

Teenage mental resilience: **QUESTIONNAIRE**

1. How were you feeling during quarantine?
 - a) Good
 - b) Bad
 - c) Moderate

2. Do you prefer online school or up close learning?
 - a) Online learning
 - b) Up close learning
 - c) No preference

3. Did you follow all measures of protection?
 - a) Yes all of them
 - b) Some of them
 - c) Not so many

4. Online learning was...
 - a) A fun experience
 - b) Moderate
 - c) Stressing

5. Did you find difficulty in concentrating to online learning?
- a) Yes
 - b) Sometimes
 - c) No
6. Did you experience anything of the following during quarantine?
- a) Loneliness
 - b) Anxiety
 - c) Depression
 - d) Numbness (having no feelings most of the days)
7. Would you say that the whole corona virus situation has affected you with some kind of PTSD (post-traumatic stress disorder)
- a) Yes
 - b) No
 - c) I'm not quite sure
8. Have you personally lost a person close to you from covid 19?
- a) Yes
 - b) No

I. How did you deal with the fact....

a) Being away from your friends

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b) Being closer with your family

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c) Having more free time (if this was true in your case)

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For instance: Did you take up any new hobbies or tried something new in general, or anything that you haven't done for a long time because of your lack of free time?

II. Describe a typical day of your week during quarantine

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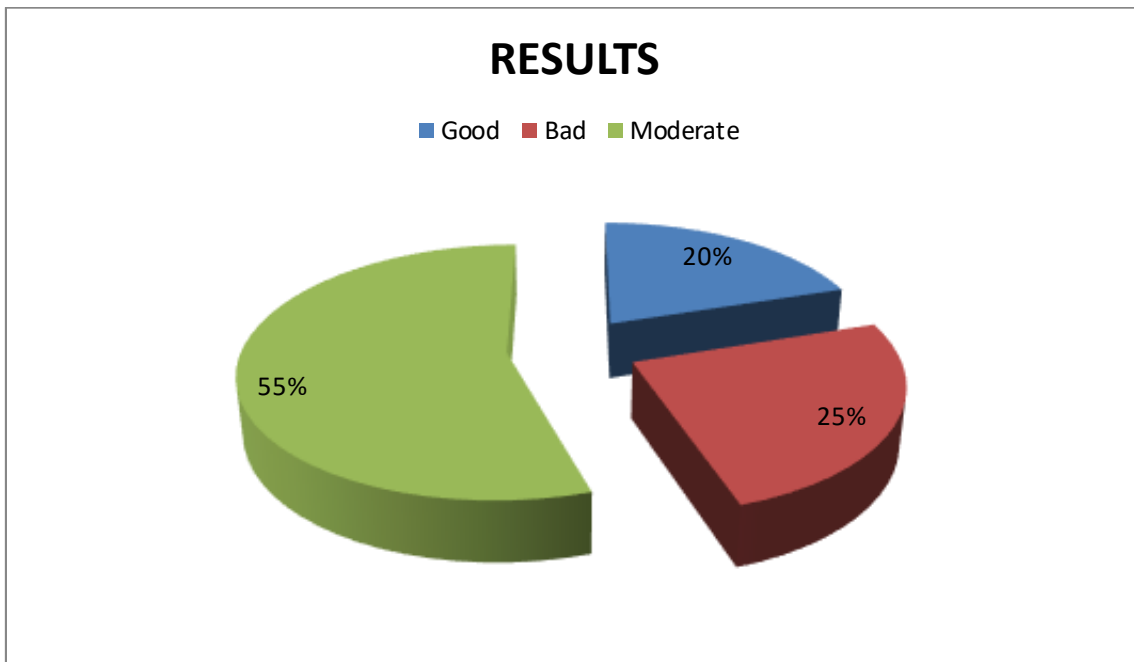
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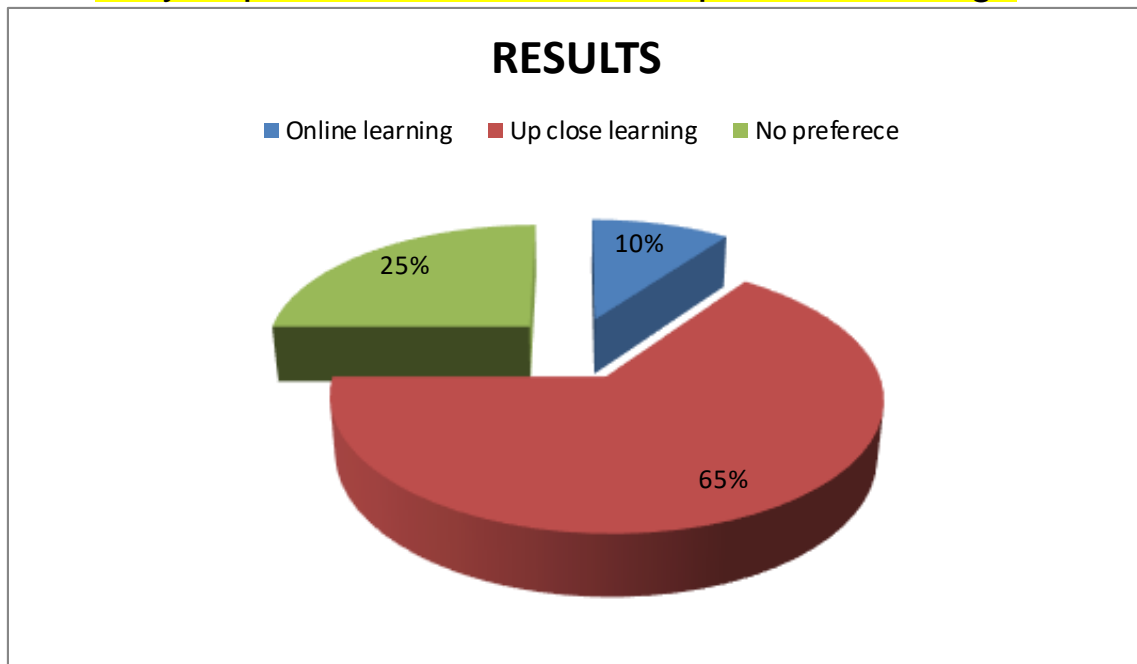
Teenage mental resilience: QUESTIONNAIRE

