Institut de la statistique	_	_
041	*	*
Québec	*	*

Family no.:
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Interviewer no. :	

Language: 2



# Self-Administred Questionnaire for mother (SAQM)

#### Québec Longitudinal Study of Child Development (QLSCD – E8) - Round 2005

#### This questionnaire must be filled out by the child's mother (child AGED ABOUT 7 YEARS OLD).

Thank you for your cooperation which is so essential to the success of this study. It is important to answer all questions to the best of your knowledge. There are no right or wrong answers.

If you have questions or require additional information concerning this study, please contact Direction Santé Québec of Institut de la statistique du Québec (toll-free) 1 877 677-2087 or (514) 873-4749.

This questionnaire will remain strictly anonymous and confidential.

**It's IMPORTANT TO FILL OUT THE QUESTIONNAIRE BY YOURSELF** and as soon as possible. Make sure to seal the enclosed envelope, before giving it back to the interviewer or sending it by mail.

Questionnaire status:	Completed	1	
	Partially completed	2	
	Not completed	3	
			l

#### **Direction Santé Québec**

Institut de la statistique du Québec 1200 McGill College Avenue Montréal (Québec) H3B 4J8 Tel.: (toll-free) 1 877 677-2087 or (514) 873-4749

Date received: (Interviewer)	(Day)	(Month)	(Year)
Date received: (BIP)	(Day)	(Month)	(Year)

#### BIP - Bureau d'intervieweurs professionnels

630 Sherbrooke West Suite 210 Montréal (Québec) H3B 4J8

Tel.: (toll free) 1 877 843-7304 or (514) 288-1980

# Instructions and examples

You will find there are several possible answers to the following questions. Unless otherwise indicated, we ask you to choose only one answer for each question. As there are no right or wrong answers, the idea is to choose the answer best suited to your personal situation **and circle the corresponding number**. Please consider the instructions following your choice (ex.: **Go to Q...**).

Here are a few sample questions and answers to illustrate what we mean.

#### Example 1

- 3. Indicate how long in total he/she sleeps during the NIGHT (on average):
  - ♦ Do not count the time that your child is awake

6 hours \_\_\_15 minutes

#### Example 2

- 52. **IN THE PAST WEEK at home AND at school (or school's daycare service)**, on average, how many times during the week or how many times per day has \_\_\_\_\_\_ (of ABOUT 7 YEARS) eaten the following foods:
  - ♦ If you have joint custody of the child, please refer to the most recent week spent with the child when answering the following questions.
  - ◆ Circle only one answer to each statement

In the past week	None	Times	es (in the week)		Times (per day)			
III IIIe pusi week	None	1-2	3-4	5-6	1	2	3	4 and +
c) Yoghurt, milk desserts (example: Laura								
Secord milk puddings)								
◆ Excluding ice cream	(1)	2	3	4	5	6	7	8
d) Fruits	1	2	(3)	4	5	6	7	8
i) Meat (example : pork, beef, veal, etc.)	1	2	3	4	(5)	6	7	8





# Child of ABOUT 7 YEARS

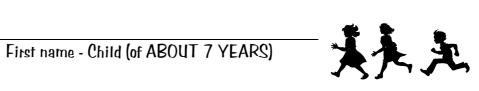
# Section 1

About sleeping habi	tg concern your child of ABOUT 7 YEARS and refer to his/her sleeping habits.
The following questions	concern your child of ABOOT / TEAKS and refer to his/fier sleeping habits.
1. What is your relations	ship with the child (of ABOUT 7 YEARS)?
You are his/her bio	logical mother1
	t spouse or partner of the child's father but <u>not</u> his/her biological mother 2
	lse (that is, grandmother, aunt, legal guardian, etc.)
_	total he/she is awake during the NIGHT (on average): er wakes up, write "0" hour et "0" minute
h	ours minutes
•	total he/she sleeps during the NIGHT (on average): time that your child is awake
h	ours minutes
4. In aeneral, is vour chi	ild sleepy during the day?
♦ Circle only one a	
,	
	Never
	Sometimes
	Often3
	Always4
1,0	Don't know7
<ul><li>5. Does your child (of Al</li><li>◆ Circle only one a</li></ul>	BOUT 7 YEARS) <b>snore</b> during his/her sleep? <b>nswer</b>
	Never1
	Sometimes2
	Often3

