

CATS Young Person Questionnaire

Frequently asked Questions

What is the password?

The password we use has changed from earlier years of CATS. The password is now your **date of birth** written in the format dd-mm-yyyy (e.g., 10-4-2002). If you have trouble logging in please contact the CATS team on (03) 9345 6732 or SMS 0410 636 104.

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 were 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) per day outside of school/work 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 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.

Section H: Your relationships

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.