



**Contact us:**

Participant helpline: **0800 252 853**

Web: [www.understandingsociety.ac.uk/participants](http://www.understandingsociety.ac.uk/participants)

Email: [contact@understandingsociety.ac.uk](mailto:contact@understandingsociety.ac.uk)

For details of the study's privacy policy, please see

<https://www.understandingsociety.ac.uk/participants/gdpr>

RESP\_Name

ff\_Address1

ff\_Address2

ff\_Address3

ff\_Address4

ff\_Address5

ff\_PostCode

Household identifier

Household identifier BARCODE

<Salutation>

Thank you so much continuing to take part in Understanding Society. We are really grateful that you have been able to give up some of your time to help us with this important research.

In July last year, we asked [Child\_name] to complete a very short questionnaire about how they were feeling. To see how things have changed since then, we would like to ask them to complete it again – you can find the questionnaire on the back of this letter.

We would be grateful if you could look through the blank questionnaire and, if you are happy to do so, give it to [Child\_name]. When [Child\_name] has completed the questionnaire, they can put it into the envelope enclosed and it can be posted back to us, free of charge.

As you know, one of the really important features of the survey is that everyone's answers are completely confidential. This applies to all the adults who take part, but also all the children, so we ask all parents/guardians to allow their children to complete the questionnaire in private. We hope you understand why this is so important, but if you have any questions, don't hesitate to contact us.

More generally, if you have any queries at all about Understanding Society and your involvement in it, please contact us using the number below. If you would like to know more about how Understanding Society is used do have a look at our participants' website: [www.understandingsociety.ac.uk/participants](http://www.understandingsociety.ac.uk/participants). In the last few months information from Understanding Society has been used to see how Covid-19 is affecting low income families, the impact of lockdown on children, and how the pandemic has affected people's mental health.

Thank you for helping this vital research.

Yours sincerely,

Michaela Benzeval - Director, Understanding Society

Understanding Society is being conducted in accordance with the Data Protection Act. This means your personal details will be kept strictly confidential and you and your household will not be identifiable from the data.

**Understanding Society**

Institute for Social & Economic Research,  
University of Essex, Wivenhoe Park, Colchester CO4 3SQ

[www.understandingsociety.ac.uk](http://www.understandingsociety.ac.uk) / [www.iser.essex.ac.uk](http://www.iser.essex.ac.uk)

@usociety / @iseressex



# Strengths and Difficulties Questionnaire

For each item, please mark the box for Not True, Somewhat True or Certainly True. It would be p us if you answered all items as best you can even if you are not absolutely certain or the item seems daft! Please give your answers on the basis of how things have been for you over the last six months.

Your Name .....

Male/Female

Date of Birth..... CH-DATE CH\_MONTH CH\_YEAR

CH\_CHSEX

|                                                                  |           | Not True                 | Somewhat True            | Certainly True           |
|------------------------------------------------------------------|-----------|--------------------------|--------------------------|--------------------------|
| I try to be nice to other people. I care about their feelings    | CH_YPSDQA | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I am restless, I cannot stay still for long                      | CH_YPSDQB | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I get a lot of headaches, stomach-aches or sickness              | CH_YPSDQC | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I usually share with others (food, games, pens etc.)             | CH_YPSDQD | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I get very angry and often lose my temper                        | CH_YPSDQE | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I am usually on my own. I generally play alone or keep to myself | CH_YPSDQF | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I usually do as I am told                                        | CH_YPSDQG | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I worry a lot                                                    | CH_YPSDQH | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I am helpful if someone is hurt, upset or feeling ill            | CH_YPSDQI | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I am constantly fidgeting or squirming                           | CH_YPSDQJ | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I have one good friend or more                                   | CH_YPSDQK | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I fight a lot. I can make other people do what I want            | CH_YPSDQL | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I am often unhappy, down-hearted or tearful                      | CH_YPSDQM | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Other people my age generally like me                            | CH_YPSDQN | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I am easily distracted, I find it difficult to concentrate       | CH_YPSDQO | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I am nervous in new situations. I easily lose confidence         | CH_YPSDQP | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I am kind to younger children                                    | CH_YPSDQQ | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I am often accused of lying or cheating                          | CH_YPSDQR | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Other children or young people pick on me or bully me            | CH_YPSDQS | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I often volunteer to help others (parents, teachers, children)   | CH_YPSDQT | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I think before I do things                                       | CH_YPSDQU | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I take things that are not mine from home, school or elsewhere   | CH_YPSDQV | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I get on better with adults than with people my own age          | CH_YPSDQW | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I have many fears, I am easily scared                            | CH_YPSDQX | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I finish the work I'm doing. My attention is good                | CH_YPSDQY | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Your signature .....

