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**Central and Western District Adolescent Health Survey:  
Full Report of the Baseline and Prospective Studies (2002-2004)**

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Submitted to the Healthy District Steering Committee  
Central and Western District Council

by

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## **Executive Summary**

### **Introduction**

The Healthy District Steering Committee, Central and Western District Council invited the Department of Community Medicine, University of Hong Kong to study the prevalence of mental health problems, physical health and illness, and the association between psychological health and physical symptoms of students in the Central and Western District in 2002.

### **Methods**

An eight-page self-administered questionnaire was modified from Lewinsohn et al's study in the U.S. It included symptoms of anxiety and depression, body weight and height, physical conditions, exercise, sleep, family relationship, smoking, alcohol drinking, substance abuse, weight-related concerns, physical maturation, hypochondriasis, life stressors, school life, subjective probability (degree of subjective thinking), self-harm behaviors, suicidal ideation, suicide attempts and disturbances caused by worry. Parent's consent and parent questionnaires were given to the schools prior to the student survey, and they were collected on the student survey day. Primary five to secondary five students in 14 schools in Central and Western District completed the questionnaire in a classroom session and handed them to the researcher in a sealed envelope. The response rates of schools was 28%, 95.1% for students (N=2855) and 73.3% for parents (n=2200) at time 1 (T1, 2002-2003). About 10% of students were selected for a face-to-face diagnostic interview. Students who were screened as at risk were referred to their school or district social workers. The follow-up survey (T2) was held during 2003-2004 to examine the mental and physical health of the same group of students. Two primary schools did not participate in the T2 survey since the students who participated at T1 were all P.6 students (n=164) and were already graduated from the school at T2. Finally, data of 1,610 students and 1,086 parents were identified by matching to be the same subjects who participated at both T1 and T2. The matching rate of the

prospective study was 75.6% for students and 67.9% for parents.

## **Results**

*Self-rated health:* Significantly more primary boys at T2 rated their health as excellent than at T1. More boys and girls at T1 rated their health as just fair than at T2.

*Body Mass Index (BMI):* There were significantly more primary students at T2 weighted as normal than at T1. There were overall 2.5% obese students at T1, but there were no more obese students at T2

*Physical activities:* Significantly more primary boys at T2 engaged in vigorous activities than at T1. More primary girls, primary and secondary students at T2 engaged in walking than at T1. At both T1 and T2, walking was the most popular physical activity among primary and secondary students that they frequently engaged in, followed by ball games.

*Sleeping disturbances:* Significantly less primary boys and girls at T2 reported having 9 hours of sleep or more than at T1. Significantly more secondary girls at T2 never had difficulty sleeping once asleep than at T1.

*Reduced activities:* 4% and 1.2% of primary students at T1 and T2, and 8.6% and 1.5% of secondary students at T1 and T2, respectively reported significant reduced activities. No significant difference was found between T1 and T2.

*Functional impairment:* Most primary and secondary students had no impairment at T1 and T2, and a minority reported having 2 or more problems. No significant difference was found between T1 and T2.

*Smoking, drinking and substance abuse:* Significantly more primary students at T2 started to smoke and drink between the age of 10 and 12 years than at T1, and more secondary students at T2 started to abuse substances between 13 and 15 than at T1.

*Family background and relationship:* Significantly less primary and secondary boys at T2 reported having 'average' relationship between siblings than at T1.

*School life:* Less primary boys at T2 definitely and mostly agreed with 'I feel important in the school' than at T1. More primary boys at T2 mostly agreed with 'I feel good about my work in school' than at T1.

*Weight-related concerns:* Significantly more primary girls at T2 wished to be lighter than at T1, but also more primary girls at T2 wished to be heavier than at T1. Over 50% of secondary girls at both T1 and T2 wished to be lighter.

*Hypochondriasis:* Overall, over 1/3 of primary and secondary students 'worried about their own health' and 'worried about getting a disease when it was brought to them'. No significant difference was found between T1 and T2.

*Life stress:* Significantly less primary boys and primary students overall at T2 were bothered by 'a sudden decline in school performance' than at T1.

*Worry:* Overall, the most common disturbances reported by primary and secondary students were ‘got to sleep with thoughts or ideas bothering’ and ‘frequently worrying about something’ at both T1 and T2. Significantly less primary boys and primary students overall at T2 responded true to ‘most nights I got to sleep without thoughts or ideas bothering me’ than at T1.

*Symptoms of anxiety:* More primary boys at T2 felt moderately content than at T1, and less primary boys at T2 reported feeling very relaxed and very pleasant than at T1. More primary girls reported feeling moderately comfortable at T2 than T1.

*Depressive symptoms:* Significantly more primary boys responded ‘never’ at T2 than at T1 to ‘I had trouble keeping mind on what I was doing’ and ‘I was happy’, and more primary boys responded ‘seldom’ to ‘I talked less than usual’ at T2 than at T1. Significantly less primary girls and secondary boys responded ‘never’ at T2 than at T1 to ‘I felt lonely’. Less secondary girls and secondary students overall responded ‘never’ to ‘people were unfriendly’ at T2 than at T1.

*Self-harm behaviors:* The most common deliberate self-harm behaviors among students included cutting, piercing or burning (self-laceration), beating own fists and hands into walls and other objects (self-battery) and overeating or self-starving.

*Suicidal ideation:* Overall, 10% of primary and 15.9% of secondary students had some suicidal ideation the week prior to the survey at T1, the rates were 12.1% and 19.4% respectively at T2. Significant more primary girls, primary students overall and secondary girls at T2 reported ever had suicidal ideation than at T1.

*Suicide attempt:* Significantly more primary and secondary students reported ever had suicide attempt at T2 than at T1 (primary students: 19.9% at T2 vs 1.8% at T1; secondary students: 15.6% at T2 vs 3.9% at T1).

*Diagnostic interview:* Among the 95 self-harmers, 2 boys and 10 girls were diagnosed with a mood disorder; 1 boy and 4 girls were diagnosed with an anxiety disorder; 3 boys and 8 girls were diagnosed with a disruptive behavior; and 3 boys and 2 girls were diagnosed with anorexia (eating disorder).

*Students' adjustment and skills:* Less primary boys at T2 often 'made friends without difficulty' than at T1, but more primary boys at T2 had sometimes 'done things for attention even though punished for it' than at T1. More primary and secondary students at T2 sometimes 'said people didn't care about him/her' than at T1.

*Parents' perception of family relationship:* Over 90% of the parents perceived their family relationship as, average, good or very good overall. Only a minority of the parents rated their family relationship as poor or very poor overall. No significant differences were found between T1 and T2.

*Parental mental health:* One of the most frequent problems experienced by of parents of primary and secondary students was 'feeling under psychological strain recently' at both T1 and T2. Significantly less parents of primary boys at T2 sometimes 'doing useful things' than at T1.

*Predictive factors for psychological symptoms:*

Anxiety symptoms were predicted by older age, depressive symptoms, ever drinking, negative perception towards school life, stress and worry.

Depressive symptoms were predicted by anxiety symptoms, stress, and students' poorer adjustment and skills.

Deliberate self-harm was predicted by negative perception towards school life, body dissatisfaction, students' poorer adjustment and skills, and poorer parental mental health.

Suicidal ideation during the past 12 months was predicted by depressive symptoms and ever substance abuse.

Suicide attempt during the past 12 months was predicted by depressive symptoms, negative perception towards school life and stress.

## **Conclusions**

Although the percentage of merged participants was lower than expected, the baseline and prospective studies were completed successfully with the help of the District Council, school principles, teachers, parents and students.

Findings can be interpreted under the perspectives of 'physical health' and 'psychosocial and behavioral health'. Unlike the results of those of Lewinsohn's, physical problems did not predict psychological problems (i.e., depressive symptoms). Students in general seemed to have better physical health at T2, for example, they exercised more at T2 and there were no more obese students at T2. However, some of the findings about psychosocial and behavioral health might be worrying, for example, the rates of suicidal ideation and suicide attempt at T2 were significantly higher than at T1.

## **Recommendations**

The results of the prospective study and diagnostic interviews can shed light to the development of prevention and intervention programmes at schools. Educators and parents need to be aware of early symptoms, and early remedial actions may be necessary.



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## **Introduction**

In the past decade, several local studies have found that significant numbers of adolescents felt stressful and unhappy in Hong Kong<sup>1</sup>. Suicide rate in those aged 15-24 has increased from 5.5 per 100,000 in 1981 to 8.5 per 100,000 in 1994<sup>2</sup>. The male-to-female ratio of suicide rates was 1:11<sup>3</sup>. In the West, Lewinsohn et al.<sup>4</sup> suggest that adolescent mental health problems (e.g., depression) is related to physical health problems. The results of their study suggested boys were more likely to be treated for injury and girls more likely to be treated for a disease, and there were associations between disease, reductions in activities, functional impairment and depression.

The mental and physical health problems, suicidal behavior and related problems in adolescents would certainly add burden to the health and education authorities. However, the prevalence of childhood and adolescent anxiety, depression, self-harm behaviors behavior has rarely been reported in Hong Kong. Studies using diagnostic interviews for child and adolescent psychiatric epidemiology in the community are scarce in Hong Kong and other Asian populations, which have different cultures and psychosomatic presentations from the West.

In the year 2002, the Healthy District Steering Committee of Central and Western District Council set up the Adolescent Health Study Group, which invited the Department of Community Medicine, University of Hong Kong to carry out the Adolescent Health Survey in the schools of the district. The survey included a baseline (T1, 2002-2003) and a follow-up study (T2, 2003-2004). Students were followed up at T2 to detect new events of mental health problems, and to identify those with persistent symptoms. Lewinsohn et al.<sup>4</sup> recommended the use of prospective research to study the risk factors for physical and psychological symptoms, and he found functional impairment and disease as risk factors for future major depressive disorder (MDD) and that MDD was also a risk factor for future functional impairment and disease.

## **Objectives**

The aims of these cross-sectional and prospective studies were: (a) to measure the prevalence of physical illnesses, psychosocial and behavioral problems (including anxiety and depressive symptoms, suicidal ideation), (b) to assess students' psychiatric health by using diagnostic interview, and (c) to investigate the predictive factors for psychological and behavioral problems.

## **Methods**

All the Chinese-speaking government and subvented primary (P.5-P.6) and secondary schools (F.1-F.5) in the District were invited to participate in the survey through the District Council. Five out of 15 secondary schools (33.3%) and 9 out of 32 primary schools (28.1%) agreed to participate in the study during December 2002 to March 2003. At T1, there were 10 coeducational schools, 2 boy and 2 girl schools. All schools were Government funded or subvented. Half of the schools had Christian or Catholic background. At T2, 2 coeducational primary schools did not participate in the survey since all the P.6 students left the school and could not be followed up.

A structured and self-administered questionnaire (Appendix 1) was designed as a "screening" instrument (but not a diagnostic tool), which included sections on anxiety and depressive symptoms, body weight and height, physical conditions, exercise, sleep, family relationship, smoking, alcohol, substance abuse, weight-related concerns, physical maturation, hypochondriasis, life stress, school life, subjective probability (degree of subjective thinking), self-harm behaviors, suicidal ideation, suicide attempts, disturbances caused by, and social desirability. Parts of the questionnaire were translated from Lewinsohn et al's study<sup>4</sup>. Parents of the students were also requested to complete a brief questionnaire (Appendix 2), which was about their mental health status and how they evaluated their children's mental health. Parents were given a consent form

and they were to sign and return it if they would not allow their children to join the study. This study has been approved by the Ethics Committee of the Faculty of Medicine, University of Hong Kong.

Most of the students who were present on the date of the survey at T1 completed the questionnaire. Many of them also brought the completed parent questionnaires. Completed questionnaires were put in a large envelope and sealed in front of the students. The follow-up survey (T2) was also carried out in exactly the same way as T1, and the data were merged with those of T1 by students' school, class, class number, personal ID and sex. Due to missing information at T2 (e.g., student's class and class number of last year) and some students who left schools and could not be followed up (mostly P.6 and F.5 students), the present report only presents 1,610 students and 1,086 parents who participated both at T1 and T2 surveys. However, our merging method did not guarantee 100% accuracy because some merging information might not be unique. For instance, when a participant's initials were missing, his/her data would be merged by other information which was not unique (e.g., date of birth, first 3 digits of HKID).

In order to make more precise diagnosis of possible mental or behavioral disorders, diagnostic interviews were conducted using the international standardized Diagnostic Interview for Children and Adolescents (DICA IV). One of the co-investigators (Ms Joy Wong) received a 3-week training in the Southwestern Medical School, University of Texas during April to May 2003. The interviews were tape-recorded and the recording was assessed by an experienced clinical psychologist (Prof. PWH Lee) and the inter-rater reliability of the data was satisfactory.

About 10% of students aged 14-18 years were selected for the interview based on the following criteria: (1) students who reported self harm behaviors, and (2) 10% random sample of students who were non self-harmers. A total of 197 students were interviewed, 95 of them had reported

self-harm behaviors and 102 were from the random sample. Eighteen students identified as at risk of depression, anxiety and suicidal in the interview were referred to their school or district social workers after obtaining their consent.

### **Data analysis**

Data were entered into the computer using Epi-info with build-in range and logic checking for inconsistencies and duplications. Answers that appeared to have been not seriously filled out were not entered. These included answers with a particular pattern (e.g., answers of 1, 2, 3, 4, 5 to six consecutive questions) or multiple entries. A few students from each class were randomly selected for double data entry to estimate the accuracy of data entry.

Most of the answers to the questions were analyzed by a 2-level cross tabulation (school level and sex). Differences between groups (primary school boys vs girls, secondary school boys vs girls, primary students vs secondary students, and T1 vs T2) were examined by Chi-square tests and 95% confidence intervals. Associations between physical and mental health variables were analyzed using multivariate regression models.

In addition, results of the diagnostic interviews were descriptive, and statistical analyses were not applied due to the small sample size.

## Results

There were 3,002 questionnaires received from the 14 schools in the Central and Western District at T1 and 2,855 could be used for data entry. At the T2 survey, although there were 164 previously P.6 students and 561 previously F.5 students whom we could not follow up, 2055 questionnaires were received. Finally, data of 1,610 students and 1,086 parents could be matched and merged successfully and used for the cross-sectional and prospective analyses presented in this report. Longitudinal data were available for 75.6% of the 2,130 students who participated at T1 and had not left school by T2.

There were 952 (59.1%) boys with mean age (SD) of 13.6 years (1.9) and 658 (40.9%) girls with mean age (SD) of 13.4 years (2.7). There were more secondary students (72%) than primary students (28%). The distribution of students by grade and sex of the merged sample is shown in table 1, and the age distribution of each grade at T2 is shown in table 2.

Table 1. Grade and sex distribution of students who participated both at T1 and T2

Grade	Boys (%)	Girls (%)	Total (%)
P5	-	-	-
P6 (P5 previously)	176 (18.5)	274 (41.6)	450 (28.0)
<b>Sub-total</b>	<b>176 (18.5)</b>	<b>274 (41.6)</b>	<b>450 (28.0)</b>
F1	-	-	-
F2 (F1 previously)	165 (17.3)	33 (5.0)	198 (12.3)
F3 (F2 previously)	296 (31.1)	123 (18.7)	419 (26.0)
F4 (F3 previously)	250 (26.3)	102 (15.5)	352 (21.9)
F5 (F4 previously)	65 (6.8)	126 (19.1)	191 (11.9)
<b>Sub-total</b>	<b>776 (81.5)</b>	<b>384 (58.4)</b>	<b>1160 (72.0)</b>
<b>Total</b>	<b>952</b>	<b>658</b>	<b>1610</b>

Table 2. Students' age distribution of each grade at T2

Grade	Mean	SD
P5	-	-
P6	11.65	0.48
F1	-	-
F2	14.15	0.86
F3	15.06	1.02
F4	16.75	1.38
F5	17.20	0.76



## STUDENTS' PHYSICAL HEALTH

Physical health was measured by self-rated health, Body Mass Index (BMI), engagement in physical activities, sleep disturbances, physical illness and injury, number of sick days and functional impairment during the past 12 months, physical maturation, and smoking, drinking and substance abuse.

### Self-rated health

The question B4 asked about students' self-rated health. Overall, 60.7% and 76.0% of primary students at T1 and T2, and 55.3% and 62.7% of secondary students at T1 and T2 rated their health as good or excellent. Significantly more primary boys at T2 rated their health as excellent than T1. More boys and girls at T1 rated their health as just fair than at T2 (Table 3).

Table 3. Students' self-rated health

Primary Students	Self-rated Health	Baseline n (%)	(95% CI)	Follow-up n (%)	(95% CI)
Male	Excellent	36 (20.5)*	14.54-26.46	54 (31.2)	24.36-38.04
	Good	76 (43.2)	35.88-50.52	81 (46.8)	39.43-54.17
	Fair	58 (33.0)*	26.05-39.95	36 (20.8)	14.80-26.80
	Poor	6 (3.4)	0.72-6.08	2 (1.2)	0.01-2.81
Female	Excellent	59 (21.5)	16.64-26.36	76 (27.8)	22.50-33.10
	Good	102 (37.2)	31.48-42.92	128 (46.9)	40.99-52.81
	Fair	109 (39.8)*	34.00-45.60	66 (24.2)	19.13-29.27
	Poor	4 (1.5)	0.06-2.94	3 (1.1)	0.14-2.06
Total	Excellent	95 (21.1)	17.33-24.87	130 (29.1)	24.90-33.30
	Good	178 (39.6)	35.08-44.12	209 (46.9)	42.29-51.51
	Fair	167 (37.1)*	32.64-41.56	102 (22.9)	19.02-26.78
	Poor	10 (2.2)	0.84-3.56	5 (1.1)	0.14-2.06
<b>Secondary Students</b>					
Male	Excellent	135 (17.4)	14.73-20.07	163 (21.2)	18.32-24.08
	Good	336 (43.3)	39.81-46.79	365 (47.2)	43.69-50.71
	Fair	290 (37.4)	34.00-40.80	224 (28.9)	25.71-32.09
	Poor	15 (1.9)	0.94-2.86	22 (2.8)	1.64-3.96
Female	Excellent	51 (13.3)	9.90-16.70	45 (11.8)	8.57-15.03

Total	Good	120 (31.3)	26.66-35.94	152 (39.8)	34.90-44.70
	Fair	194 (50.5)	45.40-55.40	169 (44.2)	39.23-49.17
	Poor	19 (4.9)	2.74-7.06	16 (4.2)	2.19-6.21
	Excellent	186 (16.0)	13.89-18.11	208 (18.0)	15.79-20.21
	Good	456 (39.3)	36.49-42.11	517 (44.7)	41.84-47.56
	Fair	484 (41.7)	38.86-44.54	393 (34.0)	31.27-36.73
	Poor	34 (2.9)	1.93-3.87	38 (3.3)	2.27-4.33

\* significant difference (p<.05) between baseline and follow-up

### Body Mass Index

Body mass index (BMI) was calculated by students' weight and height ( $\text{kg}/\text{m}^2$ ), which is the indicator of students' weight (or obesity) status. Students' height and weight were asked in questions B1 and B2. BMI was calculated for the students and they were categorized as normal-weight, overweight and obese according to International Obesity Task Force's (IOTF) international age-specific standards for boys and girls<sup>6</sup>.

There were significantly more primary students at T2 weighted as normal than at T1. There were overall 26 (2.5%) obese primary and secondary students at T1, but there were no obese students at T2 (Table 4).

Table 4. Weight status by the BMJ international standards

Primary Students	Weight Status	Baseline n (%)	(95% CI)	Follow-up n (%)	(95% CI)
Male	Normal	98 (74.2)*	67.74-80.66	134 (86.5)	81.45-91.55
	Overweight	31 (23.5)	17.24-29.76	21 (13.5)	8.45-18.55
	Obese	3 (2.3)	0.09-4.51	0 (0)	0
Female	Normal	337 (81.8)*	77.23-86.37	538 (94.1)	91.31-96.89
	Overweight	61 (14.8)	10.60-19.00	34 (5.9)	3.11-8.69
	Obese	14 (3.4)	1.25-5.55	0 (0)	0
Total	Normal	435 (80.0)*	76.30-83.70	672 (92.4)	89.95-94.85
	Overweight	92 (16.9)	13.44-20.36	55 (7.6)	5.15-10.05
	Obese	17 (3.1)	1.50-4.70	0 (0)	0
<u>Secondary Students</u>					
Male	Normal	152 (91.0)	88.99-93.01	223 (94.1)	92.44-95.76
	Overweight	12 (7.2)	5.38-9.02	14 (5.9)	4.24-7.56

Female	Obese	3 (1.8)	0.86-2.74	0 (0)	0
	Normal	254 (90.7)	87.80-93.60	255 (97.7)	96.20-99.20
	Overweight	20 (7.1)	4.53-9.67	6 (2.3)	0.80-3.80
Total	Obese	6 (2.1)	0.67-3.53	0 (0)	0
	Normal	406 (90.8)	89.14-92.46	478 (96.0)	94.87-97.13
	Overweight	32 (7.2)	5.71-8.69	20 (4.0)	2.87-5.13
	Obese	9 (2.0)	1.19-2.81	0 (0)	0

\* significant difference ( $p < .05$ ) between baseline and follow-up

### Engagement in physical activities

The International Physical Activity Questionnaire was used in part H of the questionnaire, which asks about the time spent daily on vigorous and moderate physical activities, walking and sitting over the past 7 days. Primary boys at T2 spent significantly more time engaging in vigorous activities than at T1. Primary girls, primary and secondary students at T2 engaged in walking for longer time than at T1 (Table 5).

Table 5. No. of hours spent on daily physical activities over the past 7 days

Primary Students	Types of Physical Activities	n	Baseline Mean (SD) (95% CI)	n	Follow-up Mean (SD) (95% CI)
Male	Vigorous	85	0.63 (1.11)* (0.47-0.80)	79	2.05 (1.31) (1.86-2.24)
	Moderate	78	0.49 (0.91) (0.36-0.63)	78	1.54 (1.81) (1.27-1.81)
	Walking	117	0.75 (1.45) (0.53-0.97)	114	1.30 (2.12) (0.99-1.62)
	Sitting	143	5.45 (4.80) (4.74-6.16)	162	7.50 (5.13) (6.74-8.26)
Female	Vigorous	97	0.40 (0.78) (0.31-0.49)	96	1.57 (1.25) (1.42-1.72)
	Moderate	109	0.36 (0.82) (0.26-0.47)	115	1.33 (1.17) (1.19-1.47)
	Walking	189	0.66 (1.24)* (0.51-0.81)	204	1.57 (2.92) (1.22-1.92)
	Sitting	216	5.60 (5.20) (4.98-6.22)	252	7.78 (5.26) (7.15-8.41)
Total	Vigorous	182	0.49 (0.93) (0.40-0.58)	175	1.78 (1.30) (1.66-1.90)
	Moderate	187	0.41 (0.86) (0.33-0.49)	193	1.42 (1.47) (1.25-1.59)
	Walking	306	0.69 (1.33)* (0.57-0.81)	318	1.48 (2.66) (1.23-1.73)
	Sitting	359	5.54 (5.04) (5.07-6.01)	414	7.67 (5.21) (7.19-8.15)
<u>Secondary Students</u>					
Male	Vigorous	422	0.95 (1.33) (0.86-1.0)	410	2.53 (1.55) (2.42-2.64)
	Moderate	443	0.65 (1.12) (0.57-0.73)	409	1.56 (1.26) (1.47-1.65)
	Walking	614	0.71 (1.82)* (0.58-0.84)	565	1.66 (2.75) (1.47-1.85)
	Sitting	625	6.90 (5.13) (6.54-7.26)	723	9.37 (5.32) (9.00-9.74)
Female	Vigorous	91	0.31 (0.77) (0.23-0.39)	74	1.90 (1.40) (1.76-2.04)

	Moderate	136	0.39	(1.13)	(0.28-0.50)	110	1.44	(1.27)	(1.31-1.57)
	Walking	314	0.71	(1.41)*	(0.57-0.85)	281	1.77	(2.87)	(1.48-2.06)
	Sitting	307	6.82	(5.58)	(6.26-7.38)	345	8.96	(5.30)	(8.43-9.49)
Total	Vigorous	513	0.74	(1.21)	(0.67-0.81)	484	2.43	(1.55)	(2.43-2.52)
	Moderate	579	0.56	(1.13)	(0.50-0.63)	519	1.54	(1.26)	(1.47-1.61)
	Walking	928	0.71	(1.69)*	(0.61-0.81)	846	1.70	(2.79)	(1.54-1.86)
	Sitting	932	6.87	(5.28)	(6.57-7.17)	1068	9.24	(5.31)	(8.93-9.55)

\* significant difference ( $p < .05$ ) between baseline and follow-up

Questions B7a to B7f asked about students' participation in some common physical activities. At both T1 and T2, walking was the most popular physical activity among primary and secondary students that they frequently engaged in, followed by ball games. Least students frequently engaged in cycling (Table 6). More primary girls at T2 reported frequently walking than at T1, but no more significant difference was found between T1 and T2 (Table 6).

Table 6. Students' engagement in physical activities

Primary Students	Physical Activities		Baseline n (%)	(95% CI)	Follow-up n (%)	(95% CI)
Male	Jogging 緩步跑	Never	16 (9.3)	5.01-13.59	7 (4.0)	1.10-6.90
		Seldom	35 (20.3)	14.36-26.24	40 (22.9)	16.69-29.11
		Sometimes	79 (45.9)	38.54-53.26	75 (42.9)	35.59-50.21
		Frequently	42 (24.4)	18.05-30.75	53 (30.3)	23.51-37.09
	Walking 步行	Never	2 (1.2)	0.01-2.81	0 (0)	0
		Seldom	13 (7.6)	3.68-11.52	14 (8.0)	3.99-12.01
		Sometimes	41 (23.8)	17.51-30.09	32 (18.2)	12.50-23.90
		Frequently	116 (67.4)	60.47-74.33	130 (73.9)	67.41-80.39
	Cycling 踏單車	Never	22 (12.8)	7.86-17.74	38 (21.7)	15.61-27.79
		Seldom	79 (45.9)	38.54-53.26	75 (42.9)	35.59-50.21
		Sometimes	49 (28.5)	21.83-35.17	41 (23.4)	17.15-29.65
		Frequently	22 (12.8)	7.86-17.74	21 (12.0)	7.20-16.80
	Swimming 游泳	Never	23 (13.4)	8.37-18.43	26 (14.8)	9.55-20.05
		Seldom	60 (34.9)	27.86-41.94	59 (33.5)	26.53-40.47
		Sometimes	47 (27.3)	20.72-33.88	52 (29.5)	22.76-36.24
		Frequently	42 (24.4)	18.05-30.75	39 (22.2)	16.06-28.34
	Ball games 球類	Never	2 (1.2)	0.01-2.81	2 (1.1)	0.04-2.64
		Seldom	21 (12.2)	7.36-17.04	23 (13.1)	8.12-18.08
		Sometimes	52 (30.2)	23.42-36.98	57 (32.6)	25.67-39.53
		Frequently	97 (56.4)	49.07-63.73	93 (53.1)	45.73-60.47

Female	Others 其他	Never	10 (6.0)	2.49-9.51	15 (8.6)	4.46-12.74
		Seldom	44 (26.2)	19.70-32.70	46 (26.4)	19.89-32.91
		Sometimes	70 (41.7)	34.42-48.98	71 (40.8)	33.54-48.06
		Frequently	44 (26.2)	19.70-32.70	42 (24.1)	17.78-30.42
	Jogging 緩步跑	Never	11 (4.2)	1.82-6.58	9 (3.3)	1.18-5.42
		Seldom	53 (20.5)	15.72-25.28	63 (23.1)	18.11-28.09
		Sometimes	135 (52.1)	46.18-58.02	141 (51.6)	45.68-57.52
		Frequently	60 (23.2)	18.20-28.20	60 (22.0)	17.09-26.91
	Walking 步行	Never	1 (0.4)	0.05-1.15	1 (0.4)	0.05-1.15
		Seldom	21 (8.1)	4.87-11.33	9 (3.3)	1.18-5.42
		Sometimes	59 (22.8)	17.83-27.77	38 (13.9)	9.80-18.00
		Frequently	178 (68.7)*	63.21-74.19	225 (82.4)	77.89-86.91
Cycling 踏單車	Never	28 (10.9)	7.21-14.59	38 (13.9)	9.80-18.00	
	Seldom	120 (46.5)	40.59-52.41	125 (45.8)	39.90-51.70	
	Sometimes	82 (31.8)	26.29-37.31	77 (28.2)	22.87-33.53	
	Frequently	28 (10.9)	7.21-14.59	33 (12.1)	8.24-15.96	
Swimming 游泳	Never	22 (8.5)	5.20-11.80	21 (7.7)	4.54-10.86	
	Seldom	58 (22.4)	17.46-27.34	87 (31.9)	26.38-37.42	
	Sometimes	118 (45.6)	39.70-51.50	95 (34.8)	29.16-40.44	
	Frequently	61 (23.6)	18.57-28.63	70 (25.6)	20.43-30.77	
Ball games 球類	Never	7 (2.7)	0.78-4.62	11 (4.0)	1.68-6.32	
	Seldom	64 (24.9)	19.78-30.02	75 (27.6)	22.31-32.89	
	Sometimes	105 (40.9)	35.08-46.72	112 (41.2)	35.37-47.03	
	Frequently	81 (31.5)	26.00-37.00	74 (27.2)	21.93-32.47	
Others 其他	Never	16 (6.5)	3.58-9.42	18 (6.7)	3.74-9.66	
	Seldom	51 (20.6)	15.81-25.39	64 (23.7)	18.66-28.74	
	Sometimes	120 (48.4)	42.48-54.32	129 (47.8)	41.89-53.71	
	Frequently	61 (24.6)	21.93-32.47	59 (21.9)	17.00-26.80	
Total	Jogging 緩步跑	Never	27 (6.3)	4.06-8.54	16 (3.6)	1.88-5.32
		Seldom	88 (20.4)	16.68-24.12	103 (23.0)	19.11-26.89
		Sometimes	214 (49.7)	45.08-54.32	216 (48.2)	43.58-52.82
		Frequently	102 (23.7)	19.77-27.63	113 (25.2)	21.19-29.21
	Walking 步行	Never	3 (0.7)	-0.07-1.47	1 (0.2)	0.01-0.61
		Seldom	34 (7.9)	5.41-10.39	23 (5.1)	3.07-7.13
		Sometimes	100 (23.2)	19.30-27.10	70 (15.6)	12.25-18.95
		Frequently	294 (68.2)*	63.90-72.50	355 (79.1)	75.34-82.86
	Cycling 踏單車	Never	50 (11.3)	8.37-14.23	76 (17.0)	13.53-20.47
		Seldom	199 (46.3)	41.69-50.91	200 (44.6)	40.01-49.19
		Sometimes	131 (30.5)	26.25-34.75	118 (26.3)	22.23-30.37
		Frequently	50 (11.6)	8.64-14.56	54 (12.1)	9.09-15.11
	Swimming 游泳	Never	45 (10.4)	7.58-13.22	47 (10.5)	7.67-13.33
		Seldom	118 (27.4)	23.28-31.52	146 (32.5)	28.17-36.83

		Sometimes	165 (38.3)	33.81-42.79	147 (32.7)	28.37-37.03
		Frequently	103 (23.9)	19.96-27.84	109 (24.3)	20.34-28.26
	Ball games 球類	Never	9 (2.1)	0.78-3.42	13 (2.9)	1.35-4.45
		Seldom	85 (19.8)	16.12-23.48	98 (21.9)	18.08-25.72
		Sometimes	157 (36.6)	32.15-41.05	169 (37.8)	33.32-42.28
		Frequently	178 (41.5)	36.95-46.05	167 (37.4)	32.93-41.87
	Others 其他	Never	26 (6.3)	4.06-8.54	33 (7.4)	4.98-9.82
		Seldom	95 (22.8)	18.92-26.68	110 (24.8)	20.81-28.79
		Sometimes	190 (45.7)	41.10-50.30	200 (45.0)	40.40-49.60
		Frequently	105 (25.2)	21.19-29.21	101 (22.7)	18.83-26.57
<b>Secondary Students</b>						
Male	Jogging 緩步跑	Never	67 (9.1)	7.08-11.12	78 (10.1)	7.98-12.22
		Seldom	265 (35.8)	32.43-39.17	298 (38.5)	35.08-41.92
		Sometimes	330 (44.6)	41.10-48.10	307 (39.6)	36.16-43.04
		Frequently	78 (10.5)	8.34-12.66	92 (11.9)	9.62-14.18
	Walking 步行	Never	15 (2.0)	1.01-2.99	12 (1.5)	0.64-2.36
		Seldom	53 (7.1)	5.29-8.91	47 (6.1)	4.42-7.78
		Sometimes	175 (23.6)	20.61-26.59	163 (21.0)	18.13-23.87
		Frequently	499 (67.3)	64.00-70.60	553 (71.4)	68.22-74.58
	Cycling 踏單車	Never	157 (21.2)	18.32-24.08	193 (24.9)	21.86-27.94
		Seldom	395 (53.5)	49.99-57.01	421 (54.3)	50.80-57.80
		Sometimes	135 (18.3)	15.58-21.02	122 (15.7)	13.14-18.26
		Frequently	52 (7.0)	5.20-8.80	39 (5.0)	3.47-6.53
	Swimming 游泳	Never	129 (17.4)	14.73-20.07	140 (18.1)	15.39-20.81
		Seldom	340 (45.8)	42.29-49.31	366 (47.2)	43.69-50.71
		Sometimes	212 (28.6)	25.42-31.78	219 (28.3)	25.13-31.47
		Frequently	61 (8.2)	6.27-10.13	50 (6.5)	4.77-8.23
	Ball games 球類	Never	25 (3.3)	2.04-4.56	31 (4.0)	2.62-5.38
		Seldom	121 (16.2)	13.61-18.79	152 (19.7)	16.90-22.50
		Sometimes	240 (32.0)	28.72-35.28	234 (30.3)	27.07-33.53
		Frequently	363 (48.5)	44.98-52.02	355 (46.0)	42.49-49.51
	Others 其他	Never	83 (11.8)	9.53-14.07	92 (12.0)	9.71-14.29
		Seldom	227 (32.2)	28.91-35.49	297 (38.9)	35.47-42.33
		Sometimes	278 (39.4)	35.96-42.84	286 (37.4)	34.00-40.80
		Frequently	117 (16.6)	13.98-19.22	89 (11.6)	9.35-13.85
Female	Jogging 緩步跑	Never	36 (9.7)	6.74-12.66	35 (9.1)	6.22-11.98
		Seldom	160 (43.2)	38.25-48.15	182 (47.4)	42.41-52.39
		Sometimes	143 (38.6)	33.73-43.47	142 (37.0)	32.17-41.83
		Frequently	31 (8.4)	5.63-11.17	25 (6.5)	4.03-8.97

Walking 步行	Never	10 (2.7)	1.08-4.32	8 (2.1)	0.67-3.53	
	Seldom	36 (9.7)	6.74-12.66	29 (7.6)	4.95-10.25	
	Sometimes	79 (21.3)	17.20-25.40	77 (20.1)	16.09-24.11	
	Frequently	246 (66.3)	61.57-71.03	270 (70.3)	65.73-74.87	
Cycling 踏單車	Never	99 (26.8)	22.37-31.23	109 (28.5)	23.98-33.02	
	Seldom	202 (54.6)	49.62-59.58	199 (52.1)	47.10-57.10	
	Sometimes	55 (14.9)	11.34-18.46	59 (15.4)	11.79-19.01	
	Frequently	14 (3.8)	1.89-5.71	15 (3.9)	1.96-5.84	
Swimming 游泳	Never	88 (24.0)	19.73-28.27	104 (27.2)	22.75-31.65	
	Seldom	168 (45.8)	40.82-50.78	161 (42.1)	37.16-47.04	
	Sometimes	98 (26.7)	22.28-31.12	99 (25.9)	21.52-30.28	
	Frequently	13 (3.5)	1.66-5.34	18 (4.7)	2.58-6.82	
Ball games 球類	Never	43 (11.6)	8.40-14.80	49 (12.8)	9.46-16.14	
	Seldom	146 (39.4)	34.51-44.29	168 (44.0)	39.04-48.96	
	Sometimes	129 (34.8)	30.04-39.56	121 (31.7)	27.05-36.35	
	Frequently	53 (14.3)	10.80-17.80	44 (11.5)	8.31-14.69	
Others 其他	Never	47 (13.3)	9.90-16.70	44 (11.7)	8.49-14.91	
	Seldom	119 (33.7)	28.97-38.43	155 (41.1)	36.18-46.02	
	Sometimes	139 (37.4)	32.56-42.24	140 (37.1)	32.27-41.93	
	Frequently	48 (13.6)	10.17-17.03	38 (10.1)	7.09-13.11	
Total	Jogging 緩步跑	Never	103 (9.3)	7.63-10.97	113 (9.7)	8.00-11.40
		Seldom	425 (38.3)	35.50-41.10	480 (41.4)	38.57-44.23
		Sometimes	473 (42.6)	39.75-45.45	449 (38.7)	35.90-41.50
		Frequently	109 (9.8)	8.09-11.51	117 (10.1)	8.37-11.83
Walking 步行	Never	25 (2.2)	1.36-3.04	20 (1.7)	0.96-2.44	
	Seldom	89 (8.0)	6.44-9.56	76 (6.6)	5.17-8.03	
	Sometimes	254 (22.8)	20.39-25.21	240 (20.7)	18.37-23.03	
	Frequently	745 (66.9)	64.19-69.61	823 (71.0)	68.39-73.61	
Cycling 踏單車	Never	256 (23.1)	20.67-25.53	302 (26.1)	23.57-28.63	
	Seldom	597 (53.8)	50.93-56.67	620 (53.6)	50.73-56.47	
	Sometimes	190 (17.1)	14.93-19.27	181 (15.6)	13.51-17.69	
	Frequently	66 (6.0)	4.63-7.37	54 (4.7)	3.48-5.92	
Swimming 游泳	Never	217 (19.6)	17.32-21.88	244 (21.1)	18.75-23.45	
	Seldom	508 (45.8)	42.93-48.67	527 (45.5)	42.63-48.37	
	Sometimes	310 (28.0)	25.42-30.58	318 (27.5)	24.93-30.07	
	Frequently	74 (6.7)	5.26-8.14	68 (5.9)	4.54-7.26	
Ball games 球類	Never	68 (6.1)	4.72-7.48	80 (6.9)	5.44-8.36	
	Seldom	267 (23.8)	21.35-26.25	320 (27.7)	25.12-30.28	
	Sometimes	369 (32.9)	30.20-35.60	355 (30.8)	28.14-33.46	
	Frequently	416 (37.1)	34.32-39.88	399 (34.6)	31.86-37.34	
Others	Never	130 (12.3)	10.41-14.19	136 (11.9)	10.04-13.76	

其他	Seldom	346 (32.7)	30.00-35.40	452 (39.6)	36.79-42.41
	Sometimes	417 (39.4)	36.59-42.21	426 (37.3)	34.52-40.08
	Frequently	165 (15.6)	13.51-17.69	127 (11.1)	9.29-12.91

\* significant difference ( $p < .05$ ) between baseline and follow-up

### Sleeping patterns and disturbances

Section C asked about students' sleeping patterns and possible disturbances. Most students seldom or never had sleeping disturbance, but some students reported that they sometimes or frequently experienced sleeping disturbances at both T1 and T2, including trouble getting or staying asleep and staying up late at night. Most primary and secondary students (over 60%) reported feeling somewhat or very tired when they had trouble sleeping at both T1 and T2. Significantly less primary boys and girls at T2 reported having 9 hours of sleep or more than at T1. In addition, significantly more secondary girls at T2 never had difficulty sleeping once asleep than at T1 (Table 7).

Table 7. Sleeping patterns and disturbances in students

- C1. Trouble getting or staying asleep 難於入睡或難於維持熟睡
- C2. Hours of sleep usually get at night 每晚約睡多少小時
- C3. Feelings the next day after trouble sleeping 睡眠困難之後那天通常有何感覺
- C4. Trouble at school, at work, or with daily chores because of lack of sleep  
因為睡眠不足而影響學習、工作或日常事務
- C5. Sleep walk 夢遊
- C6. Nightmares 發惡夢
- C7. Stay up late at night 很夜也不想睡的傾向
- C8. Difficulty sleeping once asleep 睡著後是否難於維持熟睡

Primary Students			Baseline	(95% CI)	Follow-up	(95% CI)
			n (%)		n (%)	
Male	C1	Frequently	12 (7.0)	3.23-10.77	10 (5.7)	2.27-9.13
		Sometimes	49 (28.5)	21.83-35.17	43 (24.6)	18.24-30.96
		Seldom	64 (37.2)	30.06-44.34	79 (45.1)	37.75-52.45
		Never	47 (27.3)	20.72-33.88	43 (24.6)	18.24-30.96



	C2	Less than 6 hrs	6 (3.5)	0.78-6.22	12 (6.9)	3.16-10.64
		7 hours	38 (22.1)	15.97-28.23	43 (24.6)	18.24-30.96
		8 hours	78 (45.3)	37.95-52.65	86 (49.1)	41.71-56.49
		9 hours or more	50 (29.1)*	22.39-35.81	34 (19.4)	13.56-25.24
	C3	Very tired	26 (15.4)	10.07-20.73	19 (11.0)	6.38-15.62
		Somewhat tired	98 (58.0)	50.71-65.29	98 (56.6)	49.28-63.92
		Not tired at all	45 (26.6)	20.07-33.13	56 (32.4)	25.49-39.31
	C4	Frequently	8 (4.7)	1.57-7.83	3 (1.8)	0.02-3.76
		Sometimes	35 (20.3)	14.36-26.24	28 (16.7)	11.19-22.21
		Seldom	70 (40.7)	33.44-47.96	67 (39.9)	32.67-47.13
		Never	59 (34.3)	27.29-41.31	70 (41.7)	34.42-48.98
	C5	Frequently	6 (3.5)	0.78-6.22	2 (1.2)	0.01-2.81
		Sometimes	13 (7.6)	3.68-11.52	2 (1.2)	0.01-2.81
		Seldom	21 (12.3)	7.45-17.15	20 (11.9)	7.12-16.68
		Never	131 (76.6)	70.35-82.85	144 (85.7)	80.53-90.87
	C6	Frequently	10 (6.0)	2.49-9.51	4 (2.4)	0.14-4.66
		Sometimes	44 (26.2)	19.70-32.70	36 (21.3)	15.25-27.35
		Seldom	89 (53.0)	45.63-60.37	100 (59.2)	51.94-66.46
		Never	25 (14.9)	9.64-20.16	29 (17.2)	11.62-22.78
	C7	Frequently	10 (6.3)	2.71-9.89	14 (8.4)	4.30-12.50
Sometimes		31 (19.4)	13.56-25.24	39 (23.5)	17.24-29.76	
Seldom		59 (36.9)	29.77-44.03	60 (36.1)	29.00-43.20	
Never		60 (37.5)	30.35-44.65	53 (31.9)	25.01-38.79	
C8	Frequently	12 (7.1)	3.31-10.89	7 (4.2)	1.24-7.16	
	Sometimes	21 (12.4)	7.53-17.27	20 (11.9)	7.12-16.68	
	Seldom	51 (30.0)	23.23-36.77	65 (38.7)	31.50-45.90	
	Never	86 (50.6)	43.21-57.99	76 (45.2)	37.85-52.55	
Female	C1	Frequently	13 (5.0)	2.42-7.58	20 (7.3)	4.22-10.38
		Sometimes	63 (24.4)	19.31-29.49	52 (19.0)	14.35-23.65
		Seldom	120 (46.5)	40.59-52.41	123 (45.1)	39.21-50.99
		Never	62 (24.0)	18.94-29.06	78 (28.6)	23.25-33.95
	C2	Less than 6 hrs	7 (2.7)	0.78-4.62	15 (5.5)	2.80-8.20
		7 hours	54 (20.9)	16.09-25.71	87 (31.8)	26.29-37.31
		8 hours	129 (50.0)	44.08-55.92	126 (46.0)	40.10-51.90
		9 hours or more	68 (26.4)*	21.18-31.62	46 (16.8)	12.37-21.23
	C3	Very tired	40 (15.6)	11.30-19.90	46 (16.9)	12.46-21.34
		Somewhat tired	164 (63.8)	58.11-69.49	166 (61.0)	55.22-66.78
Not tired at all		53 (20.6)	15.81-25.39	60 (22.1)	17.19-27.01	

	C4	Frequently	5 (1.9)	0.28-3.52	7 (2.6)	0.72-4.48
		Sometimes	55 (21.2)	16.36-26.04	68 (24.9)	19.78-30.02
		Seldom	104 (40.2)	34.39-46.01	105 (38.5)	32.74-44.26
		Never	95 (36.7)	30.99-42.41	93 (34.1)	28.49-39.71
	C5	Frequently	4 (1.5)	0.06-2.94	3 (1.1)	0.04-2.34
		Sometimes	11 (4.2)	1.82-6.58	6 (2.2)	0.46-3.94
		Seldom	28 (10.8)	7.12-14.48	28 (10.5)	6.87-14.13
		Never	216 (83.4)	78.99-87.81	230 (86.1)	82.00-90.20
	C6	Frequently	11(4.3)	1.90-6.70	8 (3.0)	0.98-5.02
		Sometimes	68 (26.6)	21.37-31.83	61 (22.8)	17.83-27.77
		Seldom	149 (58.2)	52.36-64.04	164 (61.4)	55.64-67.16
		Never	28 (10.9)	7.21-14.59	34 (12.7)	8.76-16.64
	C7	Frequently	13 (5.1)	2.50-7.70	17 (6.4)	3.50-9.30
		Sometimes	50 (19.7)	14.99-24.41	67 (25.1)	19.97-30.23
		Seldom	89 (35.0)	29.35-40.65	109 (40.8)	34.98-46.62
		Never	102 (40.2)	34.39-46.01	74 (27.7)	22.40-33.00
	C8	Frequently	22 (8.5)	5.20-11.80	16 (6.0)	3.19-8.81
		Sometimes	31 (12.0)	8.15-15.85	24 (9.0)	5.61-12.39
		Seldom	74 (28.7)	23.34-34.06	95 (35.6)	29.93-41.27
		Never	131 (50.8)	44.88-56.72	132 (49.4)	43.48-55.32
Total	C1	Frequently	25 (5.8)	3.64-7.96	30 (6.7)	4.39-9.01
		Sometimes	112 (26.0)	21.95-30.05	95 (21.2)	17.42-24.98
		Seldom	184 (42.8)	38.23-47.37	202 (45.1)	40.50-49.70
		Never	109 (25.3)	21.28-29.32	121 (27.0)	22.90-31.10
	C2	Less than 6 hrs	13 (3.0)	1.42-4.58	27 (6.0)	3.81-8.19
		7 hours	92 (21.4)	17.61-25.19	130 (29.0)	24.81-33.19
		8 hours	207 (48.1)	43.48-52.72	212 (47.2)	42.59-51.81
		9 hours or more	118 (27.4)*	23.28-31.52	80 (17.8)	14.27-21.33
	C3	Very tired	66 (15.5)	12.16-18.84	65 (14.6)	11.34-17.86
		Somewhat tired	262 (61.5)	57.00-66.00	264 (59.3)	54.76-63.84
		Not tired at all	98 (23.0)	19.11-26.89	116 (26.1)	22.04-30.16
	C4	Frequently	13 (3.0)	1.42-4.58	10 (2.3)	0.91-3.69
		Sometimes	90 (20.9)	17.14-24.66	96 (21.8)	17.99-25.61
		Seldom	174 (40.4)	35.87-44.93	172 (39.0)	34.49-43.51
		Never	154 (35.7)	31.27-40.13	163 (37.0)	32.54-41.46
	C5	Frequently	10 (2.3)	0.91-3.69	5 (1.1)	0.14-2.06
		Sometimes	24 (5.6)	3.48-7.72	8 (1.8)	0.57-3.03
		Seldom	49 (11.4)	8.46-14.34	48 (11.0)	8.11-13.89
		Never	347 (80.7)	77.05-84.35	374 (86.0)	82.79-89.21

C6	Frequently	21 (5.0)	2.99-7.01	12 (2.8)	1.28-4.32
	Sometimes	112 (26.4)	22.33-30.47	97 (22.2)	18.36-26.04
	Seldom	238 (56.1)	51.51-60.69	264 (60.6)	56.09-65.11
	Never	53 (12.5)	9.44-15.56	63 (14.4)	11.16-17.64
C7	Frequently	23 (5.6)	3.48-7.72	31 (7.2)	4.81-9.59
	Sometimes	81 (19.6)	15.93-23.27	106 (24.5)	20.53-28.47
	Seldom	148 (35.7)	31.27-40.13	169 (39.0)	34.49-43.51
	Never	162 (39.1)	34.59-43.61	127 (29.3)	25.09-33.51
C8	Frequently	34 (7.9)	5.41-10.39	23 (5.3)	3.23-7.37
	Sometimes	52 (12.1)	9.09-15.11	44 (10.1)	7.32-12.88
	Seldom	125 (29.2)	25.00-33.40	160 (36.8)	32.34-41.26
	Never	217 (50.7)	46.08-55.32	208 (47.8)	43.18-52.42
<hr/>					
Secondary Students					
<hr/>					
Male					
C1	Frequently	27 (3.6)	2.29-4.91	34 (4.4)	2.96-5.84
	Sometimes	187 (25.0)	21.95-28.05	163 (21.0)	18.13-23.87
	Seldom	383 (51.1)	47.58-54.62	391 (50.4)	46.88-53.92
	Never	152 (20.3)	17.47-23.13	188 (24.2)	21.19-27.21
C2	Less than 6 hrs	99 (13.3)	10.91-15.69	144 (18.6)	15.86-21.34
	7 hours	282 (37.9)	34.49-41.31	344 (44.3)	40.80-47.80
	8 hours	281 (37.7)	34.29-41.11	232 (29.9)	26.68-33.12
	9 hours or more	83 (11.1)	8.89-13.31	56 (7.2)	5.38-9.02
C3	Very tired	129 (17.4)	14.73-20.07	154 (19.9)	17.09-22.71
	Somewhat tired	481 (64.8)	61.44-68.16	484 (62.5)	59.09-65.91
	Not tired at all	132 (17.8)	15.11-20.49	136 (17.6)	14.92-20.28
C4	Frequently	39 (5.2)	3.64-6.76	52 (6.8)	5.03-8.57
	Sometimes	300 (40.2)	36.75-43.65	257 (33.4)	30.08-36.72
	Seldom	286 (38.3)	34.88-41.72	307 (39.9)	36.45-43.35
	Never	122 (16.3)	13.70-18.90	154 (20.0)	17.19-22.81
C5	Frequently	8 (1.1)	0.37-1.83	4 (0.5)	0.00-1.00
	Sometimes	25 (3.4)	2.12-4.68	37 (4.9)	3.38-6.42
	Seldom	72 (9.7)	7.62-11.78	69 (9.2)	7.17-11.23
	Never	639 (85.9)	83.45-88.35	644 (85.4)	82.92-87.88
C6	Frequently	12 (1.6)	0.72-2.48	15 (2.0)	1.01-2.99
	Sometimes	142 (19.0)	16.24-21.76	130 (17.3)	14.64-19.96
	Seldom	486 (65.1)	61.75-68.45	468 (62.2)	58.79-65.61
	Never	107 (14.3)	11.84-16.76	139 (18.5)	15.77-21.23
C7	Frequently	72 (9.7)	7.62-11.78	69 (9.2)	7.17-11.23
	Sometimes	206 (27.8)	24.65-30.95	219 (29.0)	25.81-32.19
	Seldom	283 (38.1)	34.68-41.52	310 (41.1)	37.64-44.56
	Never	181 (24.4)	21.38-27.42	156 (20.7)	17.85-23.55

Female	C8	Frequently	35 (4.7)	3.21-6.19	20 (2.7)	1.56-3.84
		Sometimes	71 (9.5)	7.44-11.56	68 (9.0)	6.99-11.01
		Seldom	300 (40.2)	36.75-43.65	330 (43.8)	40.31-47.29
		Never	341 (45.6)	42.10-49.10	335 (44.5)	41.00-48.00
	C1	Frequently	22 (5.9)	3.54-8.26	25 (6.5)	4.03-8.97
		Sometimes	135 (36.3)	31.49-41.11	136 (35.4)	30.62-40.18
		Seldom	157 (42.2)	37.26-47.14	169 (44.0)	39.04-48.96
		Never	58 (15.6)	11.97-19.23	54 (14.1)	10.62-17.58
	C2	Less than 6 hrs	109 (29.4)	24.84-33.96	136 (35.4)	30.62-40.18
		7 hours	140 (37.7)	32.85-42.55	144 (37.5)	32.66-42.34
		8 hours	93 (25.1)	20.76-29.44	82 (21.4)	17.30-25.50
		9 hours or more	29 (7.8)	5.12-10.48	22 (5.7)	3.38-8.02
C3	Very tired	126 (34.0)	29.26-38.74	117 (30.5)	25.89-35.11	
	Somewhat tired	197 (53.1)	48.11-58.09	224 (58.3)	53.37-63.23	
	Not tired at all	48 (12.9)	9.55-16.25	43 (11.2)	8.05-14.35	
C4	Frequently	32 (8.6)	5.80-11.40	52 (13.7)	10.26-17.14	
	Sometimes	188 (50.7)	45.70-55.70	178 (47.0)	42.01-51.99	
	Seldom	118 (31.8)	27.14-36.46	117(30.9)	26.28-35.52	
	Never	33 (8.9)	6.05-11.75	32 (8.4)	5.63-11.17	
C5	Frequently	4 (1.1)	0.06-2.14	3 (0.8)	0.01-1.69	
	Sometimes	16 (4.3)	2.27-6.33	14 (3.8)	1.89-5.71	
	Seldom	32 (8.6)	5.80-11.40	33 (9.0)	6.14-11.86	
	Never	318 (85.9)	82.42-89.38	318 (86.4)	82.97-89.83	
C6	Frequently	14 (3.8)	1.89-5.71	19 (5.2)	2.98-7.42	
	Sometimes	118 (31.7)	27.05-36.35	107 (29.1)	24.56-33.64	
	Seldom	192 (51.6)	46.60-56.60	202 (54.9)	49.92-59.88	
	Never	48 (12.9)	9.55-16.25	40 (10.9)	7.78-14.02	
C7	Frequently	41 (11.1)	7.96-14.24	47 (12.8)	9.46-16.14	
	Sometimes	124 (33.6)	28.88-38.32	136 (37.0)	32.17-41.83	
	Seldom	137 (37.1)	32.27-41.93	124 (33.7)	28.97-38.43	
	Never	67 (18.2)	14.34-22.06	61 (16.6)	12.88-20.32	
C8	Frequently	16 (4.3)	2.27-6.33	18 (4.9)	2.74-7.06	
	Sometimes	73 (19.6)	15.63-23.57	63 (9.0)	6.14-11.86	
	Seldom	165 (44.4)	39.43-49.37	330 (43.8)	38.84-48.76	
	Never	118 (31.7)*	27.05-36.35	335 (44.5)	39.53-49.47	
Total	C1	Frequently	49 (4.4)	3.22-5.58	59 (5.1)	3.83-6.37
		Sometimes	322 (28.7)	26.10-31.30	299 (25.8)	23.28-28.32
		Seldom	540 (48.2)	45.32-51.08	560 (48.3)	45.42-51.18
		Never	210 (18.7)	16.46-20.94	242 (20.9)	18.56-23.24
C2	Less than 6 hrs	208 (18.6)	16.36-20.84	280 (24.1)	21.64-26.56	
	7 hours	422 (37.8)	35.01-40.59	488 (42.1)	39.26-44.94	

	8 hours	374 (33.5)	30.78-36.22	314 (27.1)	24.54-29.66
	9 hours or more	112 (10.0)	8.27-11.73	78 (6.7)	5.26-8.14
C3	Very tired	255 (22.9)	20.48-25.32	271 (23.4)	20.96-25.84
	Somewhat tired	678 (60.9)	58.09-63.71	708 (61.1)	58.29-63.91
	Not tired at all	180 (16.2)	14.08-18.32	179 (15.5)	13.42-17.58
C4	Frequently	71 (6.4)	4.99-7.81	104 (9.1)	7.44-10.76
	Sometimes	488 (43.6)	40.75-46.45	435 (37.9)	35.11-40.69
	Seldom	404 (36.1)	33.34-38.86	424 (36.9)	34.12-39.68
	Never	155 (13.9)	11.91-15.89	186 (16.2)	14.08-18.32
C5	Frequently	12 (1.1)	0.50-1.70	7 (0.6)	0.16-1.04
	Sometimes	41 (3.7)	2.61-4.79	51 (4.5)	3.31-5.69
	Seldom	104 (9.3)	7.63-10.97	102 (9.1)	7.44-10.76
	Never	957 (85.9)	83.90-87.90	962 (85.7)	83.69-87.71
C6	Frequently	26 (2.3)	1.44-3.16	34 (3.0)	2.02-3.98
	Sometimes	260(23.2)	20.77-25.63	237 (21.2)	18.85-23.55
	Seldom	678 (60.6)	57.79-63.41	670 (59.8)	56.98-62.62
	Never	155 (13.9)	11.91-15.89	179 (16.0)	13.89-18.11
C7	Frequently	113 (10.2)	8.46-11.94	116 (10.3)	8.55-12.05
	Sometimes	330 (29.7)	27.07-32.33	355 (31.6)	28.92-34.28
	Seldom	420 (37.8)	35.01-40.59	434 (38.7)	35.90-41.50
	Never	248 (22.3)	19.90-24.70	217 (19.3)	17.03-21.57
C8	Frequently	51 (4.6)	3.39-5.81	38 (3.4)	2.36-4.44
	Sometimes	144 (12.9)	10.97-14.83	131 (11.7)	9.85-13.55
	Seldom	465 (41.6)	38.76-44.44	510 (45.5)	42.63-48.37
	Never	459 (41.0)	38.17-43.83	442 (39.4)	36.59-42.21

\* significant difference ( $p < .05$ ) between baseline and follow-up

### Physical conditions of students

Physical conditions of students included illness and injury over the past 12 months. Students were asked about 17 types of illnesses and injuries including infections, sore throat, flu and sprains, and the full list of them can be found in part D of the questionnaire.

