**Teacher Psychosocial Health and Wellbeing in Schools**

Self-Completion Questionnaire

**Note to Teachers:** This questionnaire has been sent to you because you are a teacher supporting Right To Play’s programmes and you have either continued to work through COVID-19, or have returned to school after enforced closures.

Right to Play is asking teachers around the world these questions to provide us with some initial indications on your wellbeing, thinking specifically about how COVID-19 may have affected your lives. It will help us begin to understand where support or additional resources may be needed, how programmes might need to be adapted, and how resilient the education system is likely to be over the next months and years.

The questionnaire should take you no more than ten minutes to complete. We greatly appreciate your participation. Should you feel uncomfortable answering any of the questions you may stop at any time. No personally identifying information will be collected, saved or shared by Right To Play. If you find yourself in need of support, please contact a Right To Play staff member who may be able to advise you on locally available services and can provide you with our teacher self-care tip-sheet.[[1]](#footnote-1)

Before you start, you will be asked a few basic questions about yourself. These are optional and you may ‘Skip Question’ but it would be useful if you could provide responses. You will then be given a definition on wellbeing to help you answer the questions more accurately.

**Optional Questions:**

1. **What gender do you identify as?**

*Male Female Neither Prefer not to say* ***Skip Question***

1. **Do you consider yourself to have a disability?**

*Yes No Unsure Prefer not to say* ***Skip Question***

1. **How old are you?** *(Insert number here):* ***Skip Question***
2. **What country do you work in?** *(Insert name here):*
3. **What education level is the school that you teach at?**

*Early Years/Kindergarten Primary (Lower) Primary (Upper) Secondary*

1. **How would you describe the location of the school you work at:**

Rural Peri-Urban Urban *Don’t Know/ Unsure*

1. **What is the highest level of qualification that you have completed:**

*Primary Secondary Undergraduate/ equivalent Postgraduate/equivalent* ***Skip Question***

1. **How many years of in-service teaching experience do you have?** *(Insert number here):* ***Skip Question***

**Before answering the following questions, please read the below:**

**A strong sense of wellbeing may entail the following beliefs and feelings:**

* I believe that I have a meaningful social role
* I feel happy and hopeful
* I am living according to good values, according to my context
* I have positive social relations and a supportive environment
* I am able to cope with challenges using positive life skills
* I feel secure, protected and am able to access quality services[[2]](#footnote-2)

***Start Questionnaire:***

**Q1: *Before COVID-19* I would have rated my sense of wellbeing as:**

*Weak*  *Average Strong Very Strong Don’t Know/ Unsure*

**Q2: I would now rate my current sense of wellbeing as:**

*Weak* *Average Strong Very Strong Don’t Know/ Unsure*

**Q3: I was able to continue my role as a teacher during COVID-19, even if it was adapted somehow:**

*Disagree* *Somewhat Agree* *Agree Strongly Agree Don’t Know/ Unsure*

**Q4: I had the information, support and resources I needed to continue to carry out my role as a teacher during COVID-19:**

*Disagree* *Somewhat Agree* *Agree Strongly Agree Don’t Know/ Unsure*

**Q5: *Before COVID-19*, I only worked as a teacher/tutor and did not take on work outside of my profession to supplement my income:**

*Disagree* *Somewhat Agree* *Agree Strongly Agree Don’t Know/ Unsure*

**Q6: *After COVID-19*, I only worked as a teacher/tutor and did not take on work outside of my profession to supplement my income:**

*Disagree* *Somewhat Agree* *Agree Strongly Agree Don’t Know/ Unsure*

**Q7: When challenges arise, I feel able to cope and face them well:**

*Disagree* *Somewhat Agree* *Agree Strongly Agree Don’t Know/ Unsure*

**Q8: I believe that my wellbeing affects my students’ wellbeing and their learning outcomes:**

*Disagree* *Somewhat Agree* *Agree Strongly Agree Don’t Know/ Unsure*

**Q9: I proactively address my own self-care needs as a teacher:**

*Disagree* *Somewhat Agree* *Agree Strongly Agree Don’t Know/ Unsure*

**Q10: I feel good when I use PBL with my students**

*Disagree* *Somewhat Agree* *Agree Strongly Agree Don’t Know/ Unsure*

**Q11: I feel that opportunities for professional growth are equally open to all teachers at my school:**

*Disagree* *Somewhat Agree* *Agree Strongly Agree Don’t Know/ Unsure*

**Q12: If another lockdown or school closures happen this academic year, I feel comfortable providing distance teaching:**

*Disagree* *Somewhat Agree* *Agree Strongly Agree Don’t Know/ Unsure*

**Before we finish, Right To Play would really appreciate learning more about some of your particular views and feelings:**

**Q13: What has been most challenging for you as a teacher during COVID-19? *(When answering, please reflect as a professional and on a personal level, and consider how you feel you have been coping, both emotionally and materially.)***

**Q14: What type of support do you think Right To Play could offer to help enhance teacher wellbeing at your school?**

**Q15: If you have anything else you want to tell Right To Play about your wellbeing as a teacher, please share this below:**

**Complete questionnaire!**

1. See Education Technical Guidance Note: Teacher Wellbeing, 2020 [↑](#footnote-ref-1)
2. https://inee.org/collections/psychosocial-support-and-social-and-emotional-learning [↑](#footnote-ref-2)