

KUPOL – a study of the school environment's importance for the mental health of adolescents

QUESTIONNAIRE FOR STUDENT IN 7TH GRADE



**Karolinska
Institutet**



kupolstudien.se

NOT FOR USE

What is Kupol?

Young people in Sweden, especially girls, are feeling worse mentally. Therefore, a research group at Karolinska Institutet and other universities are carrying out a study about how school environments affect adolescents' mental health. The research project is called Kupol - an abbreviation for Knowledge about young people's mental health and learning (Kunskap om ungas psykiska hälsa och lärande).

Why am I being contacted?

You have received this letter because your school is participating in the Kupol study and your legal guardians have given their consent for you to participate in the study.

What does it mean for me to participate?

- You will participate in the study by filling in a questionnaire. This will be repeated once every year during the 7th, 8th and 9th grade. The questionnaire contains questions about your mental health, physical health and questions about friends and family.
- We will collect information about you (for example, if you have visited the hospital) from different registers (for example, The National Board of Health and Welfare's records).
- You can also be randomly selected to submit saliva samples at the school nurse's office. This is done by simply spitting into four plastic tubes. When you are in 9th grade you will be asked to submit a second saliva sample. If you are selected to submit the saliva samples we will let you know in advance.

What are the benefits of participating?

By participating in the study you will help us gain new knowledge on how school environment affects adolescent mental health. If your answers in the questionnaire show that you don't feel well, we will contact the student health team at your school.

Are there any disadvantages?

It will take a little time to fill in the questionnaire. If you feel that some of the questions in the questionnaires are too sensitive, you can choose to not answer them. The saliva samples that some students will be asked to submit are easy to take and not uncomfortable. Participating is voluntary and you may at any time end your participation in the study without explanation.

What will you do with information about me?

All the information you provide to us will be entered in a computerized database and stored encrypted so they cannot be directly linked to you, and cannot be confused with someone else. Karolinska Institutet is responsible for managing your personal data. No one other than the staff who work on the study will have access to the data. These people work under a confidentiality agreement.

You have a right to know what information is registered about you in the study. You can request such a data report for free once a year. If you want this information you can write to the contact person at the address located at the bottom of this page. If any information about you is incorrect, you are entitled to have it corrected.

How do I fill out the questionnaire?

Use a black or dark blue pen. Avoid using a pencil. Mark your answer within the box.

Like this:

NOT like this:

When you give an answer in numbers, write clearly.

Like this:

NOT like this:

If you mark the wrong box by mistake, color the whole box.

Like this:

You will find an envelope together with this questionnaire. When you have finished the questionnaire, please put it in the envelope, close it and then hand it to your teacher.

Do you have any questions?

You are very welcome to ask questions to the contact person whose information you will find at the bottom of the page. We hope to welcome you to the Kupol study! Your participation is very valuable for us.

Sincerely,
The Kupol-team

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1. Who are you living with?

Mark the box for all persons that you are living with, even if it is only part time.

- Mother
- Foster mother
- Father
- Foster father
- Stepmother or father's partner
- Stepfather or mother's partner
- Brother/Stepbrother
- Sister/Stepsister
- Grandparent
- Other adult Who? _____
- On your own

2. How many other children are you living with?

child/children

Substance use

3. How many whole cigarettes would you say you smoked in your entire life?

- 0 (never smoked, go to question 6)
- 1-10
- 11-20
- more than 20

4. In how many days of the past 30 days did you smoke cigarettes?

If you did not smoke at all, write "0"

5. On average, how many cigarettes did you smoke during those days when you smoked (in the past 30 days)?

If you did not smoke at all or if you just had some puffs, write "0"

6. How many times would you say you used snus in your life?

- 0 (never, go to question 9)
- 1-10
- 11-20
- more than 20

7. In how many of the past 30 days did you use snus?

If you did not use snus at all, write "0"

8. On average, how many snus dips did you use those days?

If you did not use snus at all write "0"

9. Did you ever feel you are/were addicted to tobacco?

- No
- Yes

10. How many times did you use hash in your life?

- 0 (never, go to question 12)
- 1-2
- 3-5
- 6-10
- more than 10

11. Did you use hash during the past 30 days?

- No
- Yes

12. Did you use other drugs any time in your life (for example cocaine, ecstasy, amphetamine)?

- No
- Yes

13. Think about the past 12 months: how often have you been drinking any alcoholic beverage?

- Never
- Once during the year
- 2-10 times in the year
- Once a month
- 2-3 times in a month
- Once a week
- About twice a week
- Every other day
- Every day