Illness: Most primary and secondary students (over 40%) reported 1-3 types of illness at both T1 and T2.

Significantly less primary boys and girls at T2 reported having 1-3 types of illness than at T1.

Significantly more primary girls at T2 reported no illness than at T1 (Table 8).

Injury: The majority of primary and secondary students (over 60%) reported no injury at both T1 and T2.

Significantly more secondary boys at T2 reported no injury than T1, and less secondary boys at T2 reported having 1-3 types of injury than at T1 (Table 8).

Table 8. Physical conditions of students over the past 12 months

Primary Students	Condition	No. of illness / injury	Baseline n (%)	(95% CI)	Follow-up n (%)	(95% CI)
Male	Illness	No illness	34 (23.4)	17.15-29.65	54 (31.6)	24.73-38.47
		1-3 types	86 (59.3)*	52.04-66.56	85 (49.7)	42.31-57.09
		4-6 types	23 (15.9)	10.50-21.30	28 (16.4)	10.93-21.87
		7 types or more	2 (1.4)	0.02-3.14	4 (2.3)	0.09-4.51
	Injury	No injury	98 (67.6)	60.69-74.51	113(64.9)	57.85-71.95
		1-3 types	45 (31.0)	24.17-37.83	59 (33.9)	26.91-40.89
		4 types or more	2 (1.4)	0.02-3.14	2 (1.1)	0.01-2.49
Female	Illness	No illness	55 (22.2)*	17.28-27.12	266 (34.6)	28.97-40.23
		1-3 types	128 (51.6)*	45.68-57.52	320 (41.6)	35.76-47.44
		4-6 types	62 (25.0)	19.87-30.13	167 (21.7)	16.82-26.58
		7 types or more	3 (1.2)	0.01-2.64	16 (2.1)	0.40-3.80
	Injury	No injury	175(70.6)	65.21-75.99	515 (66.9)	61.33-72.47
		1-3 types	73 (29.4)	24.01-34.79	228 (29.6)	24.19-35.01
		4 types or more	0 (0)	0	27 (3.5)	1.32-5.68
Total	Illness	No illness	89 (22.6)	18.74-26.46	320 (34.0)	29.62-38.38
		1-3 types	214 (54.5)*	49.90-59.10	405 (43.1)	38.52-47.68
		4-6 types	85 (21.6)	17.80-25.40	195 (20.7)	16.96-24.44
		7 types or more	5 (1.3)	0.25-2.35	20 (2.1)	0.78-3.42
	Injury	No injury	273 (69.5)	65.25-73.75	628 (66.5)	62.14-70.86
		1-3 types	118 (30.0)	25.77-34.23	287 (30.4)	26.15-34.65
		4 types or more	2 (0.5)	0.01-1.15	29 (3.1)	1.50-4.70
<b>Secondary Students</b>						
Male	Illness	No illness	171 (26.9)	23.78-30.02	66 (24.5)	21.47-21.53
		1-3 types	289 (45.5)	42.00-49.00	132 (49.1)	45.58-52.62
		4-6 types	157 (24.7)	21.67-27.73	65 (24.2)	21.19-27.21
		7 types or more	18 (2.8)	1.64-3.96	6 (2.2)	1.17-3.23
	Injury	No injury	404 (63.6)*	60.21-66.99	205 (75.9)	72.89-78.91
		1-3 types	220 (34.6)*	31.25-37.95	63 (23.3)	20.33-26.27
		4 types or more	11 (1.7)	0.79-2.61	2 (0.7)	0.11-1.29
Female	Illness	No illness	58 (18.2)	14.34-22.06	75 (19.7)	15.72-23.68
		1-3 types	140 (43.9)	38.94-48.86	155 (40.8)	35.88-45.72
		4-6 types	104 (32.6)	27.91-37.29	140 (36.8)	31.98-41.62
		7 types or more	17 (5.3)	3.06-7.54	10 (2.6)	1.01-4.19

	Injury	No injury	211 (66.1)	61.37-70.83	260 (68.6)	63.96-73.24
		1-3 types	101 (31.7)	27.05-36.35	111 (29.3)	24.75-33.85
		4 types or more	7 (2.2)	0.73-3.67	8 (2.1)	0.67-3.53
Total	Illness	No illness	229 (24.0)	21.54-26.46	141 (21.7)	19.33-24.07
		1-3 types	429 (45.0)	42.14-47.86	287 (44.2)	41.34-47.06
		4-6 types	261 (27.4)	24.83-29.97	205 (31.6)	28.92-34.28
		7 types or more	35 (3.7)	2.61-4.79	16 (2.5)	1.60-3.40
	Injury	No injury	615 (64.5)	61.75-67.25	465 (71.6)	69.00-74.20
		1-3 types	321 (33.6)	30.88-36.32	174 (26.8)	24.25-29.35
		4 types or more	18 (1.9)	1.11-2.69	10 (1.5)	0.80-2.20

\* significant difference ( $p < .05$ ) between baseline and follow-up

#### Number of sick days over the past 12 months

Sick days meant the days that students had to stay indoor because of illness or injury, which was asked in the question D4. Most primary and secondary students (over 60%) reported no sick days in both surveys. A minority of them had 20 sick days or more at T1 and T2 (primary students: 0.5% and 0.9%; secondary students: 0.4% at T1). No significant difference was found between T1 and T2 (Table 9).

Table 9. No. of sick days taken by students in the past 12 months

Primary Students	No. of sick day	Baseline n (%)	(95% CI)	Follow-up n (%)	(95% CI)
Male	0	102 (70.3)	63.55-77.05	125 (71.0)	64.30-77.70
	1-9	41 (28.3)	21.64-34.96	45 (25.6)	19.15-32.05
	10-19	2 (1.4)	0.02-3.14	3 (1.7)	0.03-3.61
	20-29	0 (0)	0	2 (1.1)	0.02-2.64
	30 or more	0 (0)	0	1 (0.6)	0.01-1.74
Female	0	156 (62.9)	57.18-68.62	532 (68.6)	63.10-74.10
	1-9	86 (34.7)	29.06-40.34	212 (27.3)	22.02-32.58
	10-19	4 (1.6)	0.11-3.09	17 (2.2)	0.46-3.94
	20-29	0	0	7 (0.9)	0.01-2.02
	30 or more	2 (0.8)	0.01-1.85	8 (1.0)	0.02-2.18
Total	0	258 (65.6)	61.21-69.99	657 (69.0)	64.73-73.27
	1-9	127 (32.3)	27.98-36.62	257 (27.0)	22.90-31.10
	10-19	6 (1.5)	0.38-2.62	20 (2.1)	0.78-3.42
	20-29	0 (0)	0	9 (0.9)	0.03-1.77
	30 or more	2 (0.5)	0.01-1.15	9 (0.9)	0.03-1.77
<u>Secondary</u>					

Students					
Male	0	416 (65.5)	62.16-68.84	178 (65.0)	61.64-68.36
	1-9	203 (32.0)	28.72-35.28	88 (32.1)	28.82-35.38
	10-19	10 (1.6)	0.72-2.48	6 (2.2)	1.17-3.23
	20-29	3 (0.5)	0.00-1.00	2 (0.7)	0.11-1.29
	30 or more	3 (0.5)	0.00-1.00	0 (0)	0
Female	0	232 (72.7)	68.24-77.16	253 (65.9)	61.16-70.64
	1-9	82 (25.7)	21.33-30.07	124 (32.3)	27.62-36.98
	10-19	2 (0.6)	0.17-1.37	3 (0.8)	0.01-1.69
	20-29	2 (0.6)	0.17-1.37	4 (1.0)	0.00-2.00
	30 or more	1 (0.3)	0.01-0.85	0 (0)	0
Total	0	648 (67.9)	65.21-70.59	431 (65.5)	62.76-68.24
	1-9	285 (29.9)	27.27-32.53	212 (32.2)	29.51-34.89
	10-19	12 (1.3)	0.65-1.95	9 (0.4)	0.04-0.76
	20-29	5 (0.5)	0.09-0.91	6 (0.9)	0.36-1.44
	30 or more	4 (0.4)	0.04-0.76	0 (0)	0

#### Reduced activities over the past 12 months

In primary students, 3.0% and 3.9% at T1 and T2, and 2.2% and 1.3% of secondary students at T1 and T2, respectively reported 10 sick days or more. About 10% of primary and secondary students at both T1 and T2 were unable to participate in school activities. Less than 5% of primary students and about 10% of secondary students needed to cut down activities due to illness or injury at both T1 and T2 (Table 10). According to Lewinsohn et al., significant reduced activity is having (a) 10 sick days or more, plus either (b) being unable to participate in school activities (question D7) or (c) having a need to cut down activities due to illness or injury in the past 12 months (question D8). 4% and 1.2% of primary students at T1 and T2, and 8.6% and 1.5% of secondary students at T1 and T2, respectively reported significant reduced activities. No significant difference was found between T1 and T2 (Table 10).

Table 10. Reduction of activities over the past 12 months due to illness or injury

- (a) 10 sick days or more
- (b) Unable to participate in school activities 因病或受傷而不能工作或參與學校的活動
- (c) A need to cut down activities due to illness or injury 因病或受傷而需要減少任何活動



(d) Significant reduction of activities (a+b or a+c):

Primary Students	Form of reduction	Baseline n (%)	(95% CI)	Follow-up n (%)	(95% CI)
Male	(a)	2 (1.4)	0.01-3.14	6 (3.4)	0.72-6.08
	(b)	26 (14.8)	9.55-20.05	21 (11.9)	7.12-16.68
	(c)	7 (4.0)	1.10-6.90	8 (4.5)	1.44-7.56
	(d)	5 (2.8)	0.36-5.24	2 (1.2)	0.01-2.81
Female	(a)	6 (2.4)	0.59-4.21	32 (4.1)	1.75-6.45
	(b)	27 (9.9)	6.36-13.44	22 (8.0)	4.79-11.21
	(c)	12 (4.4)	1.97-6.83	11 (4.0)	1.68-6.32
	(d)	13 (4.7)	2.19-7.21	3 (1.1)	0.01-2.34
Total	(a)	8 (3.0)	1.42-4.58	38 (3.9)	2.11-5.69
	(b)	53 (11.8)	8.82-14.78	43 (9.6)	6.88-12.32
	(c)	19 (4.2)	2.35-6.05	19 (4.2)	2.35-6.05
	(d)	18 (4.0)	2.19-5.81	5 (1.2)	0.19-2.21
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Secondary Students					
Male	(a)	16 (2.6)	1.48-3.72	8 (2.9)	1.72-4.08
	(b)	101 (13.0)	10.63-15.37	110 (14.2)	11.74-16.66
	(c)	72 (9.3)	7.26-11.34	76 (9.8)	7.71-11.89
	(d)	62 (8.0)	6.09-9.91	14 (2.0)	1.01-2.99
Female	(a)	5 (1.5)	0.28-2.72	7 (1.8)	0.47-3.13
	(b)	46 (12.0)	8.75-15.25	53 (13.8)	10.35-17.25
	(c)	44 (11.5)	8.31-14.69	35 (9.1)	6.22-11.98
	(d)	38 (9.9)	6.91-12.89	2 (0.6)	0.02-1.37
Total	(a)	21 (2.2)	1.36-3.04	15 (1.3)	0.65-1.95
	(b)	147 (12.7)	10.78-14.62	163 (14.1)	12.10-16.10
	(c)	116 (10.0)	8.27-11.73	111 (9.6)	7.90-11.30
	(d)	100 (8.6)	6.99-10.21	16 (1.5)	0.80-2.20

\* significant difference ( $p < .05$ ) between baseline and follow-up

Functional impairment over the past 12 months

Functional impairment included trouble with feeding, dressing, moving around, climbing stairs and getting outdoors (questions D5 and D6). Most primary and secondary students (over 90% overall) had no impairment at T1 and T2. A minority reported having 2 or more problems (primary students: 1.1% at T1 and 1.1% at T2; secondary students: 1% at T1 and 1.5% at T2). No significant difference was found

between T1 and T2 (Table 11).

Table 11. Functional impairment due to illness or injury over the past 12 months

(Functional impairment = trouble with feeding, dressing themselves, moving around, climbing stairs, getting outdoors 難於自己進食；難於自己穿衣；及難於自己走動；難於上樓梯及難於外出)

- (a) No impairment
- (b) One problem only
- (c) 2 problems or more

Primary Students	Total impairment	Baseline n (%)	(95% CI)	Follow-up n (%)	(95% CI)
Male	(a)	160 (90.9)	86.5-95.15	167 (94.9)	91.65-98.15
	(b)	14 (8.0)	3.99-12.01	7 (4.0)	1.10-6.90
	(c)	2 (1.1)	0.01-2.64	2 (1.1)	0.01-2.64
Female	(a)	257 (93.8)	90.94-96.66	256 (96.7)	94.58-98.82
	(b)	14 (5.1)	2.50-7.70	6 (2.2)	0.46-3.94
	(c)	3 (1.1)	0.01-2.64	3 (1.1)	0.01-2.64
Total	(a)	417 (92.7)	90.30-95.10	432 (96.0)	94.19-97.81
	(b)	28 (6.2)	3.97-8.43	13 (2.9)	1.35-4.45
	(c)	5 (1.1)	0.14-2.06	5 (1.1)	0.14-2.06
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<u>Secondary Students</u>					
Male	(a)	714 (95.5)	94.04-96.96	738 (95.1)	93.58-96.62
	(b)	26 (3.4)	2.12-4.68	24 (3.1)	1.88-4.32
	(c)	9 (1.2)	0.43-1.97	14 (1.8)	0.86-2.74
Female	(a)	361 (94.0)	91.62-96.38	353 (91.9)	89.17-94.63
	(b)	20 (5.2)	2.98-7.42	28 (7.3)	4.70-9.90
	(c)	3 (0.8)	0.01-1.69	3 (0.8)	0.01-1.69
Total	(a)	1102 (95.0)	93.75-96.25	1091 (94.1)	92.74-95.46
	(b)	46 (4.0)	2.87-5.13	52 (4.5)	3.31-5.69
	(c)	12 (1.0)	0.43-1.57	17 (1.5)	0.80-2.20

Physical maturation

Questions about physical maturation were asked in part J. For the question J1, most of the boys and girls (about 70%) perceived their physical maturation as appropriate. No significant difference was found

between T1 and T2 (Table 12a).

26.2% of primary girls and 16.8% of primary boys reported having experienced their first menstruation and nocturnal emission at T2 (there were 8.7% of girls and 12.6% of boys at T1). Significantly more primary girls had their menstruation at T2 than at T1 (Table 12b).

Table 12a. Physical growth

J1. Physical growth compared with other adolescents of the same age

身體的成長及發展跟同年的人比較

Primary Students		Baseline n (%)	(95% CI)	Follow-up n (%)	(95% CI)
Male	Faster	23 (13.8)	8.70-18.90	15 (8.5)	4.38-12.62
	Appropriate	124 (74.3)	67.84-80.76	131 (74.4)	67.95-80.85
	Later	20 (12.0)	7.20-16.80	30 (17.0)	11.45-22.55
Female	Faster	31 (12.5)	8.58-16.42	38 (14.0)	9.89-18.11
	Appropriate	187 (75.4)	70.30-80.50	189 (69.5)	64.05-74.95
	Later	30 (12.1)	8.24-15.96	45 (16.5)	12.10-20.90
Total	Faster	54 (13.0)	9.89-16.11	53 (11.8)	8.82-14.78
	Appropriate	311 (74.9)	70.89-78.91	320 (71.4)	67.22-75.58
	Later	50 (12.0)	9.00-15.00	75 (16.7)	13.25-20.15
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Secondary Students					
Male	Faster	72 (9.8)	7.71-11.89	101 (13.0)	10.63-15.37
	Appropriate	540 (73.6)	70.50-76.70	544 (70.1)	66.88-73.32
	Later	122 (16.6)	13.98-19.22	131 (16.9)	14.26-19.54
Female	Faster	60 (16.3)	12.61-19.99	71 (18.6)	14.71-22.49
	Appropriate	257 (69.8)	65.21-74.39	255 (66.8)	62.09-71.51
	Later	51 (13.9)	10.44-17.36	56 (14.7)	11.16-18.24
Total	Faster	132 (12.0)	10.13-13.87	172 (14.9)	12.85-16.95
	Appropriate	797 (72.3)	69.72-74.88	799 (69.0)	66.34-71.66
	Later	173 (15.7)	13.61-17.79	187 (16.1)	13.98-18.22

\*significant difference (p<.05) between boys and girls in baseline or follow-up

Table 12b. Physical Maturation

(a) Already experienced the first menstruation 第一次來月經

(b) Already experienced the first nocturnal emission 第一次有夢遺

Primary Students			Baseline n (%)	(95% CI)	Follow-up n (%)	(95% CI)
Female	(a)	% of girls	22 (8.7)*	4.54-12.86	71 (26.2)	19.80-32.80
		Mean age	10.22	-	10.24	-
		Mode	10	-	12	-
		SD	1.06	-	3.02	-
		Not yet	232 (91.3)*	87.14-95.46	200 (73.8)	67.30-80.30
Male	(b)	% of boys	21 (12.6)	8.67-16.53	29 (16.8)	12.37-21.23
		Mean age	8.72	-	10.72	-
		Mode	7	-	12	-
		SD	1.84	-	2.96	-
		Not yet	147 (87.5)	83.58-91.42	144 (83.2)	78.77-87.63
<u>Secondary Students</u>						
Female	(a)	% of girls	349 (95.1)	93.58-96.62	369 (97.5)	96.40-98.60
		Mean age	12	-	12.22	-
		Mode	12	-	12	-
		SD	1.241	-	1.72	-
		Not yet	18 (4.9)	3.38-6.42	9 (2.4)	1.32-3.48
Male	(b)	% of boys	392 (56.3)	51.34-61.26	441 (58.5)	53.57-63.43
		Mean age	12.30	-	8.77	-
		Mode	12	-	12	-
		SD	1.503	-	3.06	-
		Not yet	304 (43.6)	38.64-48.56	314 (41.6)	36.67-46.53

\* significant difference ( $p < .05$ ) between baseline and follow-up

Smoking, alcohol drinking and substance abuse

Questions about smoking, drinking and substance abuse were asked in part G of the questionnaire.

Overall, 4.2% and 27.4% of primary students reported ever smoked and drank at T2, and 21.9%, 53% and 2.4% of secondary students reported ever smoked, drank and abused substances at T2 (Table 13).

Table 13. Smoking, alcohol drinking and substance abuse in students

G1. Have you ever smoked? 你有沒有吸過煙？

G2. How old were you when you first smoked? 你首次吸煙時年紀有多大？

G4. Do you drink? 你平時有沒有飲酒（包括啤酒）？

G5. How old were you when you first drank? 你首次飲酒時年紀有多大？

G7. Have you ever abused any substance? 你有沒有試過濫用物品

（如大麻、搖頭丸、K仔、天拿水、咳藥水等）？

G8. How old were you when you first tried? 你首次濫用物品時年紀有多大？

Primary Students		Baseline n (%)	(95% CI)	Follow-up n (%)	(95% CI)	
Male	G1	Never smoked	165 (96.5)	93.78-99.22	162 (92.0)	87.99-96.01
		Once or a few times	5 (2.9)	0.42-5.38	12 (6.8)	3.08-10.52
		Smoked before, not now	1 (0.6)	0.01-1.74	1 (0.6)	0.01-1.74
		Occasionally, less than one/wk	0 (0)	0	0 (0)	0
		1-6 cigarettes/wk	0 (0)	0	0 (0)	0
		More than 6 cigarettes /wk	0 (0)	0	1 (0.6)	0.01-1.74
	G2	Less than 10	6 (85.7)*	80.53-90.87	6 (37.5)	30.35-44.65
		10-12	0 (0)*	0	6 (37.5)	30.35-44.65
		13-15	0 (0)	0	0 (0)	0
		16-18	0 (0)	0	0 (0)	0
		Forgotten	1 (14.3)*	9.13-19.47	4 (25.0)	18.60-31.40
	G4	Never	125 (73.5)	66.98-80.02	115 (66.5)	59.53-73.47
		Drank before, but no more now	42 (24.7)	18.33-31.07	46 (26.6)	20.07-33.13
		Occasionally, less than 1 day/wk	2 (1.2)	0.02-2.81	10 (5.8)	2.35-9.25
		1-2 days/wk	1 (0.6)	0.01-1.74	2 (1.2)	0.02-2.81
		3-6 days/wk	0 (0)	0	0 (0)	0
		Daily	0 (0)	0	0 (0)	0
	G5	Less than 10	30 (69.8)*	63.02-76.58	23 (37.7)	30.54-44.86
		10-12	5 (11.6)*	6.87-16.33	16 (26.2)	19.70-32.70
		13-15	0 (0)	0	0 (0)	0
16-18		0 (0)	0	0 (0)	0	
Forgotten		8 (18.6)*	12.85-24.35	22 (36.1)	29.00-43.20	
G7	Never	170 (100.0)	-	176 (100.0)	-	
	Abused before, not now	0 (0)	0	0 (0)	0	
	Occasionally, less than once/wk	0 (0)	0	0 (0)	0	
	1-2 times/wk	0 (0)	0	0 (0)	0	
	3-4 times/wk	0 (0)	0	0 (0)	0	
	More than 6 times/wk	0 (0)	0	0 (0)	0	
G8	Less than 10	0 (0)	0	1 (100.0)	-	
	10-12	0 (0)	0	0 (0)	0	
	13-15	0 (0)	0	0 (0)	0	
	16-18	0 (0)	0	0 (0)	0	
	Forgotten	0 (0)	0	0 (0)	0	

Female	G1	Never smoked	255 (98.8)	97.51-100.09	269 (98.2)	96.63-99.77
		Once or a few times	3 (1.2)	0.01-2.49	5 (1.8)	0.23-3.37
		Smoked before, not now	0 (0)	0	0 (0)	0
		Occasionally, less than one /wk	0 (0)	0	0 (0)	0
		1-6 cigarettes/wk	0 (0)	0	0 (0)	0
		More than 6 cigarettes /wk	0 (0)	0	0 (0)	0
	G2	Less than 10	2 (50.0)	44.08-55.92	3 (42.9)	37.04-48.76
		10-12	2 (50.0)*	44.08-55.92	2 (28.6)	4.14-10.26
		13-15	0 (0)	0	0 (0)	0
		16-18	0 (0)	0	0 (0)	0
		Forgotten	0 (0)*	0	2 (28.6)	4.14-10.26
	G4	Never	206 (79.8)	75.05-84.55	208 (76.5)	71.48-81.52
		Drank before, but no more now	45 (17.4)	12.91-21.89	58 (21.3)	16.45-26.15
		Occasionally, less than 1 day/wk	7 (2.7)	0.78-4.62	4 (1.5)	0.06-2.94
		1-2 days/wk	0 (0)	0	1 (0.4)	0.01-1.15
		3-6 days/wk	0 (0)	0	1 (0.4)	0.01-1.15
		Daily	0 (0)	0	0 (0)	0
G5	Less than 10	27 (52.9)*	46.99-58.81	13 (21.0)	16.18-25.82	
	10-12	6 (11.8)*	7.98-15.62	16 (25.8)	20.62-30.98	
	13-15	0 (0)	0	0 (0)	0	
	16-18	0 (0)	0	0 (0)	0	
	Forgotten	18 (35.3)*	29.64-40.96	33 (53.2)	47.29-59.11	
G7	Never	257 (99.6)	98.85-100.35	274 (100.0)	-	
	Abused before, not now	0 (0)	0	0 (0)	0	
	Occasionally, less than once/wk	0 (0)	0	0 (0)	0	
	1-2 times/wk	1 (0.4)	0.01-1.15	0 (0)	0	
	3-4 times/wk	0 (0)	0	0 (0)	0	
	More than 6 times/wk	0 (0)	0	0 (0)	0	
G8	Less than 10	1 (100.0)	100.0-100.0	0 (0)	0	
	10-12	0 (0)	0	0 (0)	0	
	13-15	0 (0)	0	0 (0)	0	
	16-18	0 (0)	0	0 (0)	0	
	Forgotten	0 (0)	0	0 (0)	0	
Total	G1	Never smoked	420 (97.9)	96.58-99.22	431 (95.8)	93.95-97.65
		Once or a few times	9 (1.9)	0.64-3.16	17 (3.8)	2.03-5.57
		Smoked before, not now	1 (0.2)	0.01-0.61	1 (0.2)	0.01-0.61
		Occasionally, less than one /wk	0 (0)	0	0 (0)	0
		1-6 cigarettes/wk	0 (0)	0	0 (0)	0
		More than 6 cigarettes /wk	0 (0)	0	1 (0.2)	0.01-0.61
	G2	Less than 10	8 (72.7)*	68.58-76.82	9 (39.1)	34.59-43.61
		10-12	2 (18.2)*	14.63-21.77	8 (34.8)	30.40-39.20
		13-15	0 (0)	0	0 (0)	0
		16-18	0 (0)	0	0 (0)	0
		Forgotten	1 (9.1)*	6.44-11.76	6 (26.1)	22.04-30.16
	G4	Never	331 (77.3)	73.43-81.17	323 (72.6)	68.48-76.72
		Drank before, but no more now	87 (20.3)	16.58-24.02	104 (23.4)	19.49-27.31
		Occasionally, less than 1 day/wk	9 (2.1)	0.78-3.42	14 (3.1)	1.50-4.70
		1-2 days/wk	1 (0.2)	0.01-0.61	3 (0.7)	0.01-1.47
		3-6 days/wk	0 (0)	0	1 (0.2)	0.01-0.61
		Daily	0 (0)	0	0 (0)	0

G5	Less than 10	57 (60.6)*	56.09-65.11	36 (29.3)	25.09-33.51
	10-12	11 (11.7)*	8.73-14.67	32 (26.0)	21.95-30.05
	13-15	0 (0)	0	0 (0)	0
	16-18	0 (0)	0	0 (0)	0
	Forgotten	26 (27.7)*	23.57-31.83	55 (44.7)	40.11-49.29
G7	Never	427 (99.8)	99.39-100.21	450 (100.0)	100.0-100.0
	Abused before, not now	0 (0)	0	0 (0)	0
	Occasionally, less than once/wk	0 (0)	0	0 (0)	0
	1-2 times/wk	1 (0.2)	0.01-0.61	0 (0)	0
	3-4 times/wk	0 (0)	0	0 (0)	0
	More than 6 times/wk	0 (0)	0	0 (0)	0
G8	Less than 10	1 (100.0)	100.0-100.0	1 (100.0)	100.0-100.0
	10-12	0 (0)	0	0 (0)	0
	13-15	0 (0)	0	0 (0)	0
	16-18	0 (0)	0	0 (0)	0
	Forgotten	0 (0)	0	0 (0)	0
<b>Secondary Students</b>					
<b>Male</b>					
G1	Never smoked	646 (86.2)	83.77-88.63	644 (83.0)	80.36-85.64
	Once or a few times	68 (9.1)	7.08-11.12	78 (10.1)	7.98-12.22
	Smoked before, not now	21 (2.8)	1.64-3.96	14 (1.8)	0.86-2.74
	Occasionally, less than one /wk	0 (0)	0	8 (1.0)	0.30-1.70
	1-6 cigarettes/wk	1 (0.1)	0.01-0.32	3 (0.4)	0.01-0.84
	More than 6 cigarettes /wk	13 (1.7)	0.79-2.61	29 (3.7)	2.37-5.03
G2	Less than 10	27 (27.0)*	23.88-30.12	12 (8.8)	6.81-10.79
	10-12	20 (20.0)	17.19-22.81	25 (18.2)	15.49-20.91
	13-15	24 (24.0)	21.00-27.00	36 (26.3)	23.20-29.40
	16-18	2 (2.0)	1.01-2.99	5 (3.6)	2.29-4.91
	Forgotten	27 (27.0)*	23.88-30.12	59 (43.1)	39.62-46.58
G4	Never	412 (55.1)	51.60-58.60	381 (49.4)	45.88-52.92
	Drank before, but no more now	236 (31.6)	28.33-34.87	236 (30.6)	27.36-33.84
	Occasionally, less than 1 day/wk	71 (9.5)	7.44-11.56	123 (16.0)	13.42-18.58
	1-2 days/wk	25 (3.3)	2.04-4.56	25 (3.2)	1.96-4.44
	3-6 days/wk	3 (0.4)	0.01-0.84	4 (0.5)	0.00-1.00
	Daily	1 (0.1)	0.00-0.32	2 (0.3)	0.01-0.68
G5	Less than 10	73 (21.8)	18.89-24.71	64 (16.5)	13.89-19.11
	10-12	75 (22.4)	19.47-25.33	51 (13.1)	10.73-15.47
	13-15	40 (11.9)	9.62-14.18	46 (11.8)	9.53-14.07
	16-18	1 (0.3)	0.01-0.68	7 (1.8)	0.86-2.74
	Forgotten	146 (43.6)	40.11-47.09	221 (56.8)	53.31-60.29
G7	Never	738 (98.5)	97.64-99.36	757 (98.2)	97.26-99.14
	Abused before, not now	9 (1.2)	0.43-1.97	10 (1.3)	0.50-2.10
	Occasionally, less than once/wk	1 (0.1)	0.01-0.32	3 (0.4)	0.01-0.84
	1-2 times/wk	0 (0)	0	1 (0.1)	10.73-15.47
	3-4 times/wk	0 (0)	0	0 (0)	0
	More than 6 times/wk	1 (0.1)	0.01-0.32	0 (0)	0
G8	Less than 10	1 (9.1)	7.08-11.12	1 (6.7)	4.94-8.46
	10-12	1 (9.1)	7.08-11.12	0 (0)	0
	13-15	7 (63.6)	60.21-66.9	6 (40.0)	36.55-43.45
	16-18	2 (18.2)	15.49-20.91	2 (13.3)	10.91-15.69

		Forgotten	0 (0)	0	6 (40.0)	36.55-43.45	
Female	G1	Never smoked	286 (77.3)	73.11-81.49	273 (71.3)	66.78-75.82	
		Once or a few times	57 (15.4)	11.79-19.01	69 (18.0)	14.16-21.84	
		Smoked before, not now	12 (3.2)	1.44-4.96	10 (2.6)	1.01-4.19	
		Occasionally, less than one /wk	4 (1.1)	0.06-2.14	11 (2.9)	1.22-4.58	
		1-6 cigarettes/wk	5 (1.4)	0.22-2.58	9 (2.3)	0.80-3.80	
			More than 6 cigarettes /wk	6 (1.6)	0.34-2.86	11 (2.9)	1.22-4.58
	G2	Less than 10	7 (8.5)	5.71-11.29	4 (3.5)	1.66-5.34	
		10-12	8 (9.8)	6.83-12.77	17 (14.8)	11.25-18.35	
		13-15	31 (37.8)	32.95-42.65	32 (27.8)	23.32-32.28	
		16-18	4 (4.9)	2.74-7.06	4 (3.5)	1.66-5.34	
		Forgotten	32 (39.0)*	34.12-43.88	58 (50.4)	45.40-55.40	
	G4	Never	206 (55.4)*	50.43-60.37	160 (42.1)	37.16-47.04	
		Drank before, but no more now	110 (29.6)	25.03-34.17	130 (34.2)	29.46-38.94	
		Occasionally, less than 1 day/wk	46 (12.4)	9.10-15.70	71 (18.7)	14.80-22.60	
		1-2 days/wk	9 (2.4)	0.87-3.93	17 (4.5)	2.43-6.57	
		3-6 days/wk	0 (0)	0	1 (0.3)	0.01-0.85	
		Daily	1 (0.3)	0.01-0.85	1 (0.3)	0.01-0.85	
	G5	Less than 10	21 (12.7)	9.37-16.03	17 (7.8)	5.12-10.48	
		10-12	17 (10.3)	7.26-13.34	23 (10.6)	7.52-13.68	
13-15		37 (22.4)	18.23-26.57	36 (16.6)	12.88-20.32		
16-18		8 (4.8)	2.66-6.94	12 (5.5)	3.22-7.78		
Forgotten		82 (49.7)	44.70-54.70	129 (59.4)	54.49-64.31		
G7	Never	364 (98.1)	96.73-99.47	366 (96.3)	94.41-98.19		
	Abused before, not now	4 (1.1)	0.06-2.14	7 (1.8)	0.47-3.13		
	Occasionally, less than once/wk	2 (0.5)	0.02-1.21	6 (1.6)	0.34-2.86		
	1-2 times/wk	1 (0.3)	0.01-0.85	0 (0)	0		
	3-4 times/wk	0 (0)	0	1 (0.3)	0.01-0.85		
	More than 6 times/wk	0 (0)	0	0 (0)	0		
G8	Less than 10	0 (0)	0	2 (13.3)	9.90-16.70		
	10-12	0 (0)	0	0 (0)	0		
	13-15	5 (71.4)	66.88-75.92	4 (26.7)	22.28-31.12		
	16-18	0 (0)	0	2 (13.3)	9.90-16.70		
	Forgotten	2 (28.6)	24.08-33.12	7 (46.7)	41.71-51.69		
Total	G1	Never smoked	932 (83.3)	81.15-85.45	917 (79.1)	76.76-81.44	
		Once or a few times	125 (11.2)	9.39-13.01	147 (12.7)	10.78-14.62	
		Smoked before, not now	33 (2.9)	1.93-3.87	24 (2.1)	1.27-2.93	
		Occasionally, less than one /wk	4 (0.4)	0.04-0.76	19 (1.6)	0.88-2.32	
		1-6 cigarettes/wk	6 (0.5)	0.09-0.91	12 (1.0)	0.43-1.57	
			More than 6 cigarettes /wk	19 (1.7)	0.96-2.44	40 (3.5)	2.44-4.56
	G2	Less than 10	34 (18.7)*	16.46-20.94	16 (6.3)	4.90-7.70	
		10-12	28 (15.4)	13.32-17.48	42 (16.7)	14.55-18.85	
		13-15	55 (30.2)	27.56-32.84	68 (27.0)	24.45-29.55	
		16-18	6 (3.3)	2.27-4.33	9 (3.6)	2.53-4.67	
		Forgotten	59 (32.4)	29.71-35.09	117 (46.4)	43.53-49.27	
	G4	Never	618 (55.2)	52.34-58.06	541 (47.0)	44.13-49.87	
		Drank before, but no more now	346 (30.9)	28.24-33.56	366 (31.8)	29.12-34.48	
		Occasionally, less than 1 day/wk	117 (10.4)	8.64-12.16	194 (16.9)	14.74-19.06	
		1-2 days/wk	34 (3.0)	2.02-3.98	42 (3.6)	2.53-4.67	
		3-6 days/wk	3 (0.3)	0.01-0.61	5 (0.4)	0.04-0.76	



	Daily	2 (0.2)	0.01-0.46	3 (0.3)	0.01-0.61
G5	Less than 10	94 (18.8)	16.55-21.05	81 (13.4)	11.44-15.36
	10-12	92 (18.4)	16.17-20.63	74 (12.2)	10.32-14.08
	13-15	77 (15.4)	13.32-17.48	82 (13.5)	11.53-15.47
	16-18	9 (1.8)	1.03-2.57	19 (3.1)	2.10-4.10
	Forgotten	228 (45.6)	42.73-48.47	350 (57.8)	54.96-60.64
G7	Never	1102 (98.4)	97.68-99.12	1123 (97.6)	96.72-98.48
	Abused before, not now	13 (1.2)	0.57-1.83	17 (1.5)	0.80-2.20
	Occasionally, less than once/wk	3 (0.3)	0.01-0.61	9 (0.8)	0.29-1.31
	1-2 times/wk	1 (0.1)	0.01-0.28	1 (0.1)	0.01-0.28
	3-4 times/wk	0 (0)	0	1 (0.1)	0.01-0.28
	More than 6 times/wk	1 (0.1)	0.01-0.28	0 (0)	0
G8	Less than 10	1 (5.6)	4.28-6.92	3 (10.0)	8.27-11.73
	10-12	1 (5.6)	4.28-6.92	0 (0)	0
	13-15	12 (66.7)*	63.99-69.41	10 (33.3)	30.59-36.01
	16-18	2 (11.1)	9.29-12.91	4 (13.3)	11.35-15.25
	Forgotten	2 (11.1)*	9.29-12.91	13 (43.3)	40.45-46.15
				0	

\* significant difference ( $p < .05$ ) between baseline and follow-up

## STUDENTS' PSYCHOSOCIAL AND BEHAVIORAL HEALTH

Psychological and behavioral variables examined included family background and perceived relationship, school life, weight-related concerns, hypochondriasis, subjective probability (degree of subjective thinking), life stressors, disturbances caused by, anxiety symptoms, depressive symptoms, self harm, suicidal ideation and attempts.

### Family background and relationship

Questions about family background and relationship were asked in questions F1 to F10. **Replies to questions about family background (F.1-F.5) at T1 were reported in the baseline report and which would be unlikely to be very different at T2, therefore the results are not listed again.** Regarding family relationships (F.6-F.10), significantly less primary and secondary boys at T2 reported having 'average' relationship between siblings than T1 (Table 14).

Table 14. Family relationship in students

F6. Relationship between parents 父親和母親之間的關係

F7. Relationship between siblings 兄弟姊妹之間的關係

F8. Feeling about family life 家庭生活愉快嗎?

F9. Relationship with father 和父親的關係

F10. Relationship with mother 和母親的關係

Primary Students			Baseline n (%)	(95% CI)	Follow-up n (%)	(95% CI)
Male	F6	Very poor	1 (0.6)	0.01-1.74	4 (2.4)	0.14-4.66
		Poor	9 (5.2)	1.92-8.48	8 (4.8)	1.64-7.96
		Average	39 (22.7)	16.51-28.89	26 (15.5)	10.15-20.85
		Good	34 (19.8)	13.91-25.69	35 (20.8)	14.80-26.80
		Very good	89 (51.7)	44.32-59.08	95 (56.5)	49.18-63.82
	F7	Very poor	2 (1.2)	0.41-2.81	5 (3.6)	0.85-6.35
		Poor	10 (5.9)	2.42-9.38	9 (6.6)	2.93-10.27
		Average	65 (38.5)*	31.31-45.69	27 (19.7)	13.82-25.58
		Good	47 (27.8)	21.18-34.42	48 (35.0)	27.95-42.05

		Very good	45 (26.6)	20.07-33.13	48 (35.0)	27.95-42.05
	F8	Very unhappy	5 (2.9)	0.42-5.38	1 (0.6)	0.01-1.74
		Unhappy	3 (1.7)	0.04-3.61	3 (1.8)	0.16-3.76
		Average	40 (23.3)	17.05-29.55	28 (16.5)	11.02-21.98
		Happy	48 (27.9)	21.27-34.53	60 (35.3)	28.24-42.36
		Very happy	76 (44.2)	36.86-51.54	78 (45.9)	38.54-53.26
	F9	Very poor	1 (0.6)	0.01-1.74	2 (1.2)	0.02-2.81
		Poor	3 (1.8)	0.04-3.76	10 (6.0)	2.49-9.51
		Good	63 (36.8)	29.68-43.92	48 (28.9)	22.20-35.60
		Very good	95 (55.6)	48.26-62.94	89 (53.6)	46.23-60.97
		Don't know	9 (5.3)	1.99-8.61	17 (10.2)	5.73-14.67
	F10	Very poor	0 (0)	0	0 (0)	0
		Poor	2 (1.2)	0.02-2.81	4 (2.4)	0.14-4.66
		Good	49 (28.8)	22.11-35.49	34 (20.5)	14.54-26.46
		Very good	117 (68.8)	61.96-75.94	113 (68.1)	61.21-74.99
		Don't know	2 (1.2)	0.02-2.81	15 (9.0)	4.77-13.23
Female	F6	Very poor	1 (0.4)	0.01-1.15	1 (0.4)	0.01-1.15
		Poor	7 (2.7)	0.78-4.62	11 (4.1)	1.75-6.45
		Average	37 (14.3)	10.15-18.45	40 (15.0)	10.77-19.23
		Good	65 (25.2)	20.06-30.34	53 (19.9)	15.17-24.63
		Very good	148 (57.4)	51.54-63.26	162 (60.7)	54.92-66.48
	F7	Very poor	5 (2.0)	0.34-3.66	7 (3.0)	0.98-5.02
		Poor	10 (3.9)	1.61-6.19	8 (3.4)	1.25-5.55
		Average	81 (31.8)	26.29-37.31	58 (25.0)	19.87-30.13
		Good	68 (26.7)	21.46-31.94	64 (27.6)	22.31-32.89
		Very good	91 (35.7)	30.03-41.37	95 (40.9)	35.08-46.72
	F8	Very unhappy	5 (1.9)	0.28-3.52	3 (1.1)	0.02-2.34
		Unhappy	4 (1.6)	0.11-3.09	10 (3.7)	1.46-5.94
		Average	41 (15.9)	11.57-20.23	49 (18.2)	13.63-22.77
		Happy	66 (25.6)	20.43-30.77	72 (26.8)	21.56-32.04
		Very happy	142 (55.0)	49.11-60.89	135 (50.2)	44.28-56.12
	F9	Very poor	1 (0.4)	0.35-1.15	2 (0.8)	0.01-1.85
		Poor	6 (2.3)	0.53-4.07	5 (1.9)	0.28-3.52
		Good	67 (26.0)	20.81-31.19	77 (29.5)	24.10-34.90
		Very good	172 (66.7)	61.12-72.28	161 (61.7)	55.94-67.46
		Don't know	12 (4.7)	2.19-7.21	16 (6.1)	3.27-8.93
	F10	Very poor	1 (0.4)	0.01-1.15	2 (0.8)	0.25-1.85
		Poor	4 (1.5)	0.06-2.94	4 (1.5)	0.06-2.94
		Good	50 (19.3)	14.63-23.97	53 (20.3)	15.54-25.06
		Very good	200 (77.2)	72.23-82.17	192 (73.6)	68.38-78.82
		Don't know	4 (1.5)	0.06-2.94	10 (3.8)	1.54-6.06
Total	F6	Very poor	2 (0.5)	0.02-1.15	5 (1.1)	0.14-2.06
		Poor	16 (3.7)	1.96-5.44	19 (4.4)	2.51-6.29
		Average	76 (17.7)	14.17-21.23	66 (15.2)	11.88-18.52
		Good	99 (23.0)	19.11-26.89	88 (20.2)	16.49-23.91
		Very good	237 (55.1)	50.50-59.70	257 (59.1)	54.56-63.64
	F7	Very poor	7 (1.7)	0.51-2.89	12 (3.3)	1.65-4.95
		Poor	20 (4.7)	2.74-6.66	17 (4.6)	2.66-6.54
		Average	146 (34.4)*	30.01-38.79	85 (23.0)	19.11-26.89

		Good	115 (27.1)	22.99-31.21	112 (30.4)	26.15-34.65
		Very good	136 (32.1)	27.79-36.41	143 (38.8)	34.30-43.30
F8		Very unhappy	10 (2.3)	0.91-3.69	4 (0.9)	0.03-1.77
		Unhappy	7 (1.6)	0.44-2.76	13 (3.0)	1.42-4.58
		Average	81 (18.8)	15.19-22.41	77 (17.5)	13.99-21.01
		Happy	114 (26.5)	22.42-30.58	132 (30.1)	25.86-34.34
		Very happy	218 (50.7)	46.08-55.32	213 (48.5)	43.88-53.12
F9		Very poor	2 (0.5)	0.02-1.15	4 (0.9)	0.03-1.77
		Poor	9 (2.1)	0.78-3.42	15 (3.5)	1.80-5.20
		Good	130 (30.3)	26.05-34.55	125 (29.3)	25.09-33.51
		Very good	267 (62.2)	57.72-66.68	250 (58.5)	53.95-63.05
		Don't know	21 (4.9)	2.91-6.89	33 (7.7)	5.24-10.16
F10		Very poor	1 (0.2)	0.01-0.61	2 (0.5)	0.02-1.15
		Poor	6 (1.4)	0.31-2.49	8 (1.9)	0.64-3.16
		Good	99 (23.1)	19.21-26.99	87 (20.4)	16.68-24.12
		Very good	317 (73.9)	69.84-77.96	305 (71.4)	67.22-75.78
		Don't know	6 (1.4)	0.31-2.49	25 (5.9)	3.72-8.08
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Secondary Students						
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Male	F6	Very poor	14 (1.9)	0.94-2.86	11 (1.5)	0.64-2.36
		Poor	19 (2.5)	1.40-3.60	40 (5.4)	3.81-6.99
		Average	183 (24.5)	21.47-27.53	150 (20.4)	17.56-23.24
		Good	219 (29.3)	26.10-32.50	247 (33.6)	30.28-36.92
		Very good	312 (41.8)	38.33-45.27	288 (39.1)	35.67-42.53
	F7	Very poor	10 (1.3)	0.50-2.10	6 (1.0)	0.30-1.70
		Poor	19 (2.6)	1.48-3.72	22 (3.6)	2.29-4.91
		Average	297 (40.1)*	36.65-43.55	167 (27.0)	23.88-30.12
		Good	199 (26.9)	23.78-30.02	207 (33.5)	30.18-36.82
		Very good	216 (29.1)	25.90-32.30	216 (35.0)	31.64-38.36
	F8	Very unhappy	5 (0.7)	0.11-1.29	12 (1.6)	0.72-2.48
		Unhappy	26 (3.5)	2.21-4.79	33 (4.3)	2.87-5.73
		Average	211 (28.2)	25.03-31.37	207 (27.0)	23.88-30.12
		Happy	303 (40.6)	37.14-44.06	311 (40.5)	37.05-43.95
		Very happy	202 (27.0)	23.88-30.12	205 (26.7)	23.59-29.81
	F9	Very poor	10 (1.3)	0.50-2.10	23 (3.2)	1.96-4.44
		Poor	54 (7.2)	5.38-9.02	56 (7.7)	5.82-9.58
		Good	319 (42.8)	39.32-46.28	308 (42.4)	38.92-45.88
		Very good	311 (41.7)	38.23-45.17	272 (37.4)	34.00-40.80
		Don't know	51 (6.8)	5.03-8.57	68 (9.4)	7.35-11.45
	F10	Very poor	4 (0.5)	0.00-1.00	7 (1.0)	0.30-1.70
		Poor	13 (1.7)	0.79-2.61	26 (3.6)	2.29-4.91
		Good	251 (33.6)	30.28-36.92	251 (34.5)	31.16-37.84
		Very good	443 (59.4)	55.94-62.86	393 (54.1)	50.59-57.61
		Don't know	35 (4.7)	3.21-6.19	50 (6.9)	5.12-8.68
Female	F6	Very poor	12 (3.2)	1.44-4.96	14 (3.9)	1.96-5.84
		Poor	20 (5.4)	3.14-7.66	24 (6.6)	4.12-9.08
		Average	108 (29.2)	24.65-33.75	102 (28.1)	23.60-32.60
		Good	103 (27.8)	23.32-32.28	104 (28.7)	24.18-33.22
		Very good	127 (34.3)	29.55-39.05	119 (32.8)	28.10-37.50

F7	Very poor	6 (1.6)	0.34-2.86	3 (0.9)	0.04-1.84
	Poor	12 (3.3)	1.51-5.09	11 (3.4)	1.59-5.21
	Average	138 (37.5)	32.66-42.34	105 (32.6)	27.91-37.29
	Good	119 (32.3)	27.62-36.98	114 (35.4)	30.62-40.18
	Very good	93 (25.3)	20.95-29.65	89 (27.6)	23.13-32.07
F8	Very unhappy	8 (2.2)	0.73-3.67	9 (2.4)	0.87-3.93
	Unhappy	22 (5.9)	3.54-8.26	18 (4.7)	2.58-6.82
	Average	115 (30.9)	26.28-35.52	132 (34.7)	29.94-39.46
	Happy	126 (33.9)	29.17-38.63	134 (35.3)	30.52-40.08
	Very happy	101 (27.2)	22.75-31.65	87 (22.9)	18.70-27.10
F9	Very poor	14 (3.8)	1.89-5.71	9 (2.6)	1.01-4.19
	Poor	32 (8.6)	5.80-11.40	33 (9.6)	6.65-12.55
	Good	168 (45.4)	40.42-50.38	143 (41.8)	36.87-46.73
	Very good	115(31.1)	26.47-35.73	121 (35.4)	30.62-40.18
	Don't know	41 (11.1)	7.96-14.24	36 (10.5)	7.43-13.57
F10	Very poor	8 (2.2)	0.73-3.67	2 (0.6)	0.02-1.37
	Poor	16 (4.3)	2.27-6.33	12 (3.5)	1.66-5.34
	Good	135 (36.3)	31.49-41.11	142 (41.5)	36.57-46.43
	Very good	192 (51.6)	46.60-56.60	168 (49.1)	44.10-54.10
	Don't know	21 (5.6)	3.30-7.90	18 (5.3)	3.06-7.54
Total	Very poor	26 (2.3)	1.44-3.16	25 (2.3)	1.44-3.16
	Poor	39 (3.5)	2.44-4.56	64 (5.8)	4.45-7.15
	Average	291 (26.1)	23.57-28.63	252 (22.9)	20.48-25.32
	Good	322 (28.8)	26.19-31.41	351 (31.9)	29.22-34.58
	Very good	439 (39.3)	36.49-42.11	407 (37.0)	34.22-39.78
F7	Very poor	16 (1.4)	0.72-2.08	9 (1.0)	0.43-1.57
	Poor	31 (2.8)	1.85-3.75	33 (3.5)	2.44-4.56
	Average	435 (39.2)	36.39-42.01	272 (28.9)	26.29-31.51
	Good	318 (28.7)	26.10-31.30	321 (34.1)	31.37-36.83
	Very good	309 (27.9)	25.32-30.48	305 (32.4)	29.71-35.09
F8	Very unhappy	13 (1.2)	0.57-1.83	21 (1.8)	1.03-2.57
	Unhappy	48 (4.3)	3.13-5.47	51 (4.4)	3.22-5.58
	Average	326 (29.1)	26.49-31.71	339 (29.5)	26.88-32.12
	Happy	429 (38.3)	35.50-41.10	445 (38.8)	36.00-41.60
	Very happy	303 (27.1)	24.54-29.66	292 (25.4)	22.89-27.91
F9	Very poor	24 (2.2)	1.36-3.04	32 (3.0)	2.02-3.98
	Poor	86 (7.7)	6.17-9.23	89 (8.3)	6.71-9.89
	Good	487 (43.7)	40.85-46.55	451 (42.2)	39.36-45.04
	Very good	426 (38.2)	35.40-41.00	393 (36.8)	34.02-39.58
	Don't know	92 (8.3)	6.71-9.89	104 (9.7)	8.00-11.40
F10	Very poor	12 (1.1)	0.50-1.70	9 (0.8)	0.29-1.31
	Poor	29 (2.6)	1.68-3.52	38 (3.6)	2.53-4.67
	Good	386 (34.5)	31.76-37.24	393 (36.8)	34.02-39.58
	Very good	635 (56.8)	53.95-59.65	561 (52.5)	49.63-55.37
	Don't know	56 (5.0)	3.75-6.25	68 (6.4)	4.99-7.81

\* significant difference ( $p < .05$ ) between baseline and follow-up

### Perception of school life

The 12 questions in part M of the questionnaire on perception of school life were adapted from a larger scale<sup>7</sup> which consists of 10 positive and 2 negative statements on general schooling satisfaction, relevance of school, relationships with teachers, self esteem and status, sense of achievement, sense of identity and alienation.

