

Full name Date of birth

School Name: xxxx School, xxxx xxxxx, Harrow, Middlesex. HA1 xxxx

Today's date

Teacher:

Answer the questions below by putting a cross in the box 0-6. The answers are not the same for everyone, only what is right for you.

0	1	2	3	4	5	6
YES – I know loads	I know a little more	I know a little	Not sure	Heard of it but that's all	Haven't heard or seen it	No! – I don't know

What do you know about mental health?							
What do you know about Anxiety or Depression is?							
Do you know who has mental health?							
Do you know why do some people have ill mental health?							
Do you know how to look after your mental health?							
Do you know what could happen if you DON'T look after it?							
Do you know what happens when you DO look after it?							
Do you know what "belief" means?							
Do you know what is possible with belief?							

Once completed, please hand this form back to the teacher.

Today's date

Answer the questions below by putting a cross in the box 0-6. The answers are not the same for everyone, only what is right for you.

0	1	2	3	4	5	6
YES – I know loads	I know a little more	I know a little	Not sure	Heard of it but that's all	Haven't heard or seen it	No! – I don't know

What do you know about mental health?							
What do you know about Anxiety or Depression is?							
Do you know who has mental health?							
Do you know why do some people have ill mental health?							
Do you know how what to do to look after your mental health?							
Do you know what could happen if you DON'T look after it?							
Do you know what happens when you DO look after it?							
Do you know what "belief" means?							
Do you know what is possible with belief?							

Can you give 3 examples of how you would manage your mental health:

.....

Your comments about Roxy's Programme:

.....

Scoring the feedback from Pupils

The scoring method is based on the MYMOP (Measure Your Medical Outcome Profile) which is available online at:

<http://www.bris.ac.uk/primaryhealthcare/resources/mymop/>

The scoring method will produce a result which will enable us to determine a baseline (form 1) and the change (form 2). To measure the success of the programme we expect to see an improvement which results in a lower score on form 2. In general, the lower the score the better.

1. To measure a change in “Raised awareness”. Use the total scores for the questions below. Add the total score in form 1 and subtract the score from form 2. The difference shows improvement.

- a) **Do you know what your mental health is?**
- b) **Do you know what Anxiety and Depression is?**

2. To measure “Reduced Stigma”. Use the total scores for the questions below. Add the total score in form 1 and subtract the score from form 2. The difference shows improvement.

- a) **Do you know who has mental health?**
- b) **Do you know why do some people have ill mental health?**

3. To measure and encourage “Prevention of ill mental health and empowerment”. Use the total scores for the questions below. Add the total score in form 1 and subtract the score from form 2. The difference shows improvement.

- a) **Do you know what to do to look after it?**
- b) **Do you know what could happen if you DON'T look after it?**
- c) **Do you know what happens when you DO look after it?**
- d) **Do you know what belief means?**
- e) **Do you know what is possible with belief?**

We also generate a ‘general’ score from each form which we can use for broad statistical information later. This is the ‘total score’ blue box at the bottom of the forms.

Student comments and feedback is useful qualitative data from the students and reaffirms their understanding of resilience.

** Data generated by this programme will be collated and forwarded in the form of a report for the school. After the report is generated the information will be retained solely as proof of analysis and will not be given to any third party. It will be retained in a secure archive for two years. Any permission to see the data will need to be requested in writing and will only be provided with approval from the school. Any reporting information provided to 3rd parties will be anonymised and may be used to promote the programme.*

Please contact info@mind-angels.com for more information.