



Interconnexions Project

International Survey of Principals Concerning Emotional and Mental Health and Well-Being (EMHWB)

Dear School Principal/School Leader,

You are invited to complete a short survey designed to identify your needs in the area of school mental health and well-being. This survey is a first step of the *Interconnexions* project of the International Confederation of Principals (ICP) and the International Alliance for Child and Adolescent Mental Health and Schools (Intercamhs). Your response, as part of a global data collecting activity, will be used to develop strategies to assist you in the challenges you face in school mental health and well-being. Through this survey, ICP and Intercamhs hope to learn from you:

1. What are the major emotional and mental health issues facing your students and staff?
2. How do you see these issues affecting teaching, learning and academic achievement?
3. What types of school policies, professional development and resources might be most supportive and useful to you and your staff in addressing these issues?

Addressing emotional and mental health issues for students and their families is critical for learning and quality of life. Mental health and well-being is also a critical workplace issue for all staff. Based on the findings of this survey, ICP and Intercamhs will develop strategies such as education and training materials for school principals/leaders.

Completing the survey should take no more than **15 minutes** of your time. Results are anonymous and will be posted on the ICP website and used for planning purposes. Below we offer some definitions to assist you. For more details about definitions and a whole school approach to mental health, please see the Intercamhs website (<http://www.intercamhs.org>). **Deadline for survey submission is 30 June 2008.**

When you have completed the survey, please email it as an attachment to intercamhs@edc.org. For questions, please contact Associate Professor Louise Rowling, President, Intercamhs (l.rowling@edfac.usyd.edu.au) or Cheryl Vince Whitman, Vice President, Intercamhs (cvincewhitman@edc.org). We greatly appreciate your assistance. Thank you in advance for your reply.

Sincerely,

Louise Rowling
President, Intercamhs

Cheryl Vince Whitman
Vice President, Intercamhs

Definitions of mental health, mental health promotion, mental health difficulties and prevention of disorders:

Mental health is the capacity of individuals and groups to interact with one another and the environment in ways that promote subjective well being, the optimal development and use of cognitive, affective and relational abilities, the achievement of individual and collective goals consistent with justice (Australian Health Ministers 1998 p.26).

Mental health promotion, seeks to improve school psychosocial environments, skills-based health education for social, emotional learning and brings resources and programs to all students to promote health, successful teaching and learning and academic success (www.intercamhs.org).

Mental health difficulties involves a broad range of emotional and behavioural difficulties that cause concern or distress and frequently affect children's learning at school as well as their behaviour at home, at school and with peers (KidsMatter 2007).

1 BACKGROUND (Place an 'x' in the appropriate box.)

1a Your Country: []

1b Type of Community: [] Urban [] Suburban [] Rural [] Remote

1c Size of School (# of students): []

1d Main Language: []

1e Average income level of students' families: [] Low income/poverty
[] Lower middle class
[] Middle class
[] Upper middle class
[] High income

1f Gender: [] All Boys' School [] All Girls' School [] Co-educational

1g Diversity of student population (e.g., family income, ethnic background, minority groups): [] Very Diverse
[] Diverse
[] Mixed
[] Similar
[] Very Similar
Expand/Explain: []

1h Age Range: [] Under 5 [] 6-12 [] 13-16 [] 16+

1i Your number of years in Principal role at this school: [] 1-3 [] 4-6 [] 7-10 [] 11-14 [] 15+

1j Your total number of years experience as Principal: [] 1-3 [] 4-6 [] 7-10 [] 11-14 [] 15+

1k Your gender: [] Female [] Male

2 ISSUES AND NEEDS

2a On a scale of 1-5, how would you rate the importance of emotional and mental health/well-being in terms of student performance and academic achievement? [] (1) Not important
[] (2) Somewhat important
[] (3) Important
[] (4) Fairly important
[] (5) Very important

2b For your country's Ministry of Education, is there a policy to address: Student health through schools?
[] Yes [] No [] Don't Know

Student emotional and mental health/well-being through schools?
[] Yes [] No [] Don't Know

Teacher health?
[] Yes [] No [] Don't Know

Teacher emotional, mental health/ well-being?
[] Yes [] No [] Don't Know

2c	What percentage of students in your school would you estimate are in need of prevention or intervention services to address issues of emotional and mental health/well-being?	<input type="checkbox"/> Less than 10% <input type="checkbox"/> 11-20% <input type="checkbox"/> 21-35% <input type="checkbox"/> 36-50% <input type="checkbox"/> 51-65% <input type="checkbox"/> 66-75% <input type="checkbox"/> Greater than 75%
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2d On a scale of 1-5, please rate how important the following specific issues are for you to address in your student population. (1) Not important (2) Somewhat important (3) Important (4) Fairly important (5) Very important