Today's date .....

Thank you very much for your help

RESP\_Name

ff\_Address1

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ff\_Address3

ff\_Address4

ff\_Address5

ff\_PostCode

Household identifier

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<Cyfarchiad>

Diolch o galon i chi am barhau i gymryd rhan yn Understanding Society. Rydym yn ddiolchgar iawn eich bod wedi gallu rhoi rhywfaint o'ch amser i'n helpu gyda'r gwaith ymchwil pwysig hwn.

Ym mis Gorffennaf y llynedd, fe wnaethon ni ofyn i [Child\_name] lenwi holiadur byr iawn ynghylch sut roedden nhw'n teimlo. I weld sut mae pethau wedi newid ers hynny, hoffem ofyn iddyn nhw ei lenwi eto – mae'r holiadur i'w weld ar gefn y llythyr hwn.

Byddem yn ddiolchgar pe baech chi'n gallu edrych drwy'r holiadur gwag ac, os ydych yn fodlon gwneud hynny, ei roi i[Child\_name]. Pan fydd [Child\_name] wedi llenwi'r holiadur, gallant ei roi yn yr amlen amgaeedig a'i bostio atom, yn rhad ac am ddim.

Fel y gwyddoch, un o nodweddion pwysicaf yr arolwg yw bod atebion pawb yn gwbl gyfrinachol. Mae hyn yn berthnasol i'r holl oedolion sy'n cymryd rhan, ond hefyd i'r holl blant, felly rydym yn gofyn i bob rhiant/gwarcheidwad adael i'w plant lenwi'r holiadur yn breifat. Gobeithio eich bod yn deall pam mae hyn mor bwysig, ond os oes gennych chi unrhyw gwestiynau, cofiwch gysylltu â ni ar unwaith.

Yn fwy cyffredinol, os oes gennych chi unrhyw gwestiynau o gwbl am Understanding Society a'ch rhan chi yn yr astudiaeth, mae croeso i chi gysylltu â ni ar y rhif isod. Os hoffech chi gael rhagor o wybodaeth am sut mae Understanding Society yn cael ei defnyddio, edrychwch ar wefan ein cyfranogwyr: [www.understandingsociety.ac.uk/participants](http://www.understandingsociety.ac.uk/participants). Yn yr ychydig fisoedd diwethaf, mae gwybodaeth o Understanding Society wedi cael ei defnyddio i weld sut mae Covid-19 yn effeithio ar deuluoedd sydd ar incwm isel, effaith y cyfnod clo ar blant a sut mae'r pandemig wedi effeithio ar iechyd meddwl pobl.

Diolch am eich help gyda'r gwaith ymchwil hollbwysig hwn.

Yn gywir,

Michaela Benzeval – Cyfarwyddwr, Understanding Society

Mae astudiaeth Understanding Society yn cael ei chynnal yn unol â'r Ddeddf Diogelu Data. Mae hyn yn golygu y bydd eich manylion personol yn cael eu cadw'n gwbl gyfrinachol, ac na fydd modd eich adnabod chi na'ch aelwyd o'r data.

Understanding Society

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@usociety / @iseressex

# Holiadur Cryfderau ac Anawsterau (SDQ-Wel)

Ar gyfer pob eitem, marciwch y blwch Ddim yn Wir, Gwir i Raddau neu Gwir yn Bendant. Byddai o gymorth petaech yn ateb pob eitem gorau y gallwch hyd yn oed os nad ydych yn hollol siŵr neu fod yr eitem yn ymddangos yn hurt! Atebwch ar sail eich amgylchiadau yn ystod y chwe mis diwethaf.

