

## Survey questions

### RCH National Child Health Poll: Victorian mental health survey, July/August 2022

#### Question 1

The pandemic has affected families and children in different ways. How much of a problem do you feel that the following things are for your child at the moment?

Please answer separately for each child aged 3 years or more.

##### 1.1 Anxiety

{other health problems were presented}

- Big problem
- Somewhat of a problem
- Not a problem

#### Question 2

Schools and kindergartens in Victoria re-opened for face-to-face learning in late 2021. Since then some children have missed days at school.

How anxious has YOUR CHILD {insert child details} been during the PAST TWO WEEKS about attending face to face learning at school/kindergarten? {BY CHILD}

Please answer separately for each child. {BY CHILD}

- Not at all anxious
- A little anxious
- Somewhat anxious
- Very anxious
- Extremely anxious

#### Question 3

If your child developed the following, would you be concerned about a possible mental health issue? Select all that apply. {BY PARENT}

Definitely yes / Probably yes / Probably not / Definitely not / Not sure

- 3.1. Often not wanting to go to kinder or school
- 3.2 Trouble separating from parent or carer
- 3.3 Trouble coping with everyday activities
- 3.4 Often not wanting to go to certain place or do certain things
- 3.5 Sleep problems (trouble sleeping or sleeping more than usual)
- 3.6 Often worries or anxious
- 3.7 Frequent headaches or tummy aches
- 3.8 Little or no progress with learning
- 3.9 Frequent tantrums or meltdowns
- 3.10 Frequent moodiness (e.g. angry, sad)
- 3.11 No or little interest in seeing friends and/or family
- 3.12 Change in eating patterns

#### Question 4

How confident are you that you know the difference between normal worries for children and anxiety that might need professional help? {BY PARENT}

- Confident
- Somewhat confident
- Not confident at all