Overall, students agreed (i.e. mostly agree or definitely agree) to positive statements about school life at both T1 and T2 (M1-M10) (Table 15). Significant differences between T1 and T2 were found, with less primary boys at T2 definitely agreed with 'I feel important in the school' (M8) than at T1, but the reverse was found for mostly agreed (more at T2 than at T1). More primary boys at T2 mostly agreed with 'I feel good about my work in school' (M9) than at T1 (Table 15).

### Table 15. Students' perception of school life

- M1. I like to be in the school 我喜歡到我的學校
- M2. I really like to go to school each day 我真的喜歡天天上學
- M3. I like learning in the school 我喜歡在學校裡學習
- M4. The things I learn are important to me 在學校學到的事物對我很重要
- M5. Teachers treat me fairly in class 老師在課堂上公平地對待我
- M6. Teachers help me to do my best 老師幫助我做到最好
- M7. Other people care what I think in the school 學校裡有人理會我的想法
- M8. I feel important in the school 在學校裡，我感到自己重要
- M9. I feel good about my work in school 在學校裡，我感到自己辦事妥當
- M10. I learn to get along with other people in school 在學校裡，我學習跟其他人相處
- M11. I feel lonely in school 在學校裡，我感到孤單
- M12. I feel worried in school 在學校裡，我感到憂慮

Primary Students			Baseline n (%)	(95% CI)	Follow-up n (%)	(95% CI)
Male	M1	Definitely agree	58 (33.0)	26.05-39.95	57 (32.4)	25.49-39.31
		Mostly agree	99 (56.3)	48.97-63.63	96 (54.5)	47.14-61.86
		Mostly disagree	12 (6.8)	3.08-10.52	16 (9.1)	4.85-13.35
		Definitely disagree	7 (4.0)	1.10-6.90	7 (4.0)	1.10-6.90
	M2	Definitely agree	50 (28.4)	21.74-35.06	34 (19.3)	13.47-25.13
		Mostly agree	80 (45.5)	38.14-52.86	92 (52.3)	44.92-59.68
		Mostly disagree	30 (17.0)	11.45-22.55	37 (21.0)	14.98-27.02
		Definitely disagree	16 (9.1)	4.85-13.35	13 (7.4)	3.53-11.27
	M3	Definitely agree	50 (28.4)	21.74-35.06	51 (29.1)	22.39-35.81
		Mostly agree	93 (52.8)	45.42-60.18	90 (51.4)	44.02-58.78
		Mostly disagree	22 (12.5)	7.61-17.39	26 (14.9)	9.64-20.16
		Definitely disagree	11 (6.3)	2.71-9.89	8 (4.6)	1.51-7.69
	M4	Definitely agree	64 (36.4)	29.29-43.51	65 (37.4)	30.25-44.55
		Mostly agree	94 (53.4)	46.03-60.77	85 (48.9)	41.51-56.29
		Mostly disagree	11 (6.3)	2.71-9.89	16 (9.2)	4.93-13.47
		Definitely disagree	7 (4.0)	1.10-6.90	8 (4.6)	1.51-7.69
	M5	Definitely agree	70 (39.8)	32.57-47.03	56 (32.0)	25.11-38.89
		Mostly agree	65 (36.9)	29.77-44.03	77 (44.0)	36.67-51.33
		Mostly disagree	20 (11.4)	6.70-16.10	25 (14.3)	9.13-19.47
		Definitely disagree	21 (11.9)	7.12-16.68	17 (9.7)	5.33-14.07
	M6	Definitely agree	73 (41.5)	34.22-48.78	59 (33.9)	26.91-40.89
		Mostly agree	78 (44.3)	36.96-51.64	81 (46.6)	39.23-53.97
		Mostly disagree	17 (9.7)	5.33-14.07	22 (12.6)	7.70-17.50
		Definitely disagree	8 (4.5)	1.44-7.56	12 (6.9)	3.16-10.64
	M7	Definitely agree	64 (36.4)	29.29-43.51	56 (32.7)	25.77-39.63
		Mostly agree	81 (46.0)	38.64-53.36	80 (46.8)	39.43-54.17
		Mostly disagree	22 (12.5)	7.61-17.39	22 (12.9)	7.95-17.85
		Definitely disagree	9 (5.1)	1.85-8.35	13 (7.6)	3.68-11.52
	M8	Definitely agree	59 (33.5)*	26.53-40.47	38 (22.4)	16.24-28.56
		Mostly agree	66 (37.5)*	30.35-44.65	80 (47.1)	39.73-54.47
		Mostly disagree	36 (20.5)	14.54-26.46	43 (25.3)	18.88-31.72
		Definitely disagree	15 (8.5)	4.38-12.62	9 (5.3)	1.99-8.61
	M9	Definitely agree	65 (36.9)	29.77-44.03	45 (26.3)	19.80-32.80
		Mostly agree	78 (44.3)*	36.96-51.64	96 (56.1)	48.77-63.43
		Mostly disagree	31 (17.6)	11.97-23.23	22 (12.9)	7.95-17.85
		Definitely disagree	2 (1.1)	0.02-2.64	8 (4.7)	1.57-7.83
	M10	Definitely agree	77 (43.8)	36.47-51.13	60 (35.1)	28.05-42.15
		Mostly agree	83 (47.2)	39.82-54.58	86 (50.3)	42.91-57.69
		Mostly disagree	10 (5.7)	2.27-9.13	17 (9.9)	5.49-14.31
		Definitely disagree	6 (3.4)	0.72-6.08	8 (4.7)	1.57-7.83
	M11	Definitely agree	14 (8.1)	4.07-12.13	10 (5.8)	2.35-9.25
		Mostly agree	12 (7.0)	3.23-10.77	12 (7.0)	3.23-10.77
		Mostly disagree	44 (25.6)	19.15-32.05	44 (25.7)	19.24-32.16
		Definitely disagree	102 (59.3)	52.04-66.56	105 (61.4)	54.21-68.59

Female	M12	Definitely agree	14 (8.1)	4.07-12.13	9 (5.3)	1.99-8.61
		Mostly agree	14 (8.1)	4.07-12.13	23 (13.5)	8.45-18.55
		Mostly disagree	42 (24.4)	18.05-30.75	41 (24.0)	17.69-30.31
		Definitely disagree	102 (59.3)	52.04-66.56	95 (57.3)	49.99-64.61
	M1	Definitely agree	118 (43.1)	37.24-48.96	114 (41.6)	35.76-47.44
		Mostly agree	137 (50.0)	44.08-55.92	131 (47.8)	41.89-53.71
		Mostly disagree	11 (4.0)	1.68-6.32	24 (8.8)	5.45-12.15
		Definitely disagree	8 (2.9)	0.91-4.89	5 (1.8)	0.23-3.37
	M2	Definitely agree	95 (34.7)	29.06-40.34	84 (30.7)	25.24-36.16
		Mostly agree	135 (49.3)	43.38-55.22	136 (49.6)	43.68-55.52
		Mostly disagree	35 (12.8)	8.84-16.76	38 (13.9)	9.80-18.00
		Definitely disagree	9 (3.3)	1.18-5.42	16 (5.8)	3.03-8.57
M3	Definitely agree	104 (38.0)	32.25-43.75	96 (35.0)	29.35-40.65	
	Mostly agree	141 (51.5)	45.58-57.42	141 (51.5)	45.58-57.42	
	Mostly disagree	17 (6.2)	3.34-9.06	29 (10.6)	6.95-14.25	
	Definitely disagree	12 (4.4)	1.97-6.83	8 (2.9)	0.91-4.89	
M4	Definitely agree	119 (43.4)	37.53-49.27	115 (42.0)	36.16-47.84	
	Mostly agree	132 (48.2)	42.28-54.12	129 (47.1)	41.19-53.01	
	Mostly disagree	15 (5.5)	2.80-8.20	24 (8.8)	5.45-12.15	
	Definitely disagree	8 (2.9)	0.91-4.89	6 (2.2)	0.46-3.94	
M5	Definitely agree	109 (39.8)	34.00-45.60	101 (36.9)	31.19-42.61	
	Mostly agree	130 (47.4)	41.49-53.31	115 (42.0)	36.16-47.84	
	Mostly disagree	22 (8.0)	4.79-11.21	39 (14.2)	10.07-18.33	
	Definitely disagree	13 (4.7)	2.19-7.21	19 (6.9)	3.90-9.90	
M6	Definitely agree	108 (39.4)	33.61-45.19	103 (37.6)	31.86-43.34	
	Mostly agree	128 (46.7)	40.79-52.61	127 (46.4)	40.49-52.31	
	Mostly disagree	31 (11.3)	7.55-15.05	35 (12.8)	8.84-16.76	
	Definitely disagree	7 (2.6)	0.72-4.48	9 (3.3)	1.18-5.42	
M7	Definitely agree	105 (38.3)	32.54-44.06	100 (36.6)	30.90-42.30	
	Mostly agree	143 (52.2)	46.29-58.11	135 (49.5)	43.58-55.42	
	Mostly disagree	17 (6.2)	3.34-9.06	27 (9.9)	6.36-13.44	
	Definitely disagree	9 (3.3)	1.18-5.42	11 (4.0)	1.68-6.32	
M8	Definitely agree	86 (31.4)	25.90-36.90	69 (25.4)	20.25-30.55	
	Mostly agree	126 (46.0)	40.10-51.90	138 (50.7)	44.78-56.62	
	Mostly disagree	42 (15.3)	11.04-19.56	49 (18.0)	13.45-22.55	
	Definitely disagree	20 (7.3)	4.22-10.38	16 (5.9)	3.11-8.69	
M9	Definitely agree	94 (34.3)	28.68-39.92	80 (29.4)	24.01-34.79	
	Mostly agree	141 (51.5)	45.58-57.42	148 (54.4)	48.50-60.30	
	Mostly disagree	30 (10.9)	7.21-14.59	34 (12.5)	8.58-16.42	
	Definitely disagree	9 (3.3)	1.18-5.42	10 (3.7)	1.46-5.94	
M10	Definitely agree	125 (45.6)	39.70-51.50	112 (41.2)	35.37-47.03	
	Mostly agree	136 (49.6)	43.68-55.52	133 (48.9)	42.98-54.82	
	Mostly disagree	5 (1.8)	0.23-3.37	17 (6.3)	3.42-9.18	
	Definitely disagree	8 (2.9)	0.91-4.89	10 (3.7)	1.46-5.94	
M11	Definitely agree	16 (6.3)	3.42-9.18	11 (4.0)	1.68-6.32	
	Mostly agree	15 (5.9)	3.11-8.69	26 (9.5)	6.03-12.97	
	Mostly disagree	65 (25.4)	20.25-30.55	80 (29.3)	23.91-34.69	
	Definitely disagree	160 (62.5)	56.77-68.23	156 (57.1)	51.24-62.96	



M12	Definitely agree	16 (6.2)	3.34-9.06	10 (3.7)	1.46-5.94	
	Mostly agree	19 (7.4)	4.30-10.50	23 (13.5)	9.45-17.55	
	Mostly disagree	66 (25.7)	20.53-30.87	41 (24.0)	18.94-29.06	
	Definitely disagree	156 (60.7)	54.92-66.48	98 (57.3)	51.44-63.16	
Total	M1	Definitely agree	176 (39.1)	34.59-43.61	171 (38.0)	33.52-42.48
	Mostly agree	236 (52.4)	47.79-57.01	227 (50.4)	45.78-55.02	
	Mostly disagree	23 (5.1)	3.07-7.13	40 (8.9)	6.27-11.53	
	Definitely disagree	15 (3.3)	1.65-4.95	12 (2.7)	1.20-4.20	
M2	Definitely agree	145 (32.2)	27.88-36.52	118 (26.2)	22.14-30.26	
	Mostly agree	215 (47.8)	43.18-52.42	228 (50.7)	46.08-55.32	
	Mostly disagree	65 (14.4)	11.16-17.64	75 (16.7)	13.25-20.15	
	Definitely disagree	25 (5.6)	3.48-7.72	29 (6.4)	4.14-8.66	
M3	Definitely agree	154 (34.2)	29.82-38.58	147 (32.7)	28.37-37.03	
	Mostly agree	234 (52.0)	47.38-56.62	231 (51.4)	46.78-56.02	
	Mostly disagree	39 (8.7)	6.10-11.30	55 (12.2)	9.18-15.22	
	Definitely disagree	23 (5.1)	3.07-7.13	16 (3.6)	1.88-5.32	
M4	Definitely agree	183 (40.7)	36.16-45.24	180 (40.2)	35.67-44.73	
	Mostly agree	226 (50.2)	45.58-54.82	214 (47.8)	43.18-52.42	
	Mostly disagree	26 (5.8)	3.64-7.96	40 (8.9)	6.27-11.53	
	Definitely disagree	15 (3.3)	1.65-4.95	14 (3.1)	1.50-4.70	
M5	Definitely agree	179 (39.8)	35.28-44.32	157 (35.0)	30.59-39.41	
	Mostly agree	195 (43.3)	38.72-47.88	192 (42.8)	38.23-47.37	
	Mostly disagree	42 (9.3)	6.62-11.98	64 (14.3)	11.07-17.53	
	Definitely disagree	34 (7.6)	5.15-10.05	36 (8.0)	5.49-10.51	
M6	Definitely agree	181 (40.2)	35.67-44.73	162 (36.2)	31.76-40.64	
	Mostly agree	206 (45.8)	41.20-50.40	208(46.4)	41.79-51.01	
	Mostly disagree	48 (10.7)	7.84-13.56	57 (12.7)	9.62-15.78	
	Definitely disagree	15 (3.3)	1.65-4.95	21 (4.7)	2.74-6.66	
M7	Definitely agree	169 (37.6)	33.12-42.08	156 (35.1)	30.69-39.51	
	Mostly agree	224 (49.8)	45.18-54.42	215 (48.4)	43.78-53.02	
	Mostly disagree	39 (8.7)	6.10-11.30	49 (11.0)	8.11-13.89	
	Definitely disagree	18 (4.0)	2.19-5.81	24 (5.4)	3.31-7.49	
M8	Definitely agree	145 (32.2)	27.88-36.52	107 (24.2)	20.24-28.16	
	Mostly agree	192 (42.7)	38.13-47.27	218 (49.3)	44.68-53.92	
	Mostly disagree	78 (17.3)	13.81-20.79	92 (20.8)	17.05-24.55	
	Definitely disagree	35 (7.8)	5.32-10.28	25 (5.7)	3.56-7.84	
M9	Definitely agree	159 (35.3)	30.88-39.72	125 (28.2)	24.04-32.36	
	Mostly agree	219 (48.7)	44.08-53.32	244 (55.1)	50.50-59.70	
	Mostly disagree	61 (13.6)	10.43-16.77	56 (12.6)	9.53-15.67	
	Definitely disagree	11 (2.4)	0.99-3.81	18 (4.1)	2.27-5.93	
M10	Definitely agree	202 (44.9)	40.30-49.50	172 (38.8)	34.30-43.30	
	Mostly agree	219 (48.7)	44.08-53.32	219 (49.4)	44.78-54.02	
	Mostly disagree	15 (3.3)	1.65-4.95	34 (7.7)	5.24-10.16	
	Definitely disagree	14 (3.1)	1.50-4.70	18 (4.1)	2.27-5.93	
M11	Definitely agree	30 (7.0)	4.64-9.36	21 (4.7)	2.74-6.66	
	Mostly agree	27 (6.3)	4.06-8.54	38 (8.6)	6.01-11.19	
	Mostly disagree	109 (25.5)	21.47-29.53	124 (27.9)	23.76-32.04	

		Definitely disagree	262 (61.2)	56.70-65.70	261 (58.8)	54.25-63.35
	M12	Definitely agree	30 (7.0)	4.64-9.36	19 (4.3)	2.43-6.17
		Mostly agree	33 (7.7)	5.24-10.16	51 (11.5)	8.55-14.45
		Mostly disagree	108 (25.2)	21.19-29.21	117 (26.4)	22.33-30.47
		Definitely disagree	258 (60.1)	55.58-64.62	256 (57.8)	53.24-62.36
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Secondary Students						
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Male						
	M1	Definitely agree	160 (20.6)	17.75-23.45	143 (18.5)	15.77-21.23
		Mostly agree	487 (62.8)	59.40-66.20	473 (61.1)	57.67-64.53
		Mostly disagree	106 (13.7)	11.28-16.12	122 (15.8)	13.23-18.37
		Definitely disagree	23 (3.0)	1.80-4.20	36 (4.7)	3.21-6.19
	M2	Definitely agree	112 (14.4)	11.93-16.87	106 (13.7)	11.28-16.12
		Mostly agree	399 (51.4)	47.88-54.92	355 (45.9)	42.39-49.41
		Mostly disagree	220 (28.4)	25.23-31.57	249 (32.2)	28.91-35.49
		Definitely disagree	45 (5.8)	4.16-7.44	64 (8.3)	6.36-10.24
	M3	Definitely agree	111 (14.3)	11.84-16.76	127 (16.4)	13.79-19.01
		Mostly agree	493 (63.5)	60.11-66.89	436 (56.3)	52.81-59.79
		Mostly disagree	143 (18.4)	15.67-21.13	169 (21.8)	18.89-24.71
		Definitely disagree	29 (3.7)	2.37-5.03	42 (5.4)	3.81-6.99
	M4	Definitely agree	164 (21.1)	18.23-23.97	154 (19.9)	17.09-22.71
		Mostly agree	482 (62.1)	58.69-65.51	437 (56.5)	53.01-59.99
		Mostly disagree	107 (13.8)	11.37-16.23	146 (18.9)	16.15-21.65
		Definitely disagree	23 (3.0)	1.80-4.20	37 (4.8)	3.30-6.30
	M5	Definitely agree	162 (20.9)	18.04-23.76	144 (18.6)	15.86-21.34
		Mostly agree	474 (61.1)	57.67-64.53	471 (60.9)	57.47-64.33
		Mostly disagree	104 (13.4)	11.00-15.80	123 (15.9)	13.33-18.47
		Definitely disagree	36 (4.6)	3.13-6.07	36 (4.7)	3.21-6.19
	M6	Definitely agree	134 (17.3)	14.64-19.96	124 (16.0)	13.42-18.58
		Mostly agree	515 (66.4)	63.08-69.72	495 (64.0)	60.62-67.38
		Mostly disagree	106 (13.7)	11.28-16.12	126 (16.3)	13.70-18.90
		Definitely disagree	21 (2.7)	1.56-3.84	29 (3.7)	2.37-5.03
	M7	Definitely agree	141(18.2)	15.49-20.91	111 (14.5)	12.02-16.98
		Mostly agree	475 (61.2)	57.77-64.63	480 (62.6)	59.20-66.00
		Mostly disagree	131 (16.9)	14.26-19.54	138 (18.0)	15.30-20.70
		Definitely disagree	29 (3.7)	2.37-5.03	38 (5.0)	3.47-6.53
	M8	Definitely agree	89 (11.5)	9.26-13.74	73 (9.5)	7.44-11.56
		Mostly agree	416 (53.6)	50.09-57.11	395 (51.4)	47.88-54.92
		Mostly disagree	232 (29.9)	26.68-33.12	255 (33.2)	29.89-36.51
		Definitely disagree	39 (5.0)	3.47-6.53	45 (5.9)	4.24-7.56
	M9	Definitely agree	101 (13.0)	10.63-15.37	85 (11.1)	8.89-13.31
		Mostly agree	505 (65.1)	61.75-68.45	477 (62.3)	58.89-65.71
		Mostly disagree	156 (20.1)	17.28-22.92	166 (21.7)	18.80-24.60
		Definitely disagree	14 (1.8)	0.86-2.74	38 (5.0)	3.47-6.53
	M10	Definitely agree	169 (21.8)	18.89-24.71	145 (18.9)	16.15-21.65
		Mostly agree	528 (68.0)	64.72-71.28	505 (65.8)	62.46-69.14
		Mostly disagree	65 (8.4)	6.45-10.35	92 (12.0)	9.71-14.29
		Definitely disagree	14 (1.8)	0.86-2.74	25 (3.3)	2.04-4.56

Female	M11	Definitely agree	13 (1.7)	0.79-2.61	23 (3.0)	1.80-4.20
		Mostly agree	76 (10.2)	8.07-12.33	107 (14.0)	11.56-16.44
		Mostly disagree	323 (43.4)	39.91-46.89	345 (45.0)	41.50-48.50
		Definitely disagree	332 (44.6)	41.10-48.10	291 (38.0)	34.58-41.42
	M12	Definitely agree	13 (1.8)	0.86-2.74	30 (3.9)	2.54-5.26
		Mostly agree	94 (12.7)	10.36-15.04	116 (15.1)	12.58-17.62
		Mostly disagree	297 (40.1)	36.65-43.55	335 (43.7)	40.21-47.19
		Definitely disagree	337 (45.5)	42.00-49.00	285 (37.2)	33.80-40.60
	M1	Definitely agree	59 (15.4)	11.79-19.01	46 (12.0)	8.75-15.25
		Mostly agree	220 (57.3)	52.35-62.25	205 (53.7)	48.71-58.69
		Mostly disagree	89 (23.2)	18.98-27.42	99 (25.9)	21.52-30.28
		Definitely disagree	16(4.2)	2.19-6.21	32 (8.4)	5.63-11.17
	M2	Definitely agree	59 (15.4)	11.79-19.01	37 (9.7)	6.74-12.66
		Mostly agree	172 (44.8)	39.83-49.77	163 (42.7)	37.75-47.65
		Mostly disagree	123 (32.0)	27.33-36.67	142 (37.2)	32.37-42.03
		Definitely disagree	30 (7.8)	5.12-10.48	40 (10.5)	7.43-13.57
	M3	Definitely agree	53 (13.8)	10.35-17.25	14 (10.7)	7.61-13.79
		Mostly agree	217 (56.5)	51.54-61.46	215 (56.3)	51.34-61.26
		Mostly disagree	94 (24.5)	20.20-28.80	101 (26.4)	21.99-30.81
		Definitely disagree	20 (5.2)	2.98-7.42	25 (6.5)	4.03-8.97
M4	Definitely agree	75 (19.5)	15.54-23.46	58 (15.2)	11.61-18.79	
	Mostly agree	204 (53.1)	48.11-58.09	233 (61.2)	56.33-66.07	
	Mostly disagree	90 (23.4)	19.17-27.63	71 (18.6)	14.71-22.49	
	Definitely disagree	15 (3.9)	1.96-5.84	19 (5.0)	2.82-7.18	
M5	Definitely agree	69 (18.0)	14.16-21.84	50 (13.1)	9.73-16.47	
	Mostly agree	222 (57.8)	52.86-62.74	239 (62.7)	57.86-67.54	
	Mostly disagree	72 (18.8)	14.89-22.71	73 (19.2)	15.26-23.14	
	Definitely disagree	21 (5.5)	3.22-7.78	19 (5.0)	2.82-7.18	
M6	Definitely agree	64 (16.7)	12.97-20.43	37(9.7)	6.74-12.66	
	Mostly agree	231 (60.2)	55.30-65.10	245 (64.3)	59.51-69.09	
	Mostly disagree	81 (21.1)	17.02-25.18	80(21.0)	16.93-25.07	
	Definitely disagree	8 (2.1)	0.67-3.53	19 (5.0)	2.82-7.18	
M7	Definitely agree	68 (17.7)	13.88-21.52	44 (11.6)	8.40-14.80	
	Mostly agree	230 (59.9)	55.00-64.80	222 (58.6)	53.67-63.53	
	Mostly disagree	72 (18.8)	14.89-22.71	92 (24.3)	20.01-28.59	
	Definitely disagree	14 (3.6)	1.74-5.46	21 (5.5)	3.22-7.78	
M8	Definitely agree	32 (8.3)	5.54-11.06	23 (6.1)	3.71-8.49	
	Mostly agree	181 (47.1)	42.11-52.09	169 (44.7)	39.73-49.67	
	Mostly disagree	138 (35.9)	31.10-40.70	158 (41.8)	36.87-46.73	
	Definitely disagree	33 (8.6)	5.80-11.40	28 (7.4)	4.78-10.02	
M9	Definitely agree	42 (10.9)	7.78-14.02	30 (7.9)	5.20-10.60	
	Mostly agree	228 (59.4)	54.49-64.31	228 (60.3)	55.41-65.19	
	Mostly disagree	97 (25.3)	20.95-29.65	104 (27.5)	23.03-31.97	
	Definitely disagree	17 (4.4)	2.35-6.45	16 (4.2)	2.19-6.21	
M10	Definitely agree	86 (21.6)	17.48-25.72	49 (13.0)	9.64-16.36	
	Mostly agree	247 (64.3)	59.51-69.09	253 (67.1)	62.40-71.80	
	Mostly disagree	44 (11.5)	8.31-14.69	56 (14.9)	11.34-18.46	

		Definitely disagree	10 (2.6)	1.01-4.19	19 (5.0)	2.82-7.18
M11		Definitely agree	19 (5.1)	2.90-7.30	16 (4.2)	2.19-6.21
		Mostly agree	57 (15.4)	11.79-19.01	65 (17.2)	13.43-20.97
		Mostly disagree	158 (42.8)	37.85-47.75	191 (50.5)	45.50-55.50
		Definitely disagree	135 (36.6)	31.78-41.42	106 (28.0)	23.51-32.49
M12		Definitely agree	15 (4.1)	2.12-6.08	17 (4.5)	2.43-6.57
		Mostly agree	70 (19.0)	15.08-22.92	84 (22.2)	18.04-26.36
		Mostly disagree	156 (42.4)	37.46-47.34	173(45.8)	40.82-50.78
		Definitely disagree	127 (34.5)	29.75-39.25	104 (27.5)	23.03-31.97
Total	M1	Definitely agree	219 (18.9)	16.65-21.15	189 (16.3)	14.17-18.43
		Mostly agree	707 (60.9)	58.09-63.71	678 (58.7)	55.87-61.53
		Mostly disagree	195 (16.8)	14.65-18.65	221 (19.1)	16.84-21.36
		Definitely disagree	39 (3.4)	2.36-4.44	68 (5.9)	4.54-7.26
M2		Definitely agree	171 (14.7)	12.66-16.74	143(12.4)	10.50-14.30
		Mostly agree	571 (49.2)	46.32-52.08	518 (44.8)	41.94-47.66
		Mostly disagree	343 (29.6)	26.97-32.23	391 (33.8)	31.08-36.52
		Definitely disagree	75 (6.5)	5.08-7.92	104(9.0)	7.35-10.65
M3		Definitely agree	164 (14.1)	12.10-16.10	168 (14.5)	12.47-16.53
		Mostly agree	710 (61.2)	58.40-64.00	651 (56.3)	53.45-59.15
		Mostly disagree	237 (20.4)	18.08-22.72	270 (23.4)	20.96-25.84
		Definitely disagree	49 (4.2)	3.05-5.35	67 (5.8)	4.45-7.15
M4		Definitely agree	239 (20.6)	18.27-22.93	212 (18.4)	16.17-20.63
		Mostly agree	686 (59.1)	56.27-61.93	670 (58.0)	55.16-60.84
		Mostly disagree	197 (17.0)	14.84-19.16	217 (18.8)	16.55-21.05
		Definitely disagree	38 (3.3)	2.27-4.33	56 (4.8)	3.57-6.03
M5		Definitely agree	231 (19.9)	17.60-22.20	194 (16.8)	14.65-18.95
		Mostly agree	696 (60.0)	57.18-62.82	710(61.5)	58.70-64.30
		Mostly disagree	176 (15.2)	13.13-17.27	196 (17.0)	14.84-19.16
		Definitely disagree	57 (4.9)	3.66-6.14	55(4.8)	3.57-6.03
M6		Definitely agree	198 (17.1)	14.93-19.27	161 (13.9)	11.91-15.89
		Mostly agree	746 (64.3)	61.54-67.06	740 (64.1)	61.34-66.86
		Mostly disagree	187 (16.1)	13.98-18.22	206 (17.8)	15.60-20.00
		Definitely disagree	29(2.5)	1.60-3.40	48 (4.2)	3.05-5.35
M7		Definitely agree	209 (18.0)	15.79-20.21	155 (13.5)	11.53-15.47
		Mostly agree	705 (60.8)	57.99-63.61	702 (61.3)	58.50-64.10
		Mostly disagree	203 (17.5)	15.31-19.69	230 (20.1)	17.79-22.41
		Definitely disagree	43 (3.7)	2.61-4.79	59 (5.1)	3.83-6.37
M8		Definitely agree	121 (10.4)	8.64-12.16	96 (8.4)	6.80-10.00
		Mostly agree	597 (51.5)	48.62-54.38	564 (49.2)	46.32-52.08
		Mostly disagree	370 (31.9)	29.22-34.58	413 (36.0)	33.24-38.76
		Definitely disagree	72 (6.2)	4.81-7.59	73 (6.4)	4.99-7.81
M9		Definitely agree	143 (12.3)	10.41-14.19	115 (10.1)	8.37-11.83
		Mostly agree	733 (63.2)	60.42-65.98	705 (61.6)	58.80-64.40
		Mostly disagree	253 (21.8)	19.42-24.18	270 (23.6)	21.16-26.04
		Definitely disagree	31 (2.7)	1.77-3.63	54 (4.7)	3.48-5.92
M10		Definitely agree	252 (21.7)	19.33-24.07	194 (17.0)	14.84-19.16
		Mostly agree	775 (66.8)	64.09-69.51	758 (66.3)	63.58-69.02

	Mostly disagree	109(9.4)	7.72-11.08	148 (12.9)	10.97-14.83
	Definitely disagree	24 (2.2)	1.36-3.04	44 (3.8)	2.70-4.90
M11	Definitely agree	32 (2.9)	1.93-3.87	39 (3.4)	2.36-4.44
	Mostly agree	133 (11.9)	10.04-13.76	172 (15.0)	12.95-17.05
	Mostly disagree	481 (43.2)	40.35-46.05	536 (46.9)	44.03-49.77
	Definitely disagree	467 (42.0)	39.16-44.84	397 (34.7)	31.96-37.44
M12	Definitely agree	28 (2.5)	1.60-3.40	47 (4.1)	2.96-5.24
	Mostly agree	164 (14.8)	12.76-16.84	200 (17.5)	15.31-19.69
	Mostly disagree	453 (40.8)	37.97-43.63	508 (44.4)	41.54-47.26
	Definitely disagree	464 (41.8)	38.96-44.64	389 (34.0)	31.27-36.73

\* significant difference ( $p < .05$ ) between baseline and follow-up

### Weight-related concerns

Questions on weight-related concerns were asked in part I, which included body satisfaction, change of diet and doing more exercise to lose weight over the past year, and currently on diet. Table 16 shows that most of the primary and secondary students (over 60%) were neutral regarding body satisfaction.

Significantly more primary girls at T2 wished to be lighter than T1, but more primary girls at T2 wished to be heavier than T1. Nearly 60% of secondary girls at both T1 and T2 wished to be lighter (Table 16).

Table 16. Weight-related concerns in students

I1. Body satisfaction 你滿意你的身材嗎？

I2. Ideal body weight 你的理想體重

I3. Change of diet to lose weight over the past year

在過去的一年裡，你有沒有節食或改變飲食習慣去減輕體重？

I4. More exercise to lose weight over the past year 在過去的一年裡，你有沒有多做運動去減輕體重？

I5. Currently on diet 你現在有沒有節食減肥？

Primary Students			Baseline n (%)	(95% CI)	Follow-up n (%)	(95% CI)
Male	I1	Dissatisfied	18 (10.8)	6.21-15.39	25 (14.2)	9.04-19.36

		Neutral	104 (62.7)	55.56-69.84	101 (57.4)	50.09-64.71
		Very satisfied	44 (26.5)	19.98-33.02	50 (28.4)	21.74-35.06
	I2	Lighter than now	44 (28.0)	21.37-34.63	50 (28.6)	21.92-35.28
		Same as now	72 (45.9)	38.54-53.26	79 (45.1)	37.75-52.45
		Heavier than now	41 (26.1)	19.61-32.59	46 (26.3)	19.80-32.80
	I3	No	118 (72.0)	65.37-78.63	140 (80.5)	74.65-86.35
		1-4 times	33 (20.1)	14.18-26.02	28 (16.1)	10.67-21.53
		5-10 times	8 (4.9)	1.71-8.09	5 (2.9)	0.42-5.38
		More than 10 times	1 (0.6)	0.02-1.74	1 (0.6)	0.02-1.74
		Always	4 (2.4)	0.14-4.66	0 (0)	0
	I4	No	93 (55.7)	48.36-63.04	105 (59.7)	52.45-66.95
		Once a week or less	22 (13.2)	8.20-18.20	29 (16.5)	11.02-21.98
		2-3 days a week	30 (18.0)	12.32-23.68	22 (12.5)	7.61-17.39
		4-6 days a week	9 (5.4)	2.06-8.74	11 (6.3)	2.71-9.89
		Everyday	13 (7.8)	3.84-11.76	9 (5.1)	1.85-8.35
	I5	No	135 (84.9)	79.61-90.19	140 (80.0)	74.09-85.91
		Yes	24 (15.1)	9.81-20.39	35 (20.0)	14.09-25.91
Female	I1	Dissatisfied	26 (10.2)	6.62-13.78	40 (14.6)	10.42-18.78
		Neutral	179 (70.5)	65.10-75.90	186 (67.9)	62.37-73.43
		Very satisfied	49 (19.3)	14.63-23.97	48 (17.5)	13.00-22.00
	I2	Lighter than now	58 (24.5)*	19.41-29.59	104 (38.1)	32.35-43.85
		Same as now	109 (46.0)	40.10-51.90	121 (44.3)	38.42-50.18
		Heavier than now	70 (29.5)*	24.10-34.90	48 (17.6)	13.09-22.11
	I3	No	208 (82.9)	78.44-87.36	233 (85.7)	81.55-89.85
		1-4 times	34 (13.5)	9.45-17.55	30 (11.0)	7.30-14.70
		5-10 times	6 (2.4)	0.59-4.21	2 (0.7)	-0.29-1.69
		More than 10 times	0 (0)	0	1 (0.4)	-0.35-1.15
		Always	3 (1.2)	0.04-2.49	6 (2.2)	0.46-3.94
	I4	No	160 (63.5)	57.80-69.20	166 (60.8)	55.02-66.58
		Once a week or less	37 (14.7)	10.51-18.89	44 (16.1)	11.75-20.45
		2-3 days a week	39 (15.5)	11.21-19.79	46 (16.8)	12.37-21.23
		4-6 days a week	4 (1.6)	0.11-3.09	6 (2.2)	0.46-3.94
		Everyday	12 (4.8)	2.27-7.33	11 (4.0)	1.68-6.32
	I5	No	214 (85.9)	81.78-90.02	226 (82.8)	78.33-87.27
		Yes	35 (14.1)	9.98-18.22	47 (17.2)	12.73-21.67
Total	I1	Dissatisfied	44 (10.5)	7.67-13.33	65 (14.4)	11.16-17.64
		Neutral	283 (67.4)	63.07-71.73	287 (63.8)	59.36-68.24
		Very satisfied	93 (22.1)	18.27-25.93	98 (21.8)	17.99-25.61
	I2	Lighter than now	102 (25.9)	21.85-29.95	154 (34.4)	30.01-38.79
		Same as now	181 (45.9)	41.30-50.50	200 (44.6)	40.01-49.19
		Heavier than now	111 (28.2)	24.04-32.36	94 (21.0)	17.24-24.76
	I3	No	326 (78.6)	74.81-82.39	373 (83.6)	80.18-87.02
		1-4 times	67 (16.1)	12.70-19.50	58 (13.0)	9.89-16.11
		5-10 times	14 (3.4)	1.73-5.07	7 (1.6)	0.44-2.76
		More than 10 times	1 (0.2)	0.01-0.61	2 (0.4)	0.02-0.98
		Always	7 (1.7)	0.51-2.89	6 (1.3)	0.25-2.35

	I4	No	253 (60.4)	55.88-64.92	271 (60.4)	55.88-64.92
		Once a week or less	59 (14.1)	10.88-17.32	73 (16.3)	12.89-19.71
		2-3 days a week	69 (16.5)	13.07-19.93	68 (15.1)	11.79-18.41
		4-6 days a week	13 (3.1)	1.50-4.70	17 (3.8)	2.03-5.57
		Everyday	25 (6.0)	3.81-8.19	20 (4.5)	2.58-6.42
	I5	No	349 (85.5)	82.25-88.75	366 (81.7)	78.13-85.27
		Yes	59 (14.5)	11.25-17.75	82 (18.3)	14.73-21.87
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<b>Secondary Students</b>						
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Male	I1	Dissatisfied	90 (12.2)	9.90-14.50	124 (16.0)	13.42-18.58
		Neutral	529 (71.6)	68.43-74.77	516 (66.5)	63.18-69.82
		Very satisfied	120 (16.2)	13.61-18.79	136 (17.5)	14.83-20.17
	I2	Lighter than now	198 (27.2)	24.07-30.33	264 (34.1)	30.76-37.44
		Same as now	345 (47.5)	43.99-51.01	329 (42.5)	39.02-45.98
		Heavier than now	184 (25.3)	22.24-28.36	182 (23.5)	20.52-26.48
	I3	No	593 (81.5)	78.77-84.23	661 (85.2)	82.70-87.70
		1-4 times	100 (13.7)	11.28-16.12	73 (9.4)	7.35-11.45
		5-10 times	9 (1.2)	0.43-1.97	15 (1.9)	0.94-2.86
		More than 10 times	3 (0.4)	0.02-0.84	10 (1.3)	0.50-2.10
		Always	23 (3.2)	1.96-4.44	17 (2.2)	1.17-3.23
	I4	No	469 (64.2)	60.83-67.57	539 (69.5)	66.26-72.74
		Once a week or less	88 (12.1)	9.81-14.39	86 (11.1)	8.89-13.31
		2-3 days a week	114 (15.6)	13.05-18.15	95 (12.2)	9.90-14.50
		4-6 days a week	28 (3.8)	2.45-5.15	32(4.1)	2.70-5.50
		Everyday	31 (4.2)	2.79-5.61	24 (3.1)	1.88-4.32
	I5	No	643 (89.8)	87.67-91.93	694 (89.9)	87.78-92.02
		Yes	73 (10.2)	8.07-12.33	78 (10.1)	7.98-12.22
Female	I1	Dissatisfied	97 (26.1)	21.71-30.49	119 (31.1)	26.47-35.73
		Neutral	251 (67.7)	63.02-72.38	239 (62.4)	57.56-67.24
		Very satisfied	23 (6.2)	3.79-8.61	25 (6.5)	4.03-8.97
	I2	Lighter than now	211 (57.2)	52.25-62.15	223 (58.2)	53.27-63.13
		Same as now	107 (29.0)	24.46-33.54	110 (28.7)	24.18-33.22
		Heavier than now	51 (13.8)	10.35-17.25	50 (13.1)	9.73-16.47
	I3	No	224 (61.4)	56.53-66.27	229 (59.8)	54.90-64.70
		1-4 times	85 (23.3)	19.07-27.53	104 (27.2)	22.75-31.65
		5-10 times	12 (3.3)	1.51-5.09	13 (3.4)	1.59-5.21
		More than 10 times	6 (1.6)	0.34-2.86	7 (1.8)	0.47-3.13
		Always	38 (10.4)	7.35-13.45	30 (7.8)	5.12-10.48
	I4	No	202(54.4)	49.42-59.38	201 (52.5)	47.51-57.49
		Once a week or less	82 (22.1)	17.95-26.25	96 (25.1)	20.76-29.44
		2-3 days a week	62 (16.7)	12.97-20.43	60(15.7)	12.06-19.34
		4-6 days a week	13 (3.5)	1.66-5.34	13 (3.4)	1.59-5.21
		Everyday	12 (3.2)	1.44-4.96	13 (3.4)	1.59-5.21
	I5	No	299 (81.3)	77.40-85.20	302 (79.3)	75.25-83.35
		Yes	69 (18.8)	14.89-22.71	79 (20.7)	16.65-24.75
Total	I1	Dissatisfied	187 (16.8)	14.65-18.95	243 (21.0)	18.66-23.34

	Neutral	780 (70.3)	67.67-72.93	755 (65.1)	62.36-67.84
	Very satisfied	143 (12.9)	10.97-14.83	161 (13.9)	11.91-15.89
I2	Lighter than now	409 (37.3)	34.52-40.08	487 (42.1)	39.26-44.94
	Same as now	452 (41.2)	38.37-44.03	439 (37.9)	35.11-40.69
	Heavier than now	235 (21.4)	19.04-23.76	232 (20.0)	17.70-22.30
I3	No	817 (74.7)	72.20-77.20	890 (76.8)	74.37-79.23
	1-4 times	185 (16.9)	14.74-19.06	177 (15.3)	13.23-17.37
	5-10 times	21 (1.9)	1.11-2.69	28 (2.4)	1.52-3.28
	More than 10 times	9 (0.8)	0.29-1.31	17 (1.5)	0.80-2.20
	Always	61 (5.6)	4.28-6.92	47 (4.1)	2.96-5.24
I4	No	671 (60.9)	58.09-63.71	740 (63.8)	61.03-66.57
	Once a week or less	170 (15.4)	13.32-17.48	182 (15.7)	13.61-17.79
	2-3 days a week	176 (16.0)	13.89-18.11	155 (13.4)	11.44-15.36
	4-6 days a week	41 (3.7)	2.61-4.79	45 (3.9)	2.79-5.01
	Everyday	43 (3.9)	2.79-5.01	37 (3.2)	2.19-4.21
I5	No	942 (86.9)	84.96-88.84	996 (86.4)	84.43-88.37
	Yes	142 (13.1)	11.16-15.04	157 (13.6)	11.63-15.57

\* significant difference ( $p < .05$ ) between baseline and follow-up

### Hypochondriasis

Hypochondriasis is an abnormal fear of having a serious medical condition or a somatoform disorder where insignificant symptoms in the absence of any organic evidence were interpreted as signs of serious illness. Questions on symptoms of hypochondriasis were asked in part K of the questionnaire. Overall, over 1/3 of primary and secondary students 'worried about their own health' and 'worried about getting a disease when it was brought to their attention' (Table 17). No significant difference was found between T1 and T2 (Table 17).

Table 17. Hypochondriasis in students

K1. Do you often worry about the possibility of having a serious illness?

你是否經常擔心你會有嚴重的疾病?

K2. Do you worry about your health? 你是否擔心自己的健康?

K3. Do you often have the symptoms of a very serious illness? 你是否經常有一些嚴重疾病的症狀?



K4. If a disease is brought to your attention, do you worry about getting it yourself?

當你注意到一種疾病時（透過廣播、電視、報紙或你認識的人），你是否擔心你會患上那病？

K5. If you feel ill and someone tells you that you are looking better, do you get annoyed?

當你感到不適，而有人告訴你看來已好轉，你是否感到不耐煩？

K6. Is it hard to believe the doctor when he tells you there is nothing to worry about?

當醫生告訴你不用擔心任何疾病時，你是否感到難以相信？

K7. Do you think you worry about your health more than other people?

你認為你是否比其他人更擔心自己的健康？

K8. Do you think there is something seriously wrong with your body?

你是否認為你的身體有很嚴重的問題？

Primary Students			Baseline n (%)	(95% CI)	Follow-up n (%)	(95% CI)
Male	K1	No	124 (74.3)	67.84-80.76	139 (79.4)	73.42-85.38
		Yes	43 (25.7)	19.24-32.16	36 (20.6)	14.62-26.58
	K2	No	99 (59.3)	52.04-66.56	106 (60.6)	53.38-67.82
		Yes	68 (40.7)	33.44-47.96	69 (39.4)	32.18-46.62
	K3	No	157 (95.2)	92.04-98.36	168 (96.0)	93.10-98.90
		Yes	8 (4.8)	1.64-7.96	7 (4.0)	1.10-6.90
	K4	No	110 (65.9)	58.90-72.90	120 (68.6)	61.74-75.46
		Yes	57 (34.1)	27.10-41.10	55 (31.4)	24.54-38.26
	K5	No	135 (80.8)	74.98-86.62	151 (87.8)	82.96-92.64
		Yes	32 (19.2)	13.38-25.02	21 (12.2)	7.36-17.04
	K6	No	119 (71.3)	64.62-77.98	132 (76.3)	70.02-82.58
		Yes	48 (28.7)	22.02-35.38	41 (23.7)	17.42-29.98
	K7	No	119 (71.3)	64.62-77.98	134 (77.5)	71.33-83.67
		Yes	48 (28.7)	22.02-35.38	39 (22.5)	16.33-28.67
	K8	No	152 (91.6)	87.50-95.70	161 (93.1)	89.36-96.84
		Yes	14 (8.4)	4.30-12.50	12 (6.9)	3.16-10.64
Female	K1	No	218 (84.2)	79.88-88.52	205 (75.1)	69.98-80.22
		Yes	41 (15.8)	11.48-20.12	68 (24.9)	19.78-30.02
	K2	No	160 (61.8)	56.05-67.55	146 (53.5)	47.59-59.41
		Yes	99 (38.2)	32.45-43.95	127 (46.5)	40.59-52.41
	K3	No	248 (96.1)	93.81-98.39	265 (97.1)	95.11-99.09
		Yes	10 (3.9)	1.61-6.19	8 (2.9)	0.91-4.89

	K4	No	173 (66.8)	61.22-72.38	155 (57.2)	51.34-63.06
		Yes	86 (33.2)	27.62-38.78	116 (42.8)	36.94-48.66
	K5	No	217 (83.8)	79.44-88.16	236(87.1)	83.13-91.07
		Yes	42 (16.2)	11.84-20.56	35 (12.9)	8.93-16.87
	K6	No	208 (80.3)	75.59-85.01	210 (78.4)	73.53-83.27
		Yes	51 (19.7)	14.99-24.41	58 (21.6)	16.73-26.47
	K7	No	206 (79.5)	74.72-84.28	208 (76.8)	71.80-81.80
		Yes	53 (20.5)	15.72-25.28	63 (23.2)	18.20-28.20
	K8	No	242 (93.4)	90.46-96.34	248 (91.5)	88.20-94.80
		Yes	17 (6.6)	3.66-9.54	23 (8.5)	5.20-11.80
Total	K1	No	342 (80.3)	76.63-83.97	344 (76.8)	72.90-80.70
		Yes	84 (19.7)	16.03-23.37	104 (23.2)	19.30-27.10
	K2	No	259 (60.8)	56.29-65.31	252 (56.3)	51.72-60.88
		Yes	167 (39.2)	34.69-43.71	196 (43.8)	39.22-48.38
	K3	No	405 (95.7)	93.83-97.57	433 (96.7)	95.05-98.35
		Yes	18 (4.3)	2.43-6.17	15 (3.3)	1.65-4.95
	K4	No	283 (66.4)	62.04-70.76	275 (61.7)	57.21-66.19
		Yes	143 (33.6)	29.24-37.96	171 (38.3)	33.81-42.79
	K5	No	352 (82.6)	79.10-86.10	387 (87.4)	84.33-90.47
		Yes	74 (17.4)	13.90-20.90	56 (12.6)	9.53-15.67
	K6	No	327 (76.8)	72.90-80.70	342 (77.6)	73.75-81.45
		Yes	99 (23.2)	19.30-27.10	99 (22.4)	18.55-26.25
	K7	No	325 (76.3)	72.37-80.23	342 (77.0)	73.11-80.89
		Yes	101 (23.7)	19.77-27.63	102 (23.0)	19.11-26.89
	K8	No	394 (92.7)	90.30-95.10	409 (92.1)	89.61-94.59
		Yes	31 (7.3)	4.90-9.70	35 (7.9)	5.41-10.39
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Secondary Students						
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Male	K1	No	549 (77.1)	74.14-80.06	620 (81.3)	78.56-84.04
		Yes	163 (22.9)	19.94-25.86	143 (18.7)	15.96-21.44
	K2	No	442 (62.2)	58.79-65.61	482 (63.2)	59.81-66.59
		Yes	269 (37.8)	34.39-41.21	281 (36.8)	33.41-40.19
	K3	No	666 (93.8)	92.10-95.50	724 (95.0)	93.47-96.53
		Yes	44 (6.2)	4.50-7.90	38 (5.0)	3.47-6.53
	K4	No	438 (61.7)	58.28-65.12	487 (63.9)	60.52-67.28
		Yes	272 (38.3)	34.88-41.72	275 (36.1)	32.72-39.48
	K5	No	601 (84.5)	81.95-87.05	680 (90.1)	88.00-92.20
		Yes	110 (15.5)	12.95-18.05	75 (9.9)	7.80-12.00
	K6	No	570 (80.3)	77.50-83.10	624 (82.1)	79.40-84.80
		Yes	140 (19.7)	16.90-22.50	136 (17.9)	15.20-20.60

	K7	No	560 (78.9)	76.03-81.77	620 (82.0)	79.30-84.70
		Yes	150 (21.1)	18.23-23.97	136 (18.0)	15.30-20.70
	K8	No	670 (94.4)	92.78-96.02	695 (92.1)	90.20-94.00
		Yes	40 (5.6)	3.98-7.22	60 (7.9)	6.00-9.80
Female	K1	No	284 (76.3)	72.05-80.55	259 (67.4)	62.71-72.09
		Yes	88 (23.7)	19.45-27.95	125 (32.6)	27.91-37.29
	K2	No	196 (52.8)	47.81-57.79	191 (49.7)	44.70-54.70
		Yes	175 (47.2)	42.21-52.19	193 (50.3)	45.30-55.30
	K3	No	348 (93.8)	91.39-96.21	356 (92.7)	90.10-95.30
		Yes	23 (6.2)	3.79-8.61	28 (7.3)	4.70-9.90
	K4	No	210 (56.5)	51.54-61.46	204 (53.1)	48.11-58.09
		Yes	162 (43.5)	38.54-48.46	180 (46.9)	41.91-51.89
	K5	No	324 (87.1)	83.75-90.45	325 (85.8)	82.31-89.29
		Yes	48 (12.9)	9.55-16.25	54 (14.2)	10.71-17.69
	K6	No	297 (80.3)	76.32-84.28	302 (79.3)	75.25-83.35
		Yes	73 (19.7)	15.72-23.68	79 (20.7)	16.65-24.75
	K7	No	297(80.1)	76.11-84.09	289 (76.3)	72.05-80.55
		Yes	71 (19.9)	15.91-23.89	90 (23.7)	19.45-27.95
	K8	No	341 (92.2)	89.52-94.88	336 (88.7)	85.53-91.87
		Yes	29 (7.8)	5.12-10.48	43 (11.3)	8.13-14.47
Total	K1	No	833 (76.8)	74.37-79.23	879 (76.6)	74.16-79.04
		Yes	251 (23.2)	20.77-25.63	268 (23.4)	20.96-25.84
	K2	No	638 (59.0)	56.17-61.83	673 (58.7)	55.87-61.53
		Yes	444 (41.0)	38.17-43.83	474 (41.3)	38.47-44.13
	K3	No	1014 (93.8)	92.41-95.19	1080 (94.2)	92.85-95.55
		Yes	67 (6.2)	4.81-7.59	66 (5.8)	4.45-7.15
	K4	No	648 (59.9)	57.08-62.72	691 (60.3)	57.48-63.12
		Yes	434 (40.1)	37.28-42.92	455 (39.7)	36.88-42.52
	K5	No	925 (85.4)	83.37-87.43	1005 (88.6)	86.77-90.43
		Yes	158 (14.6)	12.57-16.63	129 (11.4)	9.57-13.23
	K6	No	867 (80.3)	78.01-82.59	926 (81.2)	78.95-83.45
		Yes	213 (19.7)	17.41-21.99	215 (18.8)	16.55-21.05
	K7	No	857 (79.3)	76.97-81.63	909 (80.1)	77.80-82.40
		Yes	224 (20.7)	18.37-23.03	226 (19.9)	17.60-22.20
	K8	No	1011 (93.6)	92.19-95.01	1031 (90.9)	89.24-92.56
		Yes	69 (6.4)	4.99-7.81	103 (9.1)	7.44-10.76

## Subjective probability

Students were asked to rate 5 positive statements on subjective probability (degree of subjective thinking) in part N of the questionnaire. Most students (over 60%) responded absolutely true or probably true to the positive statements. No significant difference was found between T1 and T2 (Table 18).

