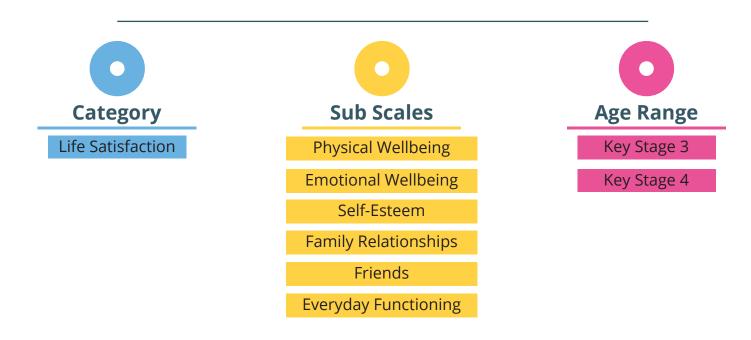
## **W**BounceTogether



■ 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**





Name :	
Class:	
Year:	

## KINDL (kiddo)

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!

	_				
<b>Statements</b> 'During the past week'	Never	Rarely	Sometimes	Often	All the time
l felt ill.					
l 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.					
l felt alone.					
l 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:	

<b>Statements</b> '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.					
l was a "success" with my friends.					
l got along well with my friends.					
I felt different from other people.					
Doing the schoolwork was easy.					
I found school interesting .					
l worried about my future.					
I worried about getting bad marks or grades.					

Thank you for completing this survey and for your honesty!