Always......4



6.	Does your child (of ABOUT  ◆ Circle only one answer	「7 YEARS) <b>talk</b> in his/her sleep? er
	٨	lever 1
	S	ometimes2
	C	Often
	Α	lways4
7.	Does your child walk in his  Circle only one answe	· · · · · · · · · · · · · · · · · · ·
	٨	lever 1
	S	ometimes2
	C	Often3
	Α	lways4
8.	Does your child have nigh  Circle only one answe	
	N	lever 1
	S	ometimes2
	C	Often3
	Α	lways4
9.	Does your child have <b>night</b> • Circle only one answ	terrors (wakes up suddenly, crying, sometimes drenched in sweat and confused)? er
	N	lever1
	S	ometimes2
	C	Often3
	A	lways4
10		elf/herself or <b>bang</b> his/her head against his/her pillow, his/her bed or the wall in while falling asleep or during sleep?  er
	٨	lever 1
	S	ometimes2
	C	Often3
	A	lways4
0.47	IOM • Page 9	



◆ Circle only one ans	Swer
	Never1
	Sometimes
	Often3
	Always4
<ul><li>12. Does your child pee in</li><li>◆ Circle only one ans</li></ul>	
	Never1
	Sometimes
	Often
	Always4
13. Does your child have ur  ◆ Circle only one ans	npleasant sensations in his/her legs at bedtime that <b>force him/her to move?</b> swer
	Yes1 → Go to Q.14a
	No
14a. Is it worst in the evenin  ◆ Circle only one an	g or at night than in the day? swer
	Yes1
	No2
14b. Is it worst while resting  ◆ Circle only one an	or during an inactivity period (sitting or lying down)? swer
	Yes1
7.0	No2
14c. Are the unpleasant sen  ◆ Circle only one an	
	Yes1
	No2



## Section 2

#### About your relationship with your child's (of ABOUT 7 YEARS) teacher...

15	Usually	my child's (of	about 7 years	) teacher keeps	me inform o	f his/her l	hehaviours	in school

<b>♦</b>	Circle	only	one /	answer
----------	--------	------	-------	--------

1	2	3	4
Totally	Somewhat	Somewhat	Totally
Agree	Agree	Disagree	Disagree

- 16. When my child goes through a difficult time at home, I feel at ease to share it with his/her teacher.
  - ♦ Circle only one answer, if the following does not apply to your situation, circle "7" not applicable

1	2	3	4	7
Totally	Somewhat	Somewhat	Totally	Not
Agree	Agree	Disagree	Disagree	applicable

- 17. My child's teacher keeps me informed of his/her activities in his/her school.
  - ♦ Circle only one answer

1	2	3	4
Totally	Somewhat	Somewhat	Totally
Agree	Agree	Disagree	Disagree

- 18. I feel at ease to communicate to the teacher that I am dissatisfied with certain aspects concerning the class of my child.
  - ♦ Circle only one answer

	2	3	4
Totally	Somewhat	Somewhat	Totally
Agree	Agree	Disagree	Disagree



- 19. Conflicts between the teacher and myself get settled quickly.
  - ♦ Circle only one answer, if the following does not apply to your situation, circle "7" not applicable

1	2	3	4	7
Totally	Somewhat	Somewhat	Totally	Not
Agree	Agree	Disagree	Disagree	applicable

- 20. My child's teacher use various ways to communicate with me (for example: written reports such as an agenda, daily or weekly follow-up, journal, etc.).
  - ♦ Circle only one answer

1	2	3	4
Totally	Somewhat	Somewhat	Totally
Agree	Agree	Disagree	Disagree



# Section 3

#### About your lifestyle habits...

The next questions are about cigarette smoking and alcohol and drug consumption.