Table 18. Subjective probability in students

N1. Life is full of worthwhile things 人生是充滿美好的事

N2. I will have periods of great happiness 我會有很多很開心的時間

N3. I will make good choices during my life 我會在我一生中作出好的抉擇

N4. I'll be able to make friends with the kind of people I really like 我能夠與我真正喜歡的人做朋友

N5. I am psychologically capable of being happy 我的心理是能夠快樂的

Primary Students		Baseline n (%)	(95% CI)	Follow-up n (%)	(95% CI)	
Male	N1	Not true	3 (1.7)	0.04-3.61	7 (4.0)	1.10-6.90
		Not likely true	9 (5.1)	1.85-8.35	8 (4.6)	1.51-7.69
		50-50 chance of being true	48 (27.3)	20.72-33.88	40(22.9)	16.69-29.11
		Probably true	22 (12.5)	7.61-17.39	28 (16.0)	10.58-21.42
		Absolutely true	94 (53.4)	46.03-60.77	92 (52.6)	45.22-59.98
	N2	Not true	6 (3.4)	0.72-6.08	6 (3.4)	0.72-6.08
		Not likely true	5 (2.8)	0.336-5.24	8 (4.6)	1.51-7.69
		50-50 chance of being true	37 (21.0)	14.98-27.02	32 (18.3)	12.59-24.01
		Probably true	33 (18.8)	13.03-24.57	33 (18.9)	13.12-24.68
		Absolutely true	95 (54.0)	46.64-61.36	96 (54.9)	47.55-62.25
	N3	Not true	8 (4.5)	1.44-7.56	5 (2.9)	0.42-5.38
		Not likely true	2 (1.1)	0.03-2.64	10 (5.7)	2.27-9.13
		50-50 chance of being true	51 (29.0)	22.30-35.70	44 (25.1)	18.69-31.51
		Probably true	32 (18.2)	12.50-23.90	32 (18.3)	12.59-24.01
		Absolutely true	83 (47.2)	39.82-54.58	84 (48.0)	40.62-55.38
	N4	Not true	8 (4.5)	1.44-7.56	7 (4.0)	1.10-6.90
		Not likely true	4 (2.3)	0.09-4.51	4 (2.3)	0.09-4.51
		50-50 chance of being true	40 (22.7)	16.51-28.89	32(18.3)	12.59-24.01
		Probably true	25 (14.2)	9.04-19.36	29 (16.6)	11.10-22.10
		Absolutely true	99 (56.3)	48.97-63.63	103 (58.9)	51.63-66.17
N5	Not true	4 (2.3)	0.09-4.51	6 (3.4)	0.72-6.08	
	Not likely true	2 (1.1)	0.03-2.64	8 (4.6)	1.51-7.69	
	50-50 chance of being true	41 (23.3)	17.05-29.55	32 (18.3)	12.59-24.01	
	Probably true	19 (10.8)	6.21-15.39	26 (14.9)	9.64-20.16	

		Absolutely true	110 (62.5)	55.35-69.65	103 (58.9)	51.63-66.17
Female	N1	Not true	6 (2.2)	0.46-3.94	7 (2.6)	0.72-4.48
		Not likely true	16 (5.8)	3.03-8.57	6 (2.2)	0.46-3.94
		50-50 chance of being true	87 (31.8)	26.29-37.31	93 (33.9)	28.29-39.51
		Probably true	24 (8.8)	5.45-12.15	35 (12.8)	8.84-16.76
		Absolutely true	141 (51.5)	45.58-57.42	133 (48.5)	42.58-54.42
	N2	Not true	7 (2.6)	0.72-4.48	8 (2.9)	0.91-4.89
		Not likely true	10 (3.6)	1.39-5.81	9 (3.3)	1.18-5.42
		50-50 chance of being true	62 (22.6)	17.65-27.55	60 (21.9)	17.00-26.80
		Probably true	40 (14.6)	10.42-18.78	53 (19.3)	14.63-23.97
		Absolutely true	155 (56.6)	50.73-62.47	144(52.6)	46.69-58.51
	N3	Not true	4 (1.5)	0.06-2.94	7 (2.6)	0.72-4.48
		Not likely true	5 (1.8)	0.23-3.37	7 (2.6)	0.72-4.48
		50-50 chance of being true	74 (27.0)	21.74-32.26	86 (31.4)	25.90-36.90
		Probably true	41 (15.0)	10.77-19.23	48 (17.5)	13.00-22.00
		Absolutely true	150 (54.7)	48.81-60.59	126 (46.0)	40.10-51.90
	N4	Not true	8 (2.9)	0.39-4.89	6 (2.2)	0.46-3.94
		Not likely true	2 (0.7)	-0.29-1.69	7 (2.6)	0.72-4.48
		50-50 chance of being true	53 (19.3)	14.63-23.97	65 (23.7)	18.66-28.74
		Probably true	35 (12.8)	8.84-16.76	40 (14.6)	10.42-18.78
		Absolutely true	176 (64.2)	58.52-69.88	156 (56.9)	51.04-62.76
N5	Not true	6 (2.2)	0.46-3.94	4 (1.5)	0.06-2.94	
	Not likely true	5 (1.8)	0.23-3.37	6 (2.2)	0.46-3.94	
	50-50 chance of being true	60 (21.9)	17.00-26.80	59 (21.5)	16.64-26.36	
	Probably true	31 (11.3)	7.55-15.05	44 (16.1)	11.75-20.45	
	Absolutely true	172 (62.8)	57.08-68.52	161 (58.8)	52.97-64.63	
Total	N1	Not true	9 (2.0)	0.71-3.29	14 (3.1)	1.50-4.70
		Not likely true	25 (5.6)	3.48-7.72	14 (3.1)	1.50-4.70
		50-50 chance of being true	135 (30.0)	25.77-34.23	133 (29.6)	25.38-33.82
		Probably true	46 (10.2)	7.40-13.00	63 (14.0)	10.79-17.21
		Absolutely true	235 (52.2)	47.58-56.82	225 (50.1)	45.48-54.72
	N2	Not true	13 (2.9)	1.35-4.45	14 (3.1)	1.50-4.70
		Not likely true	15 (3.3)	1.65-4.95	17 (3.8)	2.03-5.57
		50-50 chance of being true	99 (22.0)	18.17-25.83	92 (20.5)	16.77-24.23
		Probably true	73 (16.2)	12.80-19.60	86 (19.2)	15.56-22.84
		Absolutely true	250 (55.6)	51.01-60.19	240 (53.5)	48.89-58.11
	N3	Not true	12 (2.7)	1.20-4.20	12 (2.7)	1.20-4.20
		Not likely true	7 (1.6)	0.44-2.76	17 (3.8)	2.03-5.57
		50-50 chance of being true	125 (27.8)	23.66-31.94	130 (29.0)	24.81-33.19
		Probably true	73 (16.2)	12.80-19.60	80 (17.8)	14.27-21.33
		Absolutely true	233 (51.8)	47.18-56.42	210 (46.8)	42.19-51.41
	N4	Not true	16 (3.6)	1.88-5.32	13(2.9)	1.35-4.45
		Not likely true	6 (1.3)	0.25-2.35	11 (2.4)	0.99-3.81
		50-50 chance of being true	93 (20.7)	16.96-24.44	97 (21.6)	17.80-25.40
		Probably true	60 (13.3)	10.16-16.44	69 (15.4)	12.07-18.73
		Absolutely true	275 (61.1)	56.60-65.60	259 (57.7)	53.14-62.26
N5	Not true	10(2.2)	0.84-3.56	10 (2.2)	0.84-3.56	
	Not likely true	7 (1.6)	0.44-2.76	14(3.1)	1.50-4.70	

		50-50 chance of being true	101(22.4)	18.55-26.25	91 (20.3)	16.58-24.02
		Probably true	50 (11.1)	8.20-14.00	70 (15.6)	12.25-18.95
		Absolutely true	282 (62.7)	58.23-67.17	264 (58.8)	54.25-63.35
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	Male					
	N1	Not true	21(2.7)	1.56-3.84	39 (5.1)	3.55-6.65
		Not likely true	47 (6.1)	4.42-7.78	54 (7.0)	5.20-8.80
		50-50 chance of being true	284 (36.6)	33.21-39.99	252 (32.8)	29.50-36.10
		Probably true	201 (25.9)	22.82-28.98	192 (25.0)	21.95-28.05
		Absolutely true	223 (28.7)	25.52-31.88	231 (30.1)	26.87-33.33
	N2	Not true	22 (2.8)	1.64-3.96	29 (3.8)	2.45-5.15
		Not likely true	31 (4.0)	2.62-5.38	58 (7.6)	5.74-9.46
		50-50 chance of being true	204 (26.3)	23.20-29.40	217 (28.3)	25.13-31.47
		Probably true	269 (34.7)	31.35-38.05	227 (29.6)	26.39-32.81
		Absolutely true	250 (32.2)	28.91-35.49	237 (30.9)	27.65-34.15
	N3	Not true	10 (1.3)	0.50-2.10	17 (2.2)	1.17-3.23
		Not likely true	22 (2.8)	1.64-3.96	43(5.6)	3.98-7.22
		50-50 chance of being true	264 (34.0)	30.67-37.33	241 (31.4)	28.13-34.67
		Probably true	227 (29.3)	26.10-32.50	235 (30.6)	27.36-33.84
		Absolutely true	253 (32.6)	29.30-35.90	232 (30.2)	26.97-33.43
	N4	Not true	16 (2.1)	1.09-3.11	26 (3.4)	2.12-4.68
		Not likely true	28 (3.6)	2.29-4.91	36(4.7)	3.21-6.19
		50-50 chance of being true	185 (23.8)	20.80-26.80	173 (22.5)	19.56-25.44
		Probably true	217 (28.0)	24.84-31.16	241 (31.4)	28.13-34.67
		Absolutely true	330 (42.5)	39.02-45.98	292 (38.0)	34.58-41.42
	N5	Not true	13 (1.7)	0.79-2.61	33 (4.3)	2.87-5.73
		Not likely true	21 (2.7)	1.56-3.84	35 (4.6)	3.13-6.07
		50-50 chance of being true	200 (25.8)	22.72-28.88	194 (25.3)	22.24-28.36
		Probably true	236 (30.4)	27.16-33.64	345 (31.9)	28.62-35.18
		Absolutely true	306 (39.4)	35.96-42.84	261(34.0)	30.67-37.33
	Female					
	N1	Not true	9 (2.3)	0.80-3.80	16 (4.2)	2.19-6.21
		Not likely true	21 (5.5)	3.22-7.78	27 (7.1)	4.53-9.67
		50-50 chance of being true	174 (45.3)	40.32-50.28	186 (48.7)	43.70-53.70
		Probably true	78 (20.3)	16.28-24.32	66 (17.3)	13.52-21.08
		Absolutely true	102 (26.6)	22.18-31.02	87 (22.8)	18.60-27.00
	N2	Not true	16 (4.2)	2.19-6.21	12 (3.1)	1.37-4.83
		Not likely true	20 (5.2)	2.98-7.42	29 (7.6)	4.95-10.25
		50-50 chance of being true	114 (29.7)	25.13-34.27	133 (34.8)	30.04-39.56
		Probably true	93 (24.2)	19.92-28.48	101 (26.4)	21.99-30.81
		Absolutely true	141 (36.7)	31.88-41.52	107 (28.0)	23.51-32.49
	N3	Not true	7 (1.8)	0.47-3.13	16 (4.2)	2.19-6.21
		Not likely true	18 (4.7)	2.58-6.82	15 (3.9)	1.96-5.84
		50-50 chance of being true	143 (37.2)	32.37-42.03	158 (41.4)	36.47-46.33
		Probably true	97 (25.3)	20.95-29.65	102 (26.7)	22.28-31.12
		Absolutely true	119 (31.0)	26.37-35.63	91 (23.8)	19.54-28.06
	N4	Not true	8 (2.1)	0.67-3.53	16 (4.2)	2.19-6.21
		Not likely true	16 (4.2)	2.19-6.21	21 (5.5)	3.22-7.78
		50-50 chance of being true	110 (28.6)	24.08-33.12	107(28.0)	23.51-32.49
		Probably true	85 (22.1)	17.95-26.25	97 (25.4)	21.05-29.75
		Absolutely true	165 (43.0)	38.05-47.95	141(36.9)	32.07-41.73

	N5	Not true	14 (3.6)	1.74-5.46	16 (4.2)	2.19-6.21
		Not likely true	20 (5.2)	2.98-7.42	20 (5.2)	2.98-7.42
		50-50 chance of being true	118 (30.7)	26.09-35.31	122 (31.9)	27.24-36.56
		Probably true	87 (22.7)	18.51-26.89	100(26.2)	21.80-30.60
		Absolutely true	145 (37.8)	32.95-42.65	124 (32.5)	27.82-37.18
Total	N1	Not true	30 (2.6)	1.68-3.52	55 (4.8)	3.57-6.03
		Not likely true	68 (5.9)	4.54-7.26	81 (7.0)	5.53-8.47
		50-50 chance of being true	458 (39.5)	36.69-42.31	438 (38.1)	35.31-40.89
		Probably true	279 (24.1)	21.64-26.56	258 (22.4)	20.00-24.80
		Absolutely true	325 (28.0)	25.42-30.58	318 (27.7)	25.12-30.28
	N2	Not true	38 (3.3)	2.27-4.33	41 (3.6)	2.53-4.67
		Not likely true	51 (4.4)	3.22-5.58	87 (7.6)	6.07-9.13
		50-50 chance of being true	318 (27.4)	24.83-29.97	350 (30.4)	27.75-33.05
		Probably true	362 (31.2)	28.53-33.87	328 (28.5)	25.90-31.10
		Absolutely true	391 (33.7)	30.98-36.42	344(29.9)	27.27-32.53
	N3	Not true	17 (1.5)	0.80-2.20	33 (2.9)	1.93-3.87
		Not likely true	40 (3.4)	2.36-4.44	58 (5.0)	3.75-6.25
		50-50 chance of being true	407 (35.1)	32.35-37.85	399 (34.7)	31.96-37.44
		Probably true	324 (27.9)	25.32-30.48	337 (29.3)	26.68-31.92
		Absolutely true	372 (32.1)	29.41-34.79	323 (28.1)	25.51-30.69
	N4	Not true	24 (2.1)	1.27-2.93	42 (3.7)	2.61-4.79
		Not likely true	44 (3.8)	2.70-4.90	57 (5.0)	3.75-6.25
		50-50 chance of being true	295 (25.4)	22.89-27.91	280 (24.3)	21.83-26.77
		Probably true	302 (26.0)	23.48-28.52	338 (29.4)	26.78-32.02
		Absolutely true	495 (42.7)	39.85-45.55	433 (37.7)	34.91-40.49
	N5	Not true	27 (2.3)	1.44-3.16	49 (4.3)	3.13-5.47
		Not likely true	41 (3.5)	2.44-4.56	55 (4.8)	3.57-6.03
		50-50 chance of being true	318 (27.4)	24.83-29.97	316 (27.5)	24.93-30.07
		Probably true	323 (27.8)	25.22-30.38	345 (30.0)	27.36-32.64
		Absolutely true	451 (38.9)	36.09-41.71	385 (33.5)	30.78-36.22

### Life stress

Life stress refers to the 14 items listed in part L of the questionnaire, which happened and made students' lives stressful over the past 12 months. The most common life stress among primary and secondary students at both T1 and T2 was 'a sudden decline of school performance', followed by a sudden increase of homework (Table 19).

Significant differences were found between T1 and T2, with less primary boys at T2 were bothered by 'a sudden increase in homework' than at T1 and less primary students overall at T2 were bothered by the

same event than at T1. No significant differences was found in secondary students (Table 19).

Table 19. Life stress

- L1. Close relative or friend died 親密的親人或朋友死亡
- L2. Had an illness or accident requiring hospitalization 因疾病或意外需在醫院留院
- L3. Was a victim of violence (physically harmed by someone) 因暴力受傷害 (身體被別人傷害)
- L4. Was arrested or in serious trouble with the law 被捕或犯了法
- L5. Family's financial situation got worse 家庭經濟情況轉壞
- L6. Broke up with girl/ boyfriend 與男/女朋友分手
- L7. Got pregnant (or girlfriend got pregnant) 懷孕 (或自己令人懷孕)
- L8. Left home or moved out of home 離開家庭或搬出家庭
- L9. Important possession stolen 重要物件被偷去
- L10. A sudden increase in homework 功課突然增加
- L11. A sudden decline in school performance 學業成績退步
- L12. More conflicts with friends 與朋友衝突增加
- L13. Increased arguments with parents - more than in the usual family 與父母衝突增加
- L14. Parents separated/ divorced 父母分居/離婚

Primary Students			Baseline n (%)	(95% CI)	Follow-up n (%)	(95% CI)
Male	L1	No	148 (87.1)	82.15-92.05	157 (89.2)	84.61-93.79
		Yes	22 (12.9)	7.95-17.85	19 (10.8)	6.21-15.39
	L2	No	155 (90.6)	86.29-94.91	168 (95.5)	92.44-98.56
		Yes	16 (9.4)	5.09-13.71	8 (4.5)	1.44-7.56
	L3	No	157 (92.4)	88.48-96.32	174 (98.9)	97.36-100.44
		Yes	13 (7.6)	3.68-11.52	2 (1.1)	0.03-2.64
	L4	No	168 (98.8)	97.19-100.41	175 (99.4)	98.26-100.54
		Yes	2 (1.2)	0.03-2.81	1 (0.6)	0.02-1.74
	L5	No	151 (89.3)	84.73-93.87	164 (93.7)	90.11-97.29
		Yes	18 (10.7)	6.13-15.27	11(6.3)	2.71-9.89



	L6	No	165 (98.2)	96.24-100.16	176 (100.0)	-
		Yes	3 (1.8)	0.04-3.76	0 (0)	-
	L7	No	167 (99.4)	98.26-100.54	172 (98.3)	96.39-100.21
		Yes	1 (0.6)	0.02-1.74	3 (1.7)	0.04-3.61
	L8	No	167 (98.8)	97.19-100.41	174 (99.4)	98.26-100.54
		Yes	2 (1.2)	0.03-2.81	1 (0.6)	0.02-1.74
	L9	No	150 (88.2)	83.43-92.97	165 (94.3)	90.87-97.73
		Yes	20 (11.8)	7.03-16.57	10 (5.7)	2.27-9.13
	L10	No	115 (68.5)*	61.64-75.36	148(85.1)	79.84-90.36
		Yes	53 (31.5)*	24.64-38.36	26 (14.9)	9.64-20.16
	L11	No	112 (66.7)	59.74-73.66	129 (73.7)	67.20-80.20
		Yes	56 (33.3)	26.34-40.26	46 (26.3)	19.80-32.80
	L12	No	145 (85.3)	80.07-90.53	159 (90.9)	86.65-95.15
		Yes	25 (14.7)	9.47-19.93	16 (9.1)	4.85-13.35
	L13	No	154 (90.6)	86.29-94.91	163 (93.1)	89.36-96.84
		Yes	16 (9.4)	5.09-13.71	12 (6.9)	3.16-10.64
	L14	No	158 (93.5)	89.86-97.14	169 (97.1)	94.62-99.58
		Yes	11 (6.5)	2.86-10.14	5 (2.9)	0.42-5.38
Female	L1	No	208 (80.3)	75.59-85.01	232 (84.7)	80.44-88.96
		Yes	51 (19.7)	14.99-24.41	42 (15.3)	11.04-19.56
	L2	No	227 (87.6)	83.70-91.50	250(91.2)	87.85-94.55
		Yes	32 (12.4)	8.50-16.30	24 (8.8)	5.45-12.15
	L3	No	255 (98.5)	97.06-99.94	267 (97.4)	95.52-99.28
		Yes	4 (1.5)	0.06-2.94	7 (2.6)	0.72-4.48
	L4	No	259 (100.0)	-	274 (100.0)	-
		Yes	0 (0)	-	0 (0)	-
	L5	No	236 (91.1)	87.73-94.47	257(93.8)	90.94-96.66
		Yes	23 (8.9)	5.53-12.27	17(6.2)	3.34-9.06
	L6	No	256 (98.8)	97.51-100.09	272 (99.6)	98.85-100.35
		Yes	3 (1.2)	0.03-2.49	1 (0.4)	0.02-1.15
	L7	No	259 (100.0)	-	273 (100.0)	-
		Yes	0 (0)	-	0 (0)	-
	L8	No	258 (99.6)	98.85-100.35	273 (100.0)	-
		Yes	1 (0.4)	0.02-1.15	0 (0)	-
	L9	No	230 (88.8)	85.07-92.53	257 (93.8)	90.94-96.66
		Yes	29 (11.2)	7.47-14.93	17 (6.2)	3.34-9.06
	L10	No	190 (73.4)	68.17-78.63	220 (80.3)	75.59-85.01
		Yes	69 (26.6)	21.37-31.83	54 (19.7)	14.99-24.41
	L11	No	172 (66.4)	60.81-71.99	175 (64.1)	58.42-69.78

		Yes	87 (33.6)	28.01-39.19	98 (35.9)	30.22-41.58
	L12	No	227 (87.6)	83.70-91.50	232 (84.7)	80.44-88.96
		Yes	32 (12.4)	8.50-16.30	42 (15.3)	11.04-19.56
	L13	No	246 (95.0)	92.42-97.58	250 (91.2)	87.85-94.55
		Yes	13 (5.0)	2.42-7.58	24 (8.8)	5.45-12.15
	L14	No	253 (97.7)	95.93-99.47	266 (98.2)	96.63-99.77
		Yes	6 (2.3)	0.53-4.07	5 (1.8)	0.23-3.37
Total	L1	No	356 (83.0)	79.53-86.47	389 (86.4)	83.23-89.57
		Yes	73 (17.0)	13.53-20.47	61 (13.6)	10.43-16.77
	L2	No	382 (88.8)	85.89-91.71	418 (92.9)	90.53-95.27
		Yes	48 (11.2)	8.29-14.11	32 (7.1)	4.73-9.47
	L3	No	412 (96.0)	94.19-97.81	441 (98.0)	96.71-99.29
		Yes	17 (4.0)	2.19-5.81	9 (2.0)	0.71-3.29
	L4	No	427 (99.5)	98.85-100.15	449 (99.8)	99.39-100.21
		Yes	2 (0.5)	0.02-1.15	1 (0.2)	0.01-0.61
	L5	No	387 (90.4)	87.68-93.12	421 (93.8)	91.57-96.03
		Yes	41 (9.6)	6.88-12.32	28 (6.2)	3.97-8.43
	L6	No	421 (98.6)	97.51-99.69	448 (99.8)	99.39-100.21
		Yes	6 (1.4)	0.31-2.49	1 (0.2)	0.01-0.61
	L7	No	426 (99.8)	99.39-100.21	445 (99.3)	98.53-100.07
		Yes	1 (0.2)	0.01-0.61	3 (0.7)	0.02-1.47
L8	No	425 (99.3)	98.53-100.07	447 (99.8)	99.39-100.21	
	Yes	3 (0.7)	0.02-1.47	1 (0.2)	0.01-0.61	
L9	No	380 (88.6)	85.66-91.54	422 (94.0)	91.81-96.19	
	Yes	49 (11.4)	8.46-14.34	27 (6.0)	3.81-8.19	
L10	No	305 (71.4)*	67.22-75.58	368 (82.1)	78.56-85.64	
	Yes	122 (28.6)*	24.42-32.78	80 (17.9)	14.36-21.44	
L11	No	284 (66.5)	62.14-70.86	304 (67.9)	63.59-72.21	
	Yes	143 (33.5)	29.14-37.86	144 (32.1)	27.79-36.41	
L12	No	372 (86.7)	83.56-89.84	391 (87.1)	84.00-90.20	
	Yes	57 (13.3)	10.16-16.44	58 (12.9)	9.80-16.00	
L13	No	400 (93.2)	90.87-95.53	413 (92.0)	89.49-94.51	
	Yes	29 (6.8)	4.47-9.13	36 (8.0)	5.49-10.51	
L14	No	411 (96.0)	94.19-97.81	435 (97.8)	96.44-99.16	
	Yes	17 (4.0)	2.19-5.81	10 (2.2)	0.84-3.56	
<u>Secondary Students</u>						
Male	L1	No	624 (83.6)	80.99-86.21	647(83.6)	80.99-86.21
		Yes	122 (16.4)	13.79-19.01	127 (16.4)	13.79-19.01
	L2	No	682 (91.5)	89.54-93.46	732 (94.6)	93.01-96.19

	Yes	63 (8.5)	6.54-10.46	42(5.4)	3.81-6.99	
L3	No	701 (94.3)	92.67-95.93	728 (94.1)	92.44-95.76	
	Yes	42 (5.7)	4.07-7.33	46 (5.9)	4.24-7.56	
L4	No	739 (99.1)	98.44-99.76	755 (97.8)	96.77-96.83	
	Yes	7 (0.9)	0.24-1.56	17 (2.2)	1.17-3.23	
L5	No	608 (81.5)	78.77-84.23	653 (84.4)	81.85-86.95	
	Yes	138 (18.5)	15.77-21.23	121 (15.6)	13.05-18.15	
L6	No	698 (93.7)	91.99-95.41	698 (90.4)	88.33-92.47	
	Yes	47 (6.3)	4.59-8.01	74 (9.6)	7.53-11.67	
L7	No	735 (98.9)	98.17-99.63	768 (99.0)	98.30-99.70	
	Yes	8 (1.1)	0.37-1.83	4 (1.0)	0.30-1.70	
L8	No	740 (99.1)	98.44-99.76	762 (98.3)	97.39-99.21	
	Yes	7 (0.9)	0.24-1.56	13 (1.7)	0.79-2.61	
L9	No	652 (87.3)	84.96-89.64	689 (88.9)	86.69-91.11	
	Yes	95 (12.7)	10.36-15.04	86 (11.1)	8.89-13.31	
L10	No	606 (81.2)	78.45-83.95	610 (78.7)	75.82-81.58	
	Yes	140 (18.8)	16.05-21.55	165 (21.3)	18.42-24.18	
L11	No	412 (55.3)	51.80-58.80	473 (61.0)	57.57-64.43	
	Yes	333 (44.7)	41.20-48.20	302 (39.0)	35.57-42.43	
L12	No	623 (83.5)	80.89-86.11	683 (88.1)	85.82-90.38	
	Yes	123 (16.5)	13.89-19.11	92 (11.9)	9.62-14.18	
L13	No	615 (82.4)	79.72-85.08	641 (82.7)	80.04-85.36	
	Yes	131 (17.6)	14.92-20.28	134 (17.3)	14.64-19.96	
L14	No	724 (97.7)	96.65-98.75	747 (96.9)	95.68-95.12	
	Yes	17 (2.3)	1.25-3.35	24 (3.1)	1.88-4.32	
Female	L1	No	287 (77.2)	73.00-81.40	303 (79.1)	75.03-83.17
		Yes	85 (22.8)	18.60-27.00	80 (20.9)	16.83-24.97
	L2	No	335 (90.1)	87.11-93.09	347 (90.6)	87.68-93.52
		Yes	37 (9.9)	6.91-12.89	36 (9.4)	6.48-12.32
	L3	No	357 (96.0)	94.04-97.96	368 (96.1)	94.16-98.04
		Yes	15 (4.0)	2.04-5.96	15 (3.9)	1.96-5.84
	L4	No	366 (98.4)	97.14-99.66	379 (99.0)	98.00-100.00
		Yes	6 (1.6)	0.34-2.86	4 (1.0)	0.01-2.00
	L5	No	279 (75.0)	70.67-79.33	303 (79.3)	75.25-83.35
		Yes	93 (25.0)	20.67-29.33	79 (20.7)	16.65-24.75
	L6	No	330 (88.9)	85.76-92.04	319 (83.3)	79.57-87.03
		Yes	41 (11.1)	7.96-14.24	64 (16.7)	12.97-20.43
	L7	No	370 (99.5)	98.79-100.21	379 (99.0)	98.00-100.00
		Yes	2 (0.5)	0.02-1.21	4 (1.0)	0.01-2.00

	L8	No	360 (97.0)	95.29-98.71	366 (96.6)	94.79-98.41
		Yes	11 (3.0)	1.29-4.71	13 (3.4)	1.59-5.21
	L9	No	332 (89.2)	86.10-92.30	333 (87.9)	84.64-91.16
		Yes	40 (10.8)	7.70-13.90	46 (12.1)	8.84-15.36
	L10	No	259 (69.6)	65.00-74.20	255 (67.3)	62.61-71.99
		Yes	113 (30.4)	25.80-35.00	124 (32.7)	28.01-37.39
	L11	No	195 (52.6)	47.61-57.59	186 (49.1)	44.10-54.10
		Yes	176 (47.4)	42.41-52.39	193 (50.9)	45.90-55.90
	L12	No	277 (74.5)	70.14-78.86	296 (78.1)	73.96-82.24
		Yes	95 (25.5)	21.14-29.86	83 (21.9)	17.76-26.04
	L13	No	288 (77.4)	73.22-81.58	297 (78.6)	74.50-82.70
		Yes	84 (22.6)	18.42-26.78	81 (21.4)	17.30-25.50
	L14	No	348 (94.1)	91.7-96.46	367 (97.6)	96.07-99.13
		Yes	22 (5.9)	3.54-8.26	9 (2.4)	0.87-3.93
Total	L1	No	911 (81.5)	79.27-83.73	950 (82.1)	79.89-84.31
		Yes	207 (18.5)	16.27-20.73	207 (17.9)	15.69-20.11
	L2	No	1017 (91.0)	89.35-92.65	1079(93.3)	91.86-94.74
		Yes	100 (9.0)	7.35-10.65	78 (6.7)	5.26-8.14
	L3	No	1058 (94.9)	93.63-96.17	1096 (94.7)	93.41-95.99
		Yes	57 (5.1)	3.83-6.37	61 (5.3)	4.01-6.59
	L4	No	1105 (98.8)	98.17-99.43	1134 (98.2)	97.43-98.97
		Yes	13 (1.2)	0.57-1.83	21 (1.8)	1.03-2.57
	L5	No	887 (79.3)	79.67-81.63	956 (82.7)	80.52-84.88
		Yes	231 (20.7)	18.37-23.03	200 (17.3)	15.12-19.48
	L6	No	1028 (92.1)	90.55-93.65	1017(88.1)	86.24-89.96
		Yes	88 (7.9)	6.35-9.45	138 (11.9)	10.04-13.76
	L7	No	1105 (99.1)	98.56-99.64	1147 (99.2)	98.69-99.71
		Yes	10 (0.9)	0.36-1.44	9(0.8)	0.29-1.31
	L8	No	1100 (98.4)	97.68-99.12	1128 (97.7)	96.84-98.56
		Yes	18 (1.6)	0.88-2.32	26 (2.3)	1.44-3.16
	L9	No	984 (87.9)	86.02-89.78	1022 (88.6)	86.77-90.43
		Yes	135 (12.1)	10.22-13.98	132 (11.4)	9.57-13.23
	L10	No	865 (77.4)	74.99-79.81	865 (75.0)	72.51-77.49
		Yes	253 2(2.6)	1.68-3.52	289 (25.0)	22.51-27.49
	L11	No	607 (54.4)	51.53-57.27	659 (57.1)	54.25-59.95
		Yes	509 (45.6)	42.73-48.47	495 (42.9)	40.05-45.75
	L12	No	900 (80.5)	78.22-82.78	979 (84.8)	82.73-86.87
		Yes	218 (19.5)	17.22-21.78	175 (15.2)	13.13-17.27
	L13	No	903 (80.8)	78.53-83.07	938(81.4)	79.16-83.64
		Yes	215 (19.2)	16.93-21.47	215 (18.6)	16.36-20.84

L14	No	1072 (96.5)	95.44-97.56	1114 (97.1)	96.13-98.07
	Yes	39 (3.5)	2.44-4.56	33 (2.9)	1.93-3.87

\* significant difference ( $p < .05$ ) between baseline and follow-up

### Worry

The most common disturbances caused by worry included sleep disturbance, disturbed thoughts, persistent worry for a few days and feeling regretful. These questions were asked in Q1 to Q5 of the questionnaire. Overall, the most common disturbances reported by primary (over 30%) and secondary students (over 40%) were ‘got to sleep with thoughts or ideas bothering’ and ‘frequently worrying about something’ at both T1 and T2 (Table 20). Significantly less primary boys and primary students overall at T2 responded true to ‘most nights I got to sleep without thoughts or ideas bothering me’ than at T1 (Table 20).

Table 20. Disturbances caused by worry in students

Q1. Most nights I got to sleep without thoughts or ideas bothering me

在大多數的晚上，我能不受任何意念的困擾而睡著

Q2. I frequently find myself worrying about something 我經常擔心一些事情

Q3. I find that almost everyday I am upset by unpleasant thoughts that come to my mind against my will

我幾乎每天都被討厭的想法打擾自己

Q4. Sometimes some unimportant thought will run through my mind and bother me for days

有時候，一些不重要的想法會打擾我好幾天

Q5. I do many things which I worry about later 我做很多事情，都會事後擔心

Primary Students		Baseline n (%)	(95% CI)	Follow-up n (%)	(95% CI)
Male	Q1 False	63 (37.3)*	30.16-44.44	96 (54.5)	47.14-61.86

	True	106 (62.7)*	55.56-69.84	80 (45.5)	38.14-52.86
	Q2 False	113 (66.5)	59.53-73.47	131 (74.4)	67.95-80.85
	True	57 (33.5)	26.53-40.47	45 (25.6)	19.15-32.05
	Q3 False	148 (87.1)	82.15-92.05	156(88.6)	83.90-93.30
	True	22 (12.9)	7.95-17.85	20 (11.4)	6.70-16.10
	Q4 False	145 (85.8)	80.64-90.96	147 (83.5)	78.02-88.98
	True	24 (14.2)	9.04-19.36	29 (16.5)	11.02-21.98
	Q5 False	121 (71.2)	64.51-77.89	127 (72.2)	65.58-78.82
	True	49 (28.8)	22.11-35.49	49 (27.8)	21.18-34.42
Female	Q1 False	118(45.7)	39.80-51.60	142(53.2)	47.29-59.11
	True	140 (54.3)	48.40-60.20	125 (46.8)	40.89-52.71
	Q2 False	175 (67.8)	62.27-73.33	181 (68.0)	62.48-73.52
	True	83 (32.2)	26.67-37.73	85 (32.0)	26.48-37.52
	Q3 False	226 (87.6)	83.70-91.50	234(88.6)	84.84-92.36
	True	32 (12.4)	8.50-16.30	30 (11.4)	7.64-15.16
	Q4 False	210 (81.4)	76.79-86.01	214 (80.8)	76.14-85.46
	True	48 (18.6)	13.99-23.21	51 (19.2)	14.54-23.86
	Q5 False	195 (75.6)	70.51-80.69	186 (70.2)	64.78-75.62
	True	63 (24.4)	19.31-29.49	79 (29.8)	24.38-35.22
Total	Q1 False	181 (42.4)*	37.83-46.97	238 (53.7)	49.09-58.31
	True	246 (57.6)*	53.03-62.17	205 (46.3)	41.69-50.91
	Q2 False	288 (67.3)	62.97-71.63	312 (70.6)	66.39-74.81
	True	140 (32.7)	28.37-37.03	130 (29.4)	25.19-33.61
	Q3 False	374(87.4)	84.33-90.47	390 (88.6)	85.66-91.54
	True	54 (12.6)	9.53-15.67	50 (11.4)	8.46-14.34
	Q4 False	355 (83.1)	79.64-86.56	361 (81.9)	78.34-85.46
	True	72 (16.9)	13.44-20.36	80 (18.1)	14.54-21.66
	Q5 False	316 (73.8)	69.74-77.86	313 (71.0)	66.81-75.19
	True	112 (26.2)	22.14-30.26	128 (29.0)	24.81-33.19
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Secondary Students					
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Male	Q1 False	344 (46.2)	42.69-49.71	366 (47.7)	44.19-51.21
	True	401 (53.8)	50.29-57.31	402 (52.3)	48.79-55.81
	Q2 False	416 (55.9)	52.41-59.39	456 (59.4)	55.94-62.86
	True	328 (44.1)	40.61-47.59	312 (40.6)	37.14-44.06

	Q3	False	601 (80.9)	78.13-83.67	620 (80.6)	77.82-83.38
		True	142 (19.1)	16.33-21.87	149 (19.4)	16.62-22.18
	Q4	False	496 (66.9)	63.59-70.21	552 (71.8)	68.63-74.97
		True	245 (33.1)	29.79-36.41	217 (28.2)	25.03-31.37
	Q5	False	416 (55.8)	52.31-59.29	475 (61.8)	58.38-65.22
		True	329 (44.2)	40.71-47.69	294 (38.2)	34.78-41.62
Female	Q1	False	183 (49.7)	44.70-54.70	177 (46.3)	41.31-51.29
		True	185 (50.3)	45.30-55.30	205 (53.7)	48.71-58.69
	Q2	False	163 (44.3)	39.33-49.27	168 (43.9)	38.94-48.86
		True	205 (55.7)	50.73-60.67	215 (56.1)	51.14-61.06
	Q3	False	278 (75.5)	71.20-79.80	259 (67.6)	62.92-72.28
		True	90 (24.5)	20.20-28.80	124 (32.4)	27.72-37.08
	Q4	False	213 (58.0)	53.06-62.94	216 (56.5)	51.54-61.46
		True	154 (42.0)	37.06-46.94	166 (43.5)	38.54-48.46
	Q5	False	187 (50.7)	45.70-55.70	207(54.0)	49.01-58.99
		True	182 (49.3)	44.30-54.30	176 (46.0)	41.01-50.99
Total	Q1	False	527 (47.3)	44.43-50.17	543 (47.2)	44.33-50.07
		True	586 (52.7)	49.83-55.57	607 (52.8)	49.93-55.67
	Q2	False	579 (52.1)	49.23-54.97	624 (54.2)	51.33-57.07
		True	533 (47.9)	45.03-50.77	527 (45.8)	42.93-48.67
	Q3	False	879 (79.1)	76.76-81.44	879 (76.3)	73.85-78.75
		True	232 (20.9)	18.56-23.24	273 (23.7)	21.25-26.15
	Q4	False	709 (64.0)	61.24-66.76	768 (66.7)	63.99-69.41
		True	399 (36.0)	33.24-38.76	383 (33.3)	30.59-36.01
	Q5	False	603 (54.1)	51.23-56.97	682 (59.2)	56.37-62.03
		True	511 (45.9)	43.03-48.77	470 (40.8)	37.97-43.63

\* significant difference ( $p < .05$ ) between baseline and follow-up

### Symptoms of anxiety

Ten items of the State Anxiety Scale were applied in part A of the questionnaire to screen for the high-risk group. Table 21 shows the 10 items of the State Anxiety Scale. The most common symptoms reported by

primary and secondary students were feeling ‘somewhat to very nervous’ and ‘somewhat to very high strung’ (over 25% of primary and over 30% of secondary students at both T1 and T2) (Table 21).

Differences between T1 and T2 were found among primary students. More primary boys felt moderately content (A2) at T2 than at T1, and less primary boys at T2 reported feeling very relaxed (A4) and very pleasant (A5) than at T1. More primary girls reported feeling moderately comfortable (A3) at T2 than at T1 (Table 21). No significant difference was found among secondary students between T1 and T2 (Table 21).

Table 21. Symptoms of anxiety in students

A1. I feel rested 我感到安寧

A2. I feel content 我感到滿足

A3. I feel comfortable 我感到舒服

A4. I feel relaxed 我現正放鬆

A5. I feel pleasant 我感到愉快

A6. I feel anxious 我感到害怕

A7. I feel nervous 我感到緊張

A8. I feel jittery 我現正心神不定

A9. I feel “high strung” 我感到猶豫不決

A10. I feel over-excited and “rattled” 我感到迷亂

Primary Students			Baseline n (%)	(95% CI)	Follow-up n (%)	(95% CI)
Male	A1	Not at all	8 (4.7)	1.57-7.83	10 (5.7)	2.27-9.13
		Somewhat	60 (34.9)	27.86-41.94	58 (33.0)	26.05-39.95
		Moderately	70 (40.7)	33.44-47.96	71 (40.3)	33.05-47.55
		Very much so	34 (19.8)	13.91-25.69	37 (21.0)	14.98-27.02
	A2	Not at all	17 (9.9)	5.49-14.31	12 (6.8)	3.08-10.52
		Somewhat	45 (26.2)	19.70-32.70	43 (24.4)	18.05-30.75
		Moderately	56 (32.6)*	25.67-39.53	79 (44.9)	37.55-52.25



		Very much so	54 (31.4)	24.54-38.26	42 (23.9)	17.60-30.20
A3		Not at all				
		Somewhat	8 (4.7)	1.57-7.83	8 (4.5)	1.44-7.56
		Moderately	43 (25.0)	18.60-31.40	49 (27.8)	21.18-34.42
		Very much so	64 (37.2)	30.06-44.34	71 (40.3)	33.05-47.55
			57 (33.1)	26.15-40.05	48 (27.3)	20.72-33.88
A4		Not at all	17 (9.9)	5.49-14.31	23 (13.1)	8.12-18.08
		Somewhat	43 (25.1)	18.69-31.51	56(32.0)	25.11-38.89
		Moderately	52 (30.4)	23.60-37.20	58 (33.1)	26.15-40.05
		Very much so	59 (34.5)*	27.48-41.52	38 (21.7)	15.61-27.79
A5		Not at all	13 (7.7)	3.76-11.64	7 (4.0)	1.10-6.90
		Somewhat	31 (18.3)	12.59-24.01	46 (26.1)	19.61-32.59
		Moderately	52 (30.8)	23.98-37.62	72 (40.9)	33.64-48.16
		Very much so	73 (43.2)*	35.88-50.52	51 (29.0)	22.30-35.70
A6		Not at all	116 (68.6)	61.74-75.46	125 (74.9)	68.49-81.31
		Somewhat	43 (25.4)	18.97-31.83	35 (21.0)	14.98-27.02
		Moderately	9 (5.3)	1.99-8.61	4 (2.4)	0.14-4.66
		Very much so	1 (0.6)	0.02-1.74	3 (1.8)	0.04-3.76
A7		Not at all				
		Somewhat	81 (47.9)	40.52-55.28	95 (56.9)	49.58-64.22
		Moderately	69 (40.8)	33.54-48.06	57 (34.1)	27.10-41.10
		Very much so	15 (8.9)	4.69-13.11	6 (3.6)	0.85-6.35
			4 (2.4)	0.14-4.66	9 (5.4)	2.06-8.74
A8		Not at all	137 (81.1)	75.32-86.88	125 (75.3)	68.93-81.67
		Somewhat	26 (15.4)	10.07-20.73	29 (17.5)	11.89-23.11
		Moderately	5 (3.0)	0.48-5.52	9 (5.4)	2.06-8.74
		Very much so	1 (0.6)	0.02-1.74	3 (1.8)	0.04-3.76
A9		Not at all	108 (63.9)	56.80-71.00	112(67.5)	60.58-74.42
		Somewhat	53 (31.4)	24.54-38.26	43(25.9)	19.43-32.37
		Moderately	5 (3.0)	0.48-5.52	8 (4.8)	1.64-7.96
		Very much so	3 (1.8)	0.04-3.76	3 (1.8)	0.04-3.76
A10		Not at all	134 (79.3)	73.31-85.29	135 (81.3)	75.54-87.06
		Somewhat	30 (17.8)	12.15-23.45	20 (12.0)	7.20-16.80
		Moderately	4 (2.4)	0.14-4.66	9 (5.4)	2.06-8.74
		Very much so	1 (0.6)	0.02-1.74	2 (1.2)	0.03-2.81
Female	A1	Not at all	15 (5.8)	3.03-8.57	15 (5.5)	2.80-8.20
		Somewhat	94 (36.6)	30.90-42.30	84 (30.7)	25.24-36.16
		Moderately	83 (32.3)*	26.76-37.84	122(44.5)	38.62-50.38
		Very much so	65 (25.3)	20.15-30.45	53 (19.3)	147.63-23.97
	A2	Not at all	13 (5.0)	2.42-7.58	18 (6.6)	3.66-9.54
		Somewhat	67 (25.9)	20.71-31.09	67 (24.5)	19.41-29.59
		Moderately	108 (41.7)	35.86-47.54	124 (45.3)	39.41-51.19
		Very much so	71 (27.4)	22.12-32.68	65 (23.7)	18.66-28.74
	A3	Not at all	17 (6.6)	3.66-9.54	12 (4.4)	1.97-6.83
		Somewhat	63 (24.3)	19.22-29.38	56 (20.4)	15.63-25.17
		Moderately	96 (37.1)	31.38-42.82	128 (46.7)	40.79-52.61
		Very much so	83 (32.0)	26.48-37.52	78 (28.5)	23.15-33.85

A4	Not at all	16 (6.2)	3.34-9.06	20 (7.3)	4.22-10.38	
	Somewhat	78 (30.2)	24.76-35.64	88 (32.1)	26.57-37.63	
	Moderately	91 (35.3)	29.64-40.96	107 (39.1)	33.32-44.88	
	Very much so	73 (28.3)	22.97-33.63	59(21.5)	16.64-26.36	
A5	Not at all	13 (5.0)	2.42-7.58	11 (4.0)	1.68-6.32	
	Somewhat	45 (17.4)	12.91-21.89	56(20.4)	15.63-25.17	
	Moderately	84 (32.4)	26.86-37.94	111(40.5)	34.69-46.31	
	Very much so	117 (45.2)	39.31-51.09	96 (35.0)	29.35-40.65	
A6	Not at all	202 (78.9)	74.07-83.73	204 (76.1)	71.05-81.15	
	Somewhat	47 (18.4)	13.81-22.99	53 (19.8)	15.08-24.52	
	Moderately	4 (1.6)	0.11-3.09	6 (2.2)	0.46-3.94	
	Very much so	3 (1.2)	0.03-2.49	5 (1.9)	0.28-3.52	
A7	Not at all	167 (65.5)	59.87-71.13	170 (63.4)	57.70-69.10	
	Somewhat	77 (30.2)	24.76-35.64	75 (28.0)	22.68-33.32	
	Moderately	6 (2.4)	0.59-4.21	15 (5.6)	2.88-8.32	
	Very much so	5 (2.0)	0.34-3.66	8 (3.0)	0.98-5.02	
A8	Not at all	211 (83.1)	78.66-87.54	222 (82.8)	78.33-87.27	
	Somewhat	37 (14.6)	10.42-18.78	35 (13.1)	9.10-17.10	
	Moderately	4 (1.6)	0.11-3.09	6 (2.2)	0.46-3.94	
	Very much so	2 (0.8)	0.03-1.85	5 (1.9)	0.28-3.52	
A9	Not at all	183 (72.3)	67.00-77.60	171 (64.0)	58.32-69.68	
	Somewhat	60 (23.7)	18.66-28.74	75 (28.1)	22.78-33.42	
	Moderately	9 (3.6)	1.39-5.81	12 (4.5)	2.05-6.95	
	Very much so	1 (0.4)	0.02-1.15	9 (3.4)	1.25-5.55	
A10	Not at all	217 (85.1)	80.88-89.32	223 (83.5)	79.10-87.90	
	Somewhat	34 (13.3)	9.28-17.32	32 (12.0)	8.15-15.85	
	Moderately	2 (0.8)	0.03-1.85	6 (2.2)	0.46-3.94	
	Very much so	2 (0.8)	0.03-1.85	6 (2.2)	0.46-3.94	
Total	A1	Not at all	23 (5.4)	3.31-7.49	25 (5.6)	3.48-7.72
		Somewhat	154 (35.9)	31.47-40.33	142 (31.6)	27.39-35.99
		Moderately	153 (35.7)	31.27-40.13	193 (42.9)	38.33-47.47
		Very much so	99 (23.1)	19.21-26.99	90 (20.0)	16.30-23.70
A2	Not at all	30 (7.0)	4.64-9.36	30 (6.7)	4.39-9.01	
	Somewhat	112 (26.0)	21.95-30.05	110 (24.4)	20.43-28.37	
	Moderately	164 (38.1)	33.61-42.59	203 (45.1)	40.580-49.70	
	Very much so	125 (29.0)	24.81-33.19	107 (23.8)	19.87-27.73	
A3	Not at all	25 (5.8)	3.64-7.96	20 (4.4)	2.51-6.29	
	Somewhat	106 (24.6)	20.62-28.58	105 (23.3)	19.39-27.21	
	Moderately	160 (37.1)	32.64-41.56	199 (44.2)	39.61-48.79	
	Very much so	140 (32.5)	28.17-36.83	126 (28.0)	23.85-32.15	
A4	Not at all	33 (7.7)	5.24-10.16	43 (9.6)	6.88-12.32	
	Somewhat	121 (28.2)	24.04-32.36	144 (32.1)	27.79-36.41	
	Moderately	143 (33.3)	28.95-37.65	165 (36.7)	32.25-41.15	
	Very much so	132 (30.8)	26.53-35.07	97 (21.6)	17.80-25.40	
A5	Not at all	26 (6.1)	3.89-8.31	18 (4.0)	2.19-5.81	
	Somewhat	76 (17.8)	14.27-21.33	102 (22.7)	18.83-26.57	
	Moderately	136 (31.8)	27.50-36.10	183 (40.7)	36.16-45.24	
	Very much so	190 (44.4)	39.81-48.99	147 (32.7)	28.37-37.03	

A6	Not at all	318 (74.8)	70.79-78.81	329 (75.6)	71.63-79.57
	Somewhat	90 (21.2)	17.42-24.98	88 (20.2)	16.49-23.91
	Moderately	13 (3.1)	1.50-4.70	10 (2.3)	0.91-3.69
	Very much so	4 (0.9)	0.03-1.77	8 (1.8)	0.57-3.03
A7	Not at all	248 (58.5)	53.95-63.05	265 (60.9)	56.39-65.41
	Somewhat	146 (34.4)	30.01-38.79	132 (30.3)	26.05-34.55
	Moderately	21 (5.0)	2.99-7.01	21 (4.8)	2.82-6.78
	Very much so	9 (2.1)	0.78-3.42	17 (3.9)	2.11-5.69
A8	Not at all	348 (82.3)	78.77-85.83	347 (80.0)	76.30-83.70
	Somewhat	63 (14.9)	11.61-18.19	64 (14.7)	11.43-17.97
	Moderately	9 (2.1)	0.78-3.42	15 (3.5)	1.80-5.20
	Very much so	3 (0.7)	0.03-1.47	8 (1.8)	0.57-3.03
A9	Not at all	291 (69.0)	64.73-73.27	283 (65.4)	61.00-69.80
	Somewhat	113 (26.8)	22.71-30.89	118 (27.3)	23.18-31.42
	Moderately	14 (3.3)	1.65-4.95	20 (4.6)	2.66-6.54
	Very much so	4 (0.9)	0.03-1.77	12 (2.8)	1.28-4.32
A10	Not at all	351 (82.8)	79.31-86.29	358 (82.7)	79.21-86.19
	Somewhat	64 (15.1)	11.79-18.41	52 (12.0)	9.00-15.00
	Moderately	6 (1.4)	0.31-2.49	15 (3.5)	1.80-5.20
	Very much so	3 (0.7)	0.03-1.47	8 (1.8)	0.57-3.03

Secondary  
Students

Male

A1	Not at all	49 (6.6)	4.85-8.35	51 (6.6)	4.85-8.35
	Somewhat	293 (39.3)	35.86-42.74	281 (36.4)	33.01-39.79
	Moderately	307 (41.2)	37.74-44.66	334 (43.3)	39.81-46.79
	Very much so	96 (12.9)	10.54-15.26	106 (13.7)	11.28-16.12
A2	Not at all	65 (8.7)	6.72-10.68	80 (10.3)	8.22-12.50
	Somewhat	278 (37.4)	34.00-40.80	270 (34.9)	31.55-38.25
	Moderately	294 (39.5)	36.06-42.94	323 (41.8)	38.33-45.27
	Very much so	107 (14.4)	11.93-16.87	100 (12.9)	10.54-15.26
A3	Not at all	58 (7.8)	5.91-9.69	63 (8.2)	6.27-10.13
	Somewhat	262 (35.3)	31.94-38.66	261 (33.8)	30.47-37.13
	Moderately	297 (40.0)	36.55-43.45	347 (44.9)	41.40-48.40
	Very much so	126 (17.0)	14.36-19.64	101 (13.1)	10.73-15.47
A4	Not at all	73 (9.8)	7.71-11.89	105 (13.6)	11.19-16.01
	Somewhat	289 (38.8)	35.37-42.23	278 (36.0)	32.62-39.38
	Moderately	275 (37.0)	33.60-40.40	287 (37.2)	33.80-40.60
	Very much so	107 (14.4)	11.93-16.87	102 (13.2)	10.82-15.58
A5	Not at all	64 (8.6)	6.63-10.57	59 (7.6)	5.74-9.46
	Somewhat	253 (34.1)	30.76-37.44	270 (34.9)	31.55-38.25
	Moderately	272 (36.7)	33.31-40.09	306 (39.6)	36.16-43.04
	Very much so	153 (20.6)	17.75-23.45	138 (17.9)	15.20-20.60
A6	Not at all	544 (73.1)	69.98-76.22	515 (68.2)	64.92-71.48
	Somewhat	166 (22.3)	19.37-25.23	203 (26.9)	23.78-30.02
	Moderately	26 (3.5)	2.21-4.79	27 (3.6)	2.29-4.91
	Very much so	8 (1.1)	0.37-1.83	10 (1.3)	0.50-2.10

