

## **Appendix 4: Participant feedback sheet**

### **Anonymous**

Please answer the following questions.

1. What did you like best about the session(s)?
2. What did you like least about the session(s)?
3. What did you learn that you think is useful?
4. What did you think of the administration of the programme?
5. What topics would you like included in any follow-up programme?
6. Do you have any other comments?

**Appendix 5: Self-constructed questionnaire**

# **Project Skills Development**

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Dear participant

My name is Carien Brandt. I am a student at the University of Pretoria, busy with a study on the prevention of youth drug abuse in KwaZulu Natal. As part of the study, I designed a drug abuse prevention programme, named "Project Skills Development" in which you are about to, or have just participated. The aim of Project Skills Development is to improve the personal- and social skills of kids your age to protect you against future drug abuse. The programme is not based on scare tactics, or finger wagging as I find it unrealistic to imagine a society without drugs. My main concern with Project Skills Development is your welfare and, although we may never be able to eliminate drug abuse completely, I believe we can minimize the dangers of drug taking by stimulating changes to your attitudes, drug information and skills. Key elements of Project Skills Development thus include (a) general attitudes to drugs and drug users, (b) knowledge of drugs, and (c) skills development (e.g. to solve problems and communicate effectively.) It is thus not surprising that participation in Project Skills Development will probably benefit you, by bettering your personal and social skills to prevent you from abusing drugs.

However, in this type of research it is necessary to determine the effect of the programme on you as participant. This is done by comparing differences in your knowledge, before and after participation in Project Skills Development. A questionnaire will be used as measuring instrument. This means that you will have to fill out the next questionnaire two times, i.e. once before and once after implementation of Project Skills Development.

You are therefore kindly invited to complete the questionnaire by answering all the following questions.

The questionnaire is completed anonymously and will take approximately 20 - 25 minutes of your time. Thank you for your cooperation.

**Research Questionnaire**

Case number

Repetition number

**1. Biographical details**

Answer this first part of the questionnaire by marking all the answers that apply to you with a cross (X).

**1.1 Age**

1	11 years old
2	12 years old
3	13 years old
4	14 years old
5	15 years old

For office use

Q1   1-2

Q2  3

Q3  4

For office use

**1.2 Gender**

1	Male
2	Female

Q4

**1.3 Race/ Ethnicity**

1	Black
2	Coloured
3	Asian
4	White
5	Other (Specify:.....)

Q5  6

**1.4 Home language**

1	Zulu
2	Sepedi
3	Xhosa
4	Tswana
5	Venda
6	Swati
7	Tsonga
8	Sesotho
9	Ndebele
10	English
11	Other (Specify:.....)

**1.5 Level of education**

1	Grade 5 (std. 3)
2	Grade 6
3	Grade 7 (std. 5)

For office u

Q6

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7 - 8

Q7

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**1.6 Church affiliation**

1	Yes
2	No

**1.7 Family unit**

**1.7.1 My parents' are –**

1	Married
2	Remarried
3	Separated
4	Divorced
5	Single
6	Widowed
7	Not married but living together
8	Other (Specify:.....)

For office use

Q8

Q9

For office use

Q10

**1.7.2 Most of the time I live with –**

1	My mother and father
2	My mother only
3	My father only
4	My grandparents
5	My friends
6	Other (Specify:.....)

**2. Personal and Social Skills Development**

Answer the following part of the questionnaire by carefully reading the next statements and circling the number that apply to you.

For example

I love reading.

<b>Agree</b>	<b>Uncertain</b>	<b>Disagree</b>
<div style="border: 1px solid black; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin: 0 auto;">1</div>	2	3

This means that you agree with the statement, in other words "Love to read".



For office u

Nr.	Statement	Agree	Uncertain	Disagree
2.1	My attitude to drugs and people who use drugs, come from personal experience.	1	2	3
2.2	Most illegal drugs started life in a laboratory as legal medicines.	1	2	3
2.3	People who use drugs are evil sinners.	1	2	3
2.4	My view of drugs and people who use drugs come from my friends.	1	2	3
2.5	Newspapers mostly focus people's attention on the dangers of illegal drugs, like cannabis.	1	2	3
2.6	I got my ideas about drugs and people who use drugs from the media, for instance newspapers, TV and/or radio.	1	2	3
2.7	People who use drugs are dangerous.	1	2	3

