

Appendix C

HEADSS Assessment

Home

In home we cover family, culture, connections, looking for both resiliency and risk issues.

- Where do you live? Who do you live with?
- Ask about extended family links and culture – iwi, hapū, whānau.
- Where were you born? How long have you been here?
- Do you belong to a church? What activities and length of time have they been involved with church?
- Do you have jobs or responsibilities at your place?
- Who makes the rules? What happens if rules are broken?
- What happens when you fight at your house?
- Is there any violence occurring at your house?
- Who in your family do you get along well with? Not so well?
- Who is the person that you talk to most?

Education

- Do you go to school/training course/work?
- If no – How long have you been out of school/work? Why? Plans? What do you do with your time now?
- If yes – Which school? What is good about school? Not so good?
- Do you have friends at school? Is there a teacher you get along well with?
- How do you do in your school work and classes?
- Do you have ideas about what you might like to do when you leave school?
- Do you miss much school? Why?
- Are you bullied at school?

Activities

Here we cover what you do, for example, eating/sleeping/exercise/risk behaviour.

- What do you do out of school in the weekends (chores/homework/TV/sport/see friends/on the phone/going out at night)?
- How do you get money?
- How do you get around? Do you drive sometimes? Do friends drive? Have you sometimes been in a car where the driver was out of it or drunk? Do you wear a safety belt?
- What do you do for fun? For a buzz?
- Do you go to parties?
- Do you ever diet?
- What about sleeping? Do you sleep well?

Drugs/Alcohol

Introduce, for example, we know that many young people try alcohol and drugs, is it all right if I ask you some questions about that now?

- Do young people at your school smoke/do your friends smoke? Do you smoke?
- Do your friends/parents ever drink alcohol? Do you?
- Have you ever used marijuana? What other drugs/solvents are young people using these days? What do you think about that? What have you tried?

If the young person is using:

- How much are they using? In what circumstances? What do they like and not like about using? What risks do they take when using? Have they ever considered using less?

Sexuality

Introduce, for example, we ask everyone about sexuality because that is a very important aspect of young people's lives and can affect their health so much. Is that OK with you? You can 'pass' on questions if you want to.

- Have you had any sexuality education at school? What was that like?
- Do you friends have sexual relationships? Do you?
- Are any of them wondering about sexual orientation – liking girls or boys? Are you?
- What do you know about safe sex?
- What do you do (in terms of keeping sexually safe)? Do you use condoms? How much of the time (every time, just when you can get them, sometimes)?
- What could you do if you thought you might be pregnant?
- Has anybody ever touched you in a way that you don't like?
- If you ever felt uncomfortable or something unpleasant happened to you, is there anyone that you could tell?
- Are there adults you can go to for advice/help about sex and relationships?
- Do you want to talk about anything else about relationships or sex?

Suicide

In this we cover issues of mental health and self-harm.

- How would describe your mood/feelings most of the time? (Scale 1–10)
- Do you have really good/bad times?

If low mood is an issue, review sleeping, eating, energy, concentration, feelings of guilt/worthlessness and safety.

- Do you ever have worries or hassles that bother you?

If yes:

- Do they keep you awake at night?
- Do you have to do anything to keep them under control?
- Do you sometimes feel that life is not worth it?
- Have you ever harmed yourself deliberately?

If no, you may not need to continue this line of questioning.

- Have you ever thought of ending your pain once and for all?
- Do you know anyone who has died from suicide? Who? When?

- How often do you think about doing it? How did you think you would do it?
- How strong are these feelings for you at the moment?
- Do you think you might try?
- What if something went wrong for you? (Relationship breakup, etc).
- Who could you tell about feeling suicidal?

Regarding previous suicidal behaviour

- What did they do? How many times? How long ago? What happened?
- How do they feel about the fact that they did not die?
- Do they wish they had died?
- Have things changed since then? What?
- Do they think that they might try again?

From: Goldenring, J.M., Cohen E. Getting into Adolescents' Heads, *Contemporary Paediatrics*: 1988, p 75-90.