	Not Important	→	→	→	Very Important
Anger management	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
Bullying and harassment	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
Impulse control/short attention span/attention seeking	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
Other behaviour problems	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
Alcohol and Drug Abuse	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
Depression	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
Anxiety	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
Stress	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
Trauma	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
Loss and grief	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
Self harm	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
Suicide	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
Family dysfunction or other problems	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
Physical abuse	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
Sexual abuse	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
Eating disorders	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5

Comments [

2e	On a scale of 1-5, please rate how important the following specific issues are for you to address in your school staff (including but not limited to teachers).	(1) Not important (2) Somewhat important (3) Important (4) Fairly important (5) Very important <input type="checkbox"/> Not Important → → → <input type="checkbox"/> Very Important
	Anger management	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
	Impulse control	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
	Bullying and harassment	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
	Alcohol and Drug Abuse	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
	Depression	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
	Anxiety	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
	Stress	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
	Trauma	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5

		Loss and grief	Not Important	→	→	→	Very Important
			[] 1	[] 2	[] 3	[] 4	[] 5
		Self harm	[] 1	[] 2	[] 3	[] 4	[] 5
		Suicide	[] 1	[] 2	[] 3	[] 4	[] 5
		Comments	[

2f What do you see as the top 3 emotional and mental health/well-being issues that face you in your role? (For example, talking to parents about their son/daughter's mental health problem, supporting a staff member diagnosed with a mental illness.)

For Students

- 1) []
- 2) []
- 3) []

For Staff

- 1) []
- 2) []
- 3) []

2g	What are the major factors in the school, family, and/or larger community that are having an impact on STUDENT emotional and mental health/well-being? STAFF emotional and mental health/well-being?	Affecting Students	Factors
		In the school	
		In the family	
		In the wider community	
		Affecting Staff	Factors
		In the school	
		In the family	
		In the wider community	

3 EDUCATIONAL MATERIAL PROFESSIONAL DEVELOPMENT AND OTHER RESOURCES: WHAT IS NEEDED? WHAT WOULD BE HELPFUL?

3a On a scale of 1-5, How would you assess or rate your need for educational materials and resources to address: (1) Not important (2) Somewhat important (3) Important (4) Fairly important (5) Very important

	Not Important	→	→	→	Very Important
Students' emotional and mental health/well-being?	[] 1	[] 2	[] 3	[] 4	[] 5
Staff (including but not limited to teachers) emotional and mental health/well-being?	[] 1	[] 2	[] 3	[] 4	[] 5

3b	<p>On a scale of 1-5, In terms of your leadership role as a principal, please rate the value and/or importance of having additional educational material, training, resources, etc. to support you in developing your own knowledge, understanding and practice in the following issues.</p>	(1) Not important (2) Somewhat important (3) Important (4) Fairly important (5) Very important				
		Not Important	→	→	→	Very Important
		[] 1	[] 2	[] 3	[] 4	[] 5
	Basic understanding of risk and protective factors for mental health and well-being.	[] 1	[] 2	[] 3	[] 4	[] 5
	Research on relationship between emotional/mental health and academic performance.	[] 1	[] 2	[] 3	[] 4	[] 5
	Knowledge of prevalence and nature of typical mental illnesses for children and adolescents.	[] 1	[] 2	[] 3	[] 4	[] 5
	Knowledge of effective promotion and prevention strategies and how to implement them.	[] 1	[] 2	[] 3	[] 4	[] 5
	Information/assistance on how to create effective linkages and coordination between schools and with mental health services and other support systems.	[] 1	[] 2	[] 3	[] 4	[] 5
	Building relationships with family members around student mental health .	[] 1	[] 2	[] 3	[] 4	[] 5
	Stigma and discrimination related to mental health and how to overcome them.	[] 1	[] 2	[] 3	[] 4	[] 5
	How to integrate emotional and mental well-being into your school policy/mission.	[] 1	[] 2	[] 3	[] 4	[] 5
	Developing specific mental health policies for staff.	[] 1	[] 2	[] 3	[] 4	[] 5
	Creating a whole-school approach to emotional and mental well-being, e.g. strategies to improve school's psycho-social environment.	[] 1	[] 2	[] 3	[] 4	[] 5
	Program/strategies to teach students emotional and social learning skills.	[] 1	[] 2	[] 3	[] 4	[] 5
	How to make early identification of symptoms of mental health problem.	[] 1	[] 2	[] 3	[] 4	[] 5
	Student and family supports for those with more serious problems.	[] 1	[] 2	[] 3	[] 4	[] 5

3c In your role as Principal, what are the top 3 areas or topics from list above that you would like to understand better or know how to do to address student or staff emotional mental health/well-being?

1) [_____]

2) [_____]

3) [_____]

