

Sport for Development Coalition Collective Survey Tool

Question List

1. Core Questions

OUTCOME		DCMS 5 LABEL	QUESTION	SCALE
1			How long have you been attending this programme?	Less than a month, 1-3 months, 3-6 months, 6-12 months, 1 -2 years, 2 -4 years, more than 4 years
PHYSICAL ACTIVITY, HEALTH AND WELLBEING				
2	Subjective wellbeing	Mental wellbeing	Overall, how satisfied are you with your life nowadays?	0 to 10 where 0 is 'not at all' and 10 is 'completely'
3	Subjective wellbeing	Mental wellbeing	Overall, how happy did you feel yesterday?	0 to 10 where 0 is 'not at all' and 10 is 'completely'
4	Subjective wellbeing	Mental wellbeing	Overall, how anxious did you feel yesterday?	0 to 10 where 0 is 'not at all' and 10 is 'completely'
5	Subjective wellbeing	Mental wellbeing	Overall, to what extent do you feel the things you do in your life are worthwhile?	0 to 10 where 0 is 'not at all' and 10 is 'completely'
6	Health	Physical wellbeing	In general, would you say your health is...	Excellent, Very good, Good, Fair, Poor (USOC)
7	Physical activity	Physical wellbeing	Thinking about sport/exercise in general. How much do you agree or disagree with these statements? I find sport/exercise enjoyable and satisfying	Strongly agree, Agree, Neither agree nor disagree, Disagree, Strongly disagree, Can't say
8	Physical activity	Physical wellbeing	In the past week, on how many days have you done a total of 30 minutes or more of physical activity, which was enough to raise your breathing rate? <i>This may include sport, exercise, and brisk walking or cycling for recreation or</i>	(0-7)

			<i>to get to and from places. Include physical activity in and out of school/college and as part of your job etc</i>	
			Please circle the relevant number: 0-7	
9	Physical activity	Physical wellbeing	<p>In the past week, on how many days have you done a total of 60 minutes or more of physical activity, which was enough to raise your breathing rate?</p> <p><i>This may include sport, exercise, and brisk walking or cycling for recreation or to get to and from places. Include physical activity in and out of school/college and as part of your job etc</i></p> <p>Please circle the relevant number: 0-7</p>	(0-7)
10		Physical wellbeing	Of the days in the past week that you did sport or physical activity how many of those days were at this group?	(0-7)
11		Individual development	If you are doing sport and exercise, most of the time are you doing this:	As part of a team, group or club or Mostly on my own
INDIVIDUAL DEVELOPMENT				
12	Resilience	Individual development	I can usually solve my own problems	Strongly agree, Agree, Disagree, Strongly disagree
13	Resilience	Individual development	To what extent do you agree with the statement 'I can achieve most of the goals I set myself'	Strongly agree, Agree, Neither agree nor disagree, Disagree, Strongly disagree
COMMUNITY DEVELOPMENT				
14	Loneliness/Socialising	Community development	Thinking about your friends - how much can you rely on them if you have a serious problem?	A lot, somewhat, a little, not at all
15	Social mixing	Community development	What proportion of your friends are of the same ethnic group as you?	All the same as me, More than a half, About a half, Less than a half, Don't have any friends
16	Belonging	Community development	How strongly you agree or disagree with the statement - 'I feel like I belong to this neighbourhood'.	Strongly agree, Agree, Neither agree/disagree, Disagree, Strongly disagree
17	Trust (local)	Community development	To what extent do you agree or disagree that most people in your local area can be trusted?	Strongly agree; Agree; Neither agree/disagree; Disagree; Strongly disagree; Don't know
18	Volunteering	Community development	Have you volunteered (given unpaid help) in the last 12 months?	YES / NO

