



Dear participant!

Thank you for participating in our family study!

Due to the corona pandemic, there have been some lockdowns, school closures, and other changes in daily life over the past year and a half. This survey is about how you, as young people, experienced this time, what difficulties you have been encountered and how you and your families dealt with this situation. By participating in this study, you will make a big contribution to discovering how young people in Graz are doing and how they can be supported in the best possible way.

To participate in this study, it is important that you are between the age of 14 and 18 and live in Graz.

The completion of this questionnaire will take about 15 minutes. Please take the necessary time and complete the questionnaire alone and in privacy.

In return you will receive a free day ticket for the Schwarzl Freizeitzentrum.

The study is conducted by the University of Graz on behalf of the Office for Youth and Family of the city of Graz. If you have any questions, please contact:

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Data Privacy Statement

The data collected in the following will be treated strictly confidentially and stored in anonymous form. All data provided by you will be handled in confidence. Conclusions about your person are therefore not possible. Regulations of Data Protection Act as well as the General Data Protection Regulation will be adhered to. The participation in this study is voluntary and can be terminated at any time without giving reasons and without any resulting disadvantages.

I agree to the use of my data for an scientific analysis of the anonymized data.

1. Demographic data

Initially, we would like you to complete a few questions about yourself.

Age

_____ years

Gender

female male diverse

What is your nationality?

Austrian citizenship other: _____

In which country were you born?

Austria other country: _____

In which country was your mother born?

Austria other country: _____

In which country was your father born?

Austria other country: _____

Which language/languages do you speak most often at home?

In which district in Graz do you live?

Innere Stadt St.Leonhard Geidorf Lend Gries Andritz
 Liebenau St.Peter Waltendorf Ries Mariatrost Gösting
 Eggenberg Wetzelsdorf Straßgang Puntigam Jakomini

Which applies best on your current situation?

Middle school
 Apprenticeship
 BHS
 Technical school
 AHS
 Polytechnikum
 Employed
 Unemployed
 Seeking apprenticeship

How do you and your family get along with the money you have available?

very good good moderate bad very bad not specified

2. Questions about general well being

How are you currently doing in terms of the corona pandemic?

- very good good moderate bad very bad

How have you been coping with the challenges and burdens of the pandemic over the past 1.5 years?

- very good good moderate bad very bad

3. Questions about school, vocational training and work

How did you manage to cope with the demands of school, vocational training or work within the last year?

- very good good moderate bad very bad

To which of the following things have you had access to during the last year?

I had...

- a stable internet connection
- an available laptop, tablet or computer you could work with
- help with studying or working from a parent or carer
- a quiet space for studying or working
- a desk for studying or working
- regular support from school, work or training centre
- none of these

How much do you agree with the following statements?

Please tick the appropriate box.

	strongly agree	rather agree	neither agree nor disagree	rather disagree	strongly disagree
My daily life has changed significantly due to the corona pandemic.					
I was able to organise myself well.					
In general, I was motivated to fulfil the requirements in terms of school, vocational training or work.					
I missed a lot due to the corona pandemic (parties, meeting new people, meeting friends...).					
I have made less experiences and learned less as a result of the corona pandemic.					
For me it is easy to adapt to different forms of working, training or teaching during the pandemic.					
I am looking forward to having a normal vocational training, school or work routine again.					
I have been struggling to find my way around larger groups lately.					

4. Questions about family climate

Please think about the time since the corona pandemic started. How have the following things been changing in your family since then?

Please tick the appropriate box.

	much better	better	equal	worse	much worse
family climate					
time spent together					
talking to each other					
mutual support					

5. Questions about resources

There are many things that can help to cope better with stress in an exceptional situation. You will now see a list of such things. Please indicate how helpful from 1 (very helpful) to 7 (not helpful at all) the following points are for you. Please **rate** the things even if you **have not been able to use or experience** them directly.

