



DR. MED. CLAUS BODE  
KINDERARZT  
ALLERGOLOGE  
JUGENDSPRECHSTUNDE

## Questionnaire for the Youth Check-up J2 (for 16–17 year olds): Mannheimer Jugendlichenfragebogen (MJF)

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Name: \_\_\_\_\_ Age: \_\_\_\_\_ Completed by: \_\_\_\_\_

Date: \_\_\_\_\_

Instructions for filling in:

Please tick yes if the problems listed below have occurred within the last 6 months. Please tick only once per line, tick only on the circles (not between) and please answer every question. In case you currently have to take medication that affects your behaviour, please answer according to your behaviour without medication.

		Yes	No
1	I suffer from migraines.	<input type="radio"/>	<input type="radio"/>
2	I had to go to the doctor because of a headache.	<input type="radio"/>	<input type="radio"/>
3	I suffer from asthma or chronic bronchitis.	<input type="radio"/>	<input type="radio"/>
4	I often worry about my health.	<input type="radio"/>	<input type="radio"/>
5	I sometimes have a nervous tic (i.e. squinting, winking, clearing the throat).	<input type="radio"/>	<input type="radio"/>
6	I have problems falling asleep (lie awake for more than one hour).	<input type="radio"/>	<input type="radio"/>
7	I often wake up at night and have problems falling asleep again (lie awake for at least one hour).	<input type="radio"/>	<input type="radio"/>
8	I stammer when I am very excited.	<input type="radio"/>	<input type="radio"/>
9	I have wet my bed more than once during the last 6 months.	<input type="radio"/>	<input type="radio"/>
10	I have soiled my pants more than once during the last 6 months.	<input type="radio"/>	<input type="radio"/>
11	Mostly my appetite is low.	<input type="radio"/>	<input type="radio"/>
12	I am very particular about food.	<input type="radio"/>	<input type="radio"/>
13	I am always afraid of becoming fat.	<input type="radio"/>	<input type="radio"/>
14	I have lost at least 7 kilos through my diet and am underweight.	<input type="radio"/>	<input type="radio"/>
15	I am overweight by more than 10 kilos.	<input type="radio"/>	<input type="radio"/>
16	Sometimes others tease me because of my weight (overweight).	<input type="radio"/>	<input type="radio"/>
17	I often argue with my parents.	<input type="radio"/>	<input type="radio"/>
18	I do whatever I like, even if my parents think differently.	<input type="radio"/>	<input type="radio"/>
19	Because of my behaviour I have been excluded from school, from an excursion or a class outing.	<input type="radio"/>	<input type="radio"/>
20	I sometimes stay off school.	<input type="radio"/>	<input type="radio"/>
21	I am very afraid of going to school.	<input type="radio"/>	<input type="radio"/>
22	I quarrel with my siblings almost every day.	<input type="radio"/>	<input type="radio"/>
23	Serious injuries, bullying or threats occur during these fights.	<input type="radio"/>	<input type="radio"/>



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		Yes	No
24	Other youths often annoy, tease and/or beat me.	<input type="radio"/>	<input type="radio"/>
25	I am afraid of other youths.	<input type="radio"/>	<input type="radio"/>
26	I do not have any contact with other youths.	<input type="radio"/>	<input type="radio"/>
27	I sometimes fight with other children or youths.	<input type="radio"/>	<input type="radio"/>
28	I often change my friends.	<input type="radio"/>	<input type="radio"/>
29	At school I am often easily distracted and find it hard to concentrate.	<input type="radio"/>	<input type="radio"/>
30	When I do my homework I am often easily distracted and find it hard to concentrate.	<input type="radio"/>	<input type="radio"/>
31	When playing card or board games I am often easily distracted and find it hard to concentrate.	<input type="radio"/>	<input type="radio"/>
22	At school I am very restless, fidgety and cannot sit still.	<input type="radio"/>	<input type="radio"/>
33	When I do my homework I am very restless, fidgety and cannot sit still.	<input type="radio"/>	<input type="radio"/>
34	When playing card or board games I am very restless, fidgety and cannot sit still.	<input type="radio"/>	<input type="radio"/>
35	I am often careless und take risks in road traffic.	<input type="radio"/>	<input type="radio"/>
36	When playing I am often hasty, careless and take risks.	<input type="radio"/>	<input type="radio"/>
37	When I have to find solutions at school or at home I often act very unreflectedly and hastily.	<input type="radio"/>	<input type="radio"/>
38	I experience a tantrum almost every day.	<input type="radio"/>	<input type="radio"/>
39	I am afraid of and worry about forthcoming events such as class tests or unpleasant tasks.	<input type="radio"/>	<input type="radio"/>
40	I sometimes get “ill” with excitement.	<input type="radio"/>	<input type="radio"/>
41	I am petrified of spiders, mice, dogs or rats.	<input type="radio"/>	<input type="radio"/>
42	I am petrified of being alone at home.	<input type="radio"/>	<input type="radio"/>
43	I am petrified of strangers (i.e. when I am invited to somebody’s home).	<input type="radio"/>	<input type="radio"/>
44	I am petrified of thunder, lightning or darkness.	<input type="radio"/>	<input type="radio"/>
45	I am petrified of dentists, syringes, blood or injuries.	<input type="radio"/>	<input type="radio"/>
46	I am almost excessively tidy.	<input type="radio"/>	<input type="radio"/>



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		Yes	No
47	I often wash my hands although they are already clean.	<input type="radio"/>	<input type="radio"/>
48	I check certain things several times within a couple of minutes (i.e. if doors or windows are shut, if my schoolbag is packed).	<input type="radio"/>	<input type="radio"/>
49	I bite my nails or tear them so much that it causes bleeding or the nail bed is partly visible.	<input type="radio"/>	<input type="radio"/>
50	I am very sad or depressed once a week for at least three hours.	<input type="radio"/>	<input type="radio"/>
51	This sad mood is not usually caused by a certain event.	<input type="radio"/>	<input type="radio"/>
52	It is difficult to turn my thoughts to other things when I am sad.	<input type="radio"/>	<input type="radio"/>
53	I have been sad or depressed on at least one occasion for at least two weeks in a row.	<input type="radio"/>	<input type="radio"/>
54	I have seriously considered killing myself.	<input type="radio"/>	<input type="radio"/>
55	I smoke at least one packet of cigarettes per week.	<input type="radio"/>	<input type="radio"/>
56	I drink alcohol several times per week.	<input type="radio"/>	<input type="radio"/>
57	I get tipsy several times per month.	<input type="radio"/>	<input type="radio"/>
58	I have stolen something of considerable value (more than 30) from home or from others.	<input type="radio"/>	<input type="radio"/>
59	I have taken valuable things at least five times.	<input type="radio"/>	<input type="radio"/>
60	I have willingly destroyed or damaged things, which were not mine.	<input type="radio"/>	<input type="radio"/>
61	The damage amounted to at least 30.	<input type="radio"/>	<input type="radio"/>
62	I have run away from home.	<input type="radio"/>	<input type="radio"/>
63	I have other problems not mentioned above:	<input type="radio"/>	<input type="radio"/>