- 21. Does one or both of the parents or another person smoke IN the house?
  - ♦ Circle more than one if applicable

Neither person smokes in the house	1
One parent smokes in the house	2
Both parents smoke in the house	3
Another person living in the house smokes in the house	4

- 22. AT THE PRESENT TIME, do you smoke cigarettes daily, occasionally or not at all?
  - ♦ Circle only one answer

Daily	1_
Occasionally	2 } Go to Q.24
Not at all	3 3 30 10 4.24

23. How many cigarettes do you smoke each day **NOW**?

Number of cigarettes per day: \_\_\_\_\_

- 24. **DURING THE PAST 12 MONTHS**, how often did you drink beer, wine, liquor or any other alcoholic beverage?
  - ♦ Circle only one answer

Every day	1
4-6 times a week	2
2-3 times a week	
Once a week	4
2-3 times per month	5
Once a month	6
Less than once a month	7
Never	8 → Go to Q. 26

<ul> <li>25. How many times IN THE PAST 12 MONTHS have you had 5 or more drinks on one occasion?</li> <li>♦ Write down "0" if none</li> </ul>
Number of times:
26. IN THE PAST 12 MONTHS, have you used drugs (such as marijuana, cocaine, psychedelics, etc.) <u>and/o</u> medication WITHOUT a prescription or doctor's orders: tranquilizers, sedatives, barbiturates, downers sleeping pills like Seconal, Qaaludes, pills for your nerves like Valium, Librium, Ativan?  ◆ Circle only one answer
Yes1
No2 → Go to Section 4
27. IN THE PAST 12 MONTHS, how many times have you used these drugs and/or medications?
Number of times:
<ul> <li>28. Which drugs and/or medication WITHOUT a prescription did you use IN THE PAST 12 MONTHS?</li> <li>◆ Circle more than one if applicable</li> </ul>
Marijuana, hashish, pot, grass1
Cocaine, crack, free base2
Amphetamines, stimulants, speed3
Heroin, opiates like codeine, demerol, morphine, methadone, darvon, opium4
Psychedelics like LSD, mescaline, peyote, psilocybin, DMT, PCP5
The following <i>non-prescription</i> drugs: barbiturates, sedatives, downers, sleeping pills like Seconal, Qaaludes, tranquillizers, pills for your nerves like Valium, Librium, Ativan ( <i>no prescription</i> )6

# Section 4

#### About various aspects of your health...

The following is a set of statements that describe feelings or behaviours. Please tell us how often you felt or behaved this way during the past week.

29.	How often you felt or behaved this way <b>DURING THE PAST WEEK</b> :		
	a) I felt that I could not shake off the blues even with help from my family or friends  • Circle only one answer		
	Rarely or none of the time (less than 1 day)		
	b) I felt depressed.  • Circle only one answer		
	Rarely or none of the time (less than 1 day)		
	c) I felt that everything I did was an effort.  • Circle only one answer		
	Rarely or none of the time (less than 1 day)		
	<ul><li>d) I was happy.</li><li>Circle only one answer</li></ul>		
	Rarely or none of the time (less than 1 day)		
	Occasionally or a moderate amount of time (3-4 days)		



# Section 5

#### About health professionals you have consulted for your child...

30. **IN THE PAST 12 MONTHS**, how many times have you SEEN or TALKED ON THE TELEPHONE with any of the following professionals about your child's (of ABOUT 7 YEARS) physical, emotional or mental health?

		Number of times
	neral practitioner, family physician?	
	diatrician? hter 0 if none	
•	her medical doctor (such as an orthopedist, ophthalmologist)?	
	blic health nurse or nurse practitioner?ter 0 if none	
,	ntist, pedodontist (children dentist) or orthodontist?	
	vchiatrist or psychologist?	
spee welfo	other person trained to provide treatment or counsel, for example a ch therapist, a optometrist, a physiotherapist, a social worker, a child are worker or children's aid worker?  Inter 0 if none	
h) — W	nich one?	