14. Think about the past 12 months: How often did you drink so much alcohol that you felt drunk/intoxicated?

- I don't drink alcohol at all/Haven't been drunk
- Some times in the year, but not each month
- 1-3 times in a month
- Once or more per week

15. Think about the past 12 months: how often did it happen that you in a rather short time (a few hours) drank a quantity of alcoholic beverages corresponding to 18 cl heavy spirit, or a whole bottle of wine, or 4 bottles strong cider/alcohol pops, or 4 cans strong beer (more than 3.5% vol) or 6 cans medium beer (2.5-3.5 % alc. Vol,)?

- I don't drink alcohol at all/Haven't drunk that much
- Some times in the year, but not each month
- 1-3 times in a month
- Once per week or more often

Your health

16. How tall are you? State your height in centimeters, for example 164.

I am cm tall

I don't know how tall I am

17. How much do you weigh? State your weight in whole kilograms.

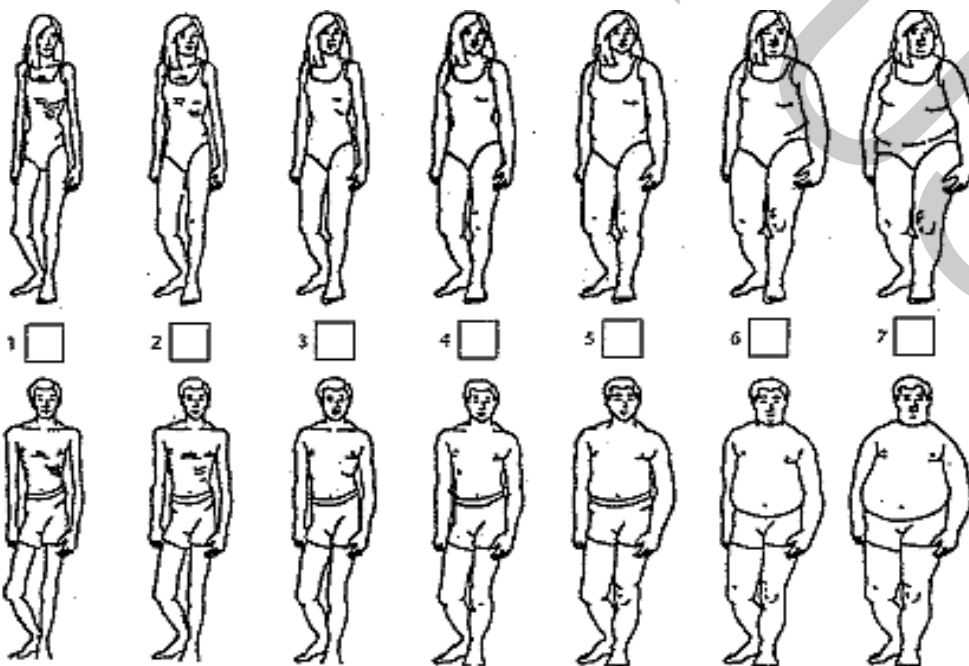
I weigh kg

I don't know my weight

18. Do you think you are:

- Way too thin
- A little bit thin
- Normal
- A little bit big
- Way too big
- Don't think about my weight

19. Look at the picture, which person looks most like you? (mark the box for the body that looks most like your own)



20. This term, on how many occasions have you been absent from school for more than one day due to illness? (mark *one* box)

- Never
 One time
 2-4 times
 More than 4 times

21. How good is your health? (mark *one* box)

- Very good
 Fairly good
 Not very good

During the past week...	Not at all	A little	Some	A lot
22. I was bothered by things that usually don't bother me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23. I did not feel like eating, I wasn't very hungry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24. I wasn't able to feel happy, even when my family or friends tried to help me feel better	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25. I felt like I was just as good as other kids.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
26. I felt like I couldn't pay attention to what I was doing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
27. I felt down and unhappy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
28. I felt like I was too tired to do things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
29. I felt like something good was going to happen	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
30. I felt like things I did before didn't work out right	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
31. I felt scared	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
32. I didn't sleep as well as I usually sleep	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
33. I was happy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
34. I was more quiet than usual	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
35. I felt lonely, like I didn't have any friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
36. I felt like kids I know were not friendly or that they didn't want to be with me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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During the past week...	Not at all	A little	Some	A lot
37. I had a good time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
38. I felt like crying	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
39. I felt sad	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
40. I felt people didn't like me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
41. It was hard to get started doing things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

For each item, please mark the box for Not True, Somewhat True or certainly True. Please give your answers on the basis of how things have been for you over the last six months.