20 junior high students, representatives of the current youth, answer 8 very basic questions about their mental state during quarantine.

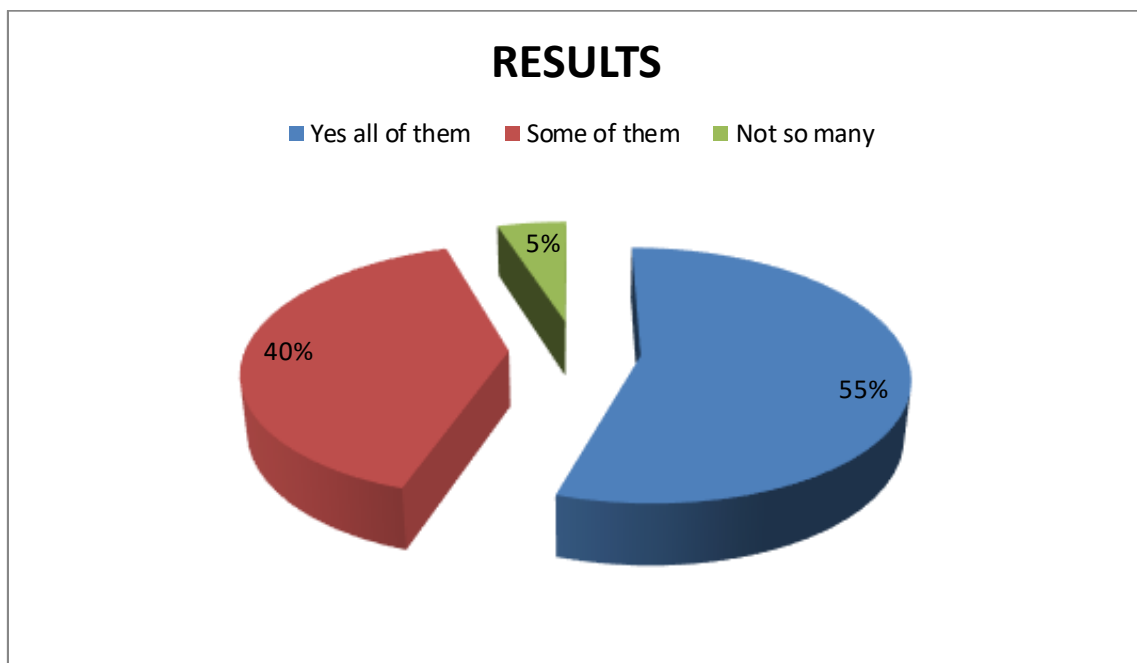
1. How were you feeling during quarantine?