Eich Enw .....

Gwryw/Benyw

Dyddiad Geni .....

|                                                                                                       | Ddim yn<br>wir           | Gwir i<br>raddau         | Gwir yn<br>bendant       |
|-------------------------------------------------------------------------------------------------------|--------------------------|--------------------------|--------------------------|
| Rwy'n ceisio bod yn ddymunol i bobl eraill. Mae eu teimladau'n bwysig imi                             | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Rwy'n aflonydd, rwy'n methu aros yn llonydd am hir                                                    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Rwy'n cael cur pen/pen tost, poen bol neu gyfog yn aml                                                | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Rwy'n rhannu gydag eraill fel arfer (bwyd, gemau, pennau ac ati)                                      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Rwy'n mynd yn ddig iawn ac yn aml yn colli fy nhymer                                                  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Rwyf ar fy mhen fy hun fel arfer. Rwy'n chwarae ar fy mhen fy hun neu'n cadw at fy hun yn gyffredinol | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Fel arfer, rwy'n gwneud beth sy'n cael ei ofyn ohonof                                                 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Rwy'n poeni llawer                                                                                    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Rwy'n cynorthwyo os bydd rhywun yn brifo, yn ofidus neu'n teimlo'n sâl                                | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Rwy'n gwingo neu'n aflonydd yn fy sedd drwy'r amser                                                   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Mae gennyf o leiaf un ffrind da                                                                       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Rwy'n cwffio llawer. Rwy'n gallu gwneud i bobl eraill wneud beth rwyf ei eisiau                       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Rwy'n anhapus, yn ddigalon neu'n ddagreuol yn aml                                                     | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Rwy'n boblogaidd ymhlith fy nghyfoedion yn gyffredinol                                                | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Mae fy sylw'n cael ei dynnu yn hawdd, rwy'n methu canolbwyntio                                        | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Rwy'n nerfus mewn sefyllfaoedd newydd. Rwy'n colli hyder yn hawdd                                     | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Rwy'n garedig tuag at blant iau                                                                       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Rwy'n cael fy nghyhuddo'n aml o ddweud celwydd neu dwyllo                                             | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Mae plant neu bobl ifanc eraill yn fy mwlio neu'n pigo arnaf                                          | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Rwy'n gwirfoddoli'n aml i gynorthwyo eraill (rhieni, athrawon, plant)                                 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Rwy'n meddwl yn ddwys am bethau cyn eu gwneud                                                         | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Rwy'n cymryd pethau nad ydynt yn perthyn i mi o gartref, o'r ysgol neu o fannau eraill                | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Rwy'n dod ymlaen yn well gydag oedolion na phobl fy oedran i                                          | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Mae gennyf lawer o ofnau, rwy'n dychryn yn hawdd                                                      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Rwy'n gorffen y gwaith rwy'n ai wneud. Rwy'n canolbwyntio'n dda                                       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Llofnod .....

Dyddiad .....

**Diolch yn fawr am eich cymorth**



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RESP\_Name

ff\_Address1

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ff\_Address4

ff\_Address5

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Household identifier

Household identifier BARCODE

<Salutation>

Thank you ever so much for your participation in Understanding Society. As you can imagine, there is a great deal of interest in the research and policy community about how young people are managing during the Coronavirus pandemic.

We have recently sent you a letter which included a short questionnaire on the back to pass on to [Child\_name] to complete. At the moment we do not have a record of the questionnaire having been returned. If [Child\_name] has completed the questionnaire and it has been posted back in the last few days - thank you and please ignore this letter.

If they haven't yet completed their questionnaire, we would be grateful if you could encourage [Child\_name] to complete it and post it back to us in the enclosed pre-paid envelope. Just like the adults that take part in Understanding Society, children's experiences are unique and we can't replace them with anyone else.

