่างชัดเจนและเป็นมิตร ไม่ถือว่าเป็นการข่มเหงรังแก)

29. ในระหว่าง 30 วันที่ผ่านมา นักเรียนถูกข่มเหงรังแก จำนวนเท่าไร

A) 0 วัน  B) 1 หรือ 2 วัน
C) 3 - 5 วัน  D) 6 - 9 วัน
E) 10 - 19 วัน  F) 20 - 29 วัน
G) ตลอดทั้ง 30 วัน
30. ในระหว่าง 30 วันที่ผ่านมา นักเรียนถูกข่มเหงรังแกอย่างไรบ่อยที่สุด
   A) ไม่ได้ถูกข่มเหงรังแกใดๆ ในระหว่าง 30 วันที่ผ่านมา
   B) ถูกตี เตะ กระแทก ผลักไปมา หรือถูกจับขังไว้ภายในอาคาร
   C) ถูกล้อเลียน เพราะเชื้อชาติ สัญชาติ หรือสีผิว
   D) ถูกล้อเลียน เพราะศาสนาที่นับถือ
   E) ถูกล้อเลียนด้วยคำพูด ตลกหยาบคาย คำวิจารณ์ หรือกิริยาท่าทาง
   F) ถูกจงใจตัดออกจากกิจกรรมหรือถูกเมินเฉย
   G) ถูกล้อเลียน เพราะรูปร่าง หน้าตา
   H) ถูกล้อเลียนในลักษณะอื่นๆ

คำถามข้อต่อไปนี้ ถามเกี่ยวกับความรู้สึกปลอดภัยของนักเรียนในโรงเรียนหรือ ไป-กลับจากโรงเรียน

31. ในระหว่าง 30 วันที่ผ่านมา นักเรียนไม่ไปโรงเรียน เพราะรู้สึกว่าไม่ปลอดภัยในขณะอยู่ที่โรงเรียน หรือระหว่างทางไปหรือกลับจากโรงเรียน จำนวนกี่วัน
   A) 0 วัน
   B) 1 วัน
   C) 2 - 3 วัน
   D) 4 - 5 วัน
   E) 6 วันหรือมากกว่า

คำถาม 2 ข้อต่อไปนี้ ถามเกี่ยวกับความปลอดภัยขณะใช้ยานพาหนะ

32. ในระหว่าง 30 วันที่ผ่านมา ขณะใช้รถยนต์หรือยานพาหนะเดินทางที่มีผู้อื่นขับ นักเรียนใช้เข็มขัดนิรภัยบ่อยครั้งเพียงใด
   A) ไม่ได้เดินทางโดยรถยนต์หรือยานพาหนะที่ผู้อื่นขับ
   B) ไม่เคยใช้เข็มขัดนิรภัย
   C) นานๆครั้ง
   D) บางครั้ง
   E) เป็นส่วนมาก
   F) เป็นประจำเสมอ

33. ในระหว่าง 30 วันที่ผ่านมา นักเรียนสวมหมวกนิรภัยขณะขี่จักรยาน บ่อยครั้งเพียงใด
   A) ไม่ได้ขี่จักรยาน
   B) ไม่เคยสวมหมวกนิรภัยขณะขี่จักรยาน
   C) นานๆ ครั้ง
   D) บางครั้ง
   E) เป็นส่วนมาก
   F) เป็นประจำเสมอ
คำถาม 9 ข้อต่อไปนี้ ถามเกี่ยวกับความรู้สึกและมิตรภาพของนักเรียน

34. ในระหว่าง 12 เดือนที่ผ่านมา นักเรียนมีความรู้สึกถึงการโดดเดี่ยว บ่อยแค่ไหน
   A) ไม่เคยเลย  B) นานๆ ครั้ง
   C) บางครั้ง  D) เป็นส่วนมาก
   E) เป็นประจุาเสมอ

35. ในระหว่าง 12 เดือนที่ผ่านมา นักเรียนมีความวิตกกังวลเกี่ยวกับบางสิ่งบางอย่างจนทาให้นอนไม่หลับ ในเวลา
   กลางคืน บ่อยแค่ไหน
   A) ไม่เคยเลย  B) นานๆ ครั้ง
   C) บางครั้ง  D) เป็นส่วนมาก
   E) เป็นประจุาเสมอ

36. ในระหว่าง 12 เดือนที่ผ่านมา นักเรียนมีความวิตกกังวลเกี่ยวกับบางสิ่งบางอย่าง จนต้องการใช้เครื่องดื่มแอลกอฮอล์ หรือยาอื่นๆ เพื่อให้รู้สึกดีขึ้น บ่อยแค่ไหน
   A) ไม่เคยเลย  B) นานๆ ครั้ง
   C) บางครั้ง  D) เป็นส่วนมาก
   E) เป็นประจุาเสมอ

37. ในระหว่าง 12 เดือนที่ผ่านมา นักเรียนมีความวิตกกังวลเกี่ยวกับบางสิ่งบางอย่าง จนไม่รับประทานอาหาร หรือไม่รู้สึกหิว บ่อยแค่ไหน
   A) ไม่เคยเลย  B) นานๆ ครั้ง
   C) บางครั้ง  D) เป็นส่วนมาก
   E) เป็นประจุาเสมอ

38. ในระหว่าง 12 เดือนที่ผ่านมา นักเรียนเคยมีความคิดจริงจังในการพยายามฆ่าตัวตาย หรือไม่
   A) เคย  B) ไม่เคย

