



These questionnaires have been used in .b studies, and are also suitable for .b Foundations studies. They are free to use, and we have attained authors' permission to include them here, where this was required.

For Paws.b, we recommend PANAS-C, and/or the teacher and parent versions of the SDQ. The children who do Paws.b are probably too young to reliably answer mindfulness and mood questionnaires.

We suggest the questionnaires are anonymous – each pupil will need an ID number to record on the pre-course & post-course questionnaires. You could see what happens over time by repeating the questionnaires two-three months after the course finishes too. If you're able to, we would really like to know what effects, if any, you found.

Other questionnaires are available, and may be more suitable to your class. We do not guarantee that scores will change, and scores may go up and/or down. The summary of completed and current MiSP research ([link](#)) has more information about which methods and measures people have used in their studies. In time, we hope to create a more sophisticated system to support your ability to assess the impact of your teaching.

Mindfulness

Adults and aged 16 & over pupils: Five Factor Mindfulness Questionnaire (Short- form), FFMQ-SF (Bohlmeijer, ten Klooster, Fledderus, Veehof, & Baer, 2011). This produced five scores for different facets of mindfulness, and the total score can also be used to assess change.

http://www.goodmedicine.org.uk/files/assessment,%20mindfulness%205%20facets%20short_1.pdf

Pupils: Child & Adolescent Mindfulness Measure, CAMM (Greco, Baer, & Smith, 2011)

<http://www.ruthbaer.com/academics/CAMM.pdf>

Strengths and Difficulties

Strengths and Difficulties Questionnaires, SDQ's

There are a variety of questionnaires here, for different age groups, for young people themselves, and for parents' and teachers' observations of their pupils/children, which are particularly suitable for assessing effects on younger children. You select the questionnaires which are most appropriate to your age group and context. The website also has translated versions, and holds the most recent versions of the questionnaires.

Questions cover factors such as kindness, thoughtfulness, worries, sadness, etc.

Youth in Minds <http://www.sdqinfo.org/>

Paper versions may be downloaded and subsequently photocopied without charge by individuals or non-profit organizations provided they are not making any charge to families.

Emotions

Adults: Positive & Negative Affect Scale, PANAS (Watson, Clark, & Tellegen, 1988)

Pupils: **PANAS-C is validated for ages 9 to 17** Positive & Negative Affect Scale, PANAS-C (Laurent et al., 1999)

Wellbeing

Warwick Edinburgh Mental Wellbeing Scale WEMWBS (Tennant et al., 2007)

There are two measures, one is seven questions, the other is 14.

<http://www2.warwick.ac.uk/fac/med/research/platform/wemwbs/>

We have attained written permission from the author to include this link here.

Stress

Perceived Stress Scale (PSS) (Cohen, Kamarck, & Mermelstein, 1983)

<http://www.mindgarden.com/documents/PerceivedStressScale.pdf>

Self Compassion

Adults: Self Compassion Scale, SCS (Neff, 2003)

There are two versions, one with 12 questions, and one with 26.

<http://self-compassion.org/self-compassion-scales-for-researchers/>

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