A7	Not at all	405 (54.4)	50.90-57.90	361 (47.8)	44.29-51.31
	Somewhat	271 (36.4)	33.01-39.79	302 (40.0)	36.55-43.45
	Moderately	56 (7.5)	5.65-9.35	69 (9.1)	7.08-11.12
	Very much so	12 (1.6)	0.72-2.48	23 (3.0)	1.80-4.20
A8	Not at all	503 (67.9)	64.62-71.18	491 (65.0)	61.64-68.36
	Somewhat	178 (24.0)	21.00-27.00	207 (27.4)	24.26-30.54
	Moderately	45 (6.1)	4.42-7.78	44 (5.8)	4.16-7.44
	Very much so	15 (2.0)	1.01-2.99	13 (1.7)	0.79-2.61
A9	Not at all	405 (54.4)	50.90-57.90	419 (55.5)	52.00-59.00
	Somewhat	269 (36.1)	32.72-39.48	260 (34.4)	31.06-37.74
	Moderately	54 (7.2)	5.38-9.02	56 (7.4)	5.56-9.24
	Very much so	17 (2.3)	1.25-3.35	20 (2.6)	1.48-3.72
A10	Not at all	557 (75.1)	72.06-78.14	519 (68.9)	65.64-72.16
	Somewhat	134 (18.1)	15.39-20.81	173 (23.0)	20.04-25.96
	Moderately	37 (5.0)	3.47-6.53	43 (5.7)	4.07-7.33
	Very much so	14 (1.9)	0.94-2.86	18 (2.4)	1.32-3.48
Female A1	Not at all	45 (12.1)	8.84-15.36	31 (8.1)	5.37-10.83
	Somewhat	164 (44.2)	39.23-49.17	161 (42.3)	37.36-47.24
	Moderately	117 (31.5)	26.85-36.15	141 (37.0)	32.17-41.83
	Very much so	45 (12.1)	8.84-15.36	48 (12.6)	9.28-15.92
A2	Not at all	44 (11.9)	8.66-15.14	39 (10.2)	7.17-13.23
	Somewhat	156 (42.0)	37.06-46.94	166 (43.3)	38.34-48.26
	Moderately	117 (31.5)	26.85-36.15	132 (34.5)	29.75-39.25
	Very much so	54 (14.6)	11.07-18.13	46 (12.0)	8.75-15.25
A3	Not at all	32 (8.6)	5.80-11.40	38 (9.9)	6.91-12.89
	Somewhat	163 (43.8)	38.84-48.76	148 (38.6)	33.73-43.47
	Moderately	122 (32.8)	28.10-37.50	149 (38.9)	34.02-43.78
	Very much so	55 (14.8)	11.25-18.35	48 (12.5)	9.19-15.81
A4	Not at all	47 (12.7)	9.37-16.03	55 (14.4)	10.89-17.91
	Somewhat	154 (41.5)	36.57-46.43	140 (36.6)	31.78-41.42
	Moderately	120 (32.3)	27.62-36.98	135 (35.2)	30.42-39.98
	Very much so	50 (13.5)	10.08-16.92	53 (13.8)	10.35-17.25
A5	Not at all	40 (10.8)	7.70-13.90	34 (8.9)	6.05-11.75
	Somewhat	132 (35.7)	30.91-40.49	148 (38.6)	33.73-43.47
	Moderately	135 (36.5)	31.68-41.32	142 (37.1)	32.27-41.93
	Very much so	63 (17.0)	13.24-20.76	59 (15.4)	11.79-19.01
A6	Not at all	234 (63.2)	58.38-68.02	226 (59.9)	55.00-64.80
	Somewhat	105 (28.4)	23.89-32.91	121 (32.1)	27.43-36.77
	Moderately	22 (5.9)	3.54-8.26	22 (5.8)	3.46-8.14
	Very much so	9 (2.4)	0.87-3.93	8 (2.1)	0.67-3.53
A7	Not at all	201 (54.3)	49.32-59.28	181 (48.0)	43.00-53.00
	Somewhat	130 (35.1)	30.33-39.87	167(44.3)	39.33-49.27
	Moderately	30 (8.1)	5.37-10.83	22 (5.8)	3.46-8.14
	Very much so	9 (2.4)	0.87-3.93	7 (1.9)	0.53-3.27
A8	Not at all	224 (60.5)	55.61-65.39	248 (65.8)	61.06-70.54
	Somewhat	104 (28.1)	23.60-32.60	102 (27.1)	22.65-31.55
	Moderately	33 (8.9)	6.05-11.75	20 (5.3)	3.06-7.54
	Very much so	9 (2.4)	0.87-3.93	7 (1.9)	0.53-3.27

A9	Not at all	185 (50.1)	45.10-55.10	189 (50.1)	45.10-55.10	
	Somewhat	136 (36.9)	32.07-41.73	140 (37.1)	32.27-41.93	
	Moderately	33 (8.9)	6.05-11.75	35 (9.3)	6.40-12.20	
	Very much so	15 (4.1)	2.12-6.08	13 (3.4)	1.59-5.21	
A10	Not at all	541 (65.7)	60.95-70.45	224 (59.6)	54.69-64.51	
	Somewhat	91 (24.8)	20.48-29.12	112 (29.8)	25.23-34.37	
	Moderately	25 (6.8)	4.28-9.32	27 (7.2)	4.61-9.79	
	Very much so	10 (2.7)	1.08-4.32	13 (3.5)	1.66-5.34	
Total	A1	Not at all	94 (8.4)	6.80-10.00	82 (7.1)	5.62-8.58
		Somewhat	457 (40.9)	38.07-43.73	442 (38.3)	35.50-41.10
		Moderately	424 (38.0)	35.21-40.79	475 (41.2)	38.37-44.03
		Very much so	141 (12.6)	10.69-14.51	154 (13.4)	11.44-15.36
A2	Not at all	109 (9.8)	8.09-11.51	119 (10.3)	8.55-12.05	
	Somewhat	434 (38.9)	36.09-41.71	436 (37.7)	34.91-40.49	
	Moderately	411 (36.9)	34.12-39.68	455 (39.4)	36.59-42.21	
	Very much so	161 (14.4)	12.38-16.42	146 (12.6)	10.69-14.51	
A3	Not at all	90 (8.1)	6.53-9.67	101 (8.7)	7.08-10.32	
	Somewhat	425 (38.1)	35.31-40.89	409 (35.4)	32.65-38.15	
	Moderately	419 (37.6)	34.81-40.39	496 (42.9)	40.05-45.75	
	Very much so	181 (16.2)	14.08-18.32	149 (12.9)	10.97-14.83	
A4	Not at all	120 (10.8)	9.01-12.59	160 (13.9)	11.91-15.89	
	Somewhat	443 (39.7)	36.88-42.52	418 (36.2)	33.43-38.97	
	Moderately	395 (35.4)	32.65-38.15	422 (36.5)	33.73-39.27	
	Very much so	157 (14.1)	12.10-16.10	155 (13.4)	11.44-15.36	
A5	Not at all	104 (9.4)	7.72-11.08	93 (8.0)	6.44-9.56	
	Somewhat	385 (34.6)	31.86-37.34	418 (36.2)	33.43-38.97	
	Moderately	407 (36.6)	33.83-39.37	448 (38.8)	36.00-41.60	
	Very much so	216 (19.4)	17.12-21.68	197 (17.0)	14.84-19.16	
A6	Not at all	778 (69.8)	67.16-72.44	741 (65.5)	62.76-68.24	
	Somewhat	271 (24.3)	21.83-26.77	324 (28.6)	26.00-31.20	
	Moderately	48 (4.3)	3.13-5.47	49 (4.3)	3.13-5.47	
	Very much so	17 (1.5)	1.80-2.20	18 (1.6)	0.88-2.32	
A7	Not at all	606 (54.4)	51.53-57.27	542 (47.9)	45.03-50.77	
	Somewhat	401 (36.0)	33.24-38.76	469 (41.4)	38.57-44.23	
	Moderately	86 (7.7)	6.17-9.23	91 (8.0)	6.44-9.56	
	Very much so	21 (1.9)	1.11-2.69	30 (2.7)	1.77-3.63	
A8	Not at all	727 (65.4)	62.66-68.14	739 (65.3)	62.56-68.04	
	Somewhat	282 (25.4)	22.89-27.91	309 (27.3)	24.74-29.86	
	Moderately	78 (7.0)	5.53-8.47	64 (5.7)	4.37-7.03	
	Very much so	24 (2.2)	1.36-3.04	20 (1.8)	1.03-2.57	
A9	Not at all	590 (53.0)	50.13-55.87	608 (53.7)	50.83-56.57	
	Somewhat	405 (36.4)	33.63-39.17	400 (35.3)	32.55-38.05	
	Moderately	87 (7.8)	6.26-9.34	90(8.0)	6.44-9.56	
	Very much so	32 (2.9)	1.93-3.87	33 (2.9)	1.93-3.87	
A10	Not at all	798 (72.0)	69.42-74.58	743 (65.8)	63.07-68.53	
	Somewhat	225 (20.3)	17.99-22.61	285 (25.2)	22.70-27.70	
	Moderately	62 (5.6)	4.28-6.92	70 (6.2)	4.81-7.59	
	Very much so	24 (2.2)	1.36-3.04	31 (2.7)	1.77-3.63	

\* significant difference ( $p < .05$ ) between baseline and follow-up

### Depressive symptoms

The CES Depression Scale was applied in part E of the questionnaire to screen for the high-risk group.

Students were asked about their feelings during the past week. Table 22 shows the 20 items in the CES-D.

Significant differences between T1 and T2 were found. Significantly more primary boys responded 'never' at T2 than T1 to 'I had trouble keeping mind on what I was doing' (E5) and 'I was happy' (E12), and more primary boys responded 'seldom' to 'I talked less than usual' (E13) at T2 than T1 (Table 22). Significantly less primary girls and secondary boys responded 'never' at T2 than T1 to 'I felt lonely' (E14). In addition, less secondary girls and secondary students overall responded 'never' to 'people were unfriendly' (E15) at T2 than T1 (Table 22).

### Table 22. Symptoms of depression in students

- E1. I was bothered by things that usually do not bother me 我被一些平時不會困擾我的事情困擾
- E2. I did not feel like eating; my appetite was poor 我不想吃東西，我的胃口很差
- E3. I could not shake off the blues even with help from family or friends  
即使有家人和朋友的幫忙，我仍然覺得憂鬱
- E4. I felt that I was just as good as other people 我覺得我不比其他人差
- E5. I had trouble keeping mind on what I was doing 我很難集中精神工作
- E6. I felt depressed 我覺得情緒低落
- E7. I felt that everything I did was an effort 我覺得我做每件事情都很吃力
- E8. I felt hopeful about the future 我對將來抱有希望
- E9. I thought my life had been a failure 我覺得自己一生很失敗
- E10. I felt fearful 我覺得恐懼
- E11. My sleep was restless 我睡眠不安寧

- E12. I was happy 我很開心
- E13. I talked less than usual 我比平時少說話
- E14. I felt lonely 我覺得孤獨
- E15. People were unfriendly 我覺得其他人不友善
- E16. I enjoyed life 我很享受生活
- E17. I had crying spells 我會經常無故哭泣
- E18. I felt sad 我覺得不開心
- E19. I felt that people disliked me 我覺得其他人不喜歡我
- E20. I could not get “going” 我提不起勁

Primary Students			Baseline n (%)	(95% CI)	Follow-up n (%)	(95% CI)
Male	E1	Never	99 (57.6)	50.30-64.90	102 (58.0)	50.71-65.29
		Seldom	48 (27.9)	21.27-34.53	46 (26.1)	19.52-32.48
		Sometimes	20 (11.6)	6.87-16.33	20 (11.4)	6.70-16.10
		Always	2 (1.2)	0.03-2.81	4 (2.3)	0.09-4.51
		Nearly everyday	3 (1.7)	0.04-3.61	4 (2.3)	0.09-4.51
	E2	Never	99 (57.6)	50.30-64.90	114 (64.8)	57.74-71.86
		Seldom	45 (26.2)	19.70-32.70	44(25.0)	18.60-31.40
		Sometimes	21 (12.2)	7.36-17.04	14 (8.0)	3.99-12.01
		Always	3 (1.7)	0.04-3.61	2 (1.1)	0.03-2.64
		Nearly everyday	4 (2.3)	0.09-4.51	2(1.1)	0.03-2.64
	E3	Never	120 (70.2)	63.44-76.96	128 (73.1)	66.55-79.65
		Seldom	23 (13.5)	0.78-6.22	27 (15.4)	10.07-20.73
		Sometimes	20 (11.7)	6.95-16.45	13 (7.4)	3.53-11.27
		Always	7 (4.1)	1.17-7.03	2 (1.1)	0.03-2.64
		Nearly everyday	1 (0.6)	0.02-1.74	5 (2.9)	0.42-5.38
	E4	Never	60 (35.5)	28.43-42.57	65 (36.9)	29.77-44.03
		Seldom	32 (18.9)	13.12-24.68	34 (19.3)	13.47-25.13
		Sometimes	31(18.3)	12.59-24.01	27 (15.3)	9.98-20.62
		Always	22 (13.0)	8.03-17.97	31(17.6)	11.97-23.23
		Nearly everyday	24 (14.2)	9.04-19.36	19 (10.8)	6.21-15.39
	E5	Never	83 (48.3)*	40.92-55.68	105 (59.7)	52.45-66.95
		Seldom	47 (27.3)	20.72-33.88	42 (23.9)	17.60-30.20
		Sometimes	28 (16.3)	10.84-21.76	18 (10.2)	5.73-14.67
		Always	8 (4.7)	1.57-7.83	7 (4.0)	1.10-6.90
		Nearly everyday	6 (3.5)	0.78-6.22	4 (2.3)	0.09-4.51
	E6	Never	109 (63.4)	56.28-70.52	118 (67.8)	60.90-74.70
		Seldom	42 (24.4)	18.05-30.75	37 (21.3)	15.25-27.35
		Sometimes	14 (8.1)	4.07-12.13	11 (6.3)	2.71-9.89
Always		3 (1.7)	0.04-3.61	4 (2.3)	0.09-4.51	
Nearly everyday		4 (2.3)	0.09-4.51	4 (2.3)	0.09-4.51	
E7	Never	84 (48.8)	41.42-56.18	99 (57.2)	49.89-64.51	
	Seldom	49 (28.5)	21.83-35.17	43 (24.9)	18.51-31.29	

	Sometimes	29 (16.9)	11.36-22.44	18 (10.4)	5.89-14.91
	Always	8 (4.7)	1.57-7.83	8 (4.6)	1.51-7.69
	Nearly everyday	2 (1.2)	0.03-2.81	5 (2.9)	0.42-5.38
E8	Never	31 (18.0)	12.32-23.68	43 (24.4)	18.05-30.75
	Seldom	19 (11.0)	6.38-15.62	14 (8.0)	3.99-12.01
	Sometimes	30 (17.4)	11.80-23.00	34 (19.3)	13.47-25.13
	Always	46 (26.7)	30.16-33.24	53(30.1)	23.32-36.88
	Nearly everyday	46 (26.7)	30.16-33.24	32 (18.2)	12.50-23.90
E9	Never	118 (68.6)	61.74-75.46	129 (73.3)	66.76-79.84
	Seldom	32 (18.6)	12.85-24.35	32 (18.2)	12.50-23.90
	Sometimes	15 (8.7)	4.54-12.86	9 (5.1)	1.85-8.35
	Always	2 (1.2)	0.03-2.81	2 (1.1)	0.03-2.64
	Nearly everyday	5 (2.9)	0.42-5.38	4 (2.3)	0.09-4.51
E10	Never	111 (64.5)	57.43-71.57	130 (73.9)	67.41-80.39
	Seldom	39 (22.7)	16.51-28.89	32 (18.2)	12.50-23.90
	Sometimes	15 (8.7)	4.54-12.86	10(5.7)	2.27-9.13
	Always	5 (2.9)	0.42-5.38	2 (1.1)	0.03-2.64
	Nearly everyday	2 (1.2)	0.03-2.81	2 (1.1)	0.03-2.64
E11	Never	109 (63.4)	56.28-70.52	96 (57.8)	50.50-65.10
	Seldom	39 (22.7)	16.51-28.89	32 (19.3)	13.47-25.13
	Sometimes	14 (8.1)	4.07-12.13	13(7.8)	3.84-11.76
	Always	6 (3.5)	0.78-6.22	11 (6.6)	2.93-10.27
	Nearly everyday	4 (2.3)	0.09-4.51	14 (8.4)	4.30-12.50
E12	Never	8 (4.7)*	1.57-7.83	26 (15.7)	10.33-21.07
	Seldom	17 (9.9)	5.49-14.31	13 (7.8)	3.84-11.76
	Sometimes	22 (12.9)	7.95-17.85	28(16.9)	11.36-22.44
	Always	53 (31.0)	24.17-37.83	46 (27.7)	21.09-34.31
	Nearly everyday	71 (41.5)	34.22-48.78	53 (31.9)	25.01-38.79
E13	Never	117 (68.8)	61.96-75.64	97 (58.8)	51.53-66.07
	Seldom	21 (12.4)*	7.53-17.27	45 (27.3)	20.72-33.88
	Sometimes	15 (8.8)	4.61-12.99	14(8.5)	4.38-12.62
	Always	10 (5.9)	2.42-9.38	5 (3.0)	0.48-5.52
	Nearly everyday	7 (4.1)	1.17-7.03	4 (2.4)	0.14-4.66
E14	Never	132 (77.2)	71.00-83.40	116 (69.9)	63.12-76.68
	Seldom	14 (8.2)	4.15-12.25	29(17.5)	11.89-23.11
	Sometimes	17 (9.9)	5.49-14.31	10(6.0)	2.49-9.51
	Always	4 (2.3)	0.09-4.51	6 (3.6)	0.85-6.35
	Nearly everyday	4 (2.3)	0.09-4.51	5 (3.0)	0.48-5.52
E15	Never	116 (67.8)	60.90-74.70	104(62.7)	55.56-69.84
	Seldom	29 (17.0)	11.45-22.55	32 (19.3)	13.47-25.13
	Sometimes	18 (10.5)	5.97-15.03	17 (10.2)	5.73-14.67
	Always	6 (3.5)	0.78-6.22	6 (3.6)	0.85-6.35
	Nearly everyday	2 (1.2)	0.03-2.81	7 (4.2)	1.24-7.16
E16	Never	12 (7.0)	3.23-10.77	17 (10.3)	5.81-14.79
	Seldom	15(8.8)	4.61-12.99	20 (12.1)	7.28-16.92
	Sometimes	29 (17.0)	11.45-22.55	30 (18.2)	12.50-23.90
	Always	38 (22.2)	16.06-28.34	47(28.5)	21.83-35.17
	Nearly everyday	77 (45.0)	37.65-52.35	51 (30.9)	24.07-37.73
E17	Never	131 (77.1)	70.89-83.31	134 (80.7)	74.87-86.53



		Seldom	31 (18.2)	12.50-23.90	19 (11.4)	6.70-16.10
		Sometimes	6 (3.5)	0.78-6.22	7 (4.2)	1.24-7.16
		Always	0 (0)	0	2 (1.2)	0.03-2.81
		Nearly everyday	2 (1.2)	0.03-2.81	4 (2.4)	0.14-4.66
E18		Never	99 (57.9)	50.61-65.19	113(68.1)	61.21-74.99
		Seldom	44 (25.7)	19.24-32.16	30 (18.1)	12.41-23.79
		Sometimes	19 (11.1)	6.46-15.74	13(7.8)	3.84-11.76
		Always	4 (2.3)	0.09-4.51	7 (4.2)	1.24-7.16
		Nearly everyday	5 (2.9)	0.42-5.38	3 (1.8)	0.04-3.76
E19		Never	110 (64.7)	57.64-71.76	106 (63.9)	56.80-71.00
		Seldom	41 (24.1)	17.78-30.42	41 (24.7)	18.33-31.07
		Sometimes	11 (6.5)	2.86-10.14	9 (5.4)	2.06-8.74
		Always	1 (0.6)	0.02-1.74	3 (1.8)	0.04-3.76
		Nearly everyday	7 (4.1)	1.17-7.03	7 (4.2)	1.24-7.16
E20		Never	106 (62.7)	55.56-69.84	114 (68.7)	61.85-75.55
		Seldom	40 (23.7)	17.42-29.98	36 (21.7)	15.61-27.79
		Sometimes	18 (10.7)	6.13-15.27	11 (6.6)	2.93-10.27
		Always	2 (1.2)	0.03-2.81	0 (0)	0
		Nearly everyday	3 (1.8)	0.04-3.76	5 (3.0)	0.48-5.52
Female	E1	Never	134 (51.7)	45.78-57.62	138 (50.4)	44.48-56.32
		Seldom	79 (30.5)	25.05-35.95	85 (31.0)	25.52-36.48
		Sometimes	36 (13.9)	9.80-18.00	37 (13.5)	9.45-17.55
		Always	7 (2.7)	0.78-4.62	11 (4.0)	1.68-6.32
		Nearly everyday	3 (1.2)	0.03-2.49	3 (1.1)	0.02-2.34
	E2	Never	140 (54.3)	48.40-60.20	147 (53.6)	47.69-59.51
		Seldom	84 (32.6)	27.05-38.15	90 (32.8)	27.24-38.36
		Sometimes	26 (10.1)	6.53-13.67	26 (9.5)	6.03-12.94
		Always	7 (2.7)	0.78-4.62	7 (2.6)	0.72-4.48
		Nearly everyday	1 (0.4)	0.02-1.15	4 (1.5)	0.06-2.94
	E3	Never	177 (68.3)	62.79-73.81	176 (64.2)	58.52-69.88
		Seldom	58 (22.4)	17.46-27.34	58 (21.2)	16.36-26.04
		Sometimes	19 (7.3)	4.22-10.38	26 (9.5)	6.03-12.94
		Always	2 (0.8)	0.03-1.85	9 (3.3)	1.18-5.42
		Nearly everyday	3 (1.2)	0.03-2.49	5 (1.8)	0.23-3.37
	E4	Never	84 (33.1)	27.53-38.67	74(27.0)	21.74-32.26
		Seldom	49 (19.3)	14.63-23.97	66 (24.1)	19.04-29.16
		Sometimes	61 (24.0)	18.94-29.06	64 (23.4)	18.39-28.41
		Always	35 (13.8)	9.72-17.88	46 (16.8)	12.37-21.23
		Nearly everyday	25 (9.8)	6.28-13.32	24 (8.8)	5.45-12.15
	E5	Never	117 (45.5)	39.60-51.40	148 (54.2)	48.30-60.10
		Seldom	77 (30.0)	24.57-35.43	73 (26.7)	21.46-31.94
		Sometimes	51 (19.8)	15.08-24.52	39 (14.3)	10.15-18.45
		Always	8 (3.1)	1.05-5.15	5 (1.8)	0.23-3.37
		Nearly everyday	4 (1.6)	0.11-3.09	8 (2.9)	0.91-4.89
	E6	Never	159 (61.4)	55.64-67.16	160 (58.4)	52.56-64.24
		Seldom	70 (27.0)	21.74-32.26	75 (27.4)	22.12-32.68
		Sometimes	24 (9.3)	5.86-12.74	27 (9.9)	6.36-13.44
		Always	4 (1.5)	0.06-2.94	9 (3.3)	1.18-5.42
		Nearly everyday	2 (0.8)	0.03-1.85	3 (1.1)	0.03-2.34

E7	Never	141 (54.4)	48.50-60.30	147 (53.8)	47.90-59.70
	Seldom	77 (29.7)	24.29-35.11	89 (32.6)	27.05-38.15
	Sometimes	25 (9.7)	6.20-13.20	26 (9.5)	6.03-12.97
	Always	10 (3.9)	1.61-6.19	4 (1.5)	0.06
	Nearly everyday	6 (2.3)	0.53-4.07	7 (2.6)	0.72-4.48
E8	Never	40 (15.5)	11.21-19.79	31 (11.3)	7.55-15.05
	Seldom	35 (13.6)	9.54-17.66	35 (12.8)	8.84-16.76
	Sometimes	61 (23.6)	18.57-28.63	71 (25.9)	20.71-31.09
	Always	76 (29.5)	24.10-34.90	79 (28.8)	23.44-34.16
	Nearly everyday	46 (17.8)	13.27-22.33	58 (21.2)	16.36-26.04
E9	Never	183 (71.8)	66.47-77.13	195 (71.2)	65.84-76.56
	Seldom	46 (18.0)	13.45-22.55	50 (18.2)	13.63-22.77
	Sometimes	16 (6.3)	3.42-9.18	15 (5.5)	2.80-8.20
	Always	7 (2.7)	0.78-4.62	8 (2.9)	0.91-4.89
	Nearly everyday	3 (1.2)	0.03-2.49	6 (2.2)	0.46-3.94
E10	Never	202 (78.3)	73.42-83.18	199 (72.6)	67.32-77.88
	Seldom	39 (15.1)	10.86-19.34	56 (20.4)	15.63-25.17
	Sometimes	6 (2.3)	0.53-4.07	12 (4.4)	1.97-6.83
	Always	7 (2.7)	0.78-4.62	4 (1.5)	0.06-2.94
	Nearly everyday	4 (1.6)	0.11-3.09	3 (1.1)	0.03-2.34
E11	Never	168 (65.1)	59.46-70.74	174 (65.2)	59.56-70.84
	Seldom	59 (22.9)	17.92-27.88	47 (17.6)	13.09-22.11
	Sometimes	18 (7.0)	3.98-10.02	21 (7.9)	4.71-11.09
	Always	4 (1.6)	0.11-3.09	9 (3.4)	1.25-5.55
	Nearly everyday	9 (3.5)	1.32-5.68	16 (6.0)	3.19-8.81
E12	Never	8 (3.1)	1.05-5.15	24 (9.0)	5.61-12.39
	Seldom	15 (5.9)	3.11-8.69	19 (7.1)	4.06-10.14
	Sometimes	37 (14.5)	10.33-18.67	37 (13.9)	9.80-18.00
	Always	78 (30.5)	25.05-35.95	77 (28.9)	23.53-34.27
	Nearly everyday	118 (46.1)	40.20-52.00	109 (41.0)	35.18-46.82
E13	Never	152 (59.4)	53.59-65.21	143 (53.6)	47.69-59.51
	Seldom	57 (22.3)	17.37-27.23	73 (27.3)	22.02-32.58
	Sometimes	36 (14.1)	9.98-18.22	38 (14.2)	10.07-18.33
	Always	10 (3.9)	1.61-6.19	10 (3.7)	1.46-5.94
	Nearly everyday	1 (0.4)	0.02-1.15	3 (1.1)	53.59-65.21
E14	Never	195 (76.2)*	71.16-81.24	173 (64.8)	59.14-70.46
	Seldom	46 (18.0)	13.45-22.55	59 (22.1)	17.19-27.01
	Sometimes	9 (3.5)	1.32-5.68	23 (8.6)	5.28-11.92
	Always	2 (0.8)	-0.25-1.85	7 (2.6)	0.72-4.48
	Nearly everyday	4 (1.6)	0.11-3.09	5 (1.9)	0.28-3.52
E15	Never	167 (65.3)	59.66-70.94	149 (55.8)	49.92-61.68
	Seldom	57 (22.3)	17.37-27.23	77 (28.8)	23.44-34.16
	Sometimes	19 (7.4)	4.30-10.50	29 (10.9)	7.21-14.59
	Always	7 (2.7)	0.78-4.62	8 (3.0)	0.98-5.02
	Nearly everyday	6 (2.3)	0.53-4.07	4 (1.5)	0.06-2.94
E16	Never	11 (4.3)	1.90-6.70	16 (6.0)	3.19-8.81
	Seldom	26 (10.2)	6.62-13.78	31 (11.6)	7.81-15.39
	Sometimes	53 (20.8)	15.99-25.61	44 (16.5)	12.10-20.90
	Always	68 (26.7)	21.46-31.94	89 (33.3)	27.72-38.88
	Nearly everyday	97 (38.0)	32.25-43.75	87 (32.6)	27.05-38.15

E17	Never	177 (69.1)	63.63-74.57	187 (70.3)	64.89-75.71	
	Seldom	54 (21.1)	16.27-25.93	41 (15.4)	11.13-19.67	
	Sometimes	13 (5.1)	2.50-7.70	22 (8.3)	5.03-11.57	
	Always	6 (2.3)	0.53-4.07	11 (4.1)	1.75-6.45	
	Nearly everyday	6 (2.3)	0.53-4.07	5 (1.9)	0.28-3.52	
E18	Never	164 (64.1)	58.42-69.78	144 (54.3)	48.40-60.20	
	Seldom	62 (24.2)	19.13-29.27	78 (29.4)	24.01-34.79	
	Sometimes	23 (9.0)	5.61-12.39	32 (12.1)	8.24-15.96	
	Always	6 (2.3)	0.53-4.07	6 (2.3)	0.53-4.07	
	Nearly everyday	1 (0.4)	-0.35-1.15	5 (1.9)	0.28-3.52	
E19	Never	151 (59.0)	53.18-64.82	141 (53.0)	47.09-58.91	
	Seldom	63 (24.6)	19.50-29.70	69 (25.9)	20.71-31.09	
	Sometimes	24 (9.4)	5.94-12.86	36 (13.5)	9.45-17.55	
	Always	6 (2.3)	0.53-4.07	11 (4.1)	1.75-6.45	
	Nearly everyday	12 (4.7)	2.19-7.21	9 (3.4)	1.25-5.55	
E20	Never	170 (66.7)	61.12-72.28	169 (64.0)	58.32-69.68	
	Seldom	60 (23.5)	18.48-28.52	66 (25.0)	19.87-30.13	
	Sometimes	18 (7.1)	4.06-10.14	22 (8.3)	5.03-11.57	
	Always	4 (1.6)	0.11-3.09	3 (1.1)	0.03-2.34	
	Nearly everyday	3 (1.2)	0.03-2.49	4 (1.5)	0.06-2.94	
Total	E1	Never	233 (54.1)	49.50-58.70	240 (53.3)	48.69-57.91
		Seldom	127 (29.5)	25.29-33.71	131 (29.1)	24.90-33.30
		Sometimes	56 (13.0)	9.89-16.11	57 (12.7)	9.62-15.78
		Always	9 (2.1)	0.78-3.42	15 (3.3)	1.65-4.95
		Nearly everyday	6 (1.4)	0.31-2.49	7 (1.6)	0.44-2.76
E2	Never	239 (55.6)	51.01-60.19	261 (58.0)	53.44-62.56	
	Seldom	129 (30.0)	25.77-34.23	134 (29.8)	25.57-34.03	
	Sometimes	47 (10.9)	8.02-13.78	40 (8.9)	6.27-11.53	
	Always	10 (2.3)	0.91-3.69	9 (2.0)	0.71-3.29	
	Nearly everyday	5 (1.2)	0.19-2.21	6 (1.3)	0.25-2.35	
E3	Never	297 (69.1)	64.83-73.37	304 (67.7)	63.38-72.02	
	Seldom	81 (18.8)	15.19-22.41	85 (18.9)	15.28-22.52	
	Sometimes	39 (9.1)	6.44-11.76	39 (8.7)	6.10-11.30	
	Always	9 (2.1)	0.78-3.42	11 (2.4)	0.99-3.81	
	Nearly everyday	4 (0.9)	0.03-1.77	10 (2.2)	0.84-3.56	
E4	Never	144 (34.0)	29.62-38.38	139 (30.9)	26.63-35.17	
	Seldom	81 (19.1)	15.47-22.73	100 (22.2)	18.36-26.04	
	Sometimes	92 (21.7)	17.89-25.51	91 (20.2)	16.49-23.91	
	Always	57 (13.5)	10.34-16.66	77 (17.1)	13.62-20.58	
	Nearly everyday	49 (11.6)	8.64-14.56	43 (9.6)	6.88-12.32	
E5	Never	200 (46.6)	41.99-51.21	253 (56.3)	51.72-60.88	
	Seldom	124 (28.9)	24.71-33.09	115 (25.6)	21.57-29.63	
	Sometimes	79 (18.4)	14.82-21.98	57 (12.7)	9.62-15.78	
	Always	16 (3.7)	1.96-5.44	12 (2.7)	1.20-4.20	
	Nearly everyday	10 (2.3)	0.91-3.69	12 (2.7)	1.20-4.20	
E6	Never	268 (62.2)	57.72-66.68	278 (62.1)	57.62-66.58	
	Seldom	112 (26.0)	21.95-30.05	112 (25.0)	21.00-29.00	
	Sometimes	38 (8.8)	6.18-11.42	38 (8.5)	5.92-11.08	
	Always	7 (1.6)	0.44-2.76	13 (2.9)	1.35-4.45	

	Nearly everyday	6 (1.4)	0.31-2.49	7 (1.6)	0.44-2.76
E7	Never	225 (52.2)	47.58-56.82	246 (55.2)	50.61-29.79
	Seldom	126 (29.2)	25.00-33.40	132 (29.6)	25.38-33.82
	Sometimes	54 (12.5)	9.44-15.56	44 (9.9)	7.14-12.66
	Always	18 (4.2)	2.35-6.05	12 (2.7)	1.20-4.20
	Nearly everyday	8 (1.9)	0.64-3.16	12 (2.7)	1.20-4.20
E8	Never	71 (16.5)	13.07-19.93	74 (16.4)	12.98-19.82
	Seldom	54 (12.6)	9.53-15.67	49 (10.9)	8.02-13.78
	Sometimes	91 (21.2)	17.42-24.98	105 (23.3)	19.39-27.21
	Always	122 (28.4)	24.23-32.57	132(29.3)	25.09-33.51
	Nearly everyday	92 (21.4)	17.61-25.19	90 (20.0)	16.30-23.70
E9	Never	301 (70.5)	66.29-74.71	324 (72.0)	67.85-76.15
	Seldom	78 (18.3)	14.73-21.87	82 (18.2)	14.63-21.77
	Sometimes	31 (7.3)	4.90-9.70	24 (5.3)	3.23-7.37
	Always	9 (2.1)	0.78-3.42	10 (2.2)	0.84-3.56
	Nearly everyday	8 (1.9)	0.64-3.16	10 (2.2)	0.84-3.56
E10	Never	313 (72.8)	68.69-76.91	329 (73.1)	69.00-77.20
	Seldom	78 (18.1)	14.54-21.66	88 (19.6)	15.93-23.27
	Sometimes	21 (4.9)	2.91-6.89	22 (4.9)	2.91-6.89
	Always	12 (2.8)	1.28-4.32	6 (1.3)	0.25-2.35
	Nearly everyday	6 (1.4)	0.31-2.49	5 (1.1)	0.14-2.06
E11	Never	277 (64.4)	59.98-68.82	270 (62.4)	57.92-66.88
	Seldom	98 (22.8)	18.92-26.68	79 (18.2)	14.63-21.77
	Sometimes	32 (7.4)	4.98-9.82	34 (7.9)	5.41-10.39
	Always	10 (2.3)	0.91-3.69	20 (4.6)	2.66-6.54
	Nearly everyday	13 (3.0)	1.42-4.58	30 (6.9)	4.56-9.24
E12	Never	16 (3.7)	1.96-5.44	50 (11.6)	8.64-14.56
	Seldom	32 (7.5)	5.07-9.93	32 (7.4)	4.98-9.82
	Sometimes	59 (13.8)	10.61-16.99	65 (15.0)	11.70-18.30
	Always	131 (30.7)	26.44-34.96	123 (28.5)	24.33-32.67
	Nearly everyday	189 (44.3)	39.71-48.89	162 (37.5)	33.03-41.97
E13	Never	269 (63.1)	58.64-67.56	240 (55.6)	51.01-60.19
	Seldom	78 (18.3)	14.73-21.87	118 (27.3)	23.18-31.42
	Sometimes	51 (12.0)	9.00-15.00	52 (12.0)	9.00-15.00
	Always	20 (4.7)	2.74-6.66	15 (3.5)	1.80-5.20
	Nearly everyday	8 (1.9)	0.64-3.16	7 (1.6)	0.44-2.76
E14	Never	327 (76.6)	72.69-80.51	289 (66.7)	62.35-71.05
	Seldom	60 (14.1)	10.88-17.32	88 (20.3)	16.58-24.02
	Sometimes	26 (6.1)	3.89-8.31	33 (7.6)	5.15-10.05
	Always	6 (1.4)	0.31-2.49	13 (3.0)	1.42-4.58
	Nearly everyday	8 (1.9)	0.64-3.16	10 (2.3)	0.91-3.69
E15	Never	283 (66.3)	61.93-70.67	253 (58.4)	53.85-62.95
	Seldom	86 (20.1)	16.40-23.80	109 (25.2)	21.19-29.21
	Sometimes	37 (8.7)	6.10-11.30	46 (10.6)	7.76-13.44
	Always	13 (3.0)	1.42-4.58	14 (3.2)	1.57-4.83
	Nearly everyday	8 (1.9)	0.64-3.16	11 (2.5)	1.06-3.94
E16	Never	23 (5.4)	3.31-7.49	33 (7.6)	5.15-10.05
	Seldom	41 (9.6)	6.88-12.32	51 (11.8)	8.82-14.78
	Sometimes	82 (19.2)	15.56-22.84	74 (17.1)	13.62-20.58

	Always	106 (24.9)	20.90-28.90	135 (31.5)	27.21-35.79
	Nearly everyday	174 (40.8)	36.26-45.34	138 (31.9)	27.59-36.21
E17	Never	308 (72.3)	68.17-76.43	321 (74.3)	70.26-78.34
	Seldom	85 (20.0)	16.30-23.70	60 (13.9)	10.70-17.10
	Sometimes	19 (4.5)	2.58-6.42	29(6.7)	4.39-9.01
	Always	6 (1.4)	0.31-2.49	13 (3.0)	1.42-4.58
	Nearly everyday	8 (1.9)	0.64-3.16	9 (2.1)	0.78-3.42
E18	Never	263 (61.6)	57.11-66.09	257 (59.6)	55.07-64.13
	Seldom	106 (24.8)	20.81-28.79	108 (25.1)	21.09-29.11
	Sometimes	42 (9.8)	7.05-12.55	45 (10.4)	7.58-13.22
	Always	10 (2.3)	0.91-3.69	13 (3.0)	1.42-4.58
	Nearly everyday	6 (1.4)	0.31-2.49	8 (1.9)	0.64-3.16
E19	Never	261 (61.3)	56.80-65.80	247 (57.2)	52.63-61.77
	Seldom	104 (24.4)	20.43-28.37	110 (25.5)	21.47-29.53
	Sometimes	35 (8.2)	5.66-10.74	45 (10.4)	7.58-13.22
	Always	7 (1.6)	0.44-2.76	14 (3.2)	1.57-4.83
	Nearly everyday	19 (4.5)	2.58-6.42	16 (3.7)	1.96-5.44
E20	Never	276 (65.1)	60.70-69.50	283(65.8)	61.42-70.18
	Seldom	100 (23.6)	19.68-27.52	102 (23.7)	19.77-27.63
	Sometimes	36 (8.5)	5.92-11.08	33 (7.7)	5.24-10.16
	Always	6 (1.4)	0.31-2.49	3 (0.7)	0.03-1.47
	Nearly everyday	6 (1.4)	0.31-2.49	9 (2.1)	0.78-3.42
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Secondary Students					
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Male					
E1	Never	227 (30.5)	27.26-33.74	279 (36.0)	32.62-39.38
	Seldom	320 (43.0)	39.52-46.48	295 (38.0)	34.58-41.42
	Sometimes	160 (21.4)	18.51-24.29	149 (19.2)	16.43-21.97
	Always	10 (1.3)	0.50-2.10	35 (4.5)	3.04-5.96
	Nearly everyday	29 (3.8)	2.45-5.15	18 (2.3)	1.25-3.35
E2	Never	367 (49.1)	45.58-52.62	399 (51.4)	47.88-54.92
	Seldom	253 (33.9)	30.57-37.23	271 (34.9)	31.55-38.25
	Sometimes	112 (15.0)	12.49-17.51	94 (12.1)	9.81-14.39
	Always	13 (1.7)	0.79-2.61	11 (1.4)	0.57-2.23
	Nearly everyday	2 (0.3)	0.01-0.68	1 (0.1)	-0.12-0.32
E3	Never	380 (50.8)	47.28-54.32	410 (52.8)	49.29-56.31
	Seldom	241 (32.2)	28.91-35.49	228 (29.4)	26.19-32.61
	Sometimes	104 (13.9)	11.47-16.33	92 (11.9)	9.62-14.18
	Always	20 (2.7)	1.56-3.84	40 (5.2)	3.64-6.76
	Nearly everyday	3 (0.4)	0.02-0.84	6 (0.8)	0.17-1.43
E4	Never	103 (13.8)	11.37-16.23	131 (16.9)	14.26-19.54
	Seldom	119 (15.9)	13.33-18.47	135 (17.4)	14.73-20.07
	Sometimes	266 (35.6)	32.23-38.97	236 (30.5)	27.26-33.74
	Always	184 (24.6)	21.57-27.63	202 (26.1)	23.01-29.19
	Nearly everyday	75 (10.0)	7.89-12.11	71 (9.2)	7.17-11.23
E5	Never	174 (23.4)	20.42-26.38	228 (29.5)	26.29-32.71
	Seldom	273 (36.6)	33.21-39.99	266 (34.4)	31.06-37.74
	Sometimes	210 (28.2)	25.03-31.37	199 (25.7)	22.63-28.77
	Always	70 (9.4)	7.35-11.45	66 (8.5)	6.54-10.46
	Nearly everyday	18 (2.4)	1.32-3.48	14 (1.8)	0.86-2.74

E6	Never	342 (45.7)	42.20-49.20	300(38.7)	35.27-42.13
	Seldom	241 (32.2)	28.91-35.49	286 (36.9)	33.50-40.30
	Sometimes	133 (17.8)	15.11-20.49	134 (17.3)	14.64-19.96
	Always	23 (3.1)	1.88-4.32	40 (5.2)	3.64-6.76
	Nearly everyday	9 (1.2)	0.43-1.97	16 (2.1)	42.20-49.20
E7	Never	290 (38.8)	35.37-42.23	288 (37.1)	33.70-40.50
	Seldom	282 (37.7)	34.29-41.11	301 (38.8)	35.37-42.23
	Sometimes	132 (17.6)	14.92-20.28	149 (19.2)	16.43-21.97
	Always	35 (4.7)	3.21-6.19	28 (3.6)	2.29-4.91
	Nearly everyday	9 (1.2)	0.43-1.97	10 (1.3)	0.50-2.10
E8	Never	36 (4.8)	3.30-6.30	78 (10.1)	7.98-12.22
	Seldom	111 (14.9)	12.39-17.41	109 (14.1)	11.65-16.55
	Sometimes	232 (31.1)	27.84-34.36	240 (31.0)	27.75-34.25
	Always	232 (31.1)	27.84-34.36	233 (30.1)	26.87-33.33
	Nearly everyday	135 (18.1)	15.39-20.81	115 (14.8)	12.30-17.30
E9	Never	440 (59.0)	55.54-62.46	407 (52.5)	48.99-56.01
	Seldom	189 (25.3)	22.24-28.36	236 (30.5)	27.26-33.74
	Sometimes	78 (10.5)	8.34-12.66	92 (11.9)	9.62-14.18
	Always	30 (4.0)	2.62-5.38	25 (3.2)	1.96-4.44
	Nearly everyday	9 (1.2)	0.43-1.97	15 (1.9)	0.94-2.86
E10	Never	467 (62.5)	59.09-65.91	435 (56.1)	52.61-59.59
	Seldom	208 (27.8)	24.65-30.95	237 (30.5)	27.26-33.74
	Sometimes	62 (8.3)	6.36-10.24	83 (10.7)	8.53-12.87
	Always	8 (1.1)	0.37-1.83	12 (1.5)	0.64-2.36
	Nearly everyday	2 (0.3)	0.02-0.68	9 (1.2)	0.43-1.97
E11	Never	404 (54.1)	50.59-57.61	377 (50.0)	46.48-53.52
	Seldom	252 (33.7)	30.37-37.03	220 (29.2)	26.00-32.40
	Sometimes	71 (9.5)	7.44-11.56	104 (13.8)	11.37-16.23
	Always	13 (1.7)	0.79-2.61	37 (4.9)	3.38-6.42
	Nearly everyday	7 (0.9)	0.24-1.56	16 (2.1)	1.09-3.11
E12	Never	16 (2.1)	1.09-3.11	43 (5.7)	4.07-7.33
	Seldom	47 (6.3)	4.59-8.01	98 (13.0)	10.63-15.37
	Sometimes	237 (31.7)	28.43-34.97	238 (31.5)	28.23-34.77
	Always	273 (36.5)	33.11-39.89	245 (32.4)	29.11-35.69
	Nearly everyday	174 (23.3)	20.33-26.27	132 (17.5)	14.83-20.17
E13	Never	282 (38.0)	34.58-41.42	249 (33.0)	29.69-36.31
	Seldom	223 (30.0)	26.78-33.22	257 (34.1)	30.76-37.44
	Sometimes	168 (22.6)	19.66-25.54	189 (25.1)	22.05-28.15
	Always	50 (6.7)	4.94-8.46	40 (5.3)	3.72-6.88
	Nearly everyday	20 (2.7)	1.56-3.84	19 (2.5)	1.40-3.60
E14	Never	410 (55.0)*	51.50-58.50	335 (44.3)	40.80-47.80
	Seldom	207 (27.7)	24.55-30.85	256 (33.8)	30.47-37.13
	Sometimes	94 (12.6)	10.27-14.93	115 (15.2)	12.67-17.73
	Always	24 (3.2)	1.96-4.44	35 (4.6)	3.13-6.07
	Nearly everyday	11 (1.5)	0.64-2.36	16 (2.1)	1.09-3.11
E15	Never	365 (48.9)	45.38-52.42	291 (38.4)	34.98-41.82
	Seldom	237 (31.7)	28.43-34.97	267 (35.3)	31.94-38.66
	Sometimes	114 (15.3)	12.77-17.83	141 (18.6)	15.86-21.34
	Always	20 (2.7)	1.56-3.84	37 (4.9)	3.38-6.42
	Nearly everyday	11 (1.5)	0.64-2.36	21 (2.8)	1.64-3.96

E16	Never	26 (3.5)	2.21-4.79	63 (8.3)	6.36-10.24	
	Seldom	67 (9.0)	6.99-11.01	95 (12.6)	10.27-14.93	
	Sometimes	229 (30.7)	27.45-33.95	238 (31.5)	28.23-34.77	
	Always	252 (33.8)	30.47-37.13	243 (32.1)	28.82-35.38	
	Nearly everyday	172 (23.1)	20.13-26.07	117 (15.5)	12.95-18.05	
E17	Never	612 (81.9)	79.19-84.61	582 (76.9)	73.93-79.87	
	Seldom	105 (14.1)	11.65-16.55	130 (17.2)	14.54-19.86	
	Sometimes	25 (3.3)	2.04-4.56	33 (4.4)	2.96-5.84	
	Always	3 (0.4)	-0.04-0.84	7 (0.9)	0.24-1.56	
	Nearly everyday	2 (0.3)	-0.08-0.68	5 (0.7)	0.11-1.29	
E18	Never	368 (49.3)	45.78-52.82	313 (41.3)	37.84-44.76	
	Seldom	253 (33.9)	30.57-37.23	279 (36.9)	33.50-40.30	
	Sometimes	105 (14.1)	11.65-16.55	126 (16.6)	13.98-19.22	
	Always	11 (1.5)	0.64-2.36	24 (3.2)	1.96-4.44	
	Nearly everyday	9 (1.2)	0.43-1.97	15 (2.0)	1.01-2.99	
E19	Never	375 (50.3)	46.78-53.82	324 (42.9)	39.42-46.38	
	Seldom	236 (31.6)	28.33-34.87	282(37.3)	33.90-40.70	
	Sometimes	105 (14.1)	11.65-16.55	109(14.4)	11.93-16.87	
	Always	22 (2.9)	1.72-4.08	19 (2.5)	1.40-3.60	
	Nearly everyday	8 (1.1)	0.37-1.83	22 (2.9)	1.72-4.08	
E20	Never	351(47.1)	43.59-50.36	324 (42.9)	39.42-46.38	
	Seldom	219 (29.4)	26.19-32.61	258 (34.1)	30.76-37.44	
	Sometimes	137 (18.4)	15.67-21.13	125 (16.5)	13.89-19.11	
	Always	26 (3.5)	2.21-4.79	34(4.5)	3.04-5.96	
	Nearly everyday	13 (1.7)	0.79-2.61	15(2.0)	1.01-2.99	
Female	E1	Never	85 (22.8)	18.60-27.00	87 (22.7)	18.51-26.89
		Seldom	141 (37.9)	33.05-42.75	128 (33.4)	28.68-38.12
		Sometimes	108 (29.0)	24.46-33.54	124 (32.4)	27.72-37.08
		Always	25 (6.7)	4.20-9.20	30 (7.8)	5.12-10.48
		Nearly everyday	13 (3.5)	1.66-5.34	14 (3.7)	1.81-5.59
E2	Never	127 (34.1)	29.36-38.84	132 (34.5)	29.75-39.25	
	Seldom	145 (39.0)	34.12-43.88	154 (40.2)	35.30-45.10	
	Sometimes	79 (21.2)	17.11-25.29	78 (20.4)	16.37-24.43	
	Always	16 (4.3)	2.27-6.33	15(3.9)	1.96-5.84	
	Nearly everyday	5 (1.3)	0.17-2.43	4 (1.0)	0.00-2.00	
E3	Never	148 (40.1)	35.20-45.00	148 (38.7)	33.83-43.57	
	Seldom	108 (29.3)	24.75-33.85	120 (31.4)	26.76-36.04	
	Sometimes	71 (19.2)	15.26-23.14	85 (22.3)	18.14-26.46	
	Always	36 (9.8)	6.83-12.77	23 (6.0)	3.62-8.38	
	Nearly everyday	6 (1.6)	0.34-2.86	6 (1.6)	0.34-2.86	
E4	Never	64 (17.3)	13.52-21.08	56 (14.6)	11.07-18.13	
	Seldom	92 (24.9)	20.57-29.23	97 (25.3)	20.95-29.65	
	Sometimes	135 (36.5)	31.68-41.32	145 (37.9)	33.05-42.75	
	Always	51 (13.8)	10.35-17.25	62 (16.2)	12.51-19.89	
	Nearly everyday	28 (7.6)	4.95-10.25	23 (6.0)	3.62-8.38	
E5	Never	61 (16.4)	12.70-20.10	74(19.3)	15.35-23.25	
	Seldom	119 (32.1)	27.43-36.77	123 (32.1)	27.43-36.77	
	Sometimes	136 (36.7)	31.88-41.52	130 (33.9)	29.17-38.63	
	Always	40 (10.8)	7.70-13.90	41 (10.7)	7.61-13.79	

	Nearly everyday	15 (4.0)	2.04-5.96	15 (3.9)	1.96-5.84
E6	Never	120 (32.3)	27.62-36.98	97 (25.3)	20.95-29.65
	Seldom	116 (31.3)	26.66-35.94	147 (38.4)	33.54-43.26
	Sometimes	89 (24.0)	19.73-28.27	96 (25.1)	20.76-29.44
	Always	31 (8.4)	5.63-11.17	35 (9.1)	6.22-11.98
	Nearly everyday	15 (4.0)	2.04-5.96	8 (2.1)	0.67-3.53
E7	Never	114 (30.9)	26.28-35.52	99 (25.8)	21.42-30.18
	Seldom	134 (36.3)	31.49-41.11	166 (43.2)	38.25-48.15
	Sometimes	96 (26.0)	21.61-30.39	97 (25.3)	20.95-29.65
	Always	18 (4.9)	2.74-7.06	19 (4.9)	2.74-7.06
	Nearly everyday	7 (1.9)	0.53-3.27	3 (0.8)	0.03-1.69
E8	Never	26 (7.0)	4.45-9.55	37 (9.6)	6.65-12.55
	Seldom	76 (20.5)	16.46-24.54	75 (19.5)	15.54-23.46
	Sometimes	139 (37.6)	32.76-42.44	138 (35.9)	31.10-40.70
	Always	86 (23.2)	18.98-27.42	96 (25.0)	20.67-29.33
	Nearly everyday	43 (11.6)	8.40-14.80	38 (9.9)	6.91-12.89
E9	Never	160 (43.2)	38.25-48.15	145 (37.9)	33.05-42.75
	Seldom	118 (31.9)	27.24-36.56	109 (28.5)	23.98-33.02
	Sometimes	54 (14.6)	11.07-18.13	89 (23.2)	18.98-27.42
	Always	23 (6.2)	3.79-8.61	31 (8.1)	5.37-10.83
	Nearly everyday	15 (4.1)	2.12-6.08	9 (2.3)	0.80-3.80
E10	Never	176 (47.6)	42.60-52.60	152 (39.6)	34.71-44.49
	Seldom	111 (30.0)	25.42-34.58	141 (36.7)	31.88-41.52
	Sometimes	58 (15.7)	12.06-19.34	70 (18.2)	14.34-22.06
	Always	18 (4.9)	2.74-7.06	15 (3.9)	1.96-5.84
	Nearly everyday	7 (1.9)	0.53-3.27	6 (1.6)	0.34-2.86
E11	Never	168 (45.4)	40.42-50.38	149 (39.4)	34.51-44.29
	Seldom	128 (34.6)	29.84-39.36	118 (31.2)	26.57-35.83
	Sometimes	56 (15.1)	11.52-18.68	70 (18.5)	14.62-22.38
	Always	14(3.8)	1.89-5.71	32 (8.5)	5.71-11.29
	Nearly everyday	4 (1.1)	0.06-2.14	9 (2.4)	0.87-3.93
E12	Never	11 (3.0)	1.29-4.71	26 (6.9)	4.36-9.44
	Seldom	43 (11.6)	8.40-14.80	48 (12.8)	9.46-16.14
	Sometimes	108 (29.1)	24.56-33.64	125 (33.2)	28.49-37.91
	Always	122 (32.9)	28.20-37.60	108 (28.7)	24.18-33.22
	Nearly everyday	87 (23.5)	19.26-27.74	69 (18.4)	14.52-22.28
E13	Never	142 (38.4)	33.54-43.26	112 (29.7)	25.13-34.27
	Seldom	109 (29.5)	24.94-34.06	126 (33.4)	28.68-38.12
	Sometimes	83 (22.4)	18.23-26.57	111 (29.4)	25.13-34.27
	Always	25 (6.8)	4.28-9.32	19 (5.0)	2.82-7.18
	Nearly everyday	11 (3.0)	1.29-4.71	9 (2.4)	0.87-3.93
E14	Never	163 (43.9)	38.94-48.86	132 (35.1)	30.33-39.87
	Seldom	110 (29.6)	25.03-34.17	132 (35.1)	30.33-39.87
	Sometimes	61 (16.4)	12.70-20.10	83 (22.1)	17.95-26.25
	Always	27 (7.3)	4.70-9.90	20 (5.3)	3.06-7.54
	Nearly everyday	10 (2.7)	1.08-4.32	9 (2.4)	0.87-3.93
E15	Never	149 (40.2)*	35.30-45.10	112 (29.7)	25.13-34.27
	Seldom	144 (38.8)	33.93-43.67	159 (42.2)	37.26-47.14
	Sometimes	64 (17.3)	13.52-21.08	74 (19.6)	15.63-23.57