39. ในระหว่าง 12 เดือนที่ผ่านมา นักเรียนเคยวางแผนจะพยายามฆ่าตัวตาย หรือไม่
   A) เคย  B) ไม่เคย

40. ในระหว่าง 12 เดือนที่ผ่านมา นักเรียนพยายามฆ่าตัวตายกี่ครั้ง
   A) 0 ครั้ง  B) 1 ครั้ง
   C) 2 หรือ 3 ครั้ง  D) 4 หรือ 5 ครั้ง
   E) 6 ครั้ง หรือมากกว่านั้น

41. นักเรียนมีเพื่อนสนิทกี่คน
   A) 0 คน  B) 1 คน
   C) 2 คน  D) 3 คน หรือมากกว่า
42. ในปีการศึกษานี้ นักเรียนได้รับการสอนในชั้นเรียนเกี่ยวกับการจัดการความเครียดหรือการจัดการความโกรธหรือไม่
   A) ได้รับ
   B) ไม่ได้รับ
   C) ไม่ทราบ

คำถาม 7 ซึ่งต่อไปนี้ถามเกี่ยวกับการสูบบุหรี่และการใช้ยาสูบในรูปแบบอื่นๆ

43. นักเรียนเริ่มลองสูบบุหรี่ครั้งแรกอยู่ในวัยเท่าไหร่
   A) ไม่เคยสูบบุหรี่เลย
   B) อายุ 7 ปี หรือน้อยกว่า
   C) อายุ 8 หรือ 9 ปี
   D) อายุ 10 หรือ 11 ปี
   E) อายุ 12 หรือ 13 ปี
   F) อายุ 14 หรือ 15 ปี
   G) อายุ 16 ปี หรือ 17 ปี
   H) 18 ปี หรือมากกว่า

44. ในระยะเวลา 30 วันที่ผ่านมา นักเรียนสูบบุหรี่ จานวนกี่วัน
   A) 0 วัน
   B) 1 หรือ 2 วัน
   C) 3 – 5 วัน
   D) 6 – 9 วัน
   E) 10 – 19 วัน
   F) 20 – 29 วัน
   G) ตลอดทั้ง 30 วัน

45. ในระยะเวลา 30 วันที่ผ่านมา นักเรียนใช้ยาสูบแบบอื่น เช่น ยาเส้น บารากุ หรือบุหรี่ไฟฟ้า จานวนกี่วัน
   A) 0 วัน
   B) 1 หรือ 2 วัน
   C) 3 – 5 วัน
   D) 6 – 9 วัน
   E) 10 – 19 วัน
   F) 20 – 29 วัน
   G) ตลอดทั้ง 30 วัน

46. ในระยะเวลา 12 เดือนที่ผ่านมา นักเรียนเคยพยายามเลิกสูบบุหรี่หรือไม่
   A) ไม่เคยสูบบุหรี่เลย
   B) ไม่เคยเลิกสูบบุหรี่ ในระยะ 12 เดือนที่ผ่านมา
   C) เคยพยายามเลิกสูบบุหรี่
   D) ไม่เคยพยายามเลิกสูบบุหรี่

47. ในระยะเวลา 7 วันที่ผ่านมา มีคนสูบบุหรี่อยู่ในสถานที่เดียวกันกับนักเรียน จานวนกี่วัน
   A) 0 วัน
   B) 1 หรือ 2 วัน
   C) 3 หรือ 4 วัน
   D) 5 หรือ 6 วัน
   E) ตลอดทั้ง 7 วัน
48. พ่อ แม่ หรือผู้ปกครองที่ใช้ยาสูบรูปแบบอื่น เช่น ยาเส้น ยาเส้น ฯลฯ มีใครบ้าง
   A) ไม่มีใครเลย  B) พ่อ หรือผู้ปกครองเพศชาย
   C) แม่ หรือผู้ปกครองเพศหญิง  D) ทั้งข้อ B และ C
   E) ไม่ทราบ

49. ถ้าเพื่อนสนิทของนักเรียนยื่นบุหรี่ให้นักเรียน นักเรียนจะสูบหรือไม่
   A) ไม่สูบแน่นอน  B) อาจจะไม่สูบ
   C) อาจจะสูบ  D) สูบแน่นอน
   E) ไม่ทราบ

คำถาม 8 ข้อต่อไปนี้ ถามเกี่ยวกับการสูบเครื่องดื่มแอลกอฮอล์ รวมถึงเหล้า สาโท เบียร์ ไวน์ บรั่นดี น้ำตาลเมา สาโท ฯลฯ โดยไม่รวมถึงการจิบเพียงเล็กน้อยสำหรับวัตถุประสงค์ทางศาสนา

50. นักเรียนเริ่มดื่มเครื่องดื่มแอลกอฮอล์ครั้งแรกเมื่ออายุเท่าไหร่ (นอกจากจิบเพียงเล็กน้อย)
   A) ไม่เคยดื่มเครื่องดื่มแอลกอฮอล์เลย  B) อายุ 7 ปี หรือน้อยกว่า
   C) อายุ 8 หรือ 9 ปี  D) อายุ 10 หรือ 11 ปี
   E) อายุ 12 หรือ 13 ปี  F) อายุ 14 หรือ 15 ปี
   G) อายุ 16 หรือ 17 ปี  H) อายุ 18 ปี หรือมากกว่า