Q11

Q12

Q13

Q14

Q15

Q16

Q17

		Agree	Uncertain	Disagree
2.8	My ideas about drugs and people who use drugs come from reading and/or studying library books.	1	2	3
2.9	My ideas about drugs and people who use drugs come from my school teacher(s).	1	2	3
2.10	People take drugs because it is an exiting thing to do.	1	2	3
2.11	After taking drugs, you always have to come down; and the higher you go, the harder you fall.	1	2	3
2.12	Drug addiction is a disease / illness.	1	2	3
2.13	Some medicines prescribed by doctors are just as harmful as some of the illegal street drugs.	1	2	3
2.14	Drug users are "normal" people who use drugs to cope with the pressures of everyday life.	1	2	3

Q18 Q19 Q20 Q21 Q22 Q23 Q24

For office use

		Agree	Uncertain	Disagree
2.15	Drinking one or two glasses of alcohol, for example beer or wine, is socially acceptable for adults.	1	2	3
2.16	Alcohol, for example beer or wine, relaxes you.	1	2	3
2.17	Some drugs numb the brain and body and kills pain.	1	2	3
2.18	A drug called "magic mushrooms" is illegal in South Africa.	1	2	3
2.19	Some drugs make you see, hear and feel things that are not real.	1	2	3
2.20	Some drugs can make a person more alert and energetic.	1	2	3
2.21	I get a natural high from exercise.	1	2	3
2.22	An enjoyable activity, like swimming in the sea, makes me feel good.	1	2	3

Q25  27

Q26  28

Q27  29

Q28  30

Q29  31

Q30  32

Q31  33

Q32  34

For office use

		Agree	Uncertain	Disagree
2.23	I am usually a calm person.	1	2	3
2.24	I don't like talking to people who are always complaining about life.	1	2	3
2.25	I am easy-going.	1	2	3
2.26	I am interested in other people's thoughts.	1	2	3
2.27	I am regularly bothered by a guilty conscience.	1	2	3
2.28	I usually do my homework, even when I don't feel like it.	1	2	3
2.29	I usually do things at the spur of the moment.	1	2	3
2.30	I get what I want without fighting with my brothers and/or sisters.	1	2	3

Q33  35

Q34  36

Q35  37

Q36  38

Q37  39

Q38  40

Q39  4

Q40  4

For office us

		<b>Agree</b>	<b>Uncertain</b>	<b>Disagree</b>
2.31	I am easily discouraged by new challenges.	1	2	3
2.32	I usually solve problems by carefully thinking things through before making any decisions.	1	2	3
2.33	My friends can get me to do things I would not normally do, for instance to drink beer.	1	2	3
2.34	Once I have made a decision I believe in, I usually stick to it.	1	2	3
2.35	I set limits on what I will and will not do.	1	2	3
2.36	My friends think I am a leader.	1	2	3
2.37	I usually believe people when they compliment me.	1	2	3
2.38	I find it difficult to talk about my feelings.	1	2	3

Q41

Q42

Q43

Q44

Q45

Q46

Q47

Q48

For office use

		<b>Agree</b>	<b>Uncertain</b>	<b>Disagree</b>
2.39	I am willing to defend that, which I believe in.	1	2	3
2.40	When I talk to my friends I look into their eyes to show my interest and full attention.	1	2	3
2.41	I frequently feel that people ignore the things I say.	1	2	3
2.42	I am lonely.	1	2	3
2.43	I have enough friends.	1	2	3
2.44	I am able to go against the group sometimes.	1	2	3
2.45	I try to understand and react to other people's feelings in a caring and responsible way.	1	2	3
2.46	I often tell jokes and funny stories to my friends.	1	2	3

Q49  51

Q50  52

Q51  53

Q52  54

Q53  55

Q54  56

Q55  57

Q56  58

For office use

		<b>Agree</b>	<b>Uncertain</b>	<b>Disagree</b>
2.47	Sometimes I keep quiet in conversation because I am afraid people will laugh or criticize me for my views.	1	2	3
2.48	I find it easy to criticize (judge) my friends.	1	2	3
2.49	I am usually very talkative when I am with people I know well.	1	2	3
2.50	I often feel that people disapprove of the things I say and do.	1	2	3
2.51	My view of drugs and people who use drugs come from my relatives.	1	2	3

Q57  59

Q58  60

Q59  61

Q60  62

Q61  63

**Categorical of statements, from Section 2 of the Self constructed Research Questionnaire, according to the topics of Project Skills Development**