	Always	11 (3.0)	1.29-4.71	20 (5.3)	3.06-7.54	
	Nearly everyday	3 (0.8)	-0.09-1.69	12 (3.2)	1.44-4.96	
E16	Never	11 (3.0)	1.29-4.71	21 (5.6)	3.30-7.90	
	Seldom	54(14.6)	11.07-18.13	65 (17.4)	13.61-21.19	
	Sometimes	142 (38.3)	33.44-43.16	121 (32.4)	27.72-37.08	
	Always	97 (26.1)	21.71-30.49	102 (27.3)	22.84-31.76	
	Nearly everyday	67 (18.1)	14.25-21.95	65 (17.4)	13.61-21.19	
E17	Never	191 (51.3)	46.30-56.30	170(45.2)	40.22-50.18	
	Seldom	100 (26.9)	22.46-31.34	128 (34.0)	29.26-38.74	
	Sometimes	59 (15.9)	12.24-19.56	52 (13.8)	10.35-17.25	
	Always	16 (4.3)	2.27-6.33	19 (5.1)	2.90-7.30	
	Nearly everyday	6 (1.6)	0.34-2.86	6 (1.6)	0.34-2.86	
E18	Never	123 (33.1)	28.39-37.81	94 (25.1)	20.76-29.44	
	Seldom	128 (34.4)	29.65-39.15	138 (36.8)	31.98-41.62	
	Sometimes	77 (20.7)	16.65-24.75	105(28.0)	23.51-32.49	
	Always	32 (8.6)	5.80-11.40	25(6.7)	4.20-9.20	
	Nearly everyday	12 (3.2)	1.44-49.6	13(3.5)	1.66-5.34	
E19	Never	126 (34.1)	29.36-38.84	103 (27.4)	22.94-31.86	
	Seldom	132 (35.7)	30.91-40.49	145 (38.6)	33.73-43.47	
	Sometimes	64 (17.3)	13.52-21.08	98 (26.1)	21.71-30.49	
	Always	31 (8.4)	5.63-11.17	19 (5.1)	2.90-7.30	
	Nearly everyday	17 (4.6)	2.50-6.70	11 (2.9)	1.22-4.58	
E20	Never	137 (37.0)	32.17-41.83	119 (31.7)	27.05-36.35	
	Seldom	116 (31.4)	26.76-36.04	113 (30.1)	25.51-34.69	
	Sometimes	80 (21.6)	17.48-25.72	115 (30.7)	26.09-35.31	
	Always	21 (5.7)	3.38-8.02	21 (5.6)	3.30-7.90	
	Nearly everyday	16 (4.3)	2.27-6.33	7 (1.9)	0.53-3.27	
Total	E1	Never	312 (28.0)	25.42-30.58	366 (31.6)	28.92-34.28
		Seldom	461(41.3)	38.47-44.13	423 (36.5)	33.73-39.27
		Sometimes	267 (23.9)	21.45-26.35	273 (23.6)	21.16-26.04
		Always	53(4.7)	3.48-5.92	65 (5.6)	4.28-6.92
		Nearly everyday	23 (2.1)	1.27-2.93	32 (2.8)	1.85-3.75
	E2	Never	494 (44.1)	41.24-46.96	531 (45.8)	42.93-48.67
		Seldom	398 (35.6)	32.84-38.36	425 (36.7)	33.93-39.47
		Sometimes	191 (17.1)	14.93-19.27	172 (14.8)	12.76-16.84
		Always	29 (2.6)	1.68-3.52	26 (2.2)	1.36-3.04
		Nearly everyday	7 (0.6)	0.16-1.04	5 (0.4)	0.04-0.76
	E3	Never	528 (47.3)	44.43-50.17	558 (48.2)	45.32-51.08
		Seldom	349 (31.2)	28.53-33.87	348 (30.1)	27.46-32.74
		Sometimes	175 (15.7)	13.61-17.79	177 (15.3)	13.23-17.37
		Always	56 (5.0)	3.75-6.25	63 (5.4)	4.10-6.70
		Nearly everyday	9 (0.8)	0.29-1.31	12 (1.0)	0.43-1.57
	E4	Never	167 (15.0)	12.95-17.05	187 (16.1)	13.98-18.22
		Seldom	211 (18.9)	16.65-21.15	232 (20.0)	17.70-22.30
		Sometimes	401 (35.9)	33.14-38.66	381 (32.9)	30.20-35.60
		Always	235 (21.0)	18.66-23.34	264 (22.8)	20.39-25.21
		Nearly everyday	103 (9.2)	7.54-10.86	94 (8.1)	6.53-9.67
	E5	Never	235 (21.1)	18.75-23.45	302 (26.1)	23.57-28.63
		Seldom	392 (35.1)	32.35-37.85	389 (33.7)	30.98-36.42

	Sometimes	346 (31.0)	28.34-33.66	329 (28.5)	25.90-31.10
	Always	110 (9.9)	8.18-11.62	107 (9.3)	7.63-10.97
	Nearly everyday	33 (3.0)	2.02-3.98	29 (2.5)	1.60-3.40
E6	Never	462 (41.3)	38.47-44.13	397 (34.3)	31.57-37.03
	Seldom	357 (31.9)	29.22-34.58	433 (37.4)	34.62-40.18
	Sometimes	222 (19.8)	17.51-22.09	230 (19.8)	17.51-22.06
	Always	54 (4.8)	3.57-6.03	75 (6.5)	5.08-7.92
	Nearly everyday	24 (2.1)	1.27-2.93	24 (2.1)	1.27-2.93
E7	Never	404 (36.2)	33.43-38.97	387 (33.4)	30.69-36.11
	Seldom	416 (37.2)	34.42-38.97	467 (40.3)	37.48-43.12
	Sometimes	228 (20.4)	18.08-22.72	246 (21.2)	18.85-23.55
	Always	53 (4.7)	3.48-5.92	47 (4.1)	2.96-5.24
	Nearly everyday	16 (1.4)	0.72-2.08	13 (1.1)	0.50-1.70
E8	Never	62 (5.6)	4.28-6.92	115 (9.9)	8.18-11.62
	Seldom	187 (16.8)	14.65-18.95	184 (15.9)	13.80-18.00
	Sometimes	371 (33.2)	30.49-35.91	378 (32.6)	29.90-35.30
	Always	318 (28.5)	25.90-31.10	329 (28.4)	25.80-31.00
	Nearly everyday	178 (15.9)	13.80-18.00	153 (13.2)	11.25-15.15
E9	Never	600 (53.8)	50.93-56.67	552 (47.7)	44.83-50.57
	Seldom	307 (27.5)	24.93-30.07	345 (29.8)	27.17-32.43
	Sometimes	132 (11.8)	9.94-13.66	181 (15.6)	13.51-17.69
	Always	53 (4.7)	3.48-5.92	56 (4.8)	3.57-6.03
	Nearly everyday	24 (2.2)	1.36-3.04	24 (2.1)	1.27-2.93
E10	Never	643 (57.6)	54.76-60.44	587 (50.6)	47.72-53.48
	Seldom	319 (28.6)	26.00-31.20	378 (32.6)	29.90-35.30
	Sometimes	120 (10.7)	8.92-12.48	153 (13.2)	11.25-15.15
	Always	26 (2.3)	1.44-3.16	27 (2.3)	1.44-3.16
	Nearly everyday	9 (0.8)	0.29-1.31	15 (1.3)	0.65-1.95
E11	Never	572 (51.2)	48.32-54.08	526 (46.5)	43.63-49.37
	Seldom	380 (34.0)	31.27-36.73	338 (29.9)	27.27-32.53
	Sometimes	127 (11.4)	9.57-13.23	174 (15.4)	13.32-17.48
	Always	27 (2.4)	1.52-3.28	69 (6.1)	4.72-7.48
	Nearly everyday	11 (1.0)	0.43-1.57	25 (2.2)	1.36-3.04
E12	Never	27 (2.4)	1.52-3.28	69 (6.1)	4.72-7.48
	Seldom	90 (8.1)	6.53-9.67	146 (12.9)	10.97-14.83
	Sometimes	345 (30.9)	28.24-33.56	363 (32.1)	29.41-34.79
	Always	395 (35.3)	32.55-38.05	353 (31.2)	28.53-33.87
	Nearly everyday	261 (23.3)	20.87-25.73	201 (17.8)	15.60-20.00
E13	Never	424 (38.1)	35.31-40.89	361 (31.9)	29.22-34.58
	Seldom	332 (29.8)	27.17-32.43	383 (33.9)	31.18-36.62
	Sometimes	251 (22.6)	20.19-25.01	300 (26.5)	23.96-29.04
	Always	75 (6.7)	5.26-8.14	59 (5.2)	3.92-6.48
	Nearly everyday	31 (2.8)	1.85-3.75	28 (2.5)	1.60-3.40
E14	Never	573 (51.3)*	48.42-54.18	467 (41.2)	38.37-44.03
	Seldom	317 (28.4)	25.80-31.00	388 (34.2)	31.47-36.93
	Sometimes	155 (13.9)	11.91-15.89	198 (17.5)	15.31-19.69
	Always	51 (4.6)	3.39-5.81	55 (4.9)	3.66-6.14
	Nearly everyday	21 (1.9)	1.11-2.69	25 (2.2)	1.36-3.04
E15	Never	514 (46.0)*	43.13-48.87	403 (35.5)	32.75-38.25

	Seldom	381 (34.1)	31.37-36.83	426 (37.6)	34.81-40.39
	Sometimes	178 (15.9)	13.80-18.00	215 (19.0)	16.74-21.26
	Always	31(2.8)	1.85-3.75	57 (5.0)	3.75-6.25
	Nearly everyday	14 (1.3)	0.65-1.95	33 (2.9)	1.93-3.87
E16	Never	37 (3.3)	2.27-4.33	84(7.4)	5.89-8.91
	Seldom	121 (10.8)	9.01-12.59	160 (14.2)	12.19-16.21
	Sometimes	371 (33.2)	30.49-35.91	359 (31.8)	29.12-34.48
	Always	349 (31.2)	28.53-33.87	345 (30.5)	27.85-33.15
	Nearly everyday	239 (21.4)	19.04-23.76	182 (16.1)	13.98-18.22
E17	Never	803 (71.8)	69.21-74.39	752 (66.4)	63.68-69.12
	Seldom	205 (18.3)	16.07-20.53	258 (22.8)	20.39-25.21
	Sometimes	84 (7.5)	5.98-9.02	85 (7.5)	5.98-9.02
	Always	19 (1.7)	0.96-2.44	26 (2.3)	1.44-3.16
	Nearly everyday	8 (0.7)	0.22-1.18	11 (1.0)	0.43-1.57
E18	Never	491 (43.9)	41.04-46.76	407 (36.0)	33.24-38.76
	Seldom	381 (34.1)	31.37-36.83	417 (36.8)	34.02-39.58
	Sometimes	182 (16.3)	14.17-18.43	231 (20.4)	18.08-22.72
	Always	43 (3.8)	2.70-4.90	49 (4.3)	3.13-5.47
	Nearly everyday	21 (1.9)	1.11-2.69	28 (2.5)	1.60-3.40
E19	Never	501 (44.9)	42.04-47.76	427 (37.7)	34.91-40.49
	Seldom	368 (33.0)	30.29-35.71	427 (37.7)	34.91-40.49
	Sometimes	169 (15.1)	13.04-17.16	207 (18.3)	16.7-20.53
	Always	53 (4.7)	3.48-5.92	38 (3.4)	2.36-4.44
	Nearly everyday	25 (2.2)	1.36-3.04	33 (2.9)	1.93-3.8
E20	Never	488 (43.7)	40.85-46.55	443 (39.2)	36.39-42.01
	Seldom	335 (30.0)	27.36-32.64	371 (32.8)	30.10-35.50
	Sometimes	217 (19.4)	17.12-21.68	340 (21.2)	18.85-23.55
	Always	47 (4.2)	3.05-5.35	55 (4.9)	3.66-6.14
	Nearly everyday	29 (2.6)	1.638-3.52	22 (1.9)	1.11-2.69

\* significant difference ( $p < .05$ ) between baseline and follow-up

### Deliberate self-harm

The behavior of deliberate self-harm was defined by 6 categories included self-cutting, drug overdose, involving in risk-taking behavior, law-breaking, banging to the wall and overeating over the past 12 months. These questions were asked in part O of the questionnaire. 95 self-harmers aged 14 to 18 years were invited for the diagnostic interview.

The most common deliberate self-harm behaviors among students included cut, pierce or burn (self-laceration), beat own fists and hands into walls and other objects (self-battery) and overeat or

self-starving (Table 23).

**Table 23. Deliberate self-harm behaviors in students**

O2. Cut, pierce or burn yourself 你會否 割、刺或燒傷自己 (紋身、戴耳環或鼻環等裝飾除外) ?

O3. Overdosed therapeutic medication or consumed other toxic substances

你會否故意過量服用來治病的藥或服用其他有潛在危險的物品 ?

O4. Risk-taking behaviors 你會否有不理後果的危險行為 (如跳車) ?

O5. Law-breaking behaviors 你會否有不理後果的犯法行為 (如店內盜竊) ?

O6. Beaten own fists and hands into walls and other objects

你會否將自己的拳頭及手用力向牆或其他地方打，以致令手出現瘀或損傷 ?

O7. Overeaten or starved yourself 你會否故意過量進食或捱餓 (為了健美而減肥或增肥除外) ?

Primary Students			n	(95% CI)	n	(95% CI)
Male	O2	No	167 (97.7)	95.49-99.91	139 (97.2)	94.76-99.64
		Yes	4 (2.3)	0.09-4.51	4 (2.8)	0.36-5.24
	O3	No	172 (100.0)	-	144 (100.0)	-
		Yes	0 (0)	-	0 (0)	-
	O4	No	169 (99.4)	98.26-100.54	142 (98.6)	96.86-100.34
		Yes	1 (0.6)	0.02-1.74	2 (1.4)	0.03-3.14
	O5	No	169 (100.0)	-	143 (100.0)	-
		Yes	0 (0)	-	0 (0)	-
	O6	No	157 (93.5)	89.86-97.14	137 (95.1)	91.91-98.29
		Yes	11 (6.5)	2.86-10.14	7 (4.9)	1.71-8.09
	O7	No	158 (94.0)	90.49-97.51	141 (97.9)	95.78-100.02
		Yes	10 (6.0)	2.49-9.51	3 (2.1)	1.02-4.22
Female	O2	No	253 (97.7)	95.93-99.47	241 (97.6)	95.79-99.41
		Yes	6 (2.3)	0.53-4.07	6 (2.4)	0.59-4.21
	O3	No	258 (99.6)	98.85-100.35	244 (98.8)	97.51-100.09
		Yes	1 (0.4)	0.03-1.15	3 (1.2)	0.09-2.49
	O4	No	256 (98.8)	97.51-100.09	244 (98.4)	96.91-99.89
		Yes	3 (1.2)	0.09-2.49	4 (1.6)	0.11-3.09
	O5	No	259 (100.0)	-	243 (98.0)	96.34-99.66
		Yes	0 (0)	-	5 (2.0)	0.34-3.66

	O6	No	252 (97.3)	95.38-99.22	243 (97.6)	95.79-99.41
		Yes	7 (2.7)	0.78-4.62	6 (2.4)	0.59-4.21
	O7	No	251 (96.9)	94.85-98.95	239 (96.4)	94.19-98.61
		Yes	8 (3.1)	1.50-4.70	9 (3.6)	1.39-5.81
Total	O2	No	420 (97.7)	96.31-99.09	380 (97.4)	95.93-98.87
		Yes	10 (2.3)	0.91-3.69	10 (2.6)	1.13-4.07
	O3	No	430 (99.8)	99.39-100.21	388 (99.2)	98.38-100.02
		Yes	1 (0.2)	0.21-0.61	3 (0.8)	0.02-1.62
	O4	No	425 (99.1)	98.23-99.97	386 (98.5)	97.38-99.62
		Yes	4 (0.9)	0.03-1.77	6 (1.5)	0.38-2.62
	O5	No	428 (100.0)	-	386 (98.7)	97.65-99.75
		Yes	0 (0)	-	5 (1.3)	0.25-2.35
	O6	No	409 (95.8)	93.95-97.65	380 (96.7)	95.05-98.35
		Yes	18 (4.2)	2.35-6.05	13 (3.3)	1.65-4.95
	O7	No	409 (95.8)	93.95-97.65	380 (96.9)	95.30-98.50
		Yes	18 (4.2)	2.35-6.05	12 (3.1)	1.50-4.70
<hr/>						
Secondary Students						
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Male	O2	No	734 (98.4)	97.52-99.28	613 (97.0)	95.80-98.20
		Yes	12 (1.6)	0.72-2.48	19 (3.0)	1.80-4.20
	O3	No	741 (99.5)	99.00-100.00	628 (99.4)	98.86-99.94
		Yes	4 (0.5)	0.00-1.00	4(0.6)	0.06-1.14
	O4	No	724 (96.9)	95.68-98.12	624 (98.7)	97.90-99.50
		Yes	23 (3.1)	1.88-4.32	8 (1.3)	0.50-2.10
	O5	No	733 (98.4)	97.52-99.28	623 (98.6)	97.77-99.43
		Yes	12 (1.6)	0.72-2.48	9 (1.4)	0.57-2.23
	O6	No	647 (86.8)	84.42-89.18	574 (90.8)	88.77-92.83
		Yes	98 (13.2)	10.82-15.58	58 (9.2)	7.17-11.23
	O7	No	712 (95.7)	94.27-97.13	602 (95.7)	94.27-97.13
		Yes	32 (4.3)	2.87-5.73	27 (4.3)	2.87-5.73
Female	O2	No	333 (89.5)	86.43-92.57	292 (92.1)	89.40-94.80
		Yes	39 (10.5)	7.43-13.57	25 (7.9)	5.20-10.60
	O3	No	369 (99.7)	99.15-100.25	310 (98.1)	96.73-99.47
		Yes	1 (0.3)	0.05-0.85	6 (1.9)	0.53-3.27
	O4	No	353 (95.4)	93.30-97.50	311 (98.1)	96.73-99.47
		Yes	17 (4.6)	2.50-6.70	6 (1.9)	0.53-3.27
	O5	No	363 (98.1)	96.73-99.47	308 (97.8)	96.33-99.27
		Yes	7 (1.9)	0.53-3.27	7 (2.2)	0.73-3.67
	O6	No	329 (88.9)	85.76-92.04	291(92.4)	89.75-95.05
		Yes	41 (11.1)	7.96-14.24	24 (7.6)	4.95-10.25

	O7	No	323 (87.3)	83.97-90.63	296 (94.0)	91.62-96.38
		Yes	47 (12.7)	4.61-9.79	19 (6.0)	3.62-8.38
Total	O2	No	1067 (95.4)	94.19-96.61	905 (95.4)	94.19-96.61
		Yes	51 (4.6)	3.39-5.81	44 (4.6)	3.39-5.81
	O3	No	1110 (99.6)	99.24-99.96	938 (98.9)	98.30-99.50
		Yes	5 (0.4)	0.04-0.76	10 (1.1)	0.50-1.70
	O4	No	1077 (96.4)	95.33-97.47	935 (98.5)	97.80-99.20
		Yes	40 (3.6)	2.53-4.67	14 (1.5)	0.80-2.20
	O5	No	1096 (98.3)	97.56-99.04	931 (98.3)	97.56-99.04
		Yes	19 (1.7)	0.96-2.44	16(1.7)	0.96-2.44
	O6	No	976 (87.5)	85.60-89.40	865 (91.3)	89.68-92.92
		Yes	139 (12.5)	10.60-14.40	82 (8.7)	7.08-10.32
	O7	No	1035 (92.9)	91.42-94.38	898 (95.1)	93.86-96.34
		Yes	79 (7.1)	5.62-8.58	46 (4.9)	3.66-6.14

Note: students might have more than one type of self-harm behaviors.

### Suicidal ideation

Questions on suicidal ideation were asked in part P of the questionnaire. Students were asked if they had suicidal ideation during the past week (P1-P4) and if they ever had suicidal ideation (P9-P12).

Overall, 10% of primary and 15.9% of secondary students seldom to always had suicidal ideation the week prior to the survey at T1, the rates were 12.1% and 19.4% respectively at T2 (Table 24). Significant differences were found between T1 and T2, with more primary girls and primary students overall at T2 reported ever had suicidal ideation than at T1 (Table 24). Significantly more secondary girls at T2 reported ever had suicidal ideation than at T1 (Table 24).

### Table 24. Suicidal ideation in students

P1. Suicidal ideation during the past week

P9. Ever had suicidal ideation

Primary Students			Baseline n (%)	(95% CI)	Follow-up N (%)	(95% CI)
Male	P1	Never	160 (90.9)	86.65-95.15	158(90.3)	95.93-94.67
		Seldom	9 (5.1)	1.85-8.35	11 (6.3)	2.71-9.89
		Sometimes	5 (2.8)	0.36-5.24	4 (2.3)	0.09-4.51
		Always	2 (1.1)	0.03-2.64	2 (1.1)	0.03-2.64
P9	No	140 (82.4)	76.77-88.03	127(75.6)	69.25-81.95	
	Yes	30 (17.6)	11.97-23.23	41 (24.4)	18.05-30.75	
Female	P1	Never	245 (89.4)	85.75-93.05	235(86.4)	82.34-90.46
		Seldom	16 (5.8)	3.03-8.57	25 (9.2)	5.78-12.62
		Sometimes	11 (4.0)	1.68-6.32	9 (3.3)	1.18-5.42
		Always	2 (0.7)	-0.29-1.69	3 (1.1)	-0.14-2.34
P9	No	219 (85.2)*	81.00-89.40	187 (71.1)	65.73-76.47	
	Yes	38 (14.8)*	10.60-19.00	76 (28.9)	23.53-34.27	
Total	P1	Never	405 (90.0)	87.23-92.77	393 (87.9)	84.89-90.91
		Seldom	25 (5.6)	3.48-7.72	36(8.1)	5.58-10.62
		Sometimes	16 (3.6)	1.88-5.32	13 (2.9)	1.35-4.45
		Always	4 (0.9)	0.03-1.77	5 (1.1)	0.14-2.06
P9	No	359 (84.1)*	80.72-87.48	314 (72.9)	68.79-77.01	
	Yes	68 (15.9)*	12.52	117 (27.1)	22.99-31.21	
<b>Secondary Students</b>						
Male	P1	Never	675 (87.0)	84.63-89.37	641 (83.2)	80.57-85.83
		Seldom	66 (8.5)	6.54-10.46	80 (10.4)	8.25-12.55
		Sometimes	28 (3.6)	2.29-4.91	34 (4.4)	2.96-5.84
		Always	7 (0.9)	0.24-1.56	15 (1.9)	0.94-2.86
P9	No	588 (79.4)	76.55-82.25	534 (70.4)	67.19-73.61	
	Yes	153 (20.6)	17.75-23.45	224 (29.6)	26.39-32.81	
Female	P1	Never	301 (78.4)	74.28-82.52	289 (75.3)	70.99-79.61
		Seldom	51 (13.3)	9.90-16.70	58 (15.1)	11.52-18.68
		Sometimes	25 (6.5)	4.03-8.97	30 (7.8)	5.12-10.48
		Always	7 (1.8)	0.47-3.13	7 (1.8)	0.47-3.13
P9	No	257 (69.6)*	65.00-74.20	220 (58.0)	53.06-62.94	
	Yes	112 (30.4)*	25.80-35.00	159 (42.0)	37.06-46.94	
Total	P1	Never	976 (84.1)	82.00-86.20	930 (80.6)	78.32-82.88
		Seldom	117 (10.1)	8.37-11.83	138 (12.0)	10.13-13.87
		Sometimes	53 (4.6)	3.39-5.81	64 (5.5)	4.19-6.81
		Always	14 (1.2)	0.57-1.83	22 (1.9)	1.11-2.69
P9	No	845 (76.1)	73.65-78.55	754 (66.3)	63.58-69.02	
	Yes	265 (23.9)	21.45-26.35	383 (33.7)	30.98-36.42	

\* significant difference (p<.05) between baseline and follow-up

## Suicide attempt

Questions on suicide attempt were asked in part P of the questionnaire. Students were asked how many times they had suicide attempt over the past 12 months (P7) and how many times they ever had such attempt (P13).

Overall, 0.8% of primary and 2.5% of secondary students had suicide attempts the year prior to the survey at T1, the rates were 1.3% and 4.5% respectively at T2. 1.3% of primary and 4% of secondary students ever had suicide attempt at T1; the rates were 19.3% and 14.6%, respectively at T2 (Table 25). Significantly more primary and secondary students reported ever had suicide attempt at T2 than at T1 (primary students: 19.9% at T2 vs 1.8% at T1; secondary students: 15.6% at T2 vs 3.9% at T1) (Table 25).

Table 25. Suicide attempt in students

P7 Suicide attempt over the past year

P13 Ever had suicide attempt

Primary Students			Baseline n (%)	(95% CI)	Follow-up n (%)	(95% CI)
Male	P7	No attempt	173 (98.3)	96.39-100.21	165 (98.2)	96.24-100.16
		1 time	3 (1.7)	0.04-3.61	2 (1.2)	0.03-2.81
		2-3 times	0 (0)	-	1 (0.6)	0.02-1.74
		4 times or more	0 (0)	-	0 (0)	-
	P13	No	171 (97.2)*	94.76-99.64	129 (78.2)	72.10-84.30
		Yes	5 (2.8)*	0.36-5.24	36 (21.8)	15.70-27.90
Female	P7	No attempt	272 (99.3)	98.31-100.29	261 (98.5)	97.06-99.94
		1 time	1 (0.4)	0.02-1.15	3 (1.1)	0.03-2.34
		2-3 times	1 (0.4)	0.02-1.15	1 (0.4)	0.02-1.15
		4 times or more	0 (0)	-	0 (0)	-
	P13	No	271 (98.9)*	97.66-100.14	205 (81.3)	76.68-85.92
		Yes	3 (1.1)*	0.03-2.34	47 (18.7)	14.08-23.32
Total	P7	No attempt	445 (98.9)	97.94-99.86	426 (98.4)	97.24-99.56
		1 time	4 (0.9)	0.03-1.77	5 (1.2)	0.19-2.21
		2-3 times	1 (0.2)	0.01-0.61	2 (0.5)	0.02-1.15
		4 times or more	0 (0)	-	0 (0)	-



	P13	No	442 (98.2)*	96.97-99.43	334 (80.1)	76.41-83.79
		Yes	8 (1.8)*	0.57-3.03	83 (19.9)	16.21-23.59
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<b>Secondary Students</b>						
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Male	P7	No attempt	763 (98.3)	97.39-99.21	740 (96.9)	95.68-98.12
		1 time	10 (1.3)	0.50-2.10	16 (2.1)	1.09-3.11
		2-3 times	2 (0.3)	0.01-0.68	5 (0.7)	0.11-1.29
		4 times or more	1 (0.1)	0.01-0.32	3 (0.4)	0.02-0.84
	P13	No	756 (97.4)*	96.28-98.52	639 (84.9)	82.38-87.42
		Yes	20 (2.6)*	1.48-3.72	114 (15.1)	12.58-17.62
Female	P7	No attempt	368 (95.8)	93.79-97.81	350 (92.3)	89.63-94.97
		1 time	6 (1.6)	0.34-2.86	14 (3.7)	1.81-5.59
		2-3 times	3 (0.8)	0.03-1.69	10 (2.6)	1.01-4.19
		4 times or more	7 (1.8)	0.47-3.13	5 (1.3)	0.17-2.43
	P13	No	359 (93.5)	91.03-95.97	313 (83.5)	79.79-87.21
		Yes	25 (6.5)	4.03-8.97	62 (16.5)	12.79-20.21
Total	P7	No attempt	1131 (97.5)	96.60-98.40	1090 (95.4)	94.19-96.61
		1 time	16 (1.4)	0.72-2.08	30 (2.6)	1.68-3.52
		2-3 times	5 (0.4)	0.04-0.76	15 (1.3)	0.65-1.95
		4 times or more	8 (0.7)	0.22-1.18	8 (0.7)	0.22-1.18
	P13	No	1115 (96.1)*	94.99-97.21	952 (84.4)	82.31-86.49
		Yes	45 (3.9)*	2.79-5.01	176(15.6)	13.51-17.69

\* significant difference ( $p < .05$ ) between baseline and follow-up

## **STUDENTS' PSYCHIATRIC HEALTH FROM THE DIAGNOSTIC INTERVIEW**

Due to the low prevalence of many individual diagnoses, five categories were included. King, Schweb-Stone, Flisher, Greenwald, Kramer, Goodman, et al.<sup>8</sup> have described four categories in their study of youth suicide attempts and suicidal ideation, which could be identified in our study: a) mood disorders (consisted of dysthymic disorder, past and present major depressive disorders, and mania); b) anxiety disorders (i.e., separation anxiety disorder, obsessive-compulsive disorder, generalized anxiety disorder, simple phobias, panic disorder and post-traumatic stress disorder); c) disruptive behavior disorders (i.e., past and present attention-deficit hyperactivity disorder, conduct disorder, and oppositional defiant disorder); and d) substance use disorder (i.e., alcohol, tobacco and other substance use or dependence). In addition, we included eating disorder (anorexia/bulimia), because of the indication in the literature that these disorders are associated with self-mutilation<sup>9</sup>.

Among the 102 controls who completed the interview, 1 girl was diagnosed as having a mood disorder and 1 boy was diagnosed with an anxiety disorder (Table 26). Due to the limited time and labour, the control group only did the interview for mood and anxiety disorders as they are the most common symptoms associated with self-harm<sup>10</sup>.

It should be noted that one student may have more than one sub-threshold symptoms or diagnoses. Among the 95 self-harmers (who indicated having engaged in any of the deliberate self-harm acts in the screening questionnaire and provided contact numbers for further interview), 2 boys and 10 girls were diagnosed with a mood disorder; 1 boy and 4 girls were diagnosed with an anxiety disorder (Table 26). Furthermore, 3 boys and 8 girls were diagnosed with a disruptive behavior; 3 boys and 2 girls were diagnosed with anorexia (eating disorder). However, based on the Western standards, there appeared to be too many adolescents who met the DICA-IV criteria (because the BMI is lower in Chinese than Westerners). If the Hong Kong standards were used, no one had met the criteria since none of them had met the local weight-for-height standard of being underweight<sup>11</sup>.

In addition, some students had symptoms of certain diagnosis but did not meet the full criteria of making that diagnosis, such students had ‘sub-threshold symptoms’. Among the control group, 44 students had sub-threshold symptoms of mood or anxiety disorders. 35 self-harmers had sub-threshold symptoms of mood or anxiety disorders, disruptive behavior, substance use or eating disorders (anorexia or bulimia) (Table 26). Again, one student may have more than one sub-threshold symptoms.

Table 26.

DSM IV diagnosis and sub-thresholds in self-harmers and controls

	Non self-harmers (controls)				Self-harmers			
	Boys		Girls		Boys		Girls	
	dx n=1	sub n=23	dx n=1	sub n=21	dx n=6	sub n=27	dx n=14	sub n=8
Mood Disorder	0	14	1	13	2	17	10	7
Anxiety Disorder	1	15	0	12	1	11	4	6
Disruptive Behavior	N/A		N/A		3	18	8	5
Substance Use	N/A		N/A		0	2	0	0
Eating disorders								
-Anorexia	N/A		N/A		3	4	2	2
- Bulimia	N/A		N/A		0	1	0	1

Remarks: One student may have more than one sub-thresholds or diagnoses

## **PARENTS' PERCEPTION OF THEIR CHILDREN, FAMILY AND THEIR MENTAL HEALTH**

Every parent was distributed a questionnaire through the school, and 1305 parent questionnaires were returned to schools and 1,086 of them could be merged with the data of T1 and used for analysis. The majority of the questionnaires were filled by mothers (74.8%), 23.8% by fathers and only 1.4% by grandparents or other relatives.

The brief parent questionnaire (see Appendix 3) had 4 parts, including demographic data, Personal Adjustment and Role Skills Scale III (PARS-III), family relationship, and General Health Questionnaire (GHQ-12).

### Students' adjustment and skills

The Personal Adjustment and Role Skills Scale III (PARS-III) had 28 statements. Eight statements were positive and 20 were negative, and the responses included 'Always', 'Often', 'Sometimes', 'Never', and 'Don't know'. The questions focus on students' daily adjustment and skills, which were asked in part B of the parent questionnaire. For example, there are questions about how the child makes friends, figures things out, and makes decisions, level of awareness and responses to different situations. Over 50% of primary and secondary students could often or always perform well on 'stayed with task or assignment until finished' (B15), and 'made full use of abilities' (B16) (Table 27).

Significant differences were found between T1 and T2. Less primary boys at T2 often 'made friends without difficulty' (B2) than T1, but more primary boys at T2 had sometimes 'done things for attention even though punished for it' (B9) than at T1. More primary and secondary students at T2 sometimes 'said people didn't care about him/ her' (B21) than at T1. More primary girls at T2 always 'stayed with task or assignment until finished' (B15) than at T1. More secondary boys at T2 never 'asked

unnecessary questions instead of working on own' than at T1 (B8). In addition, less secondary girls at T2 never 'appeared listless and apathetic' than at T1 (B26). Overall, students seemed to have improved on adjustment and skills at T2 (Table 27).

Table 27. Parents' perception of personal adjustment and role skills of their children

- B1. Spent time with friends 與朋友們在一起？
- B2. Made friends without difficulty 無困難地去認識朋友？
- B3. Joined others of own accord 自願地參與其他人的活動？
- B4. Had many different friends 有很多不同的朋友？
- B5. Wanted help in things he/ she could have done on own 在自己能力所及的事情上還需協助
- B6. Been unable to decide things for him/herself 不能夠為自己的事情作出決定？
- B7. Asked for help when could have figured things out 在自己可解決的事情上尋求援手？
- B8. Asked unnecessary questions instead of working on own  
在應該自己做事的時候，問一些不必要的問題？
- B9. Done things for attention even though punished for it 即使會被人罰都做一些引人注意的事情？
- B10. Flared up if couldn't have own way 當事情不如意的時候大發脾氣？
- B11. Become upset if others did not agree with him/ her 當他人不同意自己的意見時會不開心？
- B12. Ignored warnings to stop unacceptable behaviors 不理會警告，而繼續做不被接受的行為？
- B13. Told lies 說謊話？
- B14. Not responded to discipline 不遵守規則？
- B15. Stayed with task or assignment until finished 能專心地完成習作或功課？
- B16. Made full use of abilities 充份利用自己的能力？
- B17. Done work without being punished 不用他人催促或懲罰都可以完成工作？
- B18. Kept on with task even when difficult 即使做困難的習作時都會堅持做下去？
- B19. Complained about problems 投訴有好多困難？
- B20. Seemed restless or tense 好像不耐煩及緊張？

- B21. Said people didn't care about him/ her 訴說其他人對自己不關心？
- B22. Seemed sad 似乎很悲傷？
- B23. Said he/ she couldn't do things right 訴說自己不能夠正確地做事？
- B24. Acted afraid or apprehensive 行為表現得很驚惶及不安？
- B25. Sat or stared without doing anything 只是坐及呆望而不做任何事情？
- B26. Appeared listless and apathetic 看來無精打采，漠不關心？
- B27. Seemed unaware of things going on around 似乎覺察不到周圍發生的事情？
- B28. Show little interest in things, had to be punished into activity  
對事情不感興趣，要催逼才會去行動？

Primary Students			Baseline n (%)	(95% CI)	Follow-up n (%)	(95% CI)
Male	B1.	Always				
		Often	38 (27.3)	20.72-33.88	20 (19.4)	13.56-25.24
		Sometimes	29 (20.9)	14.89-26.91	22 (21.4)	15.34-27.46
		Never	65 (46.8)	39.43-54.17	55 (53.4)	46.03-60.77
		Don't Know	4 (2.9)	0.42-5.38	5 (4.9)	1.71-2.47
			3 (2.2)	0.03-4.37	1(1.0)	0.03-2.47
	B2.	Always	33 (24.4)	18.05-30.75	31 (30.4)	23.60-37.20
		Often	25 (18.5)*	12.76-24.24	6 (5.9)	2.42-9.38
		Sometimes	39 (28.9)	22.20-35.60	38 (37.3)	30.16-44.44
		Never	22 (16.3)	10.84-21.76	20 (19.6)	13.74-25.46
		Don't Know	16 (11.9)	7.12-16.68	7 (6.9)	3.16-10.64
	B3.	Always	30 (21.7)	15.61-27.79	28 (27.2)	20.63-33.77
		Often	34 (24.6)	18.24-30.96	24 (23.3)	17.05-29.55
		Sometimes	56 (40.6)	33.34-47.86	46 (44.7)	37.35-52.05
		Never	11 (8.0)	3.99-12.01	4 (3.9)	1.04-6.67
		Don't Know	7 (5.1)	1.85-8.35	1 (1.0)	0.03-2.47
	B4.	Always	22 (16.7)	11.19-22.21	17 (16.7)	11.19-22.21
		Often	47 (35.6)	28.53-42.67	30 (29.4)	22.67-36.13
		Sometimes	41 (31.1)	24.26-37.94	37 (36.3)	29.20-43.40
		Never	13(9.8)	5.41-14.19	12 (11.8)	7.03-16.57
		Don't Know	9 (6.8)	3.08-10.52	6 (5.9)	2.42-9.38
B5.	Always	11 (8.0)	3.99-12.01	3 (2.9)	0.42-5.38	
	Often	18 (13.1)	8.12-18.08	15 (14.6)	9.38-19.82	
	Sometimes	86(62.8)	55.66-69.94	71 (68.9)	62.06-75.74	
	Never	20 (14.6)	9.38-19.82	12 (11.7)	6.95-16.45	
	Don't Know	2 (1.5)	0.04-3.30	2 (1.9)	0.04-3.92	
B6.	Always	7 (5.0)	1.78-8.22	3 (2.9)	0.42-5.38	
	Often	19 (13.7)	8.62-18.78	15 (14.6)	9.38-19.82	
	Sometimes	100 (71.9)	65.26-78.56	69 (67.0)	60.05-73.95	
	Never	10 (7.2)	3.38-11.02	15 (14.6)	9.38-19.82	

	Don't Know	3 (2.2)	0.03-4.37	1 (1.0)	0.03-2.47
B7.	Always	5 (3.7)	0.91-6.49	3 (2.9)	0.42-5.38
	Often	17 (12.6)	7.70-17.50	9 (8.7)	4.54-12.86
	Sometimes	83 (61.5)	54.31-68.69	65 (63.1)	55.97-70.23
	Never	28 (20.7)	14.71-26.69	25 (24.3)	17.96-30.64
	Don't Know	2 (1.5)	0.04-3.30	1 (1.0)	0.03-2.47
B8.	Always	11 (8.0)	3.99-12.01	8 (7.8)	3.84-11.76
	Often	11 (8.0)	3.99-12.01	9 (8.7)	4.54-12.86
	Sometimes	74 (53.6)	46.23-60.97	58 (56.3)	48.97-63.63
	Never	40 (29.0)	22.30-35.70	26 (25.2)	18.79-31.61
	Don't Know	2 (1.4)	0.03-3.14	2 (1.9)	0.05-3.92
B9.	Always	2 (1.4)	0.03-3.14	6 (5.8)	2.35-9.25
	Often	7 (5.1)	1.85-8.35	6 (5.8)	2.35-9.25
	Sometimes	40 (29.0)*	22.30-35.70	45 (43.7)	36.37-51.03
	Never	82 (59.4)*	52.14-66.66	43 (41.7)	34.42-48.98
	Don't Know	7 (5.1)	1.85-8.35	3 (2.9)	0.42-5.38
B10.	Always	9 (6.7)	3.01-10.39	9(8.7)	4.54-12.86
	Often	15 (11.1)	6.46-15.74	20 (19.4)	13.56-25.24
	Sometimes	88 (65.2)	58.16-72.24	58 (56.3)	48.97-63.63
	Never	23 (17.0)	11.45-22.55	15 (14.6)	9.38-19.82
	Don't Know	0 (0)	0	1 (1.0)	0.03-2.47
B11.	Always	10 (7.3)	3.46-11.14	8 (7.8)	3.84-11.76
	Often	22 (16.1)	10.67-21.53	16 (15.5)	10.15-20.85
	Sometimes	86 (62.8)	55.66-69.94	71 (68.9)	62.06-75.74
	Never	15 (10.9)	6.30-15.50	7 (6.8)	3.08-10.52
	Don't Know	4 (2.9)	0.42-5.38	1 (1.0)	0.03-2.47
B12.	Always	6 (4.4)	1.37-7.43	7 (6.8)	3.08-10.52
	Often	18 (13.3)	8.28-18.32	9 (8.7)	4.54-12.86
	Sometimes	56 (41.5)	34.22-48.78	46 (44.7)	37.35-52.05
	Never	54 (40.0)	32.76-47.24	40 (38.8)	31.60-46.00
	Don't Know	1 (0.7)	0.02-1.93	1 (1.0)	0.03-2.47
B13.	Always	5 (3.6)	0.85-6.35	2 (1.9)	0.05-3.92
	Often	8 (5.8)	2.35-9.25	7 (6.8)	3.08-10.52
	Sometimes	83 (60.1)	52.87-67.33	64 (62.1)	54.93-69.27
	Never	40 (29.0)	22.30-35.70	30 (29.1)	22.39-35.81
	Don't Know	2 (1.4)	0.03-3.14	0 (0)	-
B14.	Always	3 (2.2)	0.03-4.37	2 (1.9)	0.05-3.92
	Often	10 (7.3)	3.46-11.14	6 (5.8)	2.35-9.25
	Sometimes	72 (52.6)	45.22-59.98	59 (57.3)	49.99-64.61
	Never	47 (34.3)	27.79-41.31	36 (35.0)	27.95-42.05
	Don't Know	5 (3.6)	0.85-6.35	0 (0)	-
B15.	Always	47 (34.1)	27.10-41.10	39 (37.9)	30.73-45.05
	Often	39 (28.3)	21.64-34.96	24 (23.3)	17.05-29.55
	Sometimes	496 (33.3)	26.34-40.26	31 (30.1)	23.32-36.88
	Never	5 (3.6)	0.85-6.35	8 (7.8)	3.84-11.76
	Don't Know	1 (0.7)	0.03-1.93	1 (1.0)	0.03-2.47

B16.	Always	34 (24.6)	18.24-30.96	21 (20.4)	14.45-26.35
	Often	52 (37.7)	30.54-44.86	33 (32.0)	25.11-38.89
	Sometimes	42 (30.4)*	23.60-37.20	44 (42.7)	35.39-50.01
	Never	6 (4.3)	1.30-7.30	4 (3.9)	1.04-6.76
	Don't Know	4 (2.9)	0.42-5.38	1 (1.0)	0.03-2.47
B17.	Always	37 (26.8)	20.26-33.34	18 (17.5)	11.89-23.11
	Often	40 (29.0)	22.30-35.70	35 (34.0)	27.00-41.00
	Sometimes	52 (37.7)	30.54-44.86	37 (35.9)	28.81-42.99
	Never	8 (5.8)	2.35-9.25	10 (9.7)	5.33-14.07
	Don't Know	1 (0.7)	0.03-1.93	3 (2.9)	0.42-5.38
B18.	Always	33 (25.4)	18.97-31.83	16 (15.5)	10.15-20.85
	Often	30 (23.1)	16.87-29.33	30 (29.1)	22.39-35.81
	Sometimes	54 (41.5)	34.22-48.78	41 (39.8)	32.57-47.03
	Never	9 (6.9)	3.16-10.64	14 (13.6)	8.54-18.66
	Don't Know	4 (3.1)	0.54-5.66	2 (1.9)	0.05-3.92
B19.	Always	6 (4.7)	1.57-7.83	1 (1.0)	0.47-2.47
	Often	20 (15.5)	10.15-20.85	14 (13.6)	8.54-18.66
	Sometimes	71 (55.0)	47.65-62.35	59 (57.3)	49.99-64.61
	Never	29 (22.5)	16.33-28.67	27 (26.2)	19.70-32.70
	Don't Know	3 (2.3)	0.09-4.51	2 (1.9)	0.05-3.92
B20.	Always	8 (6.2)	2.64-9.76	4 (3.9)	1.04-6.76
	Often	20 (15.5)	10.15-20.85	8 (7.8)	3.84-11.76
	Sometimes	74 (57.4)	50.09-64.71	59 (57.3)	49.99-64.61
	Never	25 (19.4)	13.56-25.24	27 (26.2)	19.70-32.70
	Don't Know	2 (1.6)	0.04-3.45	5 (4.9)	1.71-8.09
B21.	Always	4 (3.1)	0.54-5.66	2 (1.9)	0.05-3.92
	Often	12(9.4)	5.09-13.71	3 (2.9)	0.42-5.38
	Sometimes	25 (19.7)*	13.82-25.58	31 (30.1)	23.32-36.88
	Never	84 (66.1)	59.11-73.09	64 (62.1)	54.93-69.27
	Don't Know	2 (1.6)	0.04-3.45	3 (2.9)	0.42-5.38
B22.	Always	1 (0.8)	0.03-2.12	0 (0)	-
	Often	8 (6.3)	2.71-9.89	3 (2.9)	0.42-5.38
	Sometimes	30 (23.8)	17.51-30.09	21 (20.4)	14.45-26.35
	Never	85 (67.5)	60.58-74.42	72 (69.9)	63.12-76.68
	Don't Know	2 (1.6)	0.04-3.45	7 (6.8)	3.08-10.52
B23.	Always	2 (1.6)	0.04-3.45	0 (0)	-
	Often	9 (7.0)	3.23-10.77	5 (4.9)	1.71-8.09
	Sometimes	46 (35.9)	28.81-42.99	30 (29.4)	22.67-36.13
	Never	69 (53.9)	46.54-61.26	62 (60.8)	53.59-68.01
	Don't Know	2 (1.6)	0.04-3.45	5 (4.9)	1.71-8.09
B24.	Always	2 (1.6)	0.04-3.45	1 (1.0)	0.03-2.47
	Often	7 (5.5)	2.13-8.87	3 (2.9)	0.42-5.38
	Sometimes	29 (22.8)	16.60-29.00	19 (18.6)	12.85-24.35
	Never	86 (67.7)	60.79-74.61	75 (73.5)	66.98-80.02
	Don't Know	3 (2.4)	0.14-4.66	4 (3.9)	1.04-6.76



B25.	Always	5 (3.9)	1.04-6.76	2 (2.0)	0.05-4.07
	Often	9 (7.0)	3.23-10.77	2 (2.0)	0.05-4.07
	Sometimes	46 (35.7)	28.62-42.78	42 (41.2)	33.93-48.47
	Never	67 (51.9)	44.52-59.28	54 (52.9)	45.53-60.27
	Don't Know	2 (1.6)	0.04-3.45	2 (2.0)	0.05-4.07
B26.	Always	5 (3.9)	1.04-6.76	1 (1.0)	0.03-2.47
	Often	13 (10.2)	5.73-14.67	4 (3.9)	1.04-6.76
	Sometimes	43 (33.6)	26.62-40.58	33 (32.4)	25.49-39.31
	Never	64 (50.0)	42.61-57.39	62 (60.8)	53.59-68.01
	Don't Know	3 (2.3)	0.09-4.51	2 (2.0)	0.05-4.07
B27.	Always	6 (4.6)	1.51-7.69	2 (2.0)	0.05-4.07
	Often	12 (9.2)	4.93-13.47	6 (5.9)	2.42-9.38
	Sometimes	50 (38.5)	31.31-45.69	49 (48.0)	40.62-55.38
	Never	59 (45.4)	38.04-52.76	44 (43.1)	35.78-50.42
	Don't Know	3 (2.3)	0.09-4.51	1 (1.0)	0.03-2.47
B28.	Always	6 (4.6)	1.51-7.69	2 (2.0)	0.05-4.07
	Often	19 (14.6)	9.38-19.82	14 (13.7)	8.62-18.78
	Sometimes	70 (53.8)	46.43-61.17	60 (58.8)	51.53-66.07
	Never	35 (26.9)	20.35-33.45	26 (25.5)	19.06-31.94
	Don't Know	0 (0)	-	0 (0)	-
Female B1.	Always	49 (23.4)	18.39-28.41	66 (28.9)	23.53-34.27
	Often	33 (15.8)	11.48-20.12	43 (18.9)	14.26-23.54
	Sometimes	117 (56.0)	50.12-61.88	111 (48.7)	42.78-54.62
	Never	9 (4.3)	1.90-6.70	4 (1.8)	0.23-3.37
	Don't Know	1 (0.5)	0.02-1.34	4 (1.8)	0.23-3.37
B2.	Always	51 (24.2)	19.13-29.27	55 (24.2)	19.13-29.27
	Often	32 (15.2)	10.95-19.45	41 (18.1)	13.54-22.66
	Sometimes	66 (31.3)	25.81-36.79	77 (33.9)	28.29-39.51
	Never	39 (18.5)	13.90-23.10	40 (17.6)	13.09-22.11
	Don't Know	23 (10.9)	7.21-14.59	14 (6.2)	3.34-9.06
B3.	Always	44(20.8)	15.99-25.61	58(25.4)	20.25-30.55
	Often	48 (22.6)	17.65-27.55	50 (21.9)	17.00-26.80
	Sometimes	96 (45.3)	39.41-51.19	106 (46.5)	40.59-52.41
	Never	19 (9.0)	5.61-12.39	11 (4.8)	2.27-7.33
	Don't Know	5 (2.4)	0.59-4.21	3 (1.3)	0.04-2.64
B4.	Always	31 (14.9)	10.68-19.12	34 (15.0)	10.77-19.23
	Often	69 (33.2)	27.62-38.78	92 (40.5)	34.69-46.31
	Sometimes	57 (27.4)	22.12-32.68	75 (33.0)	27.43-38.57
	Never	32 (15.4)	11.13-19.67	18 (7.9)	4.71-11.09
	Don't Know	19 (9.1)	5.69-12.51	8 (3.5)	1.32-5.68
B5.	Always	20 (9.5)	6.03-12.97	20 (8.8)	5.45-12.15
	Often	24 (11.4)	7.64-15.16	29 (12.7)	8.76-16.64
	Sometimes	133 (63.3)	57.59-69.01	135 (59.2)	53.38-65.02
	Never	25 (11.9)	8.07-15.73	38 (16.7)	12.28-21.12
	Don't Know	8 (3.8)	1.54-6.06	6 (2.6)	0.72-4.48

B6.	Always	10 (4.8)	2.27-7.33	13 (5.7)	2.95-8.45
	Often	24 (11.5)	7.72-15.28	37 (16.2)	11.84-20.56
	Sometimes	149 (71.3)	65.94-76.66	154 (67.5)	61.95-73.05
	Never	22 (10.5)	6.87-14.13	21 (9.2)	5.78-12.62
	Don't Know	4 (1.9)	0.28-3.52	3 (1.3)	0.04-2.64
B7.	Always	7 (3.3)	1.18-5.42	11 (4.8)	2.27-7.33
	Often	24 (11.5)	7.72-15.28	23 (10.1)	6.53-13.67
	Sometimes	142(67.9)	62.37-73.43	148 (65.2)	59.56-70.84
	Never	32 (15.3)	11.04-19.56	42 (18.5)	13.90-23.10
	Don't Know	4 (1.9)	0.28-3.52	3 (1.3)	0.04-26.4
B8.	Always	12 (5.7)	2.95-8.45	12 (5.3)	2.65-7.95
	Often	21 (10.0)	6.45-13.55	24 (10.6)	6.95-14.25
	Sometimes	118 (56.5)	50.63-62.37	128 (56.4)	50.53-62.67
	Never	53 (25.4)	20.25-30.55	61 (26.9)	21.65-32.15
	Don't Know	5 (2.4)	0.59-4.21	2 (0.9)	0.03-2.02
B9.	Always	10 (4.8)	2.27-7.33	4 (1.8)	0.23-3.37
	Often	15 (7.2)	4.14-10.26	12 (5.3)	2.65-7.95
	Sometimes	62 (29.7)	24.29-35.11	70 (30.7)	25.24-36.16
	Never	107 (51.2)	45.28-57.12	137 (60.1)	54.30-65.90
	Don't Know	15 (7.2)	4.14-10.26	5 (2.2)	0.07-3.94
B10.	Always	22 (10.5)	6.87-14.13	21 (9.2)	5.78-12.62
	Often	36 (17.1)	12.64-21.56	33 (14.5)	10.33-18.67
	Sometimes	114 (54.3)	48.40-60.20	140 (61.4)	55.64-67.16
	Never	34 (16.2)	11.84-20.56	33 (14.5)	10.33-18.67
	Don't Know	4 (1.9)	0.28-3.52	1 (0.4)	0.02-1.15
B11.	Always	9 (4.2)	1.82-6.58	22 (9.6)	6.11-13.09
	Often	37 (17.4)	12.91-21.89	50 (21.9)	17.00-26.80
	Sometimes	145 (68.1)	62.58-73.62	140(61.4)	55.64-67.16
	Never	15 (7.0)	3.98-10.02	14 (6.1)	3.27-8.93
	Don't Know	7 (3.3)	1.18-5.42	2 (0.9)	0.03-2.02
B12.	Always	8 (3.8)	1.54-6.06	9 (4.0)	1.68-6.32
	Often	23 (11.0)	7.30-14.70	17 (7.5)	4.38-10.62
	Sometimes	104 (49.5)	43.58-55.42	115 (50.7)	44.78-56.62
	Never	70 (33.3)	27.72-38.88	84 (37.0)	31.28-42.72
	Don't Know	5 (2.4)	0.59-4.21	2 (0.9)	0.03-2.02
B13.	Always	7 (3.3)	1.18-5.42	6 (2.6)	0.72-4.48
	Often	14 (6.6)	3.66-9.54	10 (4.4)	1.97-6.83
	Sometimes	126 (59.7)	53.89-65.51	141 (61.7)	55.94-67.46
	Never	58 (27.5)	22.21-32.79	65 (28.6)	23.25-33.95
	Don't Know	6 (2.8)	0.85-4.75	6 (2.6)	0.72-4.48
B14.	Always	10 (4.7)	2.19-7.21	6 (2.6)	0.72-4.48
	Often	15 (7.0)	3.98-10.02	6 (2.6)	0.72-4.48
	Sometimes	118 (55.4)	49.51-61.29	125 (54.8)	48.91-60.69
	Never	67 (31.5)	26.00-37.00	89 (39.0)	33.22-44.78
	Don't Know	3 (1.4)	0.01-2.79	2 (0.9)	0.03-2.02