# Section 6

About the	troddus	100p fo	family
-----------	---------	---------	--------

	nts are about relationships and the support you get from others. For each of t s whether you strongly agree, agree, disagree, or strongly disagree.	he
31. I have family and  • Circle only one	riends who help me feel safe, secure and happy.  answer	
	Strongly agree1	
	Agree2	
	Disagree 3	
	Strongly disagree4	
32. There is someone  ◆ Circle only one	trust whom I would turn to for advice if I were having problems.  answer	
	Strongly agree 1	
	Agree2	
	Disagree3	
	Strongly disagree4	
33. There are peop  ◆ Circle only one	e I can count on in an emergency.  answer	
	Strongly agree 1	
	Agree2	
	Disagree3	
(,0)	Strongly disagree4	
	s and family, did community or social service professionals help with your persor THE PAST 12 MONTHS.  answer	nal
	Yes1	
	No2	
	CAOM a Dog	_ 11

# Section 7

#### About the pace of your day-to-day life...

- 35. For each statement, please circle the number that best describes how you felt in general **DURING THE PAST 12 MONTHS**.
  - ♦ Circle only one answer to each statement

	Always	Often	Sometimes	Rarely	Never
<ul> <li>a) I felt that I had to rush to get everything done each day</li> </ul>	1	2	3	4	5
b) By the time supper time arrived, I was physically exhausted	1	2	2	1	5
		2	3	4	
c) I felt that I had enough time for myself		.2	3	4	5

- 36. **During the last two weeks**, did it happen that you needed something like help to baby-sit children, run errands, or clean the house?
  - ♦ Note : Help can be provided by anyone in or out the household
  - ♦ Circle only one answer

Yes	1
	2 → Go to Q. 37
I don't remember	3 → Go to Q. 37

- 36a. Did you find someone to help you?
  - ♦ Circle "1" for Yes or "2" for No

Yes	 	• • • • •	• • • • •	 	• • • • • •	 	. 1
No	 			 		 	2

- 37. Do you have experienced unpleasant sensations in your legs in the evening or at night that **force you to** 
  - ♦ Circle only one answer





## Section 8

 36611011 3					
About the activities of your child (of ABOUT 7 YEARS)  The next questions are about					
MONTHS, <u>outside of school hours</u> , how often has your child (of ABOUT 7 YEARS): taken a coach or instructor (except dance, gymnastics and martial arts)?  e answer					
Most days 1					
A few times a week2					
About once a week3					
About once a month4					
One session (8 to 12 weeks)6					
Two sessions or more (8 to 12 weeks each)7					
Never or almost never5					
MONTHS, <u>outside of school hours</u> , how often has your child: taken lessons or instruction I physical activities <b>with</b> a coach or instructor such as dance, gymnastics, martial arts or					



40.	IN THE LAST 12 MONTHS, outside of school hours, how often has your child (of ABOUT 7 YEARS): taken
	part in unorganized sports or physical activities without a coach or instructor? (examples: playing with a
	ball, skipping, riding a bike, swimming)

Most days	. 1
A few times a week	. 2
About once a week	. 3
About once a month	. 4
Almost never	. 5

- 41. **IN THE LAST 12 MONTHS**, <u>outside of school hours</u>, how often has your child: taken lessons or instruction in music, art or other non-sport activities?
  - ♦ Circle only one answer

Most days	1
A few times a week	
About once a week	3
About once a month	4
One session (8 to 12 weeks)	6
Two sessions or more (8 to 12 weeks each)	7
Never or almost never	5

- 42. **IN THE LAST 12 MONTHS**, <u>outside of school hours</u>, how often has your child: taken part in any clubs, or groups or community programs with leadership, such as Beavers, Sparks or church groups (Include Québec breakfast club)?
  - ♦ Circle only one answer