	1 very helpful	2 helpful	3 rather helpful	4 neither nor	5 rather not helpful	6 not helpful	7 not helpful at all
Contact with friends, acquaintances, adolescents in a similar situation							
Support from people outside the family (e.g. social work, school psychology, therapy, street work...)							
Support from friends, relatives, acquaintances...							
Spending more time with the family							
The feeling that we all have to go through the same.							
Receiving reliable and comprehensible information about the pandemic and current measures							
The prospect of an improvement of the situation (e.g. announcement of school openings, end of the lockdown)							
Omission of everyday appointments/obligations							
Participation in (digital) therapy and support services (e.g. counselling services, exchange, group services, networking...)							
The feeling of achievement							
Having a private retreat							
Maintaining daily structures (e.g. fixed bedtimes)							
Occupation with media (television, computer, digital media,...)							
Exercise and sport							
Distraction and alternative leisure activities (handicrafts, reading, cooking, crafts...)							
Parents or caregivers who deal with the pandemic in a realistic and calm way.							
Talking about fears and worries							
Availability of caregivers							
Others:							

Are there things that would have helped you in this situation which you could not experience or use? If so, what are the reasons why you could not use these things?

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How have your feelings changed regarding the following statements **since the pandemic in relation to before the pandemic?**

Please tick the appropriate box.

	more than before	a bit more than before	stays the same	a bit less than before	less than before
I can rely on my own abilities in difficult situations.					
I am able to solve most problems on my own.					
I can usually solve even challenging and complex tasks well.					
I know whom to contact when I need help.					

To what extent would you agree with the following statements?

Please tick the appropriate box.

	strongly agree	rather agree	neither agree nor disagree	rather disagree	strongly disagree
I managed to stay calm throughout the pandemic.					
I usually can keep myself busy.					
I think that we will weather the crisis well.					
If I can't manage something on my own I am sure that I can call for help any time.					
I can see the purpose of the Corona protection measures.					

Recovery and Stress

This questionnaire consists of a series of statements. These statements possibly describe your mental, emotional, or physical well-being or your activities during the past 7 days and nights.

Please select the answer that most accurately reflects your thoughts and activities.

During the last 7 days and nights...	0 never	1 seldom	2 sometimes	3 often	4 more often	5 very often	6 always
... I laughed.							
... I felt physically fit.							
... I was in good spirits.							
... I was successful in what I did.							
... I felt down.							
... I was fed up with everything.							
... I was in a good mood.							
... I felt very exhausted.							

Over the last 2 weeks, how often have you been bothered by the following problems?

Please tick the appropriate box.

	not at all	several days	more than half the days	nearly every day
little interest or pleasure in doing things				
feeling down, depressed, or hopeless				
feeling nervous, anxious or on edge				
not being able to stop or control worrying				

Concerning your behaviours or reactions, which of those have you increasingly been observing since the beginning of the pandemic?

- aggressiveness
- verbal violence
- physical violence
- fatigue, exhaustion
- lack of motivation, listlessness
- neglect of previous popular activities
- suicidal ideation
- changed eating behaviour
- addictive behaviour**
 - computer games
 - digital media/ social media
 - smoking
 - alcohol
 - cannabis
 - other illegal drugs (heroin, cocaine...)

To what extent would you agree with the following statements?

Please tick the appropriate box.

	strongly agree	rather agree	neither agree nor disagree	rather disagree	strongly disagree
The pandemic-related changes have been very burdening for me.					
I am afraid that I or people close to me will catch Corona.					
We suffer financially due to the corona pandemic.					
I often feel overwhelmed due to the corona pandemic.					
The disputes/conflicts in my family have been increasing since the corona pandemic.					
It was stressful for me and my family not being able to participate in the usual offers (leisure activities, counselling, group offerings, therapy ...) or only to be able to participate digitally.					
The pandemic seems never ending.					
Since the beginning of the pandemic, I've often felt lonely.					
I usually feel well informed about the corona pandemic and the current measures.					
I feel safe about how the pandemic is being handled in Austria.					
Since the corona pandemic, I've been more concerned about my future.					
As an adolescent I feel disadvantaged in the corona pandemic.					
I don't always know how to act properly.					

7. Completion

What would you have wished for in the last year and a half to be able to cope better with the situation?

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In your opinion, what are the positive effects of the corona pandemic for you personally?

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Thank you very much for participating!