B15.	Always	60 (28.4)*	23.06-33.74	88 (39.1)	33.2-44.858
	Often	51 (24.2)	19.13-29.27	53 (23.6)	18.57-28.63
	Sometimes	87 (41.2)	35.37-47.03	78 (34.7)	29.06-40.34
	Never	9 (4.3)	1.90-6.70	6 (2.7)	0.78-4.62
	Don't Know	4 (1.9)	0.28-3.52	0 (0)	-
B16.	Always	47 (22.4)	17.46-27.34	59 (26.0)	20.81-31.19
	Often	73 (34.8)	29.16-40.44	63 (27.8)	22.50-33.10
	Sometimes	78 (37.1)	31.38-42.82	94 (41.4)	35.57-47.23
	Never	5 (2.4)	0.59-4.21	7 (3.1)	1.05-5.15
	Don't Know	7 (3.3)	1.18-5.42	4 (1.8)	0.23-3.37
B17.	Always	50 (23.5)	18.48-28.52	59 (26.0)	20.81-31.19
	Often	40 (18.8)	14.17-23.43	62 (27.3)	22.02-32.58
	Sometimes	99 (46.5)	40.59-52.41	93 (41.0)	35.18-46.82
	Never	16 (7.5)	4.38-10.62	12 (5.3)	2.65-7.95
	Don't Know	8 (3.8)	1.54-6.06	1 (0.4)	0.02-1.15
B18.	Always	33 (17.4)	12.91-21.89	42 (18.4)	13.81-22.99
	Often	54 (28.4)	23.06-33.74	65 (28.5)	23.15-33.85
	Sometimes	82 (43.2)	37.33-49.07	100 (43.9)	38.02-49.78
	Never	16 (8.4)	5.12-11.68	19 (8.3)	5.03-11.57
	Don't Know	5 (2.6)	0.72-4.48	2 (0.9)	0.03-2.02
B19.	Always	4(2.1)	0.40-3.80	11 (4.8)	2.27-7.33
	Often	16 (8.4)	5.12-11.68	22 (9.6)	6.11-13.09
	Sometimes	120 (63.2)	57.49-68.91	151 (66.2)	60.60-71.80
	Never	41 (21.6)	16.73-26.47	40 (17.5)	13.00-22.00
	Don't Know	9 (4.7)	2.19-7.21	4 (1.8)	0.23-3.37
B20.	Always	7 (3.6)	1.39-5.81	14 (6.1)	3.27-8.93
	Often	36 (18.8)	42.88-54.72	38 (16.7)	12.28-21.12
	Sometimes	105 (54.7)	48.81-60.59	131 (57.5)	51.65-63.35
	Never	39 (20.3)	15.54-25.06	41 (18.0)	13.45-22.55
	Don't Know	5 (2.6)	0.72-4.48	4 (1.8)	0.23-3.37
B21.	Always	6 (3.2)	1.12-5.28	3 (1.3)	0.04-2.64
	Often	10 (5.3)	2.65-7.95	16 (7.0)	3.98-10.02
	Sometimes	65 (34.2)*	28.58-39.82	110 (48.2)	42.28-54.12
	Never	99 (52.1)	46.18-58.02	90 (39.5)	33.71-45.29
	Don't Know	10 (5.3)	2.65-7.95	9 (3.9)	1.61-6.19
B22.	Always	5 (2.6)	0.72-4.48	6(2.6)	0.72-4.48
	Often	7 (3.7)	1.46-5.94	5 (2.2)	0.46-3.94
	Sometimes	60 (31.4)	25.90-36.90	62 (27.2)	21.93-32.47
	Never	109 (57.1)	51.24-62.96	148 (64.9)	59.25-70.55
	Don't Know	10 (5.2)	2.57-7.83	7(3.1)	1.05-5.15
B23.	Always	5 (2.7)	0.78-4.62	2 (0.9)	0.03-2.02
	Often	11 (5.9)	3.11-8.69	9 (4.0)	1.68-6.32
	Sometimes	67 (35.6)	29.93-41.27	98 (43.2)	37.33-49.07
	Never	98 (52.1)	46.18-58.02	109 (48.0)	42.08-53.92
	Don't Know	7 (3.7)	1.46-5.94	9 (4.0)	1.68-6.32

B24.	Always	3 (1.6)	0.11-3.09	2 (0.9)	0.03-2.02	
	Often	7 (3.7)	1.46-5.94	6 (2.6)	0.72-4.48	
	Sometimes	48 (25.3)	20.15-30.45	76 (33.3)	27.72-38.88	
	Never	124 (65.3)	59.66-70.94	134 (58.8)	52.97-64.63	
	Don't Know	8 (4.2)	1.82-6.58	10 (4.4)	1.97-6.83	
B25.	Always	9 (4.7)	2.19-7.21	7 (3.1)	1.05-5.15	
	Often	10 (5.2)	2.57-7.83	4 (1.8)	0.23-3.37	
	Sometimes	67 (34.7)	29.06-40.34	95 (41.9)	36.06-47.74	
	Never	101 (52.3)	46.39-58.21	120 (52.9)	46.99-58.81	
	Don't Know	6 (3.1)	1.05-5.15	1 (0.4)	0.02-1.15	
B26.	Always	4 (2.1)	0.40-3.80	3 (1.3)	0.04-2.64	
	Often	12 (6.4)	3.50-9.30	13 (5.7)	2.95-8.45	
	Sometimes	73 (38.8)	33.03-44.57	86 (37.9)	32.16-43.64	
	Never	94 (50.0)	44.08-55.92	121 (53.3)	47.39-59.21	
	Don't Know	5 (2.7)	0.78-4.62	4 (1.8)	0.23-3.37	
B27.	Always	9 (4.7)	2.19-7.21	5 (2.2)	0.46-3.94	
	Often	12 (6.3)	3.42-9.18	12 (5.3)	2.65-7.95	
	Sometimes	92 (48.4)	42.48-54.32	103 (45.8)	39.90-51.70	
	Never	69 (36.3)	30.61-41.99	101 (44.9)	39.01-50.79	
	Don't Know	8 (4.2)	1.82-6.58	4 (1.8)	0.23-3.37	
B28.	Always	19 (9.8)	6.28-13.32	15(6.6)	3.66-9.54	
	Often	31 (16.1)	11.75-20.45	18(8.0)	4.79-11.21	
	Sometimes	98 (50.8)	44.88-56.72	126 (55.8)	49.92-61.68	
	Never	41 (21.2)	16.36-26.04	63 (27.9)	22.59-33.21	
	Don't Know	4 (2.1)	0.40-3.80	4 (1.8)	0.23-3.37	
Total	B1.	Always	87 (25.0)	21.00-29.00	86 (26.0)	21.95-30.05
		Often	62 (17.8)	14.27-21.33	65(19.6)	15.93-23.27
		Sometimes	182 (52.3)	47.69-56.91	166 (50.2)	45.58-54.82
		Never	13 (3.7)	1.96-5.44	9 (2.7)	1.20-4.20
		Don't Know	4 (1.1)	0.14-2.06	5 (1.5)	0.38-2.62
B2.	Always	84 (24.3)	20.34-28.26	86 (26.1)	22.04-30.16	
	Often	57 (16.5)	13.07-19.93	47 (14.3)	11.07-17.53	
	Sometimes	105 (30.3)	26.05-34.55	115 (35.0)	30.59-39.41	
	Never	61 (17.6)	14.08-21.12	60 (18.2)	14.63-21.77	
	Don't Know	39 (11.3)	8.37-14.23	21 (6.4)	4.14-8.66	
B3.	Always	74 (21.1)	17.33-24.87	86 (26.0)	21.95-30.05	
	Often	82 (23.4)	19.49-27.31	74 (22.4)	18.55-26.25	
	Sometimes	152 (43.4)	38.82-47.98	152 (45.9)	41.30-50.50	
	Never	30 (8.6)	6.01-11.19	15(4.5)	2.58-6.42	
	Don't Know	12 (3.4)	1.73-5.07	4 (1.2)	0.19-2.21	
B4.	Always	53 (15.6)	12.25-18.95	51 (15.5)	12.16-18.84	
	Often	116 (34.1)	29.72-38.48	122 (37.1)	32.64-41.56	
	Sometimes	98 (28.8)	24.62-32.98	112 (34.0)	29.62-38.38	
	Never	45 (13.2)	10.07-16.33	30 (9.1)	6.44-11.76	
	Don't Know	28 (8.2)	5.66-10.74	14 (4.3)	2.43-6.17	

B5.	Always	31 (8.9)	6.27-11.53	23 (6.9)	4.56-9.24
	Often	42 (12.1)	9.09-15.11	44 (13.3)	10.16-16.44
	Sometimes	219 (63.1)	58.64-67.56	206 (62.2)	57.72-66.68
	Never	45 (13.0)	9.89-16.11	50 (15.1)	11.79-18.41
	Don't Know	10 (2.9)	1.35-4.45	8 (2.4)	0.99-3.81
B6.	Always	17 (4.9)	2.91-6.89	16 (4.8)	2.82-6.78
	Often	43 (12.4)	9.35-15.45	52 (15.7)	12.34-19.06
	Sometimes	249 (71.6)	67.43-75.77	223 (67.4)	63.07-71.73
	Never	32 (9.2)	6.53-11.87	36 (10.9)	8.02-13.78
	Don't Know	7 (2.0)	0.71-3.29	4 (1.2)	0.19-2.21
B7.	Always	12 (3.5)	1.80-5.20	14 (4.2)	2.35-6.05
	Often	41 (11.9)	8.91-14.89	32 (9.7)	6.97-12.43
	Sometimes	225 (65.4)	61.00-69.80	213 (64.5)	60.08-68.92
	Never	60 (17.4)	13.90-20.90	67 (20.3)	16.58-24.02
	Don't Know	6 (1.7)	0.51-2.89	4 (1.2)	0.19-2.21
B8.	Always	23 (6.6)	4.31-8.89	20 (6.1)	3.89-8.31
	Often	32 (9.2)	6.53-11.87	33 (10.0)	7.23-12.77
	Sometimes	192 (55.3)	50.71-59.89	186 (56.4)	51.82-60.98
	Never	93 (26.8)	22.71-30.89	87 (26.4)	22.33-30.47
	Don't Know	7 (2.0)	0.71-3.29	4 (1.2)	0.19-2.21
B9.	Always	12 (3.5)	1.80-5.20	10 (3.0)	1.42-4.58
	Often	22 (6.3)	4.06-8.54	18 (5.4)	3.31-7.49
	Sometimes	102 (29.4)	25.19-33.61	115 (34.7)	30.30-39.10
	Never	189 (54.5)	49.90-59.10	180 (54.4)	49.80-59.00
	Don't Know	22 (6.3)	4.06-8.54	8 (2.4)	0.99-3.81
B10.	Always	31 (9.0)	6.36-11.64	30(9.1)	6.44-11.76
	Often	51 (14.8)	11.52-18.08	53 (16.0)	12.61-19.39
	Sometimes	202 (58.6)	54.05-63.15	198 (59.8)	55.27-64.33
	Never	57 (16.5)	13.07-19.93	48 (14.5)	11.25-17.75
	Don't Know	4 (1.2)	0.19-2.21	2 (0.6)	0.02-1.31
B11.	Always	19 (5.4)	3.31-7.49	30 (9.1)	6.44-11.76
	Often	59 (16.9)	13.44-20.36	66 (19.9)	16.21-23.59
	Sometimes	231 (66.0)	61.62-70.38	211 (63.7)	59.26-68.14
	Never	30 (8.6)	6.01-11.19	21(6.3)	4.06-8.54
	Don't Know	11 (3.1)	1.50-4.70	3 (0.9)	0.03-1.77
B12.	Always	14 (4.1)	2.27-5.93	16 (4.8)	2.82-6.78
	Often	41 (11.9)	8.91-14.89	26 (7.9)	5.41-10.39
	Sometimes	160 (46.4)	41.79-51.01	161 (48.8)	44.18-53.42
	Never	124 (35.9)	31.47-40.33	124 (37.6)	33.12-42.08
	Don't Know	6 (1.7)	0.51-2.89	3 (0.9)	0.03-1.77
B13.	Always	12 (3.4)	1.73-5.07	8 (2.4)	0.99-3.81
	Often	22 (6.3)	4.06-8.54	17 (5.2)	3.15-7.25
	Sometimes	209 (59.9)	55.37-64.43	204 (61.8)	57.31-66.29
	Never	98 (28.1)	23.95-32.25	95 (28.8)	34.62-32.98
	Don't Know	8 (2.3)	0.91-3.69	6 (1.8)	0.57-3.03

B14.	Always	13 (3.7)	1.96-5.44	8 (2.4)	0.99-3.81
	Often	25 (7.1)	4.73-9.47	12 (3.6)	1.88-5.32
	Sometimes	190 (54.3)	49.70-58.90	184 (55.6)	51.01-60.19
	Never	114 (32.6)	28.27-36.93	125 (37.8)	33.32-42.28
	Don't Know	8 (2.3)	0.91-3.69	2 (0.6)	0.02-1.31
B15.	Always	107 (30.7)	26.44-34.96	127 (38.7)	34.20-43.20
	Often	90 (25.8)	21.76-29.84	77 (23.5)	19.58-37.42
	Sometimes	133 (38.1)	33.61-42.59	109 (33.2)	28.85-37.55
	Never	14 (4.0)	2.19-5.81	14 (4.3)	2.43-6.17
	Don't Know	5 (1.4)	0.31-2.49	1 (0.3)	0.02-0.81
B16.	Always	81 (23.3)	19.39-27.21	80 (24.2)	20.24-28.16
	Often	125 (35.9)	31.47-40.33	96 (29.1)	24.90-33.30
	Sometimes	120 (34.5)	30.11-38.89	138 (41.8)	37.24-46.36
	Never	11 (3.2)	1.57-4.83	11(3.3)	1.65-4.95
	Don't Know	11 (3.2)	1.57-4.83	5 (1.5)	0.38-2.62
B17.	Always	87 (24.8)	20.81-28.79	77 (23.3)	19.39-27.21
	Often	80 (22.8)	18.92-26.68	97 (29.4)	25.19-33.61
	Sometimes	151 (43.0)	38.43-47.57	130 (39.4)	34.89-43.91
	Never	24 (6.8)	4.47-9.13	22(6.7)	4.39-9.01
	Don't Know	9 (2.6)	1.13-4.07	4 (1.2)	0.19-2.21
B18.	Always	66 (20.6)	16.86-24.34	58 (17.5)	13.99-21.01
	Often	84 (26.3)	22.23-30.37	95 (28.7)	24.52-32.88
	Sometimes	136 (42.5)	37.93-47.07	141 (42.6)	38.03-47.17
	Never	25 (7.8)	5.32-10.28	33 (10.0)	7.23-12.77
	Don't Know	9 (2.8)	1.28-4.32	4 (1.2)	0.19-2.21
B19.	Always	10 (3.1)	1.50-4.70	12 (3.6)	1.88-5.32
	Often	36 (11.3)	8.37-14.23	36 (10.9)	8.02-13.78
	Sometimes	191 (59.9)	55.37-64.43	210 (63.4)	58.95-67.85
	Never	70 (21.9)	18.08-25.72	67 (20.2)	16.49-23.91
	Don't Know	12 (3.8)	2.03-5.57	6 (1.8)	0.57-3.03
B20.	Always	15 (4.7)	2.74-6.66	18(5.4)	3.31-7.49
	Often	45 (17.4)	13.90-20.90	46 (13.9)	10.70-17.10
	Sometimes	179 (55.8)	51.21-60.39	190 (57.4)	52.83-61.97
	Never	64 (19.9)	16.21-23.59	68 (20.5)	16.77-24.23
	Don't Know	7 (2.2)	0.84-3.56	9 (2.7)	1.20-4.20
B21.	Always	10 (3.2)	1.57-4.83	5 (1.5)	0.38-2.62
	Often	22 (6.9)	4.56-9.24	19 (5.7)	3.56-7.84
	Sometimes	90 (28.4)*	24.23-32.57	141(42.6)	38.03-47.17
	Never	183 (57.7)	53.14-62.26	154 (46.5)	41.89-51.11
	Don't Know	12 (3.8)	2.03-5.57	12 (3.6)	1.88-5.32
B22.	Always	6 (1.9)	0.64-3.16	6 (1.8)	0.57-3.03
	Often	15 (4.7)	2.74-6.66	8 (2.4)	0.99-3.81
	Sometimes	90 (28.4)	24.23-32.57	83 (25.1)	21.09-29.11
	Never	194 (61.2)	56.70-65.70	220 (66.5)	62.14-70.86
	Don't Know	12 (3.8)	2.03-5.57	14 (4.2)	2.35-6.05

B23.	Always	7 (2.2)	0.84-3.56	2 (0.6)	0.02-1.31	
	Often	20 (6.3)	4.06-8.54	14 (4.3)	2.43-6.17	
	Sometimes	113 (35.8)	31.37-40.23	128 (38.9)	34.40-43.40	
	Never	167 (52.8)	48.19-57.41	171 (52.0)	47.38-56.62	
	Don't Know	9 (2.8)	1.28-4.32	14 (4.3)	2.43-6.17	
B24.	Always	5 (1.6)	0.44-2.76	3 (0.9)	0.03-1.77	
	Often	14 (4.4)	2.51-6.29	9 (2.7)	1.20-4.20	
	Sometimes	77 (24.3)	20.34-28.26	95 (28.8)	24.62-32.98	
	Never	210 (66.2)	61.83-70.57	209 (63.3)	58.85-67.75	
	Don't Know	11 (3.5)	1.80-5.20	14 (4.2)	2.35-6.05	
B25.	Always	14 (4.3)	2.43-6.17	9 (2.7)	1.20-4.20	
	Often	19 (5.9)	3.72-8.08	6 (1.8)	0.57-3.03	
	Sometimes	113 (35.1)	30.69-39.51	137 (41.6)	37.05-46.15	
	Never	168 (52.2)	47.58-56.82	174 (52.9)	48.29-57.51	
	Don't Know	8 (2.5)	1.06-3.94	3 (0.9)	0.03-1.77	
B26.	Always	9 (2.8)	1.28-4.32	4 (1.2)	0.19-2.21	
	Often	25 (7.9)	5.41-10.39	17 (5.2)	3.15-7.25	
	Sometimes	116 (36.7)	32.25-41.15	119(36.2)	31.76-40.64	
	Never	158 (50.0)	45.38-54.62	183 (55.6)	51.01-60.19	
	Don't Know	8 (2.5)	1.06-3.94	6 (1.8)	0.57-3.03	
B27.	Always	15 (4.7)	2.74-6.66	7 (2.1)	0.78-3.42	
	Often	24 (7.5)	5.07-9.93	18(5.5)	3.39-7.61	
	Sometimes	142 (44.4)	39.81-48.99	152 (46.5)	41.89-51.11	
	Never	128 (40.0)	39.81-48.99	145 (44.3)	39.71-48.89	
	Don't Know	11 (3.4)	1.73-5.07	5 (1.5)	0.38-2.62	
B28.	Always	25 (7.7)	5.24-10.16	17 (5.2)	3.15-7.25	
	Often	50 (15.5)	12.16-18.84	32 (9.8)	7.05-12.55	
	Sometimes	168 (52.0)	47.38-56.62	186 (56.7)	52.12-61.28	
	Never	76 (23.5)	19.58-27.42	89 (27.1)	22.99-31.21	
	Don't Know	4 (1.2)	0.19-2.21	4 (1.2)	0.19-2.21	
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<b>Secondary Students</b>						
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Male	B1.	Always	159 (22.5)	19.56-25.44	112 (23.6)	20.61-26.59
		Often	122 (17.3)	14.64-19.96	104 (21.9)	18.99-24.81
		Sometimes	374 (54.3)	50.80-57.80	234 (49.3)	45.78-52.82
		Never	35 (5.0)	3.47-6.53	14 (2.9)	1.72-4.08
		Don't Know	7 (1.0)	0.30-1.70	11 (2.3)	1.25-3.35
B2.	B2.	Always	155 (21.6)	18.70-24.50	111(23.4)	20.42-26.38
		Often	101 (14.1)	11.65-16.55	96 (20.3)	17.47-23.13
		Sometimes	240 (33.5)	30.18-36.82	141 (29.7)	26.48-32.92
		Never	146(20.4)	17.56-23.24	74 (15.6)	13.05-18.15
		Don't Know	75 (10.5)	8.34-12.66	52 (11.0)	8.80-13.20
B3.	B3.	Always	149 (20.8)	17.94-23.66	83 (17.4)	14.73-20.07
		Often	151 (21.1)	18.23-23.97	104 (21.8)	18.89-24.71
		Sometimes	336 (46.9)	43.39-50.41	242 (50.8)	47.28-54.32
		Never	51(7.1)	5.29-8.91	29 (6.1)	4.42-7.78
		Don't Know	30 (4.2)	2.79-5.61	18 (3.8)	2.45-5.15

B4.	Always	88 (12.4)	10.08-14.72	73 (15.5)	12.95-18.05
	Often	220 (30.9)	27.65-34.15	128 (27.1)	23.97-30.23
	Sometimes	255 (35.9)	32.52-39.28	173 (36.7)	23.59-29.81
	Never	92 (12.9)	10.54-15.26	61 (12.9)	10.54-15.26
	Don't Know	56 (7.9)	6.00-9.80	37 (7.8)	5.91-9.69
B5.	Always	67 (9.3)	7.26-11.34	28 (5.9)	4.24-7.56
	Often	89 (12.4)	10.08-14.72	57 (12.0)	9.71-14.29
	Sometimes	438 (61.1)	57.67-64.53	284 (59.9)	56.45-63.35
	Never	102 (14.2)	11.74-16.66	96(20.3)	17.47-23.13
	Don't Know	21 (2.9)	1.72-4.08	9 (1.9)	0.94-2.86
B6.	Always	51 (7.1)	5.29-8.91	18 (3.8)	2.45-5.15
	Often	106 (14.7)	12.21-17.19	58 (12.2)	9.90-14.50
	Sometimes	468 (64.8)	61.44-68.16	314(66.1)	62.77-69.43
	Never	83 (11.5)	9.26-13.74	80 (16.8)	14.17-19.43
	Don't Know	14 (1.9)	0.94-2.86	5 (1.1)	0.37-1.83
B7.	Always	55 (7.6)	5.74-9.46	16 (3.4)	2.12-4.68
	Often	89 (12.3)	9.99-14.61	38 (8.0)	6.09-9.91
	Sometimes	422 (58.4)	54.93-61.87	271 (57.1)	53.62-60.58
	Never	137 (18.9)	16.15-21.65	139 (29.3)	26.10-32.50
	Don't Know	20 (2.8)	1.64-3.96	11 (2.3)	1.25-3.35
B8.	Always	58 (5.1)	3.55-6.65	16 (3.4)	2.12-4.68
	Often	91 (13.1)	10.73-15.47	47 (9.9)	7.80-12.00
	Sometimes	384(53.4)	49.89-56.91	224 (47.2)	43.69-50.71
	Never	150 (20.9)*	18.04-23.76	175 (36.8)	33.41-40.19
	Don't Know	33 (4.6)	3.13-6.07	13 (2.7)	1.56-3.84
B9.	Always	38 (5.3)	3.72-6.88	18 (3.8)	2.45-5.15
	Often	40 (5.6)	3.98-7.22	29 (6.1)	4.42-7.78
	Sometimes	235 (32.6)	29.30-35.90	118 (24.9)	21.86-27.94
	Never	371 (51.5)	47.98-55.02	287 (60.7)	57.26-64.14
	Don't Know	36 (5.0)	3.47-6.53	21(4.4)	2.96-5.84
B10.	Always	91 (12.8)	10.45-15.15	33(7.0)	5.20-8.80
	Often	124 (17.5)	14.83-20.17	66 (13.9)	11.47-16.33
	Sometimes	366 (51.6)	48.08-55.12	251 (53.0)	49.49-56.51
	Never	116 (16.4)	13.79-19.01	116 (24.5)	21.47-27.53
	Don't Know	12 (1.7)	0.79-2.61	8 (1.7)	0.79-2.61
B11.	Always	76 (10.5)	8.34-12.66	29 (6.1)	4.42-7.78
	Often	122 (16.9)	14.26-19.54	60 (12.6)	10.27-14.93
	Sometimes	448 (61.9)	58.48-65.32	291 (61.3)	57.87-64.73
	Never	62 (8.6)	6.63-10.57	74 (15.6)	13.05-18.15
	Don't Know	16 (2.2)	1.17-3.23	21 (4.4)	2.96-5.84
B12.	Always	51 (7.0)	5.20-8.80	18 (3.8)	2.45-5.15
	Often	53 (7.3)	5.47-9.13	43 (9.1)	7.08-11.12
	Sometimes	365 (50.4)	46.88-53.92	204 (43.0)	39.52-46.48
	Never	239 (33.0)	29.69-36.31	196 (41.4)	37.93-44.87
	Don't Know	16 (2.2)	1.17-3.23	13 (2.7)	1.56-3.84



B13.	Always	23 (3.2)	1.96-4.44	12 (2.5)	1.40-3.60
	Often	35 (4.9)	3.38-6.42	31 (6.5)	4.77-8.23
	Sometimes	432 (59.9)	56.45-63.35	261 (55.1)	51.60-58.60
	Never	213 (29.5)	26.29-32.71	143 (30.2)	26.97-33.43
	Don't Know	18 (2.5)	1.40-3.60	27 (5.7)	4.07-7.33
B14.	Always	27 (3.8)	2.45-5.15	15 (3.2)	1.96-4.44
	Often	39 (5.4)	3.81-6.99	29(6.1)	4.42-7.78
	Sometimes	407 (56.7)	53.21-60.19	267 (56.4)	52.91-59.89
	Never	222 (30.9)	27.65-34.15	149 (31.5)	28.23-34.77
	Don't Know	23 (3.2)	1.96-4.44	13 (2.7)	1.56-3.84
B15.	Always	223 (31.0)	27.75-34.25	168 (35.4)	32.04-38.76
	Often	132 (18.2)	15.49-20.91	106 (22.4)	19.47-25.33
	Sometimes	289 (40.1)	36.65-43.55	162 (34.2)	30.86-37.54
	Never	61 (8.5)	6.54-10.46	25 (5.3)	3.72-6.88
	Don't Know	15 (2.1)	1.09-3.11	13 (2.7)	1.56-3.84
B16.	Always	156 (21.7)	18.80-24.60	106 (22.6)	19.66-25.54
	Often	204 (28.4)	25.23-31.57	156 (33.3)	29.98-36.62
	Sometimes	288 (40.1)	36.65-43.55	163 (34.8)	31.45-38.15
	Never	45 (6.3)	4.59-8.01	22 (4.7)	3.21-6.19
	Don't Know	26 (3.6)	2.29-4.91	22 (4.7)	3.21-6.19
B17.	Always	158 (21.9)	18.99-24.81	120 (25.4)	22.34-28.46
	Often	148 (20.5)	17.66-23.34	118 (24.9)	21.86-27.94
	Sometimes	332 (45.9)	42.39-49.41	195 (41.2)	37.74-44.66
	Never	66 (9.1)	7.08-11.12	29 (6.1)	4.42-7.78
	Don't Know	19 (2.6)	1.48-3.72	11 (2.3)	1.25-3.35
B18.	Always	111 (16.5)	13.8-19.11	109 (23.1)	20.13-26.07
	Often	130 (19.4)	16.62-22.18	110 (23.3)	20.33-26.27
	Sometimes	338 (50.4)	46.88-53.92	199 (42.2)	38.73-45.67
	Never	71 (10.6)	8.43-12.77	33 (7.0)	5.20-8.80
	Don't Know	21 (3.1)	1.88-4.32	21 (4.4)	2.96-5.84
B19.	Always	42 (6.2)	4.50-7.90	18 (3.8)	2.45-5.15
	Often	72 (10.7)	8.53-12.87	45 (9.6)	7.53-11.67
	Sometimes	412 (61.2)	57.77-64.63	269 (57.1)	53.62-60.58
	Never	119 (17.7)	15.01-20.39	118 (25.1)	22.05-28.15
	Don't Know	28 (4.2)	2.79-5.61	21 (4.5)	3.04-5.96
B20.	Always	46 (6.9)	5.12-8.68	21 (4.5)	3.04-5.96
	Often	88 (13.2)	10.82-15.58	72 (15.3)	12.77-17.83
	Sometimes	393 (58.9)	55.44-62.36	242 (51.5)	47.98-55.02
	Never	117 (17.5)	14.83-20.17	120 (25.5)	22.43-28.57
	Don't Know	23 (3.4)	2.12-4.68	15 (3.2)	1.96-4.44
B21.	Always	27 (4.0)	2.62-5.38	3 (0.6)	0.06-1.14
	Often	39 (5.8)	4.16-7.44	19 (4.0)	2.62-5.38
	Sometimes	278 (41.5)*	38.03-44.97	139 (29.4)	26.19-32.61
	Never	295 (44.0)*	40.51-47.49	294 (62.2)	58.79-65.61
	Don't Know	31 (4.6)	3.13-6.07	18 (3.8)	2.45-5.15

B22.	Always	20 (3.0)	1.80-4.20	4 (0.8)	0.17-1.43	
	Often	22 (3.3)	2.04-4.56	19 (4.0)	2.62-5.38	
	Sometimes	199 (29.9)	26.68-33.12	120 (25.4)	22.34-28.46	
	Never	398 (59.8)	56.35-63.25	316 (66.9)	63.59-70.21	
	Don't Know	26 (3.9)	2.54-5.26	13 (2.8)	1.64-3.96	
B23.	Always	16 (2.4)	1.32-3.48	9 (1.9)	0.94-2.86	
	Often	22 (3.3)	2.04-4.56	23 (4.9)	3.38-6.42	
	Sometimes	282 (42.5)	39.02-45.98	165 (35.1)	31.74-38.46	
	Never	308 (46.4)	42.89-49.91	261 (55.5)	52.00-59.00	
	Don't Know	36 (5.4)	3.81-6.99	12 (2.6)	1.48-3.72	
B24.	Always	13 (1.9)	0.94-2.86	5 (1.1)	0.37-1.83	
	Often	30 (4.5)	3.04-5.96	17 (3.6)	2.29-4.91	
	Sometimes	187 (28.0)	24.84-31.16	110 (23.4)	20.42-26.38	
	Never	408 (61.1)	57.76-64.53	320 (68.1)	64.82-71.38	
	Don't Know	30 (4.5)	3.04-5.96	18 (3.8)	2.45-5.15	
B25.	Always	26 (3.9)	2.54-5.26	8 (1.7)	0.79-2.61	
	Often	37 (5.5)	3.90-7.10	27 (5.7)	4.07-7.33	
	Sometimes	244 (36.5)	33.11-39.89	193 (41.0)	37.54-44.46	
	Never	349 (52.2)	48.69-55.71	233 (49.5)	45.98-53.02	
	Don't Know	12 (1.8)	0.86-2.74	10 (2.1)	1.09-3.11	
B26.	Always	17 (2.6)	1.48-3.72	19 (4.1)	2.70-5.50	
	Often	36 (5.4)	3.81-6.99	27 (5.8)	4.16-7.44	
	Sometimes	231 (34.7)	31.35-38.05	178 (38.0)	34.58-41.42	
	Never	358 (53.8)	50.29-57.31	232 (49.6)	46.08-53.12	
	Don't Know	23 (3.5)	2.21-4.79	12 (2.6)	1.48-3.72	
B27.	Always	19 (2.9)	1.72-4.08	10 (2.1)	1.09-3.11	
	Often	42 (6.3)	4.59-8.01	37 (7.9)	6.00-9.80	
	Sometimes	298 (44.7)	41.20-48.20	205 (43.6)	40.11-47.09	
	Never	287 (43.1)	39.62-46.58	202 (43.0)	39.52-46.48	
	Don't Know	20 (3.0)	1.80-4.20	16 (3.4)	2.12-4.68	
B28.	Always	54 (8.1)	6.18-10.02	3 (26.9)	23.78-30.02	
	Often	84 (12.6)	10.27-14.93	63 (13.5)	11.10-15.90	
	Sometimes	342 (51.1)	47.58-54.62	238 (51.0)	47.48-54.52	
	Never	172 (25.7)	22.63-28.77	127 (27.2)	24.07-30.33	
	Don't Know	17 (2.5)	1.40-3.60	7 (1.5)	0.64-2.36	
Female	B1.	Always	75 (21.2)	17.11-25.29	65 (23.2)	18.98-27.42
		Often	73 (20.7)	16.65-24.75	62 (22.1)	17.95-26.25
		Sometimes	190 (53.8)	48.81-58.79	149 (53.2)	48.21-58.19
		Never	13 (3.7)	1.81-5.59	3 (1.1)	0.06-2.14
		Don't Know	2 (0.6)	0.02-1.37	1 (0.4)	0.02-1.03
B2.	Always	97 (27.3)	22.84-31.76	65 (23.4)	19.17-27.63	
	Often	63 (17.7)	13.88-21.52	35 (12.6)	9.28-15.92	
	Sometimes	105 (29.6)	25.03-34.17	100 (36.0)	31.20-40.80	
	Never	64 (18.0)	14.16-21.84	44(15.8)	12.15-19.45	
	Don't Know	26 (7.3)	4.70-9.90	34 (12.2)	8.93-15.47	

B3.	Always	99 (27.6)	23.13-32.07	54 (19.4)	15.44-23.36
	Often	82 (22.8)	18.60-27.00	62 (22.2)	18.04-26.36
	Sometimes	157 (43.7)	38.74-48.66	135(48.4)	43.40-53.40
	Never	13 (3.6)	1.74-5.46	16 (5.7)	3.38-8.02
	Don't Know	8 (2.2)	0.73-3.67	12 (4.3)	2.27-6.33
B4.	Always	59 (16.8)	13.06-20.54	41 (14.7)	11.16-18.24
	Often	119 (33.9)	29.17-38.63	77 (27.7)	23.22-32.18
	Sometimes	115 (32.8)	28.10-37.50	101 (36.3)	31.49-41.11
	Never	33 (9.4)	6.48-13.32	30 (10.8)	7.70-13.90
	Don't Know	25 (7.1)	4.53-9.67	29 (10.4)	7.35-13.45
B5.	Always	30 (8.4)	5.63-11.17	21 (7.5)	4.87-10.13
	Often	38 (10.6)	7.52-13.68	31(11.1)	7.96-14.24
	Sometimes	234 (65.2)	60.44-69.96	158 (56.4)	51.44-61.36
	Never	50 (13.9)	10.44-17.36	54 (19.3)	15.35-23.25
	Don't Know	7 (1.9)	0.53-3.27	16 (5.7)	3.38-8.02
B6.	Always	14 (3.9)	1.96-5.84	16 (5.7)	3.38-8.02
	Often	29 (8.0)	5.29-10.71	33 (11.8)	8.57-15.03
	Sometimes	266 (73.5)	69.09-77.91	180 (64.5)	59.71-69.29
	Never	46 (12.7)	9.37-16.03	44 (15.8)	12.15-19.45
	Don't Know	7 (1.9)	0.53-3.27	6 (2.2)	0.73-3.67
B7.	Always	20 (5.5)	3.22-7.78	10 (3.6)	1.74-5.46
	Often	41 (11.3)	8.13-14.47	36 (12.9)	9.55-16.25
	Sometimes	217 (59.9)	55.00-64.80	156 (55.9)	50.93-60.87
	Never	74 (20.4)	16.37-24.43	67 (24.0)	19.73-28.27
	Don't Know	10 (2.8)	1.15-4.45	10 (3.6)	1.74-5.46
B8.	Always	23 (6.3)	3.87-8.73	11 (3.9)	1.96-5.84
	Often	24 (6.6)	4.12-9.08	28 (10.0)	7.00-13.00
	Sometimes	200 (55.1)	50.13-60.07	147 (52.7)	47.74-57.69
	Never	112 (30.9)	26.28-35.52	85 (30.5)	25.89-35.11
	Don't Know	4 (1.1)	0.06-2.14	8 (2.9)	1.22-4.58
B9.	Always	13 (3.6)	1.74-5.46	9 (3.2)	1.44-4.96
	Often	10 (2.8)	1.15-4.45	12 (4.3)	2.27-6.33
	Sometimes	118 (32.6)	27.91-37.29	73 (26.2)	21.80-30.60
	Never	201 (55.5)	50.53-60.47	168 (60.2)	55.30-65.10
	Don't Know	20 (5.5)	3.22-7.78	17 (6.1)	3.71-8.49
B10.	Always	33 (9.3)	6.40-12.20	30 (10.8)	7.70-13.90
	Often	46 (13.0)	9.64-16.36	45 (16.1)	12.42-19.78
	Sometimes	208 (58.8)	53.88-63.72	161 (57.7)	52.76-62.64
	Never	64 (18.1)	14.25-21.95	40 (14.3)	10.80-17.80
	Don't Know	3 (0.8)	0.03-1.69	3 (1.1)	0.06-2.14
B11.	Always	23 (6.4)	3.95-8.85	21(7.5)	4.87-10.13
	Often	44 (12.2)	8.93-15.47	36 (12.9)	9.55-16.25
	Sometimes	244 (67.4)	62.71-72.09	181 (64.6)	59.82-69.38
	Never	42 (11.6)	8.40-14.80	32 (11.4)	8.22-14.58
	Don't Know	9 (2.5)	0.94-4.06	10 (3.6)	1.74-5.46

B12.	Always	12 (3.3)	1.51-5.09	12 (4.3)	2.27-6.33
	Often	23 (6.4)	3.95-8.85	31 (11.1)	7.96-14.24
	Sometimes	173 (47.8)	42.80-52.80	111 (39.6)	34.71-44.49
	Never	146 (40.3)	35.39-45.21	120 (42.9)	37.95-47.85
	Don't Know	8 (2.2)	0.73-3.67	6 (2.1)	0.67-3.53
B13.	Always	4 (1.1)	0.06-2.14-2.	4 (1.4)	0.22-2.58
	Often	15 (4.1)	12-6.08	13 (4.7)	2.58-6.82
	Sometimes	227 (62.5)	57.66-67.34	184 (65.9)	61.16-70.64
	Never	104 (28.7)	24.18-33.22	61 (21.9)	17.76-26.04
	Don't Know	13 (3.6)	1.74-5.46	17 (6.1)	3.71-8.49
B14.	Always	7 (1.9)	0.53-3.27	6 (2.1)	0.67-3.53
	Often	13 (3.6)	1.74-5.46	16 (5.7)	3.38-8.02
	Sometimes	204 (56.5)	51.54-61.46	145 (51.8)	46.80-56.80
	Never	131 (36.3)	31.49-41.11	103 (36.8)	31.98-41.62
	Don't Know	6 (1.7)	0.41-2.99	10 (3.6)	1.74-5.46
B15.	Always	139 (38.5)	33.63-43.37	76 (27.2)	22.75-31.65
	Often	82 (22.7)	18.51-26.89	64(22.9)	18.70-27.10
	Sometimes	120 (33.2)	28.49-37.91	111(39.8)	25.23-34.37
	Never	14 (3.9)	1.96-5.84	17 (6.1)	3.71-8.49
	Don't Know	6 (1.7)	0.41-2.99	11 (3.9)	1.96-5.84
B16.	Always	107 (29.5)	24.94-34.06	60 (21.5)	17.39-25.61
	Often	103 (28.4)	23.89-32.91	70 (25.1)	20.76-29.44
	Sometimes	132 (36.4)	61.59-41.21	126 (45.2)	40.22-50.18
	Never	8 (2.2)	0.73-3.67	11 (3.9)	1.96-5.84
	Don't Know	13 (3.6)	1.74-5.46	12 (4.3)	2.27-6.33
B17.	Always	107 (29.5)	24.94-34.06	66 (23.8)	19.54-28.06
	Often	76 (20.9)	16.83-24.97	54 (19.5)	15.54-23.46
	Sometimes	156 (43.0)	38.05-47.95	132 (47.7)	42.70-52.70
	Never	19 (5.2)	2.98-7.42	20 (7.2)	4.61-9.79
	Don't Know	5 (1.4)	0.22-2.58	5 (1.8)	0.47-3.13
B18.	Always	66 (19.5)	15.54-23.46	38 (13.6)	10.17-17.03
	Often	72 (21.2)	17.11-25.29	66 (23.6)	19.35-27.85
	Sometimes	172 (50.7)	45.70-55.70	138(49.3)	44.30-54.30
	Never	24 (7.1)	4.53-9.67	22 (7.9)	5.20-10.60
	Don't Know	5 (1.5)	0.28-2.72	16 (5.7)	3.38-8.02
B19.	Always	17 (5.1)	2.90-7.30	12 (4.3)	2.27-6.33
	Often	35 (10.4)	7.35-13.45	26 (9.3)	6.40-12.20
	Sometimes	206 (61.3)	56.43-66.17	159 (56.8)	51.85-61.75
	Never	62 (18.5)	14.62-22.38	63 (22.5)	18.32-26.68
	Don't Know	16 (4.8)	2.66-6.94	20 (7.1)	4.53-9.67
B20.	Always	25 (7.4)	4.78-10.02	19 (6.8)	4.28-9.32
	Often	33 (9.8)	6.83-12.77	34 (12.1)	8.84-15.36
	Sometimes	211 (62.6)	57.76-67.44	162 (57.9)	52.96-62.84
	Never	58 (17.2)	13.43-20.97	56 (20.0)	16.00-24.00
	Don't Know	10 (3.0)	1.29-4.71	9 (3.2)	1.44-4.96

B21.	Always	10 (3.0)	1.29-4.71	3 (1.1)	0.06-2.14	
	Often	11 (3.3)	1.51-5.09	24 (8.6)	82.53-89.47	
	Sometimes	149 (44.2)	39.23-49.17	115 (41.1)	36.18-46.02	
	Never	153(45.4)	40.42-50.38	124 (44.3)	39.33-49.27	
	Don't Know	14 (4.2)	2.19-6.21	14 (5.0)	2.82-7.18	
B22.	Always	0 (0)	-	8 (2.9)	1.22-4.58	
	Often	5 (1.5)	0.28-2.72	11 (3.9)	1.96-5.84	
	Sometimes	109 (32.9)	28.20-37.60	96 (34.3)	29.55-39.05	
	Never	208 (62.3)	57.45-67.15	145 (51.8)	46.80-56.80	
	Don't Know	12 (3.6)	1.74-5.46	20 (7.1)	4.53-9.67	
B23.	Always	8 (2.4)	0.87-3.93	3 (1.1)	0.06-2.14	
	Often	11 (3.3)	1.51-5.09	21 (7.5)	4.87-10.13	
	Sometimes	157 (47.1)	42.11-52.09	104 (37.1)	32.27-41.93	
	Never	145 (43.5)	38.54-48.46	126 (45.0)	40.02-49.98	
	Don't Know	12 (3.6)	1.74-5.46	26 (9.3)	6.40-12.20	
B24.	Always	3 (0.9)	0.03-1.84	6 (2.1)	0.67-3.53	
	Often	7 (2.1)	0.67-3.53	10 (3.6)	1.74-5.46	
	Sometimes	117 (34.9)	30.13-39.67	84 (30.0)	25.42-34.58	
	Never	198 (59.1)	54.18-64.02	161 (57.5)	52.56-62.44	
	Don't Know	10 (3.0)	1.29-4.71	19 (6.8)	4.28-9.32	
B25.	Always	8 (2.4)	0.87-3.93	12 (4.3)	2.27-6.33	
	Often	14 (4.1)	2.12-6.08	14 (5.0)	2.82-7.18	
	Sometimes	120 (35.5)	30.71-40.29	124 (44.4)	39.43-49.37	
	Never	189 (55.9)	50.93-60.87	122 (43.7)	38.74-48.66	
	Don't Know	7 (2.1)	0.67-3.53	7 (2.5)	0.94-4.06	
B26.	Always	3 (0.9)	0.03-1.84	5 (1.8)	0.47-3.13	
	Often	7 (2.1)	0.67-3.53	15 (5.4)	3.14-7.66	
	Sometimes	118 (35.0)*	30.23-39.77	129 (46.2)	41.21-51.19	
	Never	202 (59.9)*	55.00-64.80	121 (43.4)	38.44-48.36	
	Don't Know	7 (2.1)	0.67-3.53	9 (3.2)	1.44-4.96	
B27.	Always	13 (3.9)	1.96-5.84	9 (3.2)	1.44-4.96	
	Often	13 (3.9)	1.96-5.84	15 (5.4)	3.14-7.66	
	Sometimes	157 (46.6)	41.61-51.59	118 (42.3)	37.36-47.24	
	Never	142 (42.1)	37.16-47.04	124 (44.4)	39.43-49.37	
	Don't Know	12 (3.6)	1.74-5.46	13 (4.7)	2.58-6.82	
B28.	Always	23 (6.8)	4.28-9.32	19 (6.8)	4.28-9.32	
	Often	31 (9.2)	6.31-12.09	31 (11.2)	8.05-14.35	
	Sometimes	176 (52.2)	47.02-57.20	143 (51.4)	46.40-56.40	
	Never	99 (29.4)	24.84-33.96	72 (25.9)	21.52-30.28	
	Don't Know	8 (2.4)	0.87-3.93	13 (4.7)	2.58-6.82	
Total	B1.	Always	234 (22.1)	19.71-24.49	177 (23.4)	20.96-25.84
		Often	195 (18.4)	16.17-20.63	166 (22.0)	19.62-24.38
		Sometimes	574 (54.2)	51.33-57.07	383 (50.7)	47.82-53.58
		Never	48 (4.5)	3.31-5.69	17 (2.3)	1.44-3.16
		Don't Know	9 (0.8)	0.29-1.31	12 (1.6)	0.88-2.32

B2.	Always	252 (23.5)	21.06-25.94	176 (23.4)	20.96-25.84
	Often	164 (15.3)	13.23-17.37	131 (17.4)	15.22-19.58
	Sometimes	345 (32.2)	29.51-34.89	241 (32.0)	29.32-34.68
	Never	210 (19.6)	17.32-21.88	118 (15.7)	13.61-17.79
	Don't Know	101 (9.4)	7.72-11.08	86 (11.4)	9.57-13.23
B3.	Always	248 (23.0)	20.58-25.42	137 (18.1)	15.88-20.32
	Often	233 (21.7)	19.33-24.07	166 (22.0)	19.62-24.38
	Sometimes	493 (45.8)	42.93-48.67	377 (49.9)	47.02-52.78
	Never	64 (5.9)	4.54-7.26	45 (6.0)	4.63-7.37
	Don't Know	38 (3.5)	2.44-4.56	30 (4.0)	2.87-5.13
B4.	Always	147 (13.8)	11.82-15.78	114 (15.2)	13.13-17.27
	Often	339 (31.9)	29.22-34.58	205 (27.3)	24.74-29.86
	Sometimes	370 (34.8)	32.06-37.54	274 (36.5)	33.73-39.27
	Never	125 (11.8)	9.94-13.66	91 (12.1)	10.22-13.98
	Don't Know	81 (7.6)	6.07-9.13	66 (8.8)	7.17-10.43
B5.	Always	97 (9.0)	7.35-10.65	49 (6.5)	5.08-7.92
	Often	127 (11.8)	9.94-13.66	88 (11.7)	9.85-13.55
	Sometimes	672 (62.5)	59.71-65.29	442 (58.6)	55.747-61.43
	Never	152 (14.1)	12.10-16.10	150 (19.9)	17.60-22.20
	Don't Know	28 (2.6)	1.68-3.52	25 (3.3)	2.27-4.33
B6.	Always	65 (6.0)	4.63-7.37	34 (4.5)	3.31-5.69
	Often	135 (12.5)	10.60-14.40	91 (12.1)	10.22-13.98
	Sometimes	734 (67.7)	65.01-70.39	494 (65.5)	62.76-68.24
	Never	129 (11.9)	10.04-13.76	124 (16.4)	14.27-18.53
	Don't Know	21 (1.9)	1.11-2.69	11 (1.5)	0.80-2.20
B7.	Always	75 (6.9)	5.44-8.36	26 (3.4)	2.36-4.44
	Often	130 (12.0)	10.13-13.87	74 (9.8)	8.09-11.51
	Sometimes	639 (58.9)	56.07-61.73	427(56.6)	53.75-59.45
	Never	211 (19.4)	17.12-21.68	206 (27.3)	24.74-29.86
	Don't Know	30 (2.8)	1.85-3.75	21 (2.8)	1.85-3.75
B8.	Always	81 (7.5)	5.98-9.02	27 (3.6)	2.53-4.67
	Often	118 (10.9)	9.11-12.69	75(9.9)	8.18-11.62
	Sometimes	584 (54.0)	51.13-56.87	371 (49.2)	46.32-52.8
	Never	262 (24.2)	21.74-26.66	260 (34.5)	31.76-37.24
	Don't Know	37 (3.4)	2.36-4.44	21 (2.8)	1.85-3.75
B9.	Always	51 (4.7)	3.48-5.92	27 (3.6)	2.53-4.67
	Often	50 (4.6)	3.39-5.81	41 (5.5)	4.19-6.81
	Sometimes	353 (32.6)	29.90-35.30	191 (25.4)	22.89-27.91
	Never	572 (52.9)	50.03-55.77	455 (60.5)	57.69-63.31
	Don't Know	56 (5.2)	3.92-6.48	38 (5.1)	3.83-6.37
B10.	Always	124 (11.7)	9.85-13.55	63 (8.4)	6.80-10.00
	Often	170 (16.0)	13.89-18.11	111 (14.7)	12.66-16.74
	Sometimes	574 (54.0)	51.13-56.87	412 (54.7)	51.84-57.56
	Never	180 (16.9)	14.74-19.06	156 (20.7)	18.37-23.03
	Don't Know	15 (1.4)	0.72-2.08	11 (1.5)	0.80-2.20

B11.	Always	99 (9.1)	7.44-10.76	50 (6.6)	5.17-8.03
	Often	166 (15.3)	13.23-17.37	96 (12.7)	10.78-14.62
	Sometimes	692 (63.7)	60.93-66.47	472 (62.5)	59.71-65.29
	Never	104 (9.6)	7.90-11.30	106 (14.0)	12.00-16.00
	Don't Know	25 (2.3)	1.44-3.16	31 (4.1)	2.96-5.24
B12.	Always	63 (5.8)	4.45-7.15	30 (4.0)	2.87-5.13
	Often	76 (7.0)	5.53-8.47	74 (9.8)	8.09-11.51
	Sometimes	538 (49.5)	46.62-52.38	315 (41.8)	38.96-44.64
	Never	358 (35.5)	32.75-38.25	316 (41.9)	39.06-44.74
	Don't Know	24 (2.2)	1.36-3.04	19 (2.5)	1.60-3.40
B13.	Always	27 (2.5)	1.60-3.40	16 (2.1)	1.27-2.93
	Often	50 (4.6)	3.39-5.81	44 (5.8)	4.45-7.15
	Sometimes	659 (60.8)	57.99-63.61	445 (59.1)	56.27-61.93
	Never	317 (29.2)	26.58-31.82	204 (27.1)	24.54-29.66
	Don't Know	31 (2.9)	1.93-3.87	44 (5.8)	4.45-7.15
B14.	Always	34 (3.2)	2.19-4.21	21 (2.8)	1.85-3.75
	Often	52 (4.8)	3.57-6.03	45(6.0)	4.63-7.37
	Sometimes	611 (56.6)	53.75-59.45	412(54.7)	51.84-57.56
	Never	353 (32.7)	30.00-35.40	252 (33.5)	30.78-36.22
	Don't Know	29 (2.7)	1.77-3.63	23 (3.1)	2.10-4.10
B15.	Always	362 (33.5)	30.78-36.22	244 (32.4)	29.71-35.09
	Often	214 (19.8)	17.51-22.09	170 (22.6)	20.19-25.01
	Sometimes	409 (37.8)	35.01-40.59	273 (36.3)	33.53-39.07
	Never	75(6.9)	5.44-8.36	42 (5.6)	4.28-6.92
	Don't Know	21 (1.9)	1.11-2.69	24 (3.2)	2.19-4.21
B16.	Always	263 (24.3)	21.83-26.77	166 (22.2)	19.81-24.59
	Often	307 (28.4)	25.80-31.00	226 (30.2)	27.56-32.84
	Sometimes	420 (38.8)	36.00-41.60	289 (38.6)	35.80-41.40
	Never	53 (4.9)	3.66-6.14	33 (4.4)	3.22-5.58
	Don't Know	39 (3.6)	2.53-4.67	34 (4.5)	3.31-5.69
B17.	Always	265 (24.4)	21.93-26.87	186 (24.8)	22.31-27.29
	Often	224 (20.6)	18.27-22.93	172 (22.9)	20.48-25.32
	Sometimes	488 (44.9)	42.04-47.76	327 (43.6)	40.75-46.45
	Never	85 (7.8)	6.26-9.34	49 (6.5)	5.08-7.92
	Don't Know	24 (2.2)	1.36-3.04	16 (2.1)	1.27-2.93
B18.	Always	177 (17.5)	15.31-19.69	147 (19.5)	17.22-21.78
	Often	202 (20.0)	17.70-22.30	176 (23.4)	20.96-25.84
	Sometimes	510 (50.5)	47.62-53.38	337 (44.8)	41.94-47.66
	Never	95 (9.4)	7.72-11.08	55 (7.3)	5.80-8.80
	Don't Know	26 (2.6)	1.68-3.52	37 (4.9)	3.66-6.14
B19.	Always	59 (5.8)	4.45-7.15	30 (4.0)	2.87-5.13
	Often	107 (10.6)	8.83-12.37	71 (9.5)	7.81-11.19
	Sometimes	618 (61.2)	58.40-64.00	428 (57.0)	54.15-59.85
	Never	181 (17.9)	15.69-20.11	181 (24.1)	21.64-26.56
	Don't Know	44 (4.4)	3.22-5.58	41 (5.5)	4.19-6.81

B20.	Always	71 (7.1)	5.62-8.58	40 (5.3)	4.01-6.59
	Often	121 (12.1)	10.22-13.98	106 (14.1)	12.10-16.10
	Sometimes	604 (60.2)	57.38-63.02	404 (53.9)	51.03-56.77
	Never	175 (17.4)	15.22-19.58	176 (23.5)	21.06-25.94
	Don't Know	33 (3.3)	2.27-4.33	24 (3.2)	2.19-4.21
B21.	Always	37 (3.7)	2.61-4.79	6 (0.8)	0.29-1.31
	Often	50 (5.0)	3.75-6.25	43 (5.7)	4.37-7.03
	Sometimes	427 (42.4)	39.56-45.24	254 (33.7)	30.98-36.42
	Never	448 (44.5)*	41.64-47.36	418 (55.5)	52.64-58.36
	Don't Know	45 (4.5)	3.31-5.69	32 (4.2)	3.05-5.35
B22.	Always	20 (2.0)	1.19-2.81	12 (1.6)	0.88-2.32
	Often	27 (2.7)	1.77-3.63	30 (4.0)	2.87-5.13
	Sometimes	308 (30.8)	28.14-33.46	216 (28.7)	26.10-31.30
	Never	606 (60.7)	57.89-63.51	461 (61.3)	58.50-64.10
	Don't Know	38 (3.8)	2.70-4.90	33 (4.4)	3.22-5.58
B23.	Always	24 (2.4)	1.52-3.28	12 (1.6)	0.88-2.32
	Often	33 (3.3)	2.27-4.33	44 (5.9)	4.54-7.26
	Sometimes	439 (44.0)	41.14-46.86	269 (35.9)	33.14-38.66
	Never	453 (45.4)	42.53-48.27	387 (51.6)	48.72-54.48
	Don't Know	48 (4.8)	3.57-6.03	38 (5.1)	3.83-6.37
B24.	Always	16 (1.6)	0.88-2.32	11 (1.5)	0.80-2.20
	Often	37 (3.7)	2.61-4.79	27 (3.6)	2.53-4.67
	Sometimes	304 (30.3)	27.66-32.94	194 (25.9)	23.38-28.42
	Never	606 (60.4)	57.59-63.21	481 (64.1)	61.34-66.86
	Don't Know	40 (4.0)	2.87-5.13	37 (4.9)	3.66-6.14
B25.	Always	34 (3.4)	2.36-4.44	20 (2.7)	1.77-3.63
	Often	51 (5.1)	3.83-6.37	41 (5.5)	4.19-6.81
	Sometimes	364 (36.2)	33.43-38.97	317 (42.3)	39.46-45.14
	Never	538 (53.5)	50.63-56.37	355 (47.3)	44.43-50.17
	Don't Know	19 (1.9)	1.11-2.69	17 (2.3)	1.44-3.16
B26.	Always	20 (2.0)	1.19-2.81	24 (3.2)	2.19-4.21
	Often	43 (4.3)	3.13-5.47	42 (5.6)	4.28-6.92
	Sometimes	349 (34.8)	32.06-37.54	307 (41.1)	38.27-43.93
	Never	560 (55.9)	53.04-58.76	353 (47.3)	44.43-50.17
	Don't Know	30 (3.0)	2.02-3.98	21 (2.8)	1.85-3.75
B27.	Always	32 (3.2)	2.19-4.21	19 (2.5)	1.60-3.40
	Often	55 (5.5)	4.19-6.81	52 (6.9)	5.44-8.36
	Sometimes	455 (45.4)	42.53-48.27	323 (43.1)	40.25-45.95
	Never	429 (42.8)	39.95-45.65	326 (43.5)	40.65-46.35
	Don't Know	32 (3.2)	2.19-4.21	29 (3.9)	2.79-5.01
B28.	Always	77 (7.7)	6.17-9.23	51 (6.8)	5.35-8.25
	Often	115 (11.4)	9.57-13.23	94 (12.6)	10.69-14.51
	Sometimes	518 (51.5)	48.62-54.38	381 (51.1)	48.22-53.98
	Never	271 (26.9)	24.35-29.45	199 (26.7)	24.15-29.25
	Don't Know	25 (2.5)	1.60-3.40	20 (2.7)	1.77-3.63

\* significant difference ( $p < .05$ ) between baseline and follow-up



## Family relationship

The 5 questions on family relationship including relationship between parents, relationship between the child and other siblings, feeling about family life, child's relationship with mother and child's relationship with father were asked in C1-C5 of the questionnaire. These questions were identical with those in the student questionnaire (F6-F10). The correlations between students and parents' scores (similarities between answers of students and parents) were found to be significant ( $p < .01$ ) except for 'mother's relationship with the child' ( $p = .062$ ).