2. Do you prefer online school or up close learning?



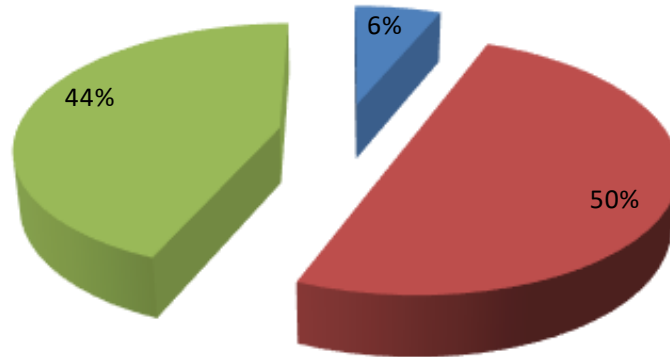
3. Did you follow all measures of protection?



4. Online learning was...

RESULTS

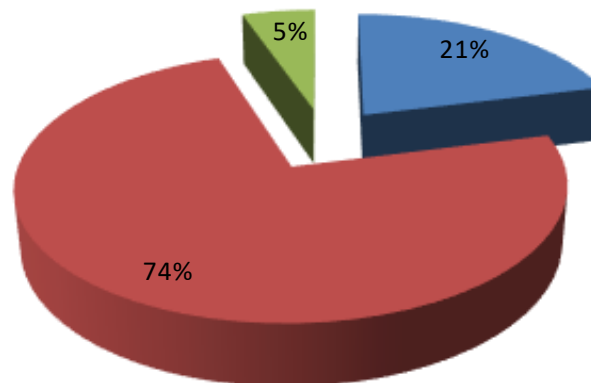
■ A fun experience ■ Moderate ■ Stressing



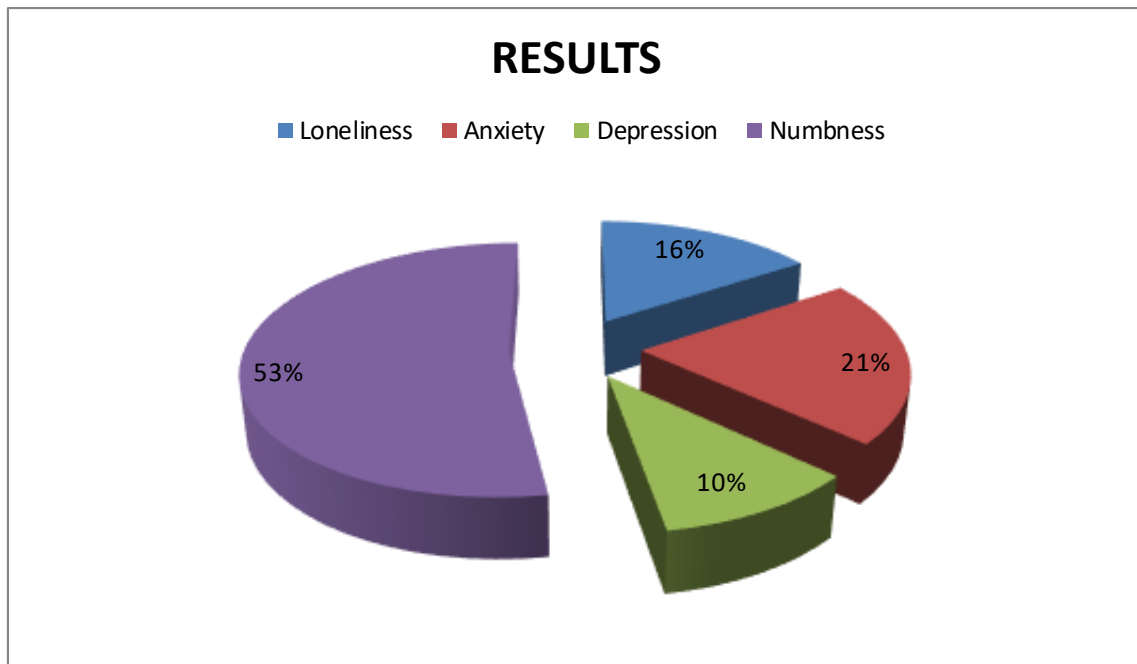
5. Did you find difficulty in concentrating to online learning?