19	Volunteering	Community development	Over the last 12 months, how often have you done something to help sports groups, clubs or organisations.	1. At least once a week, 2. Less than once a week but at least once a month, 3. Less often than once a month?
DEMOGRAPHICS				
D1	What is your age			Free text.
D2	What is your gender?			Female Male Transgender Other Prefer not to say Prefer to self describe
D3	Which one of the following best describes your ethnic group or background? (Please select one option)			White; Mixed; Asian or Asian British; Black or Black British; Other Ethnic Group
D4	What is your religion?			No religion Christian (including Church of England, Catholic, Protestant and all other Christian denominations) Buddhist Hindu Jewish Muslim Sikh Any other religion
D5	Do you have any physical or mental health conditions or illnesses that have lasted or are expected to last 12 months or more? (If yes) Does this disability or illness affect you in any of the following areas?			Yes, No, Prefer not to say Long term pain, Hearing, Chronic health condition, Learning, Mobility, Speech, Dexterity, Behavioural, Mental health, Visual, Breathing, Memory,
D6	Full postcode			

2. Additional modules

In addition to the core questions, there are optional question modules that may be particularly relevant to the people you work with. If you're interested in these then speak to your system administrator ([The Sport For Development Coalition](#)) to find out more.

Short Warwick-Edinburgh Mental Wellbeing Scales (WEMWBS) adult mental health model¹

This is a list of seven well-established questions that go into more detail on mental wellbeing.

OUTCOME	DCMS 5 LABEL	QUESTION	SCALE
Subjective wellbeing (SWEMWBS)	Mental wellbeing	Please tick the box that best describes your experience of each over the last 2 weeks - Feeling optimistic about the future	None of the time, Rarely, Some of the time, Often, All of the time
Subjective wellbeing (SWEMWBS)	Mental wellbeing	Please tick the box that best describes your experience of each over the last 2 weeks - Feeling useful	None of the time, Rarely, Some of the time, Often, All of the time
Subjective wellbeing (SWEMWBS)	Mental wellbeing	Please tick the box that best describes your experience of each over the last 2 weeks - Feeling relaxed	None of the time, Rarely, Some of the time, Often, All of the time
Subjective wellbeing (SWEMWBS)	Mental wellbeing	Please tick the box that best describes your experience of each over the last 2 weeks - Dealing with problems well	None of the time, Rarely, Some of the time, Often, All of the time
Subjective wellbeing (SWEMWBS)	Mental wellbeing	Please tick the box that best describes your experience of each over the last 2 weeks - Thinking clearly	None of the time, Rarely, Some of the time, Often, All of the time
Subjective wellbeing (SWEMWBS)	Mental wellbeing	Please tick the box that best describes your experience of each over the last 2 weeks - Feeling close to others	None of the time, Rarely, Some of the time, Often, All of the time
Subjective wellbeing (SWEMWBS)	Mental wellbeing	Please tick the box that best describes your experience of each over the last 2 weeks - Able to make up own mind	None of the time, Rarely, Some of the time, Often, All of the time

Youth supplementary questions

This is a set of additional youth questions to capture attitudes to education, truancy, confidence and aspirations for the future. This set of questions can be useful for projects that have a specific outcome around improving education and employment outcomes as intermediate measures on the way to qualifications and employment (which would need to be measured by linking to third party data and this is not always possible or practical).

OUTCOME	DCMS 5	QUESTION	SCALE
Aspirations/ attitude to education	Individual development	Would you like to go on to do further full-time education at a college or university after you finish school?	Yes, No

Aspirations/ attitude to education	Individual development	How important do you think it is for you to do well in your GCSE exams or National Qualifications (if you live in Scotland)?	Very important, important, Not very important, Not at all important
Aspirations/ attitude to education	Individual development	The age young people must stay in education or training differs somewhat across the UK. What would you most like to do when you have completed your final GCSE / National Qualification year at around age 16?	Get a full-time job Stay at school or college to do A levels/Highers Get an apprenticeship Do some other form of training Do something else Don't know
Aspirations/ confidence related to employment	Individual development	How likely is it that you will be successful and get ahead?	0% to 100% with end points labelled: 0% labelled 'No chance will happen' and 100% labelled 'Totally likely to happen'.
Aspirations/ confidence related to employment	Individual development	How likely is it that you will find a job in your field?	0% to 100% with end points labelled: 0% labelled 'No chance will happen' and 100% labelled 'Totally likely to happen'.
Truancy	Individual development	In the last 12 months, have you ever played truant?	Yes, No

Notes