51. ในระยะเวลา 30 วันที่ผ่านมา นักเรียนดื่มเครื่องดื่มแอลกอฮอล์อย่างน้อย 1 แก้ว จำนวนกี่วัน
   A) 0 วัน  B) 1 หรือ 2 วัน
   C) 3 – 5 วัน  D) 6 – 9 วัน
   E) 10 – 19 วัน  F) 20 – 29 วัน
   G) ตลอดทั้ง 30 วัน

52. ในระยะเวลา 30 วันที่ผ่านมา ในวันที่นักเรียนดื่มเครื่องดื่มแอลกอฮอล์ นักเรียนดื่มจานวนกี่แก้ว
   A) ไม่ได้ดื่มเครื่องดื่มแอลกอฮอล์ในระยะเวลา 30 วันที่ผ่านมา
   B) 1 แก้ว  C) 1 แก้ว
   D) 2 แก้ว  E) 3 แก้ว
   F) 4 แก้ว  G) 5 แก้ว หรือมากกว่า

53. ในระยะเวลา 30 วันที่ผ่านมา นักเรียนหาเครื่องดื่มแอลกอฮอล์มาโดยวิธีใด
   (เลือกเพียง 1 คำตอบเท่านั้น)
   A) ไม่ได้ดื่มเครื่องดื่มแอลกอฮอล์ในระยะเวลา 30 วันที่ผ่านมา
   B) ซื้อมาจากห้าง ร้านค้า หรือแผงลอยริมถนน
   C) ฝากเงินให้คนอื่นซื้อมาให้  D) ได้มาจากเพื่อน
   E) ได้มาจากทางบ้าน  F) ขโมยมา
   G) ได้มาจากเว็บอื่น
54. ในชีวิตของนักเรียน ได้ดื่มเครื่องดื่มแอลกอฮอล์จานวนมากจนมีอาการเมาค้าง จานวนกี่ครั้ง
   A) 0 ครั้ง
   B) 1 หรือ 2 ครั้ง
   C) 3 - 9 ครั้ง
   D) 10 ครั้ง หรือมากกว่า

55. ครั้งแรกที่นักเรียนดื่มเครื่องดื่มแอลกอฮอล์จนมีอาการเมาค้าง นักเรียนมีอายุเท่าไหร่
   A) ไม่เคยดื่ม
   B) 7 ปี หรือน้อยกว่า
   C) 8 หรือ 9 ปี
   D) 10 หรือ 11 ปี
   E) 12 หรือ 13 ปี
   F) 14 หรือ 15 ปี
   G) 16 หรือ 17 ปี
   H) 18 ปี หรือมากกว่า

56. ในชีวิตของนักเรียน เคยมีอาการเมาค้างเรื่อก็ที่เป็นผลมาจากการดื่มเครื่องดื่มแอลกอฮอล์ จานวนกี่ครั้ง
   A) 0 ครั้ง
   B) 1 หรือ 2 ครั้ง
   C) 3 - 9 ครั้ง
   D) 10 ครั้ง หรือมากกว่า

57. ในระยะเวลา 30 วันที่ผ่านมา นักเรียนเคยมีอาการเมาค้างเรื่อก็ที่เป็นผลมาจากการดื่มเครื่องดื่มแอลกอฮอล์ จานวนกี่ครั้ง
   A) 0 ครั้ง
   B) 1 หรือ 2 ครั้ง
   C) 3 - 9 ครั้ง
   D) 10 ครั้ง หรือมากกว่า

คำถาม 5 ข้อต่อไปนี้ ถามเกี่ยวกับการใช้ยา รวมทั้งการใช้กัญชา แอมเฟตามีน โคเคน สารระเหย และยาอี

58. นักเรียนได้ใช้ยา/สารเสพติดกี่ครั้ง
   A) ไม่เคยใช้ยา/สารเสพติด
   B) อายุ 7 ปี หรือน้อยกว่า
   C) อายุ 8 หรือ 9 ปี
   D) อายุ 10 หรือ 11 ปี
   E) อายุ 12 หรือ 13 ปี
   F) อายุ 14 หรือ 15 ปี
   G) อายุ 16 หรือ 17 ปี
   H) อายุ 18 ปี หรือมากกว่า

59. ในชีวิตของนักเรียน เคยใช้กัญชา (เนื้อ) กี่ครั้ง
   A) 0 ครั้ง
   B) 1 หรือ 2 ครั้ง
   C) 3 - 9 ครั้ง
   D) 10 - 19 ครั้ง
   E) 20 ครั้ง หรือมากกว่า
60. ในระหว่าง 30 วันที่ผ่านมา นักเรียนใช้กัญชา (เนื้อ) กี่ครั้ง
   A) 0 ครั้ง  B) 1 หรือ 2 ครั้ง  
   C) 3 - 9 ครั้ง  D) 10 - 19 ครั้ง 
   E) 20 ครั้ง หรือมากกว่า

61. ในชีวิตของนักเรียน เคยใช้แอมเฟตามีน หรือเมทแอมเฟตามีน (ยาบ้า) กี่ครั้ง
   A) 0 ครั้ง  B) 1 หรือ 2 ครั้ง 
   C) 3 - 9 ครั้ง  D) 10 - 19 ครั้ง 
   E) 20 ครั้ง หรือมากกว่า

62. ในปีการศึกษาที่ผ่านมา นักเรียนได้รับการสอนเรื่องปัญหาที่เกี่ยวข้องกับการใช้ยา/สารเสพติด เช่น ยาบ้า, ยานรก หรือไม่
   A) สอน  B) ไม่ได้สอน 
   C) ไม่ทราบ