	Not true	Somewhat true	Certainly true
42. I try to be nice to other people. I care about their feelings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
43. I am restless, I cannot stay still for long	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
44. I get a lot of headaches, stomach-aches or sickness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
45. I usually share with others (food, games, pens etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
46. I get very angry and often lose my temper	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
47. I am usually on my own. I generally play alone or keep to myself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
48. I usually do as I am told	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
49. I worry a lot	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
50. I am helpful if someone is hurt, upset or feel ill	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
51. I am constantly fidgeting or squirming	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
52. I have one good friend or more	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
53. I fight a lot. I can make other people do what I want	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
54. I am often unhappy, down-hearted or tearful	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
55. Other people my age generally like me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
56. I am easily distracted, I find it difficult to concentrate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
57. I am nervous in new situation. I easily lose confidence	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
58. I am kind to younger children	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
59. I am often accused of lying or cheating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
60. Other children or young people pick on me or bully me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
61. I often volunteer to help others (parents, teachers, children)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
62. I think before I do things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
63. I take things that are not mine from home, school or elsewhere	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
64. I get on better with adults than with people my own age	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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- | | Not true | Somewhat true | Certainly true |
|---|--------------------------|--------------------------|--------------------------|
| 65. I have many fears, I am easily scared | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 66. I finish the work I'm doing. My attention is good | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

67. Do you have any other comments or concerns?

68. Overall, do you think that you have difficulties in one or more of the following areas: emotions, concentration, behaviour or being able to get on with other people?

- | No | Yes – minor difficulties | Yes – definite difficulties | Yes – severe difficulties |
|--------------------------|--------------------------|-----------------------------|---------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

If you have answered "No", please go to question 73

69. How long have these difficulties been present?

- | Less than a month | 1-5 months | 6-12 months | Over a year |
|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

70. Do these difficulties upset or distress you?

- | Not at all | Only a little | Quite a lot | A great deal |
|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

71. Do these difficulties interfere with your everyday life in the following areas?

- | | Not at all | Only a little | Quite a lot | A great deal |
|--------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Home life | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Friendship | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Classroom learning | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Leisure activities | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

72. Do these difficulties make it harder for those around you (family, friends, teachers, etc.)?

- | Not at all | Only a little | Quite a lot | A great deal |
|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

About you as a person

Please mark to what extent you agree or disagree with the following statements.

	Strongly disagree	Disagree	Neither	Agree	Strongly agree
73. I change my opinion of myself a lot	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
74. I feel mixed up	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
75. I can't decide what I want to do with my life	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
76. I know who I am	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
77. I find I have to keep up a front when I'm with people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
78. I feel involved	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

You and your family

Please mark to what extent the following statements apply to your parents.

	Your mother			Your father		
	Never	Sometimes	Usually	Never	Sometimes	Usually
79. Brings up the positive and seldom negative things about me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
80. Shows how proud she/he is of me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
81. Do small things that make me feel special	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
82. Shows she/he cares for me with words and gestures	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
83. Shows her/his love to you without a cause - almost regardless of what I do	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
84. Praise me for no special reason	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please mark to what extent the following statements apply to you and your family.

	Strongly disagree	Disagree	Neither agree or disagree	Agree	Strongly agree
85. My family is there for me when I need them	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
86. When I have problems at school my family is willing to help me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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	Strongly disagree	Disagree	Neither agree or disagree	Agree	Strongly agree
87. When something good happens at school, my family wants to know about it	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
88. My family wants me to keep trying when things are tough at school	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please mark to what extent the following statements apply to you and your family.

