



# Female Teenager questionnaire

## GROWING AND CHANGING (9)

You may have seen this type of questionnaire before.

There are important changes to a teenager's body that can happen as early as 6 or as late as 20. At this time of life we have some questions we need to ask and which we need to hear about at regular intervals.

Use a **BLACK** or **BLUE** pen when you fill in the questionnaire.

Please read carefully the instructions on page 3.

02.04.08

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You will have seen fairly recently that we now have an electronic scanner that will record your answers automatically.

So, please mark your answers with a cross like this: ✕

*If you make a mistake, shade the box in like this: *

*Then cross the correct box. ✕*

If you are writing numbers make sure they are inside the box like this: 

6
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Use a **BLACK** or **BLUE** pen

Your answers will of course still be completely confidential and not attached to your actual name



**Section A: PERIODS, PROBLEMS AND OTHER DEVELOPMENT**

A1. What is your height (without shoes)?

The best way to measure **height** is to stand barefoot as straight as possible against a wall, and then ask someone to make a mark on the wall at the highest point on your head, and to measure the distance from the mark to the floor.

feet	inches	OR	metres	centimetres
<div><div></div><div></div></div>	<div><div></div><div></div></div>		<div><div></div><div></div></div>	<div><div></div><div></div></div>

A2. What is your weight (without shoes)?

Please fill in using kilos or stones.

stones	pounds	OR	kilos
<div><div></div><div></div></div>	<div><div></div><div></div></div>		<div><div></div><div></div></div>

A3. In the past month, what was the average number of times that you participated in **vigorous** physical activity (such as running, dance, gymnastics, netball, swimming, or aerobics)?

none	1 <input type="checkbox"/>	4-6 times a week	4 <input type="checkbox"/>
less than once a week	2 <input type="checkbox"/>	daily	5 <input type="checkbox"/>
1-3 times a week	3 <input type="checkbox"/>		



A4. Have you started your periods yet?

Yes 1 ☐ No 2 ☐ —► If **no**, please go to A10 on page 7

If **yes**,

a) How old were you when you had your first period?

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 years old

A5. When exactly was your first period?

month		year			

A6. a) In the **past year**, how many **days of bleeding** have you **usually** had during each period?

Number of days 

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 It varies 88 ☐ Don't know 99 ☐

b) If you **don't know, or if it varies** is it probably:

3 days or less 1 ☐

4-6 days 2 ☐

7 days or more 3 ☐

A7. **In the past year**, how many days were there **usually** between periods? In other words, how many days were there from the **first day of one period to the first day of the next period**?

Number of days 

--	--

 It varied 88 ☐ Don't know 99 ☐

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A8. Have you **ever** had any of the following **symptoms** associated with **your period**?

a) Heavy or prolonged **bleeding**

Yes 1 ☐

No 2 ☐

—▶ If no, go to A8b below

If yes,

i) did you contact a doctor for this?

Yes 1 ☐

No 2 ☐

b) Severe **cramps** with your period?

Yes 1 ☐

No 2 ☐

If yes,

i) did you contact your doctor for this?

Yes 1 ☐

No 2 ☐

c) Period-type pains or pain in your **pelvic** area (lower part of your tummy) for most days of the month even when you are not bleeding?

Yes 1 ☐

No 2 ☐

If yes,

i) Did you contact your doctor for this?

Yes 1 ☐

No 2 ☐

*Sometimes, if teenagers have problems with their periods e.g. heavy bleeding, irregular bleeding or cramps, their GP may prescribe the oral contraceptive pill (which can be called 'hormone' or 'oestrogen pills') to help.*

A9. Have you taken oral contraceptives or birth control pills, for **any reason** during the past 12 months?

Yes 1 ☐

No 2 ☐

Don't know 9 ☐

A10. a) Has a doctor ever told you that you had a **thyroid problem** or asked you to take thyroid medicine or treatment?

Yes 1 ☐

No 2 ☐

Don't know 9 ☐

If yes,

b) What kind of thyroid problem did the doctor say you had?