คุณสมบัติ 12 ข้อต่อไปนี้ ถามเกี่ยวกับการมีเพศสัมพันธ์

63. นักเรียนเคยมีเพศสัมพันธ์หรือไม่
   A) เคย  B) ไม่เคย

64. นักเรียนมีเพศสัมพันธ์ครั้งแรกอายุเท่าไหร่
   A) ไม่เคยมีเพศสัมพันธ์ 
   B) 11 ปี หรือน้อยกว่านั้น  C) 12 ปี 
   D) 13 ปี  E) 14 ปี 
   F) 15 ปี  G) 16 ปี หรือ 17 ปี 
   H) 18 ปี หรือมากกว่า

65. ในชีวิตของนักเรียน เคยมีเพศสัมพันธ์ จำนวนทั้งสิ้นกี่คน
   A) ไม่เคยมีเพศสัมพันธ์ 
   B) 1 คน  C) 2 คน  
   D) 3 คน  E) 4 คน  
   F) 5 คน  G) 6 คน หรือมากกว่า

66. ในระยะเวลา 12 เดือนที่ผ่านมา นักเรียนมีเพศสัมพันธ์กี่ครั้ง
   A) 0 ครั้ง  B) 1 ครั้ง 
   C) 2 หรือ 3 ครั้ง  D) 4 - 9 ครั้ง 
   E) 10 - 29 ครั้ง  F) 30 ครั้งหรือมากกว่านั้น
67. ครั้งแรกของการมีเพศสัมพันธ์ นักเรียนหรือคู่ของนักเรียนใช้ถุงยางอนามัย (เสื้อกันฝน) หรือไม่
   A) ไม่เคยมีเพศสัมพันธ์  
   B) ใช้  C) ไม่ใช้  

68. ครั้งแรกของการมีเพศสัมพันธ์ นักเรียนหรือคู่ของนักเรียนใช้วิธีการคุมกำเนิดอื่น เช่น การหลั่งภายนอก การนับระยะปลอดภัย (ช่วงเวลาปลอดภัย) ยาเม็ดคุมกำเนิด ฯลฯ หรือไม่
   A) ไม่เคยมีเพศสัมพันธ์  
   B) ใช้  C) ไม่ใช้  

69. ครั้งล่าสุดของการมีเพศสัมพันธ์ นักเรียนหรือคู่ของนักเรียนใช้ถุงยางอนามัย(เสื้อกันฝน)หรือไม่
   A) ไม่เคยมีเพศสัมพันธ์  
   B) ใช้  C) ไม่ใช้  

70. เมื่อมีเพศสัมพันธ์ นักเรียนหรือคู่ของนักเรียนใช้ถุงยางอนามัย(เสื้อกันฝน) บ่อยแค่ไหน
   A) ไม่เคยมีเพศสัมพันธ์  
   B) ไม่เคยใช้เลย  C) นานๆ ครั้ง  D) บางครั้ง  E) เป็นส่วนมาก  
   F) เป็นประจำเสมอ  

71. ถ้านักเรียนต้องการใช้ถุงยางอนามัย(เสื้อกันฝน) ส่วนใหญ่นักเรียนได้มาอย่างไร
   A) ได้มาจากเครื่องจักรที่มีเครื่องจำหน่ายแบบหยอดเหรียญ  
   B) ได้มาจาก ห้างสรรพสินค้า ร้านค้า หรือร้านขายของริมถนน  
   C) ได้มาจากร้านขายยา คลินิก หรือโรงพยาบาล  
   D) ฝากเงินให้ผู้อื่นซื้อมาให้  
   E) ได้มาจากเพื่อน  
   F) ได้มาจากวิธีการอื่นๆ  
   G) ไม่ทราบ  

72. เมื่อมีเพศสัมพันธ์ครั้งสุดท้าย นักเรียนหรือคู่ของนักเรียนใช้วิธีการคุมกำเนิดอื่น เช่น การหลั่งภายนอก การนับระยะปลอดภัย (ช่วงเวลาปลอดภัย) ยาเม็ดคุมกำเนิด ฯลฯ หรือไม่
   A) ไม่เคยมีเพศสัมพันธ์  
   B) ใช้  C) ไม่ใช้  
   D) ไม่ทราบ
73. ถ้านักเรียนต้องการคุมกำเนิด ส่วนใหญ่นักเรียนได้มาอย่างไร
   A) ได้มาจากเครื่องจำหน่ายแบบหยอดเหรียญ
   B) ได้มาจากห้างสรรพสินค้า ร้านค้า หรือร้านขายของริมถนน
   C) ได้มาจากร้านขายยา คลินิก หรือโรงพยาบาล
   D) ฝากเงินให้ผู้อื่นช่วยซื้อมาให้
   E) ขอยืมจากผู้อื่น
   F) ได้มาจากเพื่อน
   G) ได้มาโดยวิธีการอื่น ๆ
   H) ไม่ทราบ

74. ในช่วงปีการศึกษา นักเรียนได้รับการสอนในชั้นเรียนเรื่องวิธีการหลีกเลี่ยงการติดเชื้อเอชไอวีหรือเอดส์ หรือไม่
   A) สอน
   B) ไม่ได้สอน
   C) ไม่ทราบ