RESULTS

■ Yes ■ Sometimes ■ No



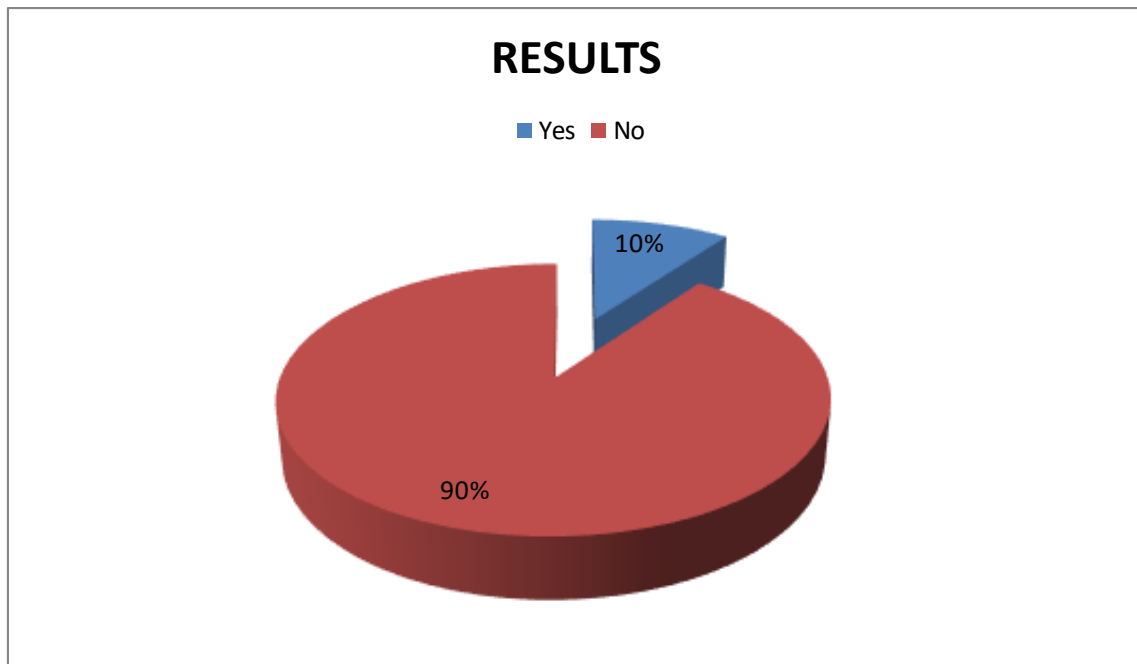
6. Did you experience anything of the following during quarantine?



7. Would you say that the whole corona virus situation has affected you with some kind of PTSD (post-traumatic stress disorder)



8. Have you personally lost a person close to you due to COVID-19?



By Helen Theofani