

What does this question mean?

We know that some questions in our questionnaire can be a bit confusing, so we have created a list of the ones that might need some extra information. Remember your answers are private. There are no right or wrong answers.

As always, if you are still not sure about anything, please call us on (03) 9345 6732 or shoot us an email cats@mcri.edu.au. We would love to have a chat and help out.

Thanks so much for participating in CATS again this year!

Section A: About you and your school

What do the responses: YES! , yes, no, and NO! mean?

These responses are used to show how much you agree with a statement

YES! - That really applies to me, or I really agree with that!

yes - That sounds about right, or I agree with that

no - That does not really apply to me, or I don't particularly agree with that

NO! That definitely does not apply to me or I don't agree with that

Section B: Your health

What does the question “Over the last 7 days, on how many days where you physically active for a total of at least 60 minutes (1 hour) per day)” mean?

In other words, this question is asking you to count the total number of days over the past week, where you were physically active (e.g., running around, playing sports) for at least an hour.

So, if Harry Healthy thinks back over his past week (Monday – Sunday), and remembers that on three of these days he went for a run and played sports for more than an hour, his answer would be '3'.

What does the question “over the last 7 days, on how many days did you get at least 120 minutes (2 hours) of screen time (TV, Videogame, computer or tablet use) per day outside of school hours” mean?

Like the previous question, this is asking you to think about the total number of days in the last week where you had more than 2 hours of screen time outside of school (so before/after school and on the weekend).

So, if Harry Healthy thinks back over his past week (Monday-Sunday), and remembers that on two of these days he had more than two hours of screen time outside of school (where he watched a movies and played videogames), his answer would be '2'.

Section C: Your personal experiences

What does acne mean?

Acne is another word for pimples or spots.

I don't know what the oral contraceptive pill (the pill), an intrauterine device (IUD), implanon, or depo-provera injections are used for.

If you are unsure of what these are, it is unlikely you are taking any of these medications and therefore this question probably doesn't apply to you.

Section D: Substance Use

What is a personal vapouriser or e-cigarette?

If you are unsure, this question probably doesn't apply to you.

What is cannabis?

If you are unsure, this question probably doesn't apply to you.

Section G: Your feelings

What does the word restless mean?

Restless means you felt like you were unable to relax, concentrate well on a task, or sit still. You might feel fidgety, on edge, tense or nervous.

What does "carried a weapon" mean?

You have carried a weapon if you have carried something with the intention of using it as a weapon – for example to hurt someone else. Using a kitchen knife to chop carrots for dinner does NOT count as having carried a weapon.

Section H: Your relationships

What does oral sex mean?

If you are unsure, this question probably doesn't apply to you.

What does sexual intercourse mean?

If you are unsure, this question probably doesn't apply to you.

Section I: Technology use

Do app games count as a computer or videogames?

Yes. When it asks you to list your three favourite computer games, these can be played on any device including a gaming console, computer, or app based games on a phone or tablet.