Most days	1
A few times a week	2
About once a week	3
About once a month	4
One session (8 to 12 weeks)	6
Two sessions or more (8 to 12 weeks each)	7
Never or almost never	5



43.	Outside of school hours	, how often does	your child (	of ABOUT 7 YEARS	spend time on a comp	uter?.
-----	-------------------------	------------------	--------------	------------------	----------------------	--------

•	Circle	only	one	answer
•				MII3VVCI

Most days	1
A few times a week	2
About once a week	3
About once a month	4
Almost never	5

- 44. **IN THE LAST 12 MONTHS**, has your child had access to a computer in your home, including a laptop you bring home from work?
  - ♦ Circle only one answer

Yes	 l
No	 2

- 45. On average, how much time does your child spend each day...
  - ♦ Circle only one answer
  - ◆ For example, if the child only spends 4 hours on week-end doing one or the other activities mentionned below than divide this number by 7 days to get an average number of hours: 4 hours) 7 days = less than 1 hour per day

		Hours (per day)				
	None	Less than 1	From 1 less than 3	From 3 less than 5	From 5 less than 7	7 and more
a) playing computer or video games?	1	2	3	4	5	6
b) watching TV or videos/DVD during the week and the week-end?	1	2	3	4	5	6

- 46. How often does he/she play alone (e.g., riding a bike, doing a craft or hobby, playing with a ball, playing computer games)?
  - ♦ Circle only one answer

Often	1
Sometimes	2
Rarely	3
Never	4



- 47. How many days a week do you and your child (of ABOUT 7 YEARS) play sports together?
  - ♦ There may be other people with you and your child
  - ♦ Circle only one answer

Every day	. 1
5 to 6 days per week	2
3 to 4 days per week	3
1 to 2 days per week	4
1 to 2 times per month	5
Rarely or never	6

- 48. How many days a week do you and your child play cards or games together?
  - ♦ There may be other people with you and your child
  - ♦ Circle only one answer

Every day	1
5 to 6 days per week	2
3 to 4 days per week	3
1 to 2 days per week	4
1 to 2 times per month	5
Rarely or never	6

- 49. How many days a week do you and your child (of ABOUT 7 YEARS) talk about things together?
  - ♦ There may be other people with you and your child
  - ♦ Circle only one answer

Every day1
5 to 6 days per week2
3 to 4 days per week3
1 to 2 days per week4
1 to 2 times per month5
Rarely or never



- 50. How many days a week do you and your child (of ABOUT 7 YEARS) do a project or chores together?
  - ♦ There may be other people with you and your child
  - ♦ Circle only one answer

Every day	1
5 to 6 days per week	2
3 to 4 days per week	3
1 to 2 days per week	4
1 to 2 times per month	5
Rarely or never	6

- 51. How many days a week do you and your child go on a outing together?
  - ♦ There may be other people with you and your child
  - ♦ Circle only one answer

Every day	. 1
5 to 6 days per week	. 2
3 to 4 days per week	. 3
1 to 2 days per week	. 4
1 to 2 times per month	. 5
Rarely or never	. 6



#### Section 9

About	eating	habits
-------	--------	--------

The following questions concern your child of ABOUT 7 YEARS and refer to his/her alimentation.

- 52. **IN THE PAST WEEK at home <u>AND</u> at school (or school's daycare service)**, on average, how many times during the week or how many times per day has \_\_\_\_\_\_ (of ABOUT 7 YEARS) eaten the following foods:
  - ♦ If you have joint custody of the child, please refer to the most recent week spent with the child when answering the following questions.
  - ♦ Circle only one answer to each statement