By taking part in the youth survey, [Child\_name] will help many organisations carry out important research that will improve life in the UK for all. To find out more about who uses the study, please visit [www.understandingsociety.ac.uk/participants](http://www.understandingsociety.ac.uk/participants)

Yours sincerely,

Michaela Benzeval - Director, Understanding Society

Understanding Society is being conducted in accordance with the Data Protection Act. This means your personal details will be kept strictly confidential and you and your household will not be identifiable from the data.

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@usociety / @iseressex



# Strengths and Difficulties Questionnaire

For each item, please mark the box for Not True, Somewhat True or Certainly True. It would help us if you answered all items as best you can even if you are not absolutely certain or the item seems daft! Please give your answers on the basis of how things have been for you over the last six months.

Your Name .....

Male/Female

Date of Birth.....

|                                                                  | Not<br>True              | Somewhat<br>True         | Certainly<br>True        |
|------------------------------------------------------------------|--------------------------|--------------------------|--------------------------|
| I try to be nice to other people. I care about their feelings    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I am restless, I cannot stay still for long                      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I get a lot of headaches, stomach-aches or sickness              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I usually share with others (food, games, pens etc.)             | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I get very angry and often lose my temper                        | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I am usually on my own. I generally play alone or keep to myself | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I usually do as I am told                                        | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I worry a lot                                                    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I am helpful if someone is hurt, upset or feeling ill            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I am constantly fidgeting or squirming                           | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I have one good friend or more                                   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I fight a lot. I can make other people do what I want            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I am often unhappy, down-hearted or tearful                      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Other people my age generally like me                            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I am easily distracted, I find it difficult to concentrate       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I am nervous in new situations. I easily lose confidence         | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I am kind to younger children                                    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I am often accused of lying or cheating                          | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Other children or young people pick on me or bully me            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I often volunteer to help others (parents, teachers, children)   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I think before I do things                                       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I take things that are not mine from home, school or elsewhere   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I get on better with adults than with people my own age          | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I have many fears, I am easily scared                            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I finish the work I'm doing. My attention is good                | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Your signature .....

Today's date .....

Thank you very much for your help

© Robert Goodman, 2005



### Cysylltwch â ni:

Llinell gymorth i gyfranogwyr: **0800 252 853**

Gwe: **[www.understandingsociety.ac.uk/participants](http://www.understandingsociety.ac.uk/participants)**

E-bost: **[contact@understandingsociety.ac.uk](mailto:contact@understandingsociety.ac.uk)**

Am fanylion am bolisi preifatrwydd yr astudiaeth, gweler

**<https://www.understandingsociety.ac.uk/participants/gdpr>**

RESP\_Name

ff\_Address1

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ff\_Address3

ff\_Address4

ff\_Address5

ff\_PostCode

Household identifier

Household identifier BARCODE

<Salutation>

Diolch o galon am gyfrannu i Understanding Society. Fel y gallwch ddychmygu, mae yna ddiddordeb mawr o fewn y gymuned ymchwil a pholisi ynglŷn â sut mae pobl ifanc yn ymdopi yn ystod y pandemig Coronafeirws.

Yn ddiweddar, gwnaethom anfon llythyr atoch gyda holiadur byr ar y cefn i'w roi i [Child\_name] i'w gwblhau. Ar hyn o bryd, nid oes gennym gofnod bod yr holiadur wedi'i ddychwelyd. Os yw [Child\_name] wedi cwblhau'r holiadur ac wedi'i bostio yn ôl yn y diwrnodau diwethaf – diolch, gallwch anwybyddu'r llythyr hwn.

Os nad ydynt wedi cwblhau'r holiadur eto, byddem yn ddiolchgar pe gallech annog [Child\_name] i'w gwblhau a'i bostio yn ôl atom yn yr amlen sydd wedi'i ragdalau amgaeedig. Yn union fel yr oedolion sy'n cymryd rhan yn Understanding Society, mae profiadau plant yn unigryw a ni ellir eu disodli gydag unrhyw un arall.