คําถาม 4 ข้อต่อไปนี้ ถามเกี่ยวกับกิจกรรมการออกกำลังกาย
กิจกรรมการออกกำลังกาย หมายถึง กิจกรรมใด ๆ ที่เพิ่มอัตราการเต้นของหัวใจและทำให้นักเรียนหายใจไม่ทันบ่อยครั้ง กิจกรรมการออกกำลังกายสามารถกระทําได้โดยการเล่นกีฬา การเล่นกับเพื่อน หรือการเดินทางไปโรงเรียน ตัวอย่างของกิจกรรมการออกกำลังกาย คือ การวิ่ง การเดินเร็ว ๆ การเฉลี่ยจากการเดิน การวิ่ง หรือการเล่นแอโรบิก ให้นักเรียนรวบรวมเวลาที่นักเรียนใช้ในการเล่นกีฬาในแต่ละวัน

75. ในระยะเวลา 7 วันที่ผ่านมา นักเรียนทำกิจกรรมการออกกำลังกาย ที่รวมแล้วไม่น้อยกว่าวันละ 60 นาที จำนวนวันเท่าไหร่
   A) 0 วัน
   B) 1 วัน
   C) 2 วัน
   D) 3 วัน
   E) 4 วัน
   F) 5 วัน
   G) 6 วัน
   H) 7 วัน
76. ในระหว่าง 7 วันที่ผ่านมา นักเรียนออกกำลังกายเพื่อให้กล้ามเนื้อแข็งแรง เช่น วิดพื้น ลุก-นั่ง หรือยกน้ำหนัก จำนวนกี่วัน
   A) 0 วัน  
   B) 1 วัน
   C) 2 วัน  
   D) 3 วัน
   E) 4 วัน  
   F) 5 วัน
   G) 6 วัน  
   H) 7 วัน

77. ในระหว่าง 7 วันที่ผ่านมา นักเรียนเดินหรือขี่จักรยานไปหรือกลับจากโรงเรียน จำนวนกี่วัน
   A) 0 วัน  
   B) 1 วัน
   C) 2 วัน  
   D) 3 วัน
   E) 4 วัน  
   F) 5 วัน
   G) 6 วัน  
   H) 7 วัน

78. ในช่วงปีการศึกษา นักเรียนเข้าชั้นเรียนพลศึกษา เกี่ยวกี่วันต่อสัปดาห์
   A) 0 วัน  
   B) 1 วัน
   C) 2 วัน  
   D) 3 วัน
   E) 4 วัน  
   F) 5 วันหรือมากกว่านั้น

คำถามข้อต่อไปนี้ถามเกี่ยวกับเวลาที่นักเรียนใช้ในการนั่งดูโทรทัศน์ นั่งเล่นเกมคอมพิวเตอร์ นั่งทำงานโดยใช้โซเชี่ยลเน็ตเวิร์ค นั่งคุยกับเพื่อน นั่งอ่านหนังสือ หรือนั่งคุยโทรศัพท์ ฯลฯ นักเรียนใช้เวลาเท่าไร

79. โดยปกติในแต่ละวันในการดูโทรทัศน์ นั่งเล่นเกมคอมพิวเตอร์ นั่งทำงานโดยใช้โซเชี่ยลเน็ตเวิร์ค นั่งคุยกับเพื่อน นั่งอ่านหนังสือ หรือนั่งคุยโทรศัพท์ ฯลฯ นักเรียนใช้เวลาเท่าไร
   A) น้อยกว่า 1 ชั่วโมง ต่อวัน  
   B) 1-2 ชั่วโมง ต่อวัน
   C) 3-4 ชั่วโมง ต่อวัน  
   D) 5-6 ชั่วโมง ต่อวัน
   E) 7-8 ชั่วโมง ต่อวัน  
   F) มากกว่า 8 ชั่วโมง ต่อวัน

คำถามข้อต่อไปนี้ถามเกี่ยวกับการนอนหลับ

80. ในเวลาที่ไปโรงเรียน นักเรียนนอนกี่ชั่วโมงต่อวัน
   A) 4 ชั่วโมง หรือน้อยกว่า  
   B) 5 ชั่วโมง
   C) 6 ชั่วโมง  
   D) 7 ชั่วโมง
   E) 8 ชั่วโมง  
   F) 9 ชั่วโมง
   H) 10 ชั่วโมง หรือมากกว่านั้น
คำถาม 9 ข้อต่อไปนี้ ถามเกี่ยวกับประสบการณ์ที่โรงเรียนและที่บ้านของนักเรียน

81. ในระหว่าง 30 วันที่ผ่านมา นักเรียนไม่ได้เข้าเรียนหรือไม่ได้ไปโรงเรียนโดยไม่ได้รับอนุญาต จำนวนกี่วัน
   A) 0 วัน  B) 1 หรือ 2 วัน  C) 3 – 5 วัน  D) 6 – 9 วัน  E) 10 วัน หรือมากกว่า

82. ในระหว่าง 30 วันที่ผ่านมา นักเรียนส่วนใหญ่ในโรงเรียนมีจิตใจโอ่งอิ่ม อาร์ และช่วยเหลือประโยชน์ของส่วนรวม บ่อยแค่ไหน
   A) ไม่เคยเลย  B) นานๆ ครั้ง  C) บางครั้ง  D) เป็นส่วนมาก  E) เป็นประจําเสมอ