A11. Have you started to have hair growing in the armpits?

Yes 1 ☐

No 2 ☐

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## PHYSICAL DEVELOPMENT

We would like to assess the stage of your physical development using the drawings on the next pages. These show various stages commonly used by doctors to assess the growth and development of girls.

**We need to know which drawings most closely match your stage of development at the moment.**

Not all teenagers follow the same pattern of development.

**Just pick the stage that is closest, based on both the picture and the description.**



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## Section B

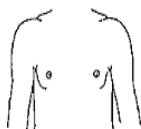
The drawings below show stages of the way the **breasts** develop. A teenager can go through each of the five stages shown, although some teenagers skip some stages. **Please look at each of the drawings.** It is also important to read the descriptions.

Cross the box that is **closest** to your current breast stage



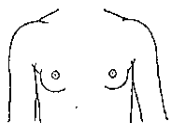
1 ☐

The nipple is raised a little in this stage. The rest of the breast is still flat.



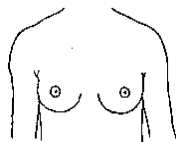
2 ☐

This is the breast bud stage. In this stage the nipple is raised more than in stage 1. The breast is a small mound. The dark area around the nipple (areola) is larger than in stage 1.



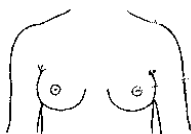
3 ☐

The areola and the breast are both larger than in stage 2. The areola does not stick out away from the breast



4 ☐

The areola and the nipple make up a mound that sticks up above the shape of the breast. (Note: This stage may not happen at all for some teenagers. Some teenagers develop from stage 3 to stage 5 with no stage 4.)



5 ☐

This is the mature adult stage. The breasts are fully developed. Only the nipple sticks out in this stage. The areola has moved back in the general shape of the breast.

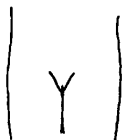
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## Section C

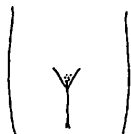
The drawings below show different amounts of **female pubic hair**. A teenager can go through each of the five stages shown. **Please look at each of the drawings**. It is also important to read the descriptions.

Cross the box that is the **closest** to the amount of pubic hair you have.



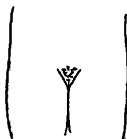
1 ☐

There is no pubic hair



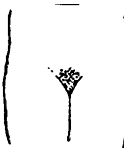
2 ☐

There is a little long, lightly coloured hair. This hair may be straight or a little curly.



3 ☐

The hair is darker in this stage. It is coarser and more curled. It has spread out and thinly covers a bigger area.



4 ☐

The hair is now as dark, curly, and coarse as that of an adult woman. However, the area that the hair covers is not as large as that of an adult woman. The hair has not spread out to the legs.



5 ☐

The hair now is like that of an adult woman. It also covers the same area as that of an adult woman. The hair usually forms a triangular pattern as it spreads out to the legs.

**NOTE: Your pubic hair stage may or may not be the same as your stage of breast development.**

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## Section D

D1. Did you have any help to fill this in?

No <sup>1</sup> ☐

Yes <sup>2</sup> ☐



If **yes**, please say who helped you:

a) A parent helped <sup>1</sup> ☐

b) Someone else helped <sup>1</sup> ☐

D2. What is your date of birth?

Day			Month			Year			
<input type="text"/>	<input type="text"/>	/	<input type="text"/>	<input type="text"/>	/	<input type="text" value="1"/>	<input type="text" value="9"/>	<input type="text" value="9"/>	<input type="text"/>

D3. What is today's date?

Day			Month			Year			
<input type="text"/>	<input type="text"/>	/	<input type="text"/>	<input type="text"/>	/	<input type="text" value="2"/>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text"/>

**Thank you VERY much for your help**

When completed, please send this back to:

**Children of the Nineties - ALSPAC**  
**24 Tyndall Avenue**  
**Bristol**  
**BS8 1BR**

coder

<input type="text"/>	<input type="text"/>
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