



KINDL (kiddo)

KINDL is a psychometrically acceptable method of measuring quality of life in children. The KINDL consists of six dimensions; Physical wellbeing, emotional wellbeing, self-esteem, family, friends and everyday functioning. This questionnaire was developed with the aim of producing a set of flexible questions which could be answered by children of varying age groups; with this particular version targeting young people in adolescence.

Created by University Medical Center Hamburg-Eppendorf



Category

Life Satisfaction



Sub Scales

Physical Wellbeing

Emotional Wellbeing

Self-Esteem

Family Relationships

Friends

Everyday Functioning



Age Range

Key Stage 3

Key Stage 4

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We would like to know how you have been feeling during the past week, so we have worked out a few questions which we would like you to answer. Please read each question carefully and think about how things have been for you over the past week. Put a tick in the box underneath the answer which best describes your feelings. There are no right or wrong answers; its what you think that matters!

Statements 'During the past week...'	Never	Rarely	Sometimes	Often	All the time
... I felt ill.					
... I was in pain.					
... I was tired and worn-out.					
... I felt strong and full of energy.					
... I had fun and laughed a lot.					
... I was bored.					
... I felt alone.					
...I felt scared or unsure of myself					
... I was proud of myself.					
... I felt on top of the world.					
... I felt pleased with myself.					
... I had lots of good ideas.					
... I got on well with my parents					

Name : _____

Class : _____

Year : _____

Statements 'During the past week...'	Never	Rarely	Sometimes	Often	All the time
... I felt fine at home.					
... We quarrelled at home.					
... I felt restricted by my parents.					
... I did things together with my friends.					
... I was a "success" with my friends.					
... I got along well with my friends.					
... I felt different from other people.					
... Doing the schoolwork was easy.					
... I found school interesting .					
... I worried about my future.					
... I worried about getting bad marks or grades.					

😊 Thank you for completing this survey and for your honesty! 😊