83. ในระหว่าง 30 วันที่ผ่านมา พ่อแม่ หรือผู้ปกครองของนักเรียนได้ตรวจดูว่า นักเรียนทำเวลาเรียนบ่อยแค่ไหน
   A) ไม่เคยเลย  B) นานๆ ครั้ง  C) บางครั้ง  D) เป็นส่วนมาก  E) เป็นประจําเสมอ

84. ในระหว่าง 30 วันที่ผ่านมา พ่อแม่ หรือผู้ปกครองของนักเรียนเข้าใจปัญหาและความวิตกกังวลใจของนักเรียนบ่อยแค่ไหน
   A) ไม่เคยเลย  B) นานๆ ครั้ง  C) บางครั้ง  D) เป็นส่วนมาก  E) เป็นประจําเสมอ

85. ในระหว่าง 30 วันที่ผ่านมา พ่อแม่ หรือผู้ปกครองของนักเรียนรู้จริงว่า นักเรียนทำอะไรในเวลาว่างบ่อยแค่ไหน
   A) ไม่เคยเลย  B) นานๆ ครั้ง  C) บางครั้ง  D) เป็นส่วนมาก  E) เป็นประจําเสมอ

86. ในระหว่าง 30 วันที่ผ่านมา พ่อแม่ หรือผู้ปกครองของนักเรียนตรวจสอบสิ่งของของนักเรียนโดยไม่ได้รับอนุญาต บ่อยแค่ไหน
   A) ไม่เคยเลย  B) นานๆ ครั้ง  C) บางครั้ง  D) เป็นส่วนมาก  E) เป็นประจําเสมอ
87. ในระหว่าง 30 วันที่ผ่านมา พ่อ แม่ หรือผู้ปกครองของนักเรียนสนับสนุนและให้กำลังใจแก่นักเรียนบ่อยแค่ไหน
   A) ไม่เคยเลย
   B) นานๆ ครั้ง
   C) บางครั้ง
   D) เป็นส่วนมาก
   E) เป็นประจำเสมอ

88. ในระหว่าง 30 วันที่ผ่านมา พ่อ แม่ หรือผู้ปกครองของนักเรียนแสดงความรักต่อนักเรียนบ่อยแค่ไหน
   A) ไม่เคยเลย
   B) นานๆ ครั้ง
   C) บางครั้ง
   D) เป็นส่วนมาก
   E) เป็นประจำเสมอ

89. ในระหว่าง 30 วันที่ผ่านมา พ่อ แม่ หรือผู้ปกครองของนักเรียนมีการเปรียบเทียบระหว่างนักเรียนและบุคคลอื่นอย่างไม่เป็นธรรม (เช่น เปรียบเทียบระหว่างตัวนักเรียนกับพี่ชาย น้องชาย พี่สาว น้องสาว หรือเปรียบเทียบตัวนักเรียนกับตัว พ่อ แม่ ผู้ปกครองเอง) บ่อยแค่ไหน
   A) ไม่เคยเลย
   B) นานๆ ครั้ง
   C) บางครั้ง
   D) เป็นส่วนมาก
   E) เป็นประจำเสมอ
**Annex 3: List of Steering Committee Global School-based Student Health Survey (GSHS) in Thailand, 2015**

1. Dr. Suwannachai Wattanayingcharoenchai  
   Deputy Permanent Secretary, Ministry of Public Health
2. Dr. Wachira Pengjuntr  
   Director-General, Department of Health
3. Deputy Secretary-General  
   Office of the Basic Education Commission
4. Deputy Secretary-General  
   Office of the Private Education Commission
5. Dr. Nuttaporn Wongsuttipakorn  
   Deputy Director-General, Department of Health
6. Dr. Narong Saiwongse  
   Deputy Director-General, Department of Health
7. Dr. Sutha Jienmaneechootchait  
   Deputy Director-General, Department of Health
8. Mr. Pisanu Sanprasert  
   Deputy Director-General, Department of Health
9. Deputy Director-General  
   Department of Disease Control
10. Deputy Director-General  
    Department of Mental Health
11. Deputy Director-General  
    Department of Health Service Support
12. Deputy Secretary-General  
    Food and Drug Administration
13. Deputy Director-General  
    Department of Local Administration, Ministry of Interior
14. Deputy Director-General  
    Department of Education, Bangkok Metropolitan Administration
15. Dr. Suthatip Empremsilapa  
    Department of Pediatrics, Faculty of Medicine, Ramathibodi Hospital
16. Director of Bureau of AIDS, TB and STIs  
    Department of Disease Control
17. Director of Bureau of NCDs  
    Department of Disease Control
18. Director of Bureau of Tobacco Control  
    Department of Disease Control
19. Director of Office of Alcohol Control Committee  
    Department of Disease Control
20. Director of Bureau of Mental Health  
    Department of Mental Health
21. Director of Child and Adolescent Mental Health  
    Rajanagarindra Institute, Department of Mental Health
22. Director of Division of Physical Activity and Health  
    Department of Health
23. Director of Bureau of Reproductive Health  
    Department of Health
24. Director of Bureau of Nutrition  
    Department of Health
25. Director of Bureau of Dental Health  
    Department of Health
26. Director of Bureau of Food and Water Sanitation  
    Department of Health
27. Dr. Danai Theewanda  
    Director, Bureau of Health Promotion, Department of Health
28. Dr. Kitti Larpsombatsiri  
    Bureau of Health Promotion, Department of Health
29. Ms. Sasiwimol Pujchakarn  
    Bureau of Health Promotion, Department of Health
30. Ms. Chanakarn Danvanakijcharoen  
    Bureau of Health Promotion, Department of Health
Annex 4: List of Report working group Global School- based Student Health Survey (GSHS) in Thailand, 2015