	Never	Seldom	Sometimes	Usually	Always
89. Do you talk at home about how you are doing in the different subjects at school?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
90. Do you usually tell how school was when you get home (how you did on different exams, your relationships with teachers, etc.)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
91. Do you keep a lot of secrets from your parents about what you do during your free time?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Never	Seldom	Sometimes	Usually	Always
92. Do you hide a lot from your parents about what you do during nights and weekends?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
93. If you are out a night, when you get home, do you tell what you have done that evening?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Strongly disagree	Disagree	Neither	Agree	Strongly agree
94. My parents let me have my say even if they disagree	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
95. My parents respect my opinions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
96. In my family, we take the time to listen to each other's views	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

97. **If you see your family as a country, what type of government does your family have? Think of your family as a country and your parents as the leaders. Mark one alternative.**

It is a democracy where people respect each other and people discuss and make decisions together. Sometimes conflicts can arise, but people try to solve them together. Everyone can influence decisions.

It is a dictatorship where there are leaders that decide over everyone. Only the leaders can influence the decisions.

It is an anarchy where everyone does what he or she wants to do. There are no clear rules and there is no leader.

It is a country where people have had a revolution. The people who used to make decision do not make the decisions now. The old leaders no longer have any power.

You and school

Please mark to what extent you agree or disagree with the following statements.

	Strongly disagree	Disagree	Neither agree or disagree	Agree	Strongly agree
98. I plan to continue my education following gymnasium	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
99. Going to school after gymnasium is important	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
100. School is important for achieving my future goals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
101. My education will create many future opportunities for me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
102. I am hopeful about my future	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
103. How far <u>would you like to go</u> in school?					
<input type="checkbox"/> Don't know					
<input type="checkbox"/> Gymnasium Vocational track					
<input type="checkbox"/> Gymnasium Theoretical track					
<input type="checkbox"/> University degree					
104. How far <u>do you believe you will go</u> in school?					
<input type="checkbox"/> Don't know					
<input type="checkbox"/> Gymnasium Vocational track					
<input type="checkbox"/> Gymnasium Theoretical track					
<input type="checkbox"/> University degree					

105. At school, do you usually hang out in a group? (A group is at least 3 people)

- I hang out in one group at school
- I hang out in more than one group at school
- I do not hang out in any group at school (go to question number 118)

Answer the questions below with regard to the 3 persons (from this group) that you spend most of your time with. If you hang out with more than one group, look at the group you spend most time with.

FRIEND 1

106. Sex of friend:

- Girl
- Boy
- Other

107. Age of friend:

108. Do you also hang out with this person online?

- Yes
- No

109. When you are having problems, do you feel that this person is there to support you?

- Very often
- Rather often
- Sometimes
- Seldom
- Almost never

FRIEND 2

110. Sex of friend:

- Girl
- Boy
- Other

111. Age of friend:

112. Do you also hang out with this person online?

Yes

No

113. When you are having problems, do you feel that this person is there to support you?

Very often

Rather often

Sometimes

Seldom

Almost never

FRIEND 3

114. Sex of friend:

Girl

Boy

Other

115. Age of friend:

116. Do you also hang out with this person online?

Yes

No

117. When you are having problems, do you feel that this person is there to support you?

Very often

Rather often

Sometimes

Seldom

Almost never

Bullying

118. **Have you been mocked, teased in an unpleasant way, or has anyone said nasty things to you at school, on the way to or from school, or online? (this semester)**
- No, it has never happened
 - Yes, it has happened once or twice
 - Yes, it has happened more than twice
119. **Have you been beaten, kicked, or assaulted in a nasty way by anyone at school or on the way to or from school? (this semester)**
- No, it has never happened
 - Yes, it has happened once or twice
 - Yes, it has happened more than twice
120. **Sometimes one can be ostracized by someone or some people and not be allowed to hang out with them. Has this ever happened to you? (this semester)**
- No, it has never happened
 - Yes, it has happened once or twice
 - Yes, it has happened more than twice
121. **Have you said nasty things, mocked or teased anyone in an unpleasant way at school or online? (this semester)**
- No, it has never happened
 - Yes, it has happened once or twice
 - Yes, it has happened more than twice
122. **Have you beaten, kicked, or assaulted anyone in an unpleasant way at school or on the way to or from school? (this semester)**
- No, it has never happened
 - Yes, it has happened once or twice
 - Yes, it has happened more than twice
123. **Have you participated in ostracizing someone (this semester)?**
- No, it has never happened
 - Yes, it has happened once or twice
 - Yes, it has happened more than twice

Confidence in others

Please mark to what extent you agree or disagree with the following statements.

	Strongly disagree	Disagree	Neither	Agree	Strongly agree
124. In general, most people can be trusted.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
125. Most people are fair and don't take advantage of you.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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