Trwy gymryd rhan yn yr arolwg ieuenctid, bydd [Child\_name] yn helpu sawl sefydliad i gynnal ymchwil pwysig a fydd yn gwella bywyd yn y DU i bawb. I ddysgu rhagor am bwy sy'n defnyddio'r arolwg, ewch i [www.understandingsociety.ac.uk/participants](http://www.understandingsociety.ac.uk/participants)

Yn gywir iawn,

Michaela Benzeval – Cyfarwyddwr, Understanding Society

Mae Understanding Society yn cael ei chynnal yn unol â'r Ddeddf Diogelu Data. Mae hyn yn golygu y bydd eich manylion personol yn cael eu cadw'n hollol gyfrinachol ac ni fydd modd adnabod chi na'ch cartref o'r data.

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@usociety / @iseressex



# Holiadur Cryfderau ac Anawsterau (SDQ-Wel)

Ar gyfer pob eitem, marciwch y blwch Ddim yn Wir, Gwir i Raddau neu Gwir yn Bendant. Byddai o gymorth petaech yn ateb pob eitem gorau y gallwch hyd yn oed os nad ydych yn hollol siŵr neu fod yr eitem yn ymddangos yn hurt! Atebwch ar sail eich amgylchiadau yn ystod y chwe mis diwethaf.

Eich Enw .....

Gwryw/Benyw

Dyddiad Geni .....

|                                                                                                       | Ddim yn<br>wir           | Gwir i<br>raddau         | Gwir yn<br>bendant       |
|-------------------------------------------------------------------------------------------------------|--------------------------|--------------------------|--------------------------|
| Rwy'n ceisio bod yn ddymunol i bobl eraill. Mae eu teimladau'n bwysig imi                             | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Rwy'n aflonydd, rwy'n methu aros yn llonydd am hir                                                    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Rwy'n cael cur pen/pen tost, poen bol neu gyfog yn aml                                                | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Rwy'n rhannu gydag eraill fel arfer (bwyd, gemau, pennau ac ati)                                      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Rwy'n mynd yn ddig iawn ac yn aml yn colli fy nhymer                                                  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Rwyf ar fy mhen fy hun fel arfer. Rwy'n chwarae ar fy mhen fy hun neu'n cadw at fy hun yn gyffredinol | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Fel arfer, rwy'n gwneud beth sy'n cael ei ofyn ohonof                                                 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Rwy'n poeni llawer                                                                                    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Rwy'n cynorthwyo os bydd rhywun yn brifo, yn ofidus neu'n teimlo'n sâl                                | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Rwy'n gwingo neu'n aflonydd yn fy sedd drwy'r amser                                                   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Mae gennyf o leiaf un ffrind da                                                                       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Rwy'n cwffio llawer. Rwy'n gallu gwneud i bobl eraill wneud beth rwyf ei eisiau                       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Rwy'n anhapus, yn ddigalon neu'n ddagreuol yn aml                                                     | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Rwy'n boblogaidd ymhlith fy nghyfoedion yn gyffredinol                                                | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Mae fy sylw'n cael ei dynnu yn hawdd, rwy'n methu canolbwyntio                                        | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Rwy'n nerfus mewn sefyllfaoedd newydd. Rwy'n colli hyder yn hawdd                                     | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Rwy'n garedig tuag at blant iau                                                                       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Rwy'n cael fy nghyhuddo'n aml o ddweud celwydd neu dwyllo                                             | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Mae plant neu bobl ifanc eraill yn fy mwlio neu'n pigo arnaf                                          | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Rwy'n gwirfoddoli'n aml i gynorthwyo eraill (rhieni, athrawon, plant)                                 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Rwy'n meddwl yn ddwys am bethau cyn eu gwneud                                                         | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Rwy'n cymryd pethau nad ydynt yn perthyn i mi o gartref, o'r ysgol neu o fannau eraill                | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Rwy'n dod ymlaen yn well gydag oedolion na phobl fy oedran i                                          | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Mae gennyf lawer o ofnau, rwy'n dychryn yn hawdd                                                      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Rwy'n gorffen y gwaith rwy'n ai wneud. Rwy'n canolbwyntio'n dda                                       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Llofnod .....

Dyddiad .....

**Diolch yn fawr am eich cymorth**