Advisor
Dr. Wachira Pengjuntr Director-General, Department of Health

Working group
1. Dr. Nuttaporn Wongsuttipakorn Deputy Director-General, Department of Health
2. Dr. Chaiporn Promsingh Medical Physician, Advisory Level (Health Promotion Department of Health)
3. Dr. Prawate Tantipiwatanaskul Current position Senior advisor, Department of Mental Health
4. Asst. Prof. Jutatip Sillabutra Faculty of Public Health, Mahidol University
5. Dr. Napaphan Viriyautsahakul Director Bureau of Nutrition, Department of Health
6. Dr. Kittipong Sae-Jeng Director Bureau of Reproductive Health, Department of Health
7. Director of Bureau of Dental Health Department of Health
8. Director of Division of Physical Activity and Health Department of Health
9. Director of Health Education Division Department of Health Service Support
10. Representative Department of Mental Health
11. Representative Department of Disease Control
12. Dr. Danai Theewanda Director of Bureau of Health Promotion, Department of Health
13. Dr. Kitti Larpsombatsiri Bureau of Health Promotion, Department of Health
14. Ms. Chanakarn Danvanakijcharoen Bureau of Health Promotion, Department of Health
15. Ms. Ornuma Poksombut Bureau of Health Promotion, Department of Health
16. Ms. Fareeda Mohsani Bureau of Health Promotion, Department of Health
17. Mr. Nae Phuprasom Bureau of Health Promotion, Department of Health
Annex 5: Factsheet

THAILAND

GSHS 2015 Global School-based Student Health Survey

2015 Global School-based Students Health Survey (GSHS) is a nationally representative school-based survey of students in grade 7-12, among the students of the age of 13-17 years. GSHS uses a two-stage sample design with schools selected proportional to enrolment size. The class rooms within selected schools are chosen randomly and all students in selected classes are invited to participate in the survey.

The survey topics included dietary behaviour, hygiene, violence and unintentional injury, mental health, the use of tobacco, alcohol and drugs, sexual behaviour, physical activity and protective factors. The questionnaire is self-administered; using scannable-based bubble sheets. It is anonymous to ensure confidentiality. 2015 GSHS was conducted in 2013 by the Department of Health, Ministry of Public Health and concerned authorities.

<table>
<thead>
<tr>
<th>Demographic details</th>
<th>Total (%)</th>
<th>Male student (%)</th>
<th>Female student (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overall response rate</td>
<td>89%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Students participated</td>
<td>5,894</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Age group considered (years)</td>
<td>13-17</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Male</td>
<td>47.1%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Female</td>
<td>52.9%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>grade 7</td>
<td>20.5%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>grade 8</td>
<td>20.8%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>grade 9</td>
<td>20.4%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>grade 10</td>
<td>12.4%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>grade 11</td>
<td>13.0%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>grade 12</td>
<td>12.8%</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Survey results from students between the ages of 13-17 years

<table>
<thead>
<tr>
<th>Nutritional status and dietary behaviour</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overweight (&gt;+1 SD from median for BMI by age and sex)</td>
</tr>
<tr>
<td>Obese (+2 SD from median for BMI by age and sex)</td>
</tr>
<tr>
<td>Regularly had fruit 2 or more times a day during the 30 days before the survey</td>
</tr>
<tr>
<td>Regularly ate vegetables 3 or more times a day during the 30 days before the survey</td>
</tr>
<tr>
<td>Regularly drank carbonated soft drinks one or more times a day during the 30 days before the survey</td>
</tr>
<tr>
<td>Ate at fast food restaurants (hamburger shops, school canteens or local markets) for 3 or more days during the 7 days before the survey</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Hygiene</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normally cleaned or brushed their teeth one or more times a day during the 30 days before the survey</td>
</tr>
<tr>
<td>Never or rarely washed their hands before eating during the 30 days before the survey</td>
</tr>
<tr>
<td>Never or rarely washed their hands after using the toilet or latrine during the 30 days before the survey</td>
</tr>
<tr>
<td>Never or rarely used soap when washing their hands during the 30 days before the survey</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Violence and unintentional injury</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physically attacked one or more times during the 12 months before the survey</td>
</tr>
<tr>
<td>Involved in a physical fight one or more times during the 12 months before the survey</td>
</tr>
<tr>
<td>Among students seriously injured during the 12 months before the survey, those whose most serious injury was a result of a motorized vehicle accident or being hit by a motorized vehicle</td>
</tr>
<tr>
<td>Bullied on one or more days during the 30 days before the survey</td>
</tr>
</tbody>
</table>
### Mental health

<table>
<thead>
<tr>
<th>Description</th>
<th>Total (%)</th>
<th>Male student (%)</th>
<th>Female student (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mostly or always felt lonely during the 12 months before the survey</td>
<td>9.7</td>
<td>10.7</td>
<td>8.9</td>
</tr>
<tr>
<td>Had no close friends</td>
<td>6.6</td>
<td>8.1</td>
<td>5.2</td>
</tr>
<tr>
<td>Seriously considered attempting suicide during the 12 months before the survey</td>
<td>12.2</td>
<td>12.6</td>
<td>12.0</td>
</tr>
<tr>
<td>Actually attempted suicide one or more times during the 12 months before the survey</td>
<td>13.0</td>
<td>14.4</td>
<td>11.7</td>
</tr>
</tbody>
</table>

