MiHealth Program Survey for \_\_\_\_\_\_\_ High School

Medical students from the University of Michigan are working to implement a program called MiHealth, which will bring health education classes taught by medical students to \_\_\_\_\_\_ High School. The classes will be piloted this year, with the goal of improving and expanding them in the coming years. Your participation in this survey is voluntary and will be valuable in continuing to improve this health education curriculum. The statements below are intended to gather your understanding and attitudes about various health-related topics that can impact teens. Please answer the questions honestly using the following scale: 1=Strongly Disagree, 2=Disagree, 3=Agree, 4=Strongly Agree. Please do not write your name anywhere on this form. Your responses will remain confidential.

Your current grade level (please circle):  **9 10 11 12**

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| --- | --- | --- | --- | --- | --- |
|    | *Strongly Disagree**1* | *Disagree**2* | *Undecided**3* | *Agree**4* | *Strongly Agree**5* |
| Depression can be controlled through willpower. | 1 | 2 | 3 | 4 | 5 |
| Depression is caused by major traumatic or sad events. | 1 | 2 | 3 | 4 | 5 |
| People can experience depression in very different ways. | 1 | 2 | 3 | 4 | 5 |
| Taking antidepressant medications cures depression. | 1 | 2 | 3 | 4 | 5 |
| Depression is not a sign of personal weakness. | 1 | 2 | 3 | 4 | 5 |
| Finding out a friend or family member struggles with depression would change our relationship. | 1 | 2 | 3 | 4 | 5 |
| If I had symptoms of depression that lasted more than two weeks I would ask for help. | 1 | 2 | 3 | 4 | 5 |
| Exercise can reduce stress and anxiety. | 1 | 2 | 3 | 4 | 5 |
| Increases in heart rate during exercise are dangerous to health for most people. | 1 | 2 | 3 | 4 | 5 |
| The minimum amount of daily exercise to positively impact health is one hour. | 1 | 2 | 3 | 4 | 5 |
| Exercise can increase self-esteem. | 1 | 2 | 3 | 4 | 5 |
| Increasing my exercise level would positively influence my health. | 1 | 2 | 3 | 4 | 5 |
| I would like to exercise more. | 1 | 2 | 3 | 4 | 5 |
| I believe my current level of exercise is “just right.” | 1 | 2 | 3 | 4 | 5 |
| Food labels are a useful tool for managing nutritional intake. | 1 | 2 | 3 | 4 | 5 |
| Processed foods are designed to be healthier than natural foods. | 1 | 2 | 3 | 4 | 5 |
| Added sugar and salt in foods helps provide additional nutrition for a balanced diet. | 1 | 2 | 3 | 4 | 5 |
| Most Americans consume too many calories each day. | 1 | 2 | 3 | 4 | 5 |
| I would like to eat healthier. | 1 | 2 | 3 | 4 | 5 |
| Improving my eating habits would benefit me now and in the future. | 1 | 2 | 3 | 4 | 5 |
| Checking food labels is important to me. | 1 | 2 | 3 | 4 | 5 |
| Smoking cigarettes has immediate harmful effects on the lungs. | 1 | 2 | 3 | 4 | 5 |
| E-cigarettes are generally considered a healthy alternative to smoking tobacco cigarettes. | 1 | 2 | 3 | 4 | 5 |
| Lung cancer is the only long-term effect of smoking. | 1 | 2 | 3 | 4 | 5 |
| Smoking marijuana is a completely safe recreational habit. | 1 | 2 | 3 | 4 | 5 |
| Most smokers of tobacco or e-cigarettes who would like to quit are successful. | 1 | 2 | 3 | 4 | 5 |
| Smoking cigarettes could have negative short-term and long-term impacts on my life. | 1 | 2 | 3 | 4 | 5 |
| If a friend started smoking cigarettes, I would talk to them about getting help with quitting. | 1 | 2 | 3 | 4 | 5 |
| Staying away from tobacco is important to me. | 1 | 2 | 3 | 4 | 5 |
| Controlling behavior is a warning sign for dating violence. | 1 | 2 | 3 | 4 | 5 |
| Physical violence in dating is rare in high school. | 1 | 2 | 3 | 4 | 5 |
| It is normal to avoid discussing certain topics out of fear of angering your partner. | 1 | 2 | 3 | 4 | 5 |
| Humiliating or yelling are early signs of dating violence. | 1 | 2 | 3 | 4 | 5 |
| I am confident that I could identify an unhealthy relationship. | 1 | 2 | 3 | 4 | 5 |
| I am aware of the options available for help in cases of dating violence . | 1 | 2 | 3 | 4 | 5 |
| If I experienced any form of dating violence, I would seek help as soon as possible. | 1 | 2 | 3 | 4 | 5 |
| Consistent condom use guarantees that a person cannot contract an STI. | 1 | 2 | 3 | 4 | 5 |
| The oral contraceptive “birth control” pill will prevent most STIs. | 1 | 2 | 3 | 4 | 5 |
| Someone cannot consent to sexual activities when they are under the influence of alcohol or drugs.  | 1 | 2 | 3 | 4 | 5 |
| No form of contraception can prevent pregnancy with 100% certainty.  | 1 | 2 | 3 | 4 | 5 |
| I believe that getting tested for STIs is an important responsibility of people who choose to be sexually active.  | 1 | 2 | 3 | 4 | 5 |
| If I have questions or concerns about my sexual health, I am aware of where I can go for help.  | 1 | 2 | 3 | 4 | 5 |
| It is important to have open, respectful communication in order to discuss matters related to sexual health.  | 1 | 2 | 3 | 4 | 5 |
| It is important to use protection against STIs every time a person has sex. | 1 | 2 | 3 | 4 | 5 |
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