[ , ,, , , , , , , , , , , , , , , , ,	<u>.</u>	Times (in the week) Times (p			(per	er day)		
In the past week	None	1-2	3-4	5-6	1	2	3	4 and +
a) Milk	1	2	3	4	5	6	7	8
b) Cheese	1	2	3	4	5	6	7	8
c) Yoghurt, milk desserts (example: Laura Secord milk puddings)		0			_		_	
♦ Excluding ice cream		2	3	4	5	6	7	8
d) Fruits	1	2	3	4	5	6	7	8
e) Juice/Fruit drinks	1	2	3	4	5	6	7	8
f) Sweet drinks/Soft drinks	1	2	3	4	5	6	7	8
g) Vegetables/Potatoes	1	2	3	4	5	6	7	8
h) Poultry/Eggs	1	2	3	4	5	6	7	8
i) Meat (example : pork, beef, veal, etc.)	1	2	3	4	5	6	7	8
j) Fish / Seafood	1	2	3	4	5	6	7	8
k) Legumes, pulse (example: lentils, tofu))	1	2	3	4	5	6	7	8
I) Bread	1	2	3	4	5	6	7	8
m) Cereal (example: Corn Flakes, Froot								
Loops, etc.)	1	2	3	4	5	6	7	8
n) Pasta/Rice, "Couscous"	1	2	3	4	5	6	7	8
o) Pastries/Candies/Cookies/Chips/								
Chewing gum containing sugar								
◆ Don't count SUGAR-FREE								
chewing gum	1	2	3	4	5	6	7	8



- 53. Does your child eat breakfast in the morning?
  - ♦ Circle only one answer

Yes, every morning	1
Regularly, but not every day	2
On occasion only	3
Never	4

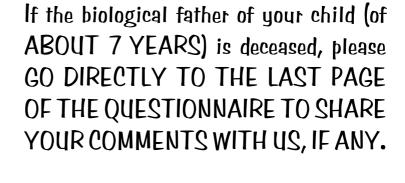


# Dear respondent...

If you are not living with THE BIOLOGICAL FATHER of your child (of ABOUT 7 YEARS), please FILL OUT THE FOLLOWING SECTION (beginning at question 54).

If, however, you are living with THE BIOLOGICAL FATHER of your child (of ABOUT 7 YEARS), please GO DIRECTLY TO THE LAST PAGE OF THE QUESTIONNAIRE TO SHARE YOUR COMMENTS WITH US, IF ANY.

**ATTENTION** 





# Section 10

About the biological father of	(of ABOUT 7 YEARS)
	nip with the biological father of your child (of ABOUT se you never lived with him or because you are separated
	other of your child (of ABOUT 7 YEARS) <b>since our last</b> be the emotional atmosphere surrounding this separation?
Cood	
, 0	
	3
,	4
	a year 5
I never maintained an ongoing relat	ionship with the biological father 6
<ul><li>55. Are you still in touch with the biological father</li><li>♦ Circle "1" for Yes or "2" for No</li></ul>	of your child?
Yes	1
No	2 → Go to Q. 58
<ul><li>56. How would you describe the current situation</li><li>◆ Circle only one answer</li></ul>	between you and the biological father of your child?
Good	1
Fairly good	2
Bad	3
	4



- 57. Does the biological father provide any financial support for his child (of ABOUT 7 YEARS)?
  - ♦ Circle only one answer

Yes - regularly	1
Yes - irregularly	2
No	3

- 58. How do you feel about the extent of the biological father's involvement as a parent with your child (example: contact, custody arrangements, etc.)? Is it...?
  - ♦ Circle only one answer

Very satisfactory	1
Somewhat satisfactory	2
Somewhat unsatisfactory	3
Very unsatisfactory	. 4

- 59. How do you feel about the extent of financial support from the biological father of your child? Is it...?
  - ♦ Circle only one answer

Very satisfactory	1
Somewhat satisfactory	2
Somewhat unsatisfactory	3
Very unsatisfactory	4



# Your comments

Kindly indicate your comments in the space below. Your feedback is appreciated.

Place the completed questionnaire in the envelope and seal it to guarantee confidentiality.

Please, give it back to the interviewer or forward by mail as soon as possible.

Thank you for your cooperation!