

Teens Tweaker's Survey - Page 1 (Welcome)

Survey on Stress and Depression in Teens



Our team's, Teens Tweakers, main objective is to tweak out heavy stress and depression from teenage life!
For this purpose we want to know the stats through survey. Kindly give few minutes to our survey.

Note: Please take this survey only if you are between 13-19 years old

Please proceed further by clicking the NEXT >> button below

Next >>



Teens Tweaker's Survey - Page 2 (Main)

Following are the Questions
Please answer them honestly and carefully

Note: Interesting answers to these questions will be published in our project entry with that person's name. So answer them in best way as you can.



* 1. Following are some Stress Symptoms, Tick the most appropriate for every point.

	Never	Sometime	Most often	Always
I criticize myself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel difficult to concentrate and gets distracted from my work:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel energetic:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I face headaches, muscle aches, stomachaches or tiredness:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel sad and miserable:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It's hard for me to get daily night sleep:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel hungry/I eat with my contents:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I don't enjoy the things I used to:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel frustrated, irritated and angered:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I start crying without any reason:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

[Reset](#)

* 2. "It's Hard to be a Teen", You _____ with this statement.

- Strongly agree
- Agree
- Disagree
- Strongly Disagree

[Reset](#)

3. Is there any problem you are facing today related to stress and depression or any question in your mind? Feel free to tell us, we will help you tackling the problem through our experts in our project entry profile. (Optional)

* 4. Have you ever faced heavy DEPRESSION?

- Yes
- No

[Reset](#)

If yes, would you like to share a little bit about that incident to us?

* 5. What causes stress in you from the following:- (You can choose more than 1)

- Abuse or conflict at home
- Child abuse - both physical and mental
- Decrease in academic performance
- Frequent health problems
- Peer pressure
- Poor social skills
- Stressful life events, particularly break-up, loss of a parent to death or divorce
- The death of a friend or relative
- Unstable care giving by parents

[Reset](#)

Any other? please specify

* 6. How often you get stressed? (Please take best guess)

- Frequently/Daily
- Weekly
- Monthly
- Yearly
- Almost never

[Reset](#)

* 7. Do you generally receive any kind of pressure from your parents/guardians regarding your academics?

- Yes
- No

[Reset](#)

If yes then, was the pressure resulted in a heavy depression in you?

8. Answer Part B only if you choose Yes for Part A

	Yes	No
A) Have you ever felt for committing suicide?	<input type="radio"/>	<input type="radio"/>
B) Now, what do you think, committing suicide at that point, would be appropriate?	<input type="radio"/>	<input type="radio"/>

[Reset](#)

If yes, then would you like to share a little bit about that incident?

* 9. Stress and Depression both have almost same means:

- True
 False

[Reset](#)

* 10. What things you will prefer most from the following to overcome/fight from a mental stress? (You can choose more than 1)

- Listen songs
- Playing games/play station
- Share your feelings with a closed one so as to feel better
- Like to receive counseling from an expert
- Your solution depends on the type of situation
- Don't want to do anything & leave it to the passing time
- Walking alone
- Watching a movie/Watch a comedy on TV
- Reading books/comics or anything
- To have a sound sleep
- Go shopping
- Play with pets
- Participating in social activities

[Reset](#)

Any other? please specify

11.

In order to reduce stress and depression from a teen's life what will you suggest/advise? (Optional)

You are just one step away! Please click the NEXT button below

[<< Back](#) [Next >>](#)



Teens Tweaker's Survey - Page 3 (Details)

Please fill out the following details in order to complete the survey.



1.

Please enter your following details

* First Name

Email (Optional)

Note : Enter your email address only if you wish to receive our project entry link which will include solutions also.
The email will be send to you in the month of February.

* 2.

How old are you?

- 12 and under
- 13
- 14
- 15
- 16
- 17
- 18
- 19
- 20 and above

[Reset](#)

* 3. Please select your country

4. How much you liked our survey?

Please rate our survey:



[Reset](#)

5.

If you wish to leave us any comment or if you have any query, please leave a message here (Optional)

[<< Back](#) [< Finish Survey>](#)

wik **Surveys**



Teens Tweaker's Survey - Page 3 (Details)

Please fill out the following details in order to complete the survey.



You have successfully completed the survey. 🙌

Thank You for giving some of your Precious time to us!

Contact: harpreetk_17@gmail.com

[Exit](#)

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