### Tobacco use

<table>
<thead>
<tr>
<th>Description</th>
<th>Total (%)</th>
<th>Male student (%)</th>
<th>Female student (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Students who smoked cigarettes on one or more days during the 30 days before the survey</td>
<td>10.4</td>
<td>17.2</td>
<td>4.4</td>
</tr>
<tr>
<td>Of the students who ever smoked cigarettes, those who had their first cigarette before they were 14 years old</td>
<td>70.6</td>
<td>73.2</td>
<td>62.6</td>
</tr>
<tr>
<td>Of the students who smoked cigarettes during the 12 months before the survey, those who tried to quit smoking during the same period</td>
<td>80.7</td>
<td>81.5</td>
<td>77.1</td>
</tr>
<tr>
<td>Students who reported that people in general smoked in their presence on one or more days during the 7 days before the survey</td>
<td>41.6</td>
<td>43.7</td>
<td>39.8</td>
</tr>
<tr>
<td>Students whose parents or guardians used any form of tobacco</td>
<td>31.8</td>
<td>31.1</td>
<td>32.3</td>
</tr>
</tbody>
</table>

### Alcohol and drug use

<table>
<thead>
<tr>
<th>Description</th>
<th>Total (%)</th>
<th>Male student (%)</th>
<th>Female student (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Students who had had at least one alcoholic beverage on one or more of the 30 days before the survey</td>
<td>22.2</td>
<td>27.0</td>
<td>17.0</td>
</tr>
<tr>
<td>Of the students who had ever had an alcoholic beverage, those who had had their first drink before they were 14 years old were 14 years old</td>
<td>54.8</td>
<td>60.1</td>
<td>48.8</td>
</tr>
<tr>
<td>Students who had smoked marijuana one or more times in their life</td>
<td>6.6</td>
<td>10.8</td>
<td>3.1</td>
</tr>
<tr>
<td>Of the students who had tried using drugs, those who had done so before the age of 14 years</td>
<td>73.5</td>
<td>73.4</td>
<td>73.1</td>
</tr>
</tbody>
</table>

### Sexual behaviour

<table>
<thead>
<tr>
<th>Description</th>
<th>Total (%)</th>
<th>Male student (%)</th>
<th>Female student (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Students who had had sexual intercourse</td>
<td>18.6</td>
<td>23.7</td>
<td>14.2</td>
</tr>
<tr>
<td>Of the students who had had sexual intercourse, those who had it before they were 14 years old were 14 years old</td>
<td>40.0</td>
<td>50.1</td>
<td>25.9</td>
</tr>
<tr>
<td>Of the students who had had sexual intercourse, those who had used a condom in their last intercourse</td>
<td>63.0</td>
<td>67.9</td>
<td>58.2</td>
</tr>
<tr>
<td>Students who were educated in any of their classes during the school year on how to avoid HIV infection or AIDS</td>
<td>69.5</td>
<td>68.4</td>
<td>70.3</td>
</tr>
</tbody>
</table>

### Physical activity

<table>
<thead>
<tr>
<th>Description</th>
<th>Total (%)</th>
<th>Male student (%)</th>
<th>Female student (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Students who were physically active for at least 60 minutes per day on five or more days during the 7 days before the survey</td>
<td>20.0</td>
<td>29.6</td>
<td>12.6</td>
</tr>
<tr>
<td>Students who attended physical education classes on 3 or more days a week during the school year</td>
<td>10.5</td>
<td>14.1</td>
<td>7.4</td>
</tr>
<tr>
<td>Students who did not walk or ride a bicycle to or from school during the 7 days before the survey</td>
<td>51.7</td>
<td>50.4</td>
<td>52.8</td>
</tr>
<tr>
<td>Students who spent 3 or more hours a day on a typical day on activities involving sitting (watching TV, playing computer games, talking with friends)</td>
<td>56.3</td>
<td>54.6</td>
<td>57.8</td>
</tr>
</tbody>
</table>

### Protective factors

<table>
<thead>
<tr>
<th>Description</th>
<th>Total (%)</th>
<th>Male student (%)</th>
<th>Female student (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Students who had missed classes or school without permission on one or more of the 30 days before the survey</td>
<td>20.4</td>
<td>25.4</td>
<td>15.9</td>
</tr>
<tr>
<td>Students who reported that most students in their school had mostly or always been kind and helpful during the 30 days before the survey</td>
<td>39.5</td>
<td>32.2</td>
<td>45.9</td>
</tr>
<tr>
<td>Students who had parents or guardians who mostly or always checked whether their homework had been done during the 30 days before the survey</td>
<td>28.4</td>
<td>28.4</td>
<td>28.4</td>
</tr>
<tr>
<td>Students whose parents or guardians were mostly or always aware of their activities in their free time during the 30 days before the survey</td>
<td>42.7</td>
<td>35.5</td>
<td>48.8</td>
</tr>
</tbody>
</table>

Acknowledgement: WHO sincerely acknowledges the contribution of Department of Health, researchers involved as principle investigators, schools, students and partners such as Centers for Disease Control and Prevention (CDD), Abbott, USA, and others. For technical information, please contact: Department of Health (Ms Chanida Sarnmak; t:shaurn@buchon.com; and Ms Onumsa Pookmoe; t:0813919898; e:shaurn@buchon.com). WHO Thailand (Ms Suranee Burasai; t:bukhok@who.int).