The following table has excluded those who were not students' parents. Over 90% of the parents perceived their family relationship as, average, good or very good overall. Only a minority of the parents rated their family relationship as poor or very poor overall. No significant differences were found between T1 and T2 (Table 28).

Table 28. Parents' perception of family relationship

- C1. Relationship between you and your spouse 你認為你和你配偶之間的關係怎樣?  
 C2. Relationship among children 總的來說，你覺得你孩子和兄弟姊妹之間的關係怎樣?  
 C3. Feeling about family life 你覺得你的家庭生活愉快嗎?  
 C4. Mother's relationship with child 孩子和母親的關係  
 C5. Father's relationship with child 孩子和父親的關係

Primary Students			Baseline n (%)	(95% CI)	Follow-up n (%)	(95% CI)
Male	C1	Very poor	0 (0)	-	1 (1.3)	0.03-2.97
		Poor	1 (0.6)	0.03-1.74	1 (1.3)	0.03-2.97
		Average	37 (23.9)	17.60-30.20	11 (14.7)	9.47-19.93
		Good	44 (28.4)	21.74-35.06	26 (34.7)	27.67-41.73
		Very good	73 (47.1)	39.73-54.47	36 (48.0)	40.62-55.38
	C2	Very poor	1 (0.6)	0.03-1.74	0 (0)	-
		Poor	0 (0)	-	0 (0)	-
		Average	60 (39.0)	31.79-46.21	18 (24.0)	17.69-30.31
		Good	52 (33.8)	26.81-40.79	37 (49.3)	41.91-56.69

		Very good	41 (26.6)	20.07-33.13	20 (26.7)	20.16-33.24
	C3	Very poor	1 (0.6)	0.03-1.74	0 (0)	-
		Poor	2 (1.3)	0.03-2.97	0 (0)	-
		Average	21 (13.5)	9.45-18.55	8 (10.7)	6.13-15.27
		Good	73 (47.1)	39.73-54.47	41 (54.7)	47.35-62.05
		Very good	58 (37.4)	30.25-44.55	26 (34.7)	27.67-41.73
	C4	Very poor	0 (0)	-	0 (0)	-
		Poor	0 (0)	-	0 (0)	-
		Average	52 (33.8)	26.81-40.79	20 (26.7)	20.16-33.24
		Good	98 (63.6)	56.49-70.71	54 (72.0)	65.37-78.63
		Very good	4 (2.6)	0.25-4.95	1 (1.3)	0.03-2.97
	C5	Very poor	1 (0.7)	0.03-1.93	0 (0)	-
		Poor	2 (1.3)	0.03-2.97	1 (1.3)	-0.37-2.97
		Average	64 (41.8)	34.51-49.09	29 (38.7)	31.50-45.90
		Good	78 (51.0)	43.61-58.39	45 (60.0)	52.76-67.24
		Very good	8 (5.2)	1.92-8.84	0 (0)	-
Female	C1	Very poor	1 (0.4)	0.02-1.15	1(0.5)	0.02-1.34
		Poor	5 (2.1)	0.40-3.80	5 (2.7)	0.78-4.62
		Average	44 (18.6)	13.99-23.21	34 (18.3)	13.72-22.88
		Good	96 (40.7)	34.88-46.52	65 (34.9)	29.26-40.54
		Very good	90 (38.1)	32.35	81 (43.5)	37.63-49.37
	C2	Very poor	0 (0)	-	0 (0)	-
		Poor	1 (0.4)	0.02-1.15	2 (1.1)	0.03-2.34
		Average	76 (32.2)	26.67-37.73	43 (23.1)	18.11-28.09
		Good	88 (37.3)	31.57-43.03	78 (41.9)	36.06-47.74
		Very good	71 (30.1)	24.67-35.53	63 (33.9)	28.29-39.51
	C3	Very poor	2 (0.8)	0.03-1.85	0 (0)	-
		Poor	1 (0.4)	0.02-1.15	4 (2.2)	0.46-3.94
		Average	33 (14.0)	9.89-18.11	35 (18.8)	14.17-23.43
		Good	124 (52.5)	46.59-58.41	78 (41.9)	36.06-47.74
		Very good	76 (32.2)	26.67-37.73	69 (37.1)	31.38-42.82
	C4	Very poor	0 (0)	-	1 (0.5)	0.02-1.34
		Poor	0 (0)	-	3 (1.6)	0.11-3.09
		Average	69 (29.4)	24.01-34.79	54 (29.0)	23.63-34.37
		Good	162 (68.9)	63.42-4.38	120 (64.5)	58.83-70.17
		Very good	4 (1.7)	0.17-3.23	8 (4.3)	1.90-6.70
	C5	Very poor	0 (0)	-	1 (0.5)	0.02-1.34
		Poor	2 (0.9)	0.03-2.02	4 (2.2)	0.46-3.94
		Average	97 (41.5)	35.67-47.33	77 (41.4)	35.57-47.23
		Good	129 (55.1)	49.21-60.99	96 (51.6)	45.68-57.52
		Very good	6 (2.6)	0.72-4.48	8 (4.3)	1.90-6.70
Total	C1	Very poor	1 (0.3)	0.02-0.81	2 (0.8)	0.03-1.62
		Poor	6 (1.5)	0.38-2.62	6 (2.3)	0.91-3.69

	Average	81 (20.7)	16.96-24.44	45 (17.2)	13.71-20.69
	Good	140 (35.8)	31.37-40.23	91(34.9)	30.50-39.30
	Very good	163 (41.7)	37.14-46.26	117 (44.8)	40.21-49.39
C2	Very poor	1 (0.3)	0.02-0.81	0 (0)	-
	Poor	1 (0.3)	0.02-0.81	2 (0.8)	0.03-1.62
	Average	136 (34.9)	30.50-39.30	61 (23.4)	19.49-27.31
	Good	140 (35.9)	31.47-40.33	115(44.1)	29.51-48.69
	Very good	112 (28.7)	24.52-32.88	83 (31.8)	27.50-36.10
C3	Very poor	3 (0.8)	0.03-1.62	0 (0)	-
	Poor	3 (0.8)	0.03-1.62	4 (1.5)	0.38-2.62
	Average	54 (13.8)	10.61-16.99	43 (16.5)	13.07-19.93
	Good	197 (50.4)	45.78-55.02	119 (45.6)	41.00-50.20
	Very good	134 (34.3)	29.91-38.69	95 (36.4)	31.95-40.85
C4	Very poor	0 (0)	-	1 (0.4)	0.02-0.98
	Average	0 (0)	-	3 (1.1)	0.14-2.06
	Poor	121 (31.1)	26.82-35.38	74 (28.4)	24.23-32.57
	Good	260 (66.8)	62.45-71.15	176 (66.7)	62.35-71.05
	Very good	8 (2.1)	0.78-3.42	9 (3.4)	1.73-5.07
C5	Very poor	1 (0.3)	0.02-0.81	1 (0.4)	0.02-0.98
	Poor	4 (1.0)	0.08-1.92	5 (1.9)	0.64-3.16
	Average	161 (41.6)	37.05-46.15	106 (40.6)	36.06-45.14
	Good	207 (53.5)	48.89-58.11	141 (54.0)	49.40-58.60
	Very good	14 (3.6)	1.88-5.32	8 (3.1)	1.50-4.70
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Secondary					
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Male					
C1	Very poor	4 (0.7)	0.11-1.29	2 (0.6)	0.06-1.14
	Poor	9 (1.6)	0.72-2.48	6 (1.7)	0.79-2.61
	Average	138 (24.3)	21.28-27.32	75 (21.2)	18.32-24.08
	Good	188 (33.2)	29.89-36.51	133 (37.7)	34.29-41.11
	Very good	228 (40.2)	36.75-43.65	137 (38.8)	35.37-42.23
C2	Very poor	1 (0.2)	0.01-0.51	3 (0.8)	0.17-1.43
	Poor	3 (0.5)	0.00-0.51	12 (3.4)	2.12-4.68
	Average	200 (35.4)	32.04-38.76	77 (21.8)	18.89-24.71
	Good	197 (34.9)	31.55-38.25	146 (41.4)	37.93-44.87
	Very good	164 (29.0)	25.81-32.19	115 (32.6)	29.30-35.90
C3	Very poor	2 (0.4)	0.02-0.84	3 (0.8)	0.17-1.43
	Poor	8 (1.4)	0.57-2.23	7 (2.0)	1.01-2.99
	Average	122 (21.4)	18.51-24.29	74 (21.0)	18.13-23.87
	Good	266 (46.6)	43.09-50.11	164(46.5)	42.99-50.01
	Very good	173 (30.3)	27.07-33.53	105 (29.7)	26.48-32.92
C4	Very poor	3 (0.5)	0.00-1.00	1 (0.3)	0.02-0.68
	Poor	8 (1.4)	0.57-2.23	5 (1.4)	0.57-2.23
	Average	225 (39.8)	36.36-43.24	156 (44.2)	40.71-47.69
	Good	308 (54.5)	51.00-58.00	178 (50.4)	56.88-53.92

		Very good	21 (3.7)	2.37-5.03	13 (3.7)	2.37-5.03
	C5	Very poor	2 (0.4)	0.02-0.84	1 (0.3)	0.02-0.68
		Poor	24 (4.3)	2.87-5.73	16 (4.5)	3.04-5.96
		Average	244 (4.3)	2.87-5.73	154 (43.6)	40.11-47.09
		Good	256 (45.5)	42.00-49.00	164 (47.3)	43.79-50.81
		Very good	37 (6.6)	4.85-8.35	15 (4.2)	2.79-5.61
Female	C1	Very poor	2 (0.7)	0.03-1.53	1 (0.5)	0.02-1.21
		Poor	5 (1.7)	0.41-2.99	12 (5.4)	3.14-7.66
		Average	92 (30.4)	25.80-35.00	70 (31.5)	26.85-36.15
		Good	103 (34.0)	29.26-38.74	78 (35.1)	30.33-39.87
		Very good	101 (33.3)	28.59-38.01	61 (27.5)	23.03-31.97
	C2	Very poor	0 (0)	-	2 (0.9)	0.03-1.84
		Poor	6 (1.9)	0.53-3.27	4 (1.8)	0.47-3.13
		Average	126 (40.9)	35.98-45.82	71 (32.0)	27.33-36.67
		Good	101 (32.8)	28.10-37.50	85 (38.3)	33.44-43.16
		Very good	75 (24.4)	20.10-28.70	60 (27.0)	22.56-31.44
	C3	Very poor	0 (0)	-	2 (0.9)	0.03-1.84
		Poor	7 (2.3)	0.80-3.80	2 (0.9)	0.03-1.84
		Average	87 (28.4)	23.89-32.91	80 (36.0)	31.20-40.80
		Good	122 (39.9)	35.00-44.80	88 (39.6)	34.71-44.49
		Very good	90 (29.4)	24.84-33.96	50 (22.5)	18.32-26.68
	C4	Very poor	0 (0)	-	0 (0)	-
		Poor	7 (2.3)	0.80-3.80	7 (3.2)	1.414-4.96
		Average	134 (44.4)	39.43-49.37	100 (45.0)	40.02-49.98
		Good	153 (50.7)	45.70-55.70	107 (48.2)	43.20-53.20
		Very good	8 (2.6)	1.01-4.19	8 (3.6)	1.74-5.46
C5	Very poor	4 (1.3)	0.17-2.43	1(0.5)	0.02-1.21	
	Poor	12 (4.0)	2.04-5.96	18 (8.1)	5.37-10.83	
	Average	139(46.0)	41.01-50.99	108(48.6)	43.60-53.60	
	Good	118 (39.1)	34.22-43.98	85 (38.3)	33.44-43.16	
	Very good	29 (9.6)	6.65-12.55	10 (4.5)	2.43-6.57	
Total	C1	Very poor	6 (0.7)	0.22-1.18	3 (0.5)	0.09-0.91
		Poor	14 (1.6)	0.88-2.32	18 (3.1)	2.10-4.10
		Average	230 (26.4)	23.86-28.94	145(25.2)	22.70-27.70
		Good	291 (33.4)	30.69-36.11	211 (36.7)	33.93-39.47
		Very good	329 (37.8)	35.01-40.59	198 (34.4)	31.67-37.13
	C2	Very poor	1 (0.1)	0.01-0.28	5 (0.9)	0.36-1.44
		Poor	9 (1.0)	0.43-1.57	16 (2.8)	1.85-3.75
		Average	326 (37.3)	34.52-40.08	148 (25.7)	23.19-28.21
		Good	298 (34.1)	31.37-40.08	231 (40.2)	37.38-43.02
		Very good	239 (27.4)	24.83-29.97	175 (30.4)	27.75-33.05
	C3	Very poor	2 (0.2)	0.01-0.46	5 (0.9)	0.36-1.44
		Poor	15 (1.7)	0.96-2.44	9 (1.6)	0.88-2.32

	Average	209 (23.8)	21.35-26.25	154 (26.8)	24.25-29.35
	Good	388 (44.2)	41.34-47.06	252 (43.8)	40.94-46.66
	Very good	263 (30.0)	27.36-32.64	155 (27.0)	24.45-29.55
C4	Very poor	3 (0.3)	0.02-0.61	1 (0.2)	0.01-0.46
	Poor	15 (1.7)	0.96-2.44	12 (2.1)	1.27-2.93
	Average	359 (41.4)	38.57-44.23	256 (44.5)	41.64-47.36
	Good	461 (53.2)	50.33-56.07	285 (49.6)	46.72-52.48
	Very good	29 (3.3)	2.27-4.33	21 (3.7)	2.61-4.79
C5	Very poor	6 (0.7)	0.22-1.18	2 (0.3)	0.02-0.61
	Poor	36 (4.2)	3.05-5.35	34 (5.9)	4.54-7.26
	Average	383 (44.3)	41.44-47.16	262 (45.6)	42.73-48.47
	Good	374 (43.2)	40.35-46.05	252 (43.8)	40.94-46.66
	Very good	66 (7.6)	6.07-9.13	25 (4.3)	3.13-5.47

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## Psychological health of the parents

The General Health Questionnaire (GHQ12) had 12 questions, and these questions focus on the psychological health of the parents, which were applied in part D of the parent questionnaire.

Referring to table 29, one of the most frequent problems experienced by parents of primary and secondary students was: ‘feeling under psychological strain recently’ (D5) (over 50% sometimes or always) at T1 and T2 (Table 29). Significantly less parents of primary boys at T2 sometimes ‘doing useful things’ than at T1 (D3). No other significant differences were found between T1 and T2 (Table 29).

Table 29. Parental mental health

- D1. Can concentrate on anything 你最近是不是做任何事情都可以集中精神?
- D2. Feeling worried and cannot sleep 你最近有沒有因為擔憂而睡不著?
- D3. Doing useful things 你最近有沒有覺得自己是做著有用的事情?
- D4. Able to make decision 最近有沒有覺得自己有能力去下決定?
- D5. Always feeling under psychological strain 你最近有沒有覺得時時受到精神壓力?
- D6. Cannot overcome difficulties 你最近有沒有覺得自己不能夠克服困難?
- D7. Enjoying daily life 你最近是不是可以享受到日常的生活?
- D8. Able to face difficulties 你最近是不是可以面對自己的困難?
- D9. Feeling depressed 你最近有沒有覺得不開心和情緒低落?
- D10. Losing confidence 你最近有沒有對自己失去信心?
- D11. Feeling worthless 你最近有沒有覺得自己是一個沒有價值的人?
- D12. Feeling happy 你最近是不是大致上覺得相當快樂?

Primary Students		Baseline n (%)	(95% CI)	Follow-up n (%)	(95% CI)	
Male	D1	Always Sometimes Rarely Never	81 (52.6) 51 (33.1) 16 (10.4) 6 (3.9)	45.22-59.98 26.15-40.05 5.89-14.91 1.04-6.76	57 (55.9) 35 (34.3) 8 (7.8) 2 (2.0)	48.56-63.24 27.29-41.31 3.84-11.76 0.08-4.07

D2	Always	8 (5.2)	1.92-8.48	7 (6.9)	3.16-10.64
	Sometimes	46 (29.9)	23.14-36.66	35 (34.3)	27.29-41.31
	Rarely	51 (33.1)	26.15-40.05	34 (33.3)	26.34-40.26
	Never	49 (31.8)	24.92-38.68	26 (25.5)	19.06-31.94
D3	Always	81 (54.0)	46.64-61.36	66 (64.7)	57.64-71.76
	Sometimes	60 (40.0)*	32.76-47.24	19 (18.6)	12.85-24.35
	Rarely	7 (4.7)	1.57-7.83	15 (14.7)	9.47-19.93
	Never	2 (1.3)	0.04-2.97	2 (2.0)	0.08-4.07
D4	Always	97 (64.2)	57.12-71.28	65 (63.7)	56.60-70.80
	Sometimes	40(26.5)	19.98-33.02	27 (26.5)	19.98-33.02
	Rarely	7 (4.6)	1.51-7.69	9 (8.8)	4.61-12.99
	Never	7 (4.6)	1.51-7.69	1 (1.0)	0.03-2.47
D5	Always	17 (11.1)	6.46-15.74	9 (8.8)	4.61-12.99
	Sometimes	57 (37.3)	30.16-44.44	33 (32.4)	25.49-39.31
	Rarely	54 (35.3)	28.24-42.36	45 (44.1)	36.76-51.44
	Never	25 (16.3)	10.84-21.76	15 (14.7)	9.47-19.93
D6	Always	2 (1.3)	0.03-2.97	6 (5.9)	2.42-9.38
	Sometimes	45 (29.6)	22.86-36.34	34 (33.7)	26.72-40.68
	Rarely	64 (42.1)	34.81-49.39	36 (35.6)	28.53-42.67
	Never	41 (27.0)	20.44-33.56	25 (24.8)	18.42-31.18
D7	Always	88 (58.3)	51.02-65.58	61 (59.8)	52.56-67.04
	Sometimes	51 (33.8)	26.81-40.79	29 (28.4)	21.74-35.06
	Rarely	9 (6.0)	2.49-9.51	9 (8.8)	4.61-12.99
	Never	3 (2.0)	0.08-4.07	3 (2.9)	0.42-5.38
D8	Always	100 (65.8)	58.79-72.81	57 (55.9)	48.56-63.24
	Sometimes	42 (27.6)	21.00-34.20	38 (37.3)	30.16-44.44
	Rarely	7 (4.6)	1.51-7.69	3 (2.9)	0.42-5.38
	Never	3 (2.0)	0.08-4.07	4 (3.9)	1.04-6.76
D9	Always	11 (7.2)	3.38-11.02	11 (10.8)	6.21-15.39
	Sometimes	57 (37.5)	30.35-44.65	38 (37.3)	30.16-44.44
	Rarely	58 (38.2)	31.02-45.38	33 (32.4)	25.49-39.31
	Never	26 (17.1)	11.54-22.66	20 (19.6)	13.74-25.46
D10	Always	4 (2.6)	0.25-4.95	7 (6.9)	3.16-10.64
	Sometimes	31 (20.4)	14.45-26.35	18 (17.6)	12.05-23.33
	Rarely	58 (38.2)	31.02-45.38	46 (45.1)	37.75-52.45
	Never	59 (38.8)	31.60-46.00	31 (30.4)	23.60-37.20
D11	Always	7 (4.6)	1.51-7.69	2 (2.0)	0.08-4.07
	Sometimes	12 (7.9)	3.91-11.89	9 (8.9)	4.69-13.11
	Rarely	37 (24.3)	17.96-30.64	29 (28.7)	22.02-35.38
	Never	96 (63.2)	56.08-70.32	61 (60.4)	53.17-67.63
D12	Always	90 (59.2)	51.94-66.46	59 (57.8)	50.50-65.10
	Sometimes	44 (28.9)	22.20-35.60	31 (30.4)	23.60-37.20
		15 (9.9)	5.49-14.31	7 (6.9)	3.16-10.64

		Rarely Never	3 (2.0)	0.08-4.07	5 (4.9)	1.71-8.09
Female	D1	Always	116 (49.4)	43.48-55.32	118 (51.8)	45.88-57.72
		Sometimes	83 (35.3)	29.64-40.96	83 (36.4)	30.70-42.10
		Rarely	32 (13.6)	9.54-17.66	21 (9.2)	5.78-12.62
		Never	4 (1.7)	0.17-3.23	6 (2.6)	0.72-4.48
	D2	Always	14 (5.9)	3.11-8.69	14 (6.1)	3.27-8.93
		Sometimes	85 (36.0)	30.32-41.68	76 (33.3)	27.72-38.88
		Rarely	79 (33.5)	27.91-39.09	77 (33.8)	28.20-39.40
		Never	58 (24.6)	19.50-29.70	61 (26.8)	21.56-32.04
	D3	Always	125 (53.2)	47.29-59.11	126 (55.5)	49.62-61.38
		Sometimes	80 (34.0)	28.39-39.61	74 (32.6)	27.05-38.15
Rarely		20 (8.5)	5.20-11.80	23 (10.1)	6.53-13.67	
Never		10 (4.3)	1.90-6.70	4 (1.8)	0.23-3.37	
D4	Always	134 (57.0)	51.14-62.86	139 (61.0)	55.22-66.78	
	Sometimes	71 (30.2)	24.76-35.64	66 (28.9)	23.53-34.27	
	Rarely	25 (10.6)	6.95-14.25	18 (7.9)	4.71-11.09	
	Never	5 (2.1)	0.40-3.80	5 (2.2)	0.46-3.94	
D5	Always	32 (13.6)	9.54-17.66	27 (11.9)	8.07-15.73	
	Sometimes	97 (41.1)	35.27-46.93	79 (34.8)	29.16-40.44	
	Rarely	61 (25.8)	20.62-30.98	70 (30.8)	25.33-36.27	
	Never	46 (19.5)	14.81-24.19	51 (22.5)	17.56-27.44	
D6	Always	6 (2.6)	0.72-4.48	9 (3.9)	1.61-6.19	
	Sometimes	79 (33.6)	28.01-39.19	58 (25.4)	20.25-30.55	
	Rarely	90 (38.3)	32.54-44.06	96 (42.1)	36.25-47.95	
	Never	60 (25.5)	20.34-30.66	65 (28.5)	23.15-33.85	
D7	Always	118 (50.0)	44.08-55.92	116 (50.9)	44.98-56.82	
	Sometimes	81 (34.3)	28.68-39.92	80 (35.1)	29.45-40.75	
	Rarely	32 (13.6)	9.54-17.66	25 (11.0)	7.30-14.70	
	Never	5 (2.1)	0.40-3.80	7 (3.1)	1.05-5.15	
D8	Always	134 (57.3)	51.44-63.16	119 (52.4)	46.49-58.31	
	Sometimes	85 (36.3)	30.61-41.99	92 (40.5)	34.69-46.31	
	Rarely	13 (5.6)	2.88-8.32	13 (5.7)	2.95-8.45	
	Never	2 (0.9)	0.03-2.02	3 (1.3)	0.03-2.64	
D9	Always	19 (8.1)	4.87-11.33	18 (7.9)	4.71-11.09	
	Sometimes	85 (36.0)	30.32-41.68	76 (33.3)	27.72-38.88	
	Rarely	90 (38.1)	32.35-43.85	78 (34.2)	28.58-39.82	
	Never	42 (17.8)	13.27-22.33	56 (24.6)	19.50-29.70	
D10	Always	13 (5.5)	2.80-8.20	10 (4.4)	1.97-6.83	
	Sometimes	51 (21.7)	16.82-26.58	53 (23.2)	18.20-28.20	



	Rarely	88 (37.4)	31.67-43.13	77 (33.8)	28.20-39.40	
	Never	83 (35.3)	29.64-40.96	88 (38.6)	32.84-44.36	
D11	Always	4 (1.7)	0.17-3.23	5 (2.2)	0.46-3.94	
	Sometimes	26 (11.2)	7.47-14.93	32 (14.0)	9.89-18.11	
	Rarely	63 (27.2)	21.93-32.47	52 (22.8)	17.83-27.77	
	Never	139 (59.9)	54.10-65.70	139 (61.0)	55.22-66.78	
D12	Always	128 (54.5)	48.60-60.40	116 (50.9)	44.98-56.82	
	Sometimes	87 (37.0)	31.28-42.72	84 (36.7)	30.99-42.41	
	Rarely	15 (6.4)	3.50-9.30	18 (7.9)	4.71-11.09	
	Never	5 (2.1)	0.40-3.80	10 (4.4)	1.97-6.83	
Total	D1	Always	197 (50.6)	45.98-55.22	175 (53.0)	48.39-57.61
		Sometimes	134 (34.4)	30.01-38.79	118 (35.8)	31.37-40.23
		Rarely	48 (12.3)	9.27-15.33	29(8.8)	6.18-11.42
		Never	10 (2.6)	1.13-4.07	8 (2.4)	0.99-3.81
	D2	Always	22 (5.6)	3.48-7.72	21 (6.4)	4.14-8.66
		Sometimes	131 (33.6)	29.24-37.96	111 (33.6)	29.24-37.96
		Rarely	130 (33.3)	28.95-37.65	111 (33.6)	22.33-30.47
		Never	107 (27.4)	23.28-31.52	87 (26.4)	23.28-31.52
	D3	Always	206 (53.5)	48.89-58.11	192 (58.4)	53.85-62.95
		Sometimes	140 (36.4)	31.95-40.85	93 (28.3)	24.14-32.46
		Rarely	27 (7.0)	4.64-9.36	38 (11.6)	8.64-14.56
		Never	12 (3.1)	1.50-4.70	6 (1.8)	0.57-3.03
	D4	Always	231 (59.8)	55.27-64.33	204 (61.8)	57.31-66.29
		Sometimes	111 (28.8)	24.62-32.98	93 (28.2)	24.04-32.36
		Rarely	32 (8.3)	5.75-10.85	27 (8.2)	5.66-10.74
		Never	12 (3.1)	1.50-4.70	6 (1.8)	0.57-3.03
	D5	Always	49 (12.6)	9.53-15.67	36 (10.9)	8.02-13.78
		Sometimes	154 (39.6)	35.08-44.12	112(34.0)	29.62-38.38
		Rarely	115 (29.6)	25.38-33.82	115(35.0)	30.59-39.41
		Never	71 (18.3)	14.73-21.87	66 (20.1)	16.40-23.80
	D6	Always	8 (2.1)	0.78-3.42	15 (4.6)	2.66-6.54
		Sometimes	124 (32.0)	27.69-36.31	92 (28.0)	23.85-32.15
		Rarely	154 (39.8)	35.28-44.32	132 (40.1)	35.57-44.63
		Never	101 (26.1)	22.04-30.16	90 (27.4)	23.28-31.52
	D7	Always	206 (53.2)	48.59-57.81	177 (53.6)	48.99-58.21
		Sometimes	132(34.1)	29.72-38.48	109 (33.0)	28.66-37.34
		Rarely	41 (10.6)	7.76-13.44	34 (10.3)	7.49-13.11
		Never	8 (2.1)	0.78-3.42	10 (3.0)	1.42-4.58
	D8	Always	234 (60.6)	56.09-65.11	176 (53.5)	48.89-58.11
		Sometimes	127 (32.9)	28.56-37.24	130 (39.5)	34.98-44.02
		Rarely	20 (5.2)	3.15-7.25	16 (4.9)	2.91-6.89

	Never	5 (1.3)	0.25-2.35	7 (2.1)	0.78-3.42
D9	Always	30 (7.7)	5.24-10.16	29 (8.8)	6.18-11.42
	Sometimes	142 (36.6)	32.15-41.05	114 (34.5)	30.11-38.89
	Rarely	148 (38.1)	33.61-42.59	111 (33.6)	29.24-37.96
	Never	68 (17.5)	13.99-21.01	76 (23.0)	19.11-26.89
D10	Always	17 (4.4)	2.51-6.29	17 (5.2)	3.15-7.25
	Sometimes	82 (21.2)	17.42-24.98	71 (21.5)	17.70-25.30
	Rarely	146 (37.7)	33.22-42.18	123 (37.3)	32.83-41.77
	Never	142 (36.7)	32.25-41.15	119 (36.1)	31.66-40.54
D11	Always	11 (2.9)	1.35-4.45	7 (2.1)	0.78-3.42
	Sometimes	38 (9.9)	7.14-12.66	41 (12.5)	9.44-15.56
	Rarely	100 (26.0)	21.95-30.05	81 (24.6)	20.62-28.58
	Never	235 (61.2)	56.70-65.70	200 (60.8)	56.29-65.31
D12	Always	218 (56.3)	51.72-60.88	175 (53.0)	48.39-57.61
	Sometimes	131 (33.9)	29.53-38.27	115 (34.8)	30.40-39.20
	Rarely	30 (7.8)	5.32-10.28	25 (7.6)	5.15-10.05
	Never	8 (2.1)	0.78-3.42	15 (4.5)	2.58-6.42
<u>Secondary Students</u>					
<u>Male</u>					
D1	Always	259 (45.9)	42.39-49.41	204 (43.4)	39.91-46.89
	Sometimes	228 (40.4)	36.95-43.85	184 (39.1)	35.67-42.53
	Rarely	61 (10.8)	8.62-12.98	62 (13.2)	10.82-15.58
	Never	16 (2.8)	1.64-3.96	20 (4.3)	2.87-5.73
D2	Always	46 (8.1)	6.18-10.02	27 (5.7)	4.07-7.33
	Sometimes	201 (35.4)	32.04-38.76	172 (36.5)	33.11-39.89
	Rarely	204 (35.9)	32.52-39.28	159 (33.8)	30.47-37.13
	Never	117 (20.6)	17.75-23.45	113 (24.0)	21.00-27.00
D3	Always	277 (49.6)	46.08-53.12	236 (50.2)	46.68-53.72
	Sometimes	215 (38.5)	35.08-41.92	156 (33.2)	29.89-36.51
	Rarely	49 (8.8)	6.81-10.79	57 (12.1)	9.81-14.39
	Never	17 (3.0)	1.80-4.20	21 (4.5)	3.04-5.96
D4	Always	299 (53.3)	49.79-56.81	249 (53.2)	49.59-56.61
	Sometimes	198 (35.3)	31.94-38.66	149 (31.8)	28.52-35.08
	Rarely	42 (7.5)	5.65-9.35	48 (10.3)	8.16-12.44
	Never	22 (3.9)	2.54-5.26	22 (4.7)	3.21-6.19
D5	Always	62 (11.0)	8.80-13.20	50 (10.6)	8.43-12.77
	Sometimes	232 (41.3)	37.84-44.76	160 (34.0)	30.67-37.33
	Rarely	154 (27.4)	24.26-30.54	155 (32.9)	29.59-36.21
	Never	114 (20.3)	17.47-23.13	106 (22.5)	19.56-25.44
D6	Always	17 (3.0)	1.80-4.20	15 (3.2)	1.96-4.44
	Sometimes	196 (34.8)	31.45-38.15	139 (29.7)	26.48-32.92

	Rarely	218 (38.7)	35.27-42.13	189 (40.4)	36.95-43.85
	Never	133 (23.6)	20.61-26.59	125 (26.7)	23.59-29.81
D7	Always	302 (53.5)	49.99-57.01	248 (52.7)	49.19-56.21
	Sometimes	183 (32.4)	29.11-35.69	161 (34.2)	30.86-37.54
	Rarely	64 (11.3)	9.07-13.53	47 (10.0)	7.89-12.11
	Never	16 (2.8)	1.64-3.96	15 (3.2)	1.96-4.44
D8	Always	277 (49.2)	45.68-52.72	236 (50.1)	46.58-53.62
	Sometimes	223 (39.6)	36.16-43.04	188(39.9)	36.45-43.35
	Rarely	50 (8.9)	6.90-10.90	28 (5.9)	4.24-7.56
	Never	13 (2.3)	1.25-3.35	19 (4.0)	2.62-5.38
D9	Always	36 (6.4)	4.68-8.12	33 (7.0)	5.20-8.80
	Sometimes	214 (37.8)	34.39-41.21	156 (33.1)	29.79-36.41
	Rarely	199 (35.2)	31.84-38.56	167 (35.5)	32.13-38.87
	Never	117 (20.7)	17.85-23.55	115 (24.4)	21.38-27.42
D10	Always	21 (3.7)	2.37-5.03	21 (4.5)	3.04-5.96
	Sometimes	158 (27.9)	24.74-31.06	108 (22.9)	19.94-25.86
	Rarely	200 (35.3)	31.94-38.66	152 (32.3)	29.01-35.59
	Never	188 (33.2)	29.89-36.51	190 (40.3)	36.85-43.75
D11	Always	16 (2.8)	1.64-3.96	20 (4.2)	2.79-5.61
	Sometimes	85 (15.0)	12.49-17.51	67 (14.2)	11.74-16.66
	Rarely	139 (24.6)	21.57-27.63	112 (23.8)	20.80-26.80
	Never	325 (57.5)	54.02-60.98	272 (57.7)	54.22-61.18
D12	Always	286 (50.4)	46.88-53.92	215 (45.9)	42.39-49.41
	Sometimes	199 (35.0)	31.64-38.36	190 (40.6)	37.14-44.06
	Rarely	57 (10.0)	7.89-12.11	40 (8.5)	6.54-10.46
	Never	26 (4.6)	3.13-6.07	23 (4.9)	3.38-6.42
Female					
D1	Always	98 (32.2)	27.53-36.87	90 (32.5)	27.82-37.18
	Sometimes	155 (51.0)	46.00-56.00	131 (47.3)	42.31-52.29
	Rarely	44 (14.5)	10.98-18.02	39 (14.1)	10.62-17.58
	Never	7 (2.3)	0.80-3.80	17 (6.1)	3.71-8.49
D2	Always	32 (10.5)	7.43-13.57	19 (6.9)	4.36-9.44
	Sometimes	119 (39.0)	34.12-43.88	99 (35.7)	30.91-40.49
	Rarely	96 (31.5)	26.85-36.15	108 (39.0)	34.12-43.88
	Never	58 (19.0)	15.08-22.92	51 (18.4)	14.52-22.28
D3	Always	113 (37.2)	32.37-42.03	97 (35.0)	30.23-39.77
	Sometimes	137 (45.1)	40.12-50.08	130 (46.9)	41.91-51.89
	Rarely	43 (14.1)	10.62-17.58	40 (14.4)	10.89-17.91
	Never	11 (3.6)	1.74-5.46	10 (3.6)	1.74-5.46
D4	Always	125 (41.3)	36.38-46.22	122 (44.0)	39.04-48.96
	Sometimes	125 (41.3)	36.38-46.22	111 (40.1)	35.20-45.00

	Rarely	42 (13.9)	10.44-17.36	35 (12.6)	9.28-15.92
	Never	11(3.6)	1.74-5.46	9 (3.2)	1.44-4.96
D5	Always	41 (13.6)	10.17-17.03	28 (10.2)	7.17-13.23
	Sometimes	114 (37.9)	33.05-42.75	116 (42.2)	37.26-47.14
	Rarely	86 (28.6)	24.08-33.12	80 (29.1)	24.56-33.64
	Never	60 (19.9)	15.91-23.89	51 (18.5)	14.62-22.38
D6	Always	20 (6.6)	4.12-9.08	7 (2.5)	0.94-4.06
	Sometimes	96 (31.7)	27.05-36.35	82 (29.7)	25.13-34.27
	Rarely	113 (37.3)	32.46-42.14	119 (43.1)	38.15-48.05
	Never	74 (24.4)	20.10-28.70	68 (24.6)	20.29-28.91
D7	Always	142 (46.9)	41.91-51.89	123(44.4)	39.43-49.37
	Sometimes	120 (39.6)	34.71-44.49	111 (40.1)	35.20-45.00
	Rarely	34 (11.2)	7.96-14.24	33 (11.9)	8.66-15.14
	Never	7 (2.3)	0.80-3.80	10 (3.6)	1.74-5.46
D8	Always	127 (41.9)	36.97-46.83	107 (38.8)	33.93-49.87
	Sometimes	137 (45.2)	40.22-50.18	124 (44.9)	9.99-16.81
	Rarely	31(10.2)	7.17-13.23	37 (13.4)	9.99-16.81
	Never	8 (2.6)	1.01-4.19	8 (2.9)	1.22-4.58
D9	Always	26 (8.6)	5.80-11.40	13 (4.7)	2.58-6.81
	Sometimes	121 (40.1)	35.20-45.00	98 (35.6)	30.81-40.39
	Rarely	96 (31.8)	27.14-36.46	105 (38.2)	33.34-43.06
	Never	59 (19.5)	15.54-23.46	59(21.5)	17.39-25.61
D10	Always	12 (4.0)	2.04-5.96	8 (2.9)	1.22-4.58
	Sometimes	80 (26.4)	21.99-30.81	59 (21.3)	17.20-25.40
	Rarely	94 (31.0)	26.37-35.63	109 (39.4)	34.51-44.29
	Never	117 (38.6)	33.73-43.47	101 (36.5)	31.68-41.32
D11	Always	12(4.0)	2.04-5.96	9 (3.2)	1.44-4.96
	Sometimes	54 (17.8)	13.97-21.63	46 (16.5)	12.79-20.21
	Rarely	80 (26.4)	21.99-30.81	72 (25.9)	21.52-30.28
	Never	157 (51.8)	46.80-56.80	151 (54.3)	49.32-59.28
D12	Always	124 (40.9)	35.98-45.82	105 (37.9)	33.05-42.75
	Sometimes	138 (45.5)	40.52-50.48	127 (45.8)	40.82-50.78
	Rarely	29 (9.6)	6.65-12.55	36(13.0)	9.64-16.36
	Never	12 (4.0)	2.04-5.96	9 (3.2)	1.44-4.96
Total					
D1	Always	357 (41.1)	38.27-43.93	294 (39.4)	36.59-42.21
	Sometimes	383 (44.1)	38.27-43.93	315 (42.2)	39.36-45.04
	Rarely	105 (12.1)	10.22-13.98	101 (13.5)	11.53-15.47
	Never	23 (2.6)	1.68-3.52	37 (5.0)	3.75-6.25
D2	Always	78 (8.9)	7.26-10.54	46 (6.1)	4.72-7.48
	Sometimes	320 (36.7)	33.93-39.47	271 (36.2)	33.43-38.97

	Rarely	300 (34.4)	31.67-37.13	267 (35.7)	32.94-38.46
	Never	175 (20.0)	17.70-22.30	164(21.9)	19.52-24.28
D3	Always	390 (45.2)	42.34-48.06	333 (44.6)	41.74-47.46
	Sometimes	352 (40.8)	37.97-43.63	286 (38.3)	35.50-41.10
	Rarely	92 (10.7)	8.92-12.48	97 (13.0)	11.06-14.94
	Never	28 (3.2)	2.19-4.21	31(4.1)	2.96-5.24
D4	Always	424 (49.1)	46.22-51.98	371(49.8)	46.92-52.68
	Sometimes	323 (37.4)	34.62-40.18	260 (34.9)	32.16-37.64
	Rarely	84 (9.7)	8.00-11.40	83 (11.1)	9.29-12.91
	Never	33 (3.8)	2.70-4.90	31 (4.2)	3.05-5.35
D5	Always	103 (11.9)	10.04-13.76	78 (10.5)	8.74-12.26
	Sometimes	346 (40.1)	37.28-42.92	276 (37.0)	34.22-39.78
	Rarely	240 (27.8)	25.22-30.38	235 (31.5)	28.83-34.17
	Never	174 (20.2)	17.89-22.51	157 (21.0)	18.66-23.34
D6	Always	37(4.3)	3.13-5.47	22 (3.0)	2.02-3.98
	Sometimes	292 (33.7)	30.98-36.42	221 (29.7)	27.07-32.33
	Rarely	331 (38.2)	35.40-41.00	308 (41.4)	38.57-44.23
	Never	207 (23.9)	21.45-26.35	193 (25.9)	23.38-28.42
D7	Always	444 (51.2)	48.32-54.08	371 (49.6)	46.72-52.48
	Sometimes	303 (34.9)	32.16-37.64	272 (36.4)	33.63-39.17
	Rarely	98 (11.3)	9.48-13.12	80 (10.7)	8.92-12.48
	Never	23 (2.6)	1.68-3.52	25 (3.3)	2.27-4.33
D8	Always	404 (46.7)	43.83-49.57	343 (45.9)	43.03-48.77
	Sometimes	360 (41.6)	38.76-44.44	312 (41.8)	38.96-44.64
	Rarely	81 (9.4)	7.72-11.08	65(8.7)	7.08-10.32
	Never	21 (2.4)	1.52-3.28	27 (3.6)	2.53-4.67
D9	Always	62 (7.1)	5.62-8.58	46 (6.2)	4.81-7.59
	Sometimes	335 (38.6)	35.80-41.40	254 (34.0)	31.27-36.73
	Rarely	295 (34.0)	31.27-36.73	272 (36.5)	33.73-39.27
	Never	176 (20.3)	17.99-22.61	174 (23.3)	20.87-25.73
D10	Always	33 (3.8)	2.70-4.90	29 (3.9)	2.79-5.01
	Sometimes	238 (27.4)	24.83-29.97	167 (22.3)	19.90-24.70
	Rarely	294 (33.8)	31.08-36.52	261 (34.9)	32.16-37.64
	Never	305(35.1)	32.35-37.85	291 (38.9)	36.09-41.71
D11	Always	28 (3.2)	2.19-4.21	29(3.9)	2.79-5.01
	Sometimes	139 (16.0)	13.89-18.11	113 (15.1)	13.04-17.16
	Rarely	219 (25.2)	22.70-27.70	184 (24.6)	22.12-27.08
	Never	482 (55.5)	52.64-58.36	423 (56.5)	53.65-59.35
D12	Always	410 (47.1)	44.23-49.97	320 (43.0)	40.15-45.85
	Sometimes	337 (38.7)	35.90-41.50	317(42.6)	39.75-45.45

Rarely	86 (9.9)	8.18-11.62	76 (10.2)	8.46-11.94
Never	38 (4.4)	3.22-5.58	32(4.3)	3.13-5.47

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\* significant difference ( $p < .05$ ) between baseline and follow-up

## **PREDICTOR FACTORS FOR PSYCHOLOGICAL AND BEHAVIORAL PROBLEMS AT FOLLOW-UP**

Symptoms of anxiety and depression, deliberate self-harm, lifetime suicidal ideation and suicide attempt at T2 were analyzed as outcome variables 12 months after T1 in separate logistic regression analyses ('enter' followed by 'forward' methods). The predictive factors being analyzed were self-rated health, sleeping patterns and disturbances, reduced activities, functional impairment, ever smoking, drinking and substance abuse, family relationship, perception of school life, body dissatisfaction, life stress, worry, students' adjustment and skills, and parental mental health.

Please note that not all the parents provided their data (only 1,086 parents' data were obtained, 67% of the student sample: 1,610). The inclusion of the two variables: students' adjustment and skills, and parental mental health might have reduced the sample size and the statistical power for analyses. However, the two variables might have some relationship with students' mental health, so they were included in the analyses.

All the following analyses were based a mixture of primary (since there were only P6 students at T2) and secondary students after adjusting for age and sex. Hence, all the odds ratios (OR) were adjusted for each other and for age and sex.

### Symptoms of anxiety

The median scores 34 and 38 of the State/Trait Anxiety Scale were used as the cutoff to categorize students into having higher or lower anxiety symptoms in primary and secondary students respectively.

Higher anxiety symptoms were predicted by older age (OR=1.91, 95%CI=1.73-2.26,  $p<0.05$ ), depressive

symptoms (OR=1.03, 95%CI=1.00-1.06,  $p<0.05$ ), ever drinking (OR=1.64, 95%CI=1.44-1.95,  $p<0.05$ ), negative perception towards school life (OR=1.06, 95%CI=1.02-1.10,  $p=0.005$ ), stress (OR=1.13, 95%CI=1.00-1.26,  $p<0.05$ ) and worry (OR=1.17, 95%CI=1.01-1.35,  $p<0.05$ ).

### Depressive symptoms

The median scores of 30 and 37 of the CES-D mean scores were used as the cutoff for students having more depressive symptoms or having less symptoms in primary and secondary students respectively.

Higher depressive symptoms were predicted by anxiety symptoms (OR=1.10, 95%CI=1.02-1.19,  $p<0.05$ ), stress (OR=1.24, 95%CI=1.03-1.48,  $p<0.05$ ), and students' poorer adjustment and skills (OR=1.96, 95%CI=1.94-2.00,  $p=0.01$ ).

### Deliberate self-harm

Deliberate self-harm was predicted by negative perception towards school life (OR=1.91, 95%CI=1.85-1.98,  $p<0.05$ ), body dissatisfaction (OR=2.17, 95%CI=1.06-4.43,  $p<0.05$ ), students' poorer adjustment and skills (OR=1.03, 95%CI=1.00-1.05,  $p<0.05$ ) and poorer parental mental health (OR=1.08, 95%CI=1.01-1.16,  $p<0.05$ ).

### Suicidal ideation during the past week

Suicidal ideation during the past week was predicted by depressive symptoms (OR=1.03, 95%CI=1.01-1.06,  $p<0.05$ ) and ever substance abuse (OR=4.44, 95%CI=1.18-16.68,  $p<0.05$ ).



### Suicide attempt during the past 12 months

Suicide attempt during the past 12 months was predicted by depressive symptoms (OR=1.09, 95%CI=1.03-1.17, p=0.005), negative perception towards school life (OR=1.90, 95%CI=1.82-1.98, p<0.05) and stress (OR=1.33, 95%CI=1.04-1.70, p<0.05)

### **Conclusions**

The baseline and prospective studies were conducted between 2002 and 2004 with help of the District Council, school principles, teachers, parents and students.

Findings can be interpreted under the perspectives of 'physical health' and 'psychosocial and behavioral health'. For physical health of the students, we conclude that most of the students were normal-weight, and there were no more obese students at T2. Although the majority of primary and secondary students considered they were healthy, some of them reported some levels of reduced activities and functional impairment due to illness and injury at both T1 and T2.

Over 50% of secondary girls at both T1 and T2 wished to be lighter. Less primary boys and primary students overall at T2 were bothered by 'a sudden decline in school performance' than T1. The most common disturbances reported by primary and secondary students were 'got to sleep with thoughts or ideas bothering' and 'frequently worrying about something' at both T1 and T2.

Significantly fewer primary girls and secondary boys at T2 responded 'never' than T1 to 'I felt lonely'. Significant more primary girls, primary students overall and secondary girls at T2 reported ever had suicidal ideation than T1. Significantly more primary and secondary students reported ever had suicide attempt at T2 than T1. One of the most frequent problems experienced by of parents of primary and secondary students was 'feeling under psychological strain recently' at both T1 and T2.

Furthermore, psychological and behavioral problems were found to have different predictive factors. *Anxiety symptoms* were predicted by older age, depressive symptoms, ever drinking, negative perception towards school life, stress and worry. *Depressive symptoms* were predicted by anxiety symptoms, stress, and students' poorer adjustment and skills. Unlike the results of those of Lewinsohn's, physical problems did not predict depressive symptoms. *Deliberate self-harm* was predicted by negative perception towards school life, body dissatisfaction, students' poorer adjustment and skills, and poorer parental mental health. *Suicidal ideation during the past week* was predicted by depressive symptoms and ever substance abuse. *Suicide attempt during the past 12 months* was predicted by depressive symptoms, negative perception towards school life and stress.

In addition, among the 95 self-harmers, 2 boys and 10 girls were diagnosed with a mood disorder; 1 boy and 4 girls were diagnosed with an anxiety disorder; 3 boys and 8 girls were diagnosed with a disruptive behavior; and 3 boys and 2 girls were diagnosed with anorexia.

Finally, although some of the findings about psychosocial and behavioral health might be worrying, for example, the rates of suicidal ideation and suicide attempt of T2 were significantly higher than T1, students in general seemed to have better physical health at T2, for example, they exercised more at T2 and there were no more obese students at T2.

## **Recommendations**

Results of the prospective study show that deliberate self-harm behaviors, suicidal ideation and attempt may be more common than we expected and there are different predictive factors for them. The results of the diagnostic interviews further suggest that certain psychiatric problems exist in the school setting in the district. Furthermore, the results should shed light to the development of prevention and intervention programmes at schools. Educators and parents need to be aware of early symptoms, and early remedial actions may be necessary.

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