**1. Attitudes to Drugs and Drug users**

1.1	People who use drugs are evil sinners.	Question 2.3
1.2	People who use drugs are dangerous.	Question 2.7
1.3	Drug addiction is a disease/illness.	Question 2.12
1.4	Drug users are "normal" people who use drugs to cope with the pressures of everyday life.	Question 2.14
1.5	Newspapers mostly focus people's attention on the dangers of illegal drugs, like cannabis.	Question 2.5
1.6	My view of drugs and people who use drugs come from my friend(s).	Question 2.4
1.7	My attitude to drugs and people who use drugs come	



	from personal experience.	Question 2.1
1.8	I got my ideas about drugs and people who use drugs from the media, for instance newspapers, TV and/or radio.	Question 2.6
1.9	My ideas about drugs and people who use drugs come from my school teacher(s).	Question 2.9
1.10	My ideas about drugs and people who use drugs come from reading and/or studying library books.	Question 2.8
1.11	My view of drugs and people who use drugs come from my relatives.	Question 2.51

## 2. Drugs and their Effects

2.1	Most illegal drugs started life in a laboratory as legal medicines.	Question 2.2
2.2	People take drugs because it is an exiting thing to do.	Question 2.10
2.3	After taking drugs, you always have to come down;	

	and the higher you go, the harder you fall.	Question 2.11
2.4	Drinking one or two glasses of alcohol, for example beer or wine, is socially acceptable for adults.	Question 2.15
2.5	Some medicines prescribed by doctors are just as harmful as some of the illegal street drugs.	Question 2.13
2.6	A drug called "magic mushrooms" is illegal in South Africa.	Question 2.18
2.7	Some drugs can make a person more alert and energetic.	Question 2.20
2.8	Alcohol, for example beer or wine, relaxes you.	Question 2.16
2.9	Some drugs make you see, hear and feel things that are not real.	Question 2.19
2.10	Some drugs numb the brain and body and kills pain.	Question 2.17

### **3. Peer Pressure**

3.1	I have enough friends.	Question 2.43
3.2	I am lonely.	Question 2.42
3.3	My friends can get me to do things I would not normally do, for instance to drink beer.	Question 2.33
3.4	I am able to go against the group sometimes.	Question 2.44
3.5	Once I have made a decision I believe in, I usually stick to it.	Question 2.34

### **4. Social Problem Solving: Techniques to Promote Self-control**

4.1	I usually do things at the spur of the moment.	Question 2.29
4.2	I am regularly bothered by a guilty conscience.	Question 2.27
4.3	I usually do my homework, even when I don't feel like it.	Question 2.28

4.4	I set limits on what I will and will not do.	Question 2.35
4.5	I usually solve problems by carefully thinking things through before making any decisions.	Question 2.32

### **5. Social Problem Solving: Relieving Stress, Anxiety and Pressure**

5.1	I am easily discouraged by new challenges.	Question 2.31
5.2	I am easy-going.	Question 2.25
5.3	I am usually a calm person.	Question 2.23
5.4	I get a natural high from exercise.	Question 2.21
5.5	An enjoyable activity, like swimming in the sea, makes me feel good.	Question 2.22

**6. Developing Assertiveness Skills**

6.1	My friends think I am a leader.	Question 2.36
6.2	I am willing to defend that, which I believe in.	Question 2.39
6.3	I frequently feel that people ignore the things I say.	Question 2.41
6.4	I often tell jokes and funny stories to my friends.	Question 2.46
6.5	I get what I want without fighting with my brothers and/or sisters.	Question 2.30
6.6	Sometimes I keep quiet in conversation because I am afraid people will laugh or criticize me for my views.	Question 2.47
6.7	I am usually very talkative when I am with people I know well.	Question 2.49
6.8	I usually believe people when they compliment me.	Question 2.37
6.9	I find it easy to criticize (judge) my friends.	Question 2.48

6.10	I often feel that people disapprove of the things I say and do.	Question 2.50
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## 7. Communication Skills

7.1	I try to understand and react to other people's feelings in a caring and responsible way.	Question 2.45
7.2	I find it difficult to talk about my feelings	Question 2.38
7.3	I don't like talking to people who are always complaining about life.	Question 2.24
7.4	When I talk to my friends I look into their eyes to show my interest and full attention.	Question 2.40
7.5	I am interested in other people's thoughts.	Question 2.26

**Categorical of statements, from Section 2 of the Self constructed Research Questionnaire, according to Attitudes, Drug knowledge and Skills**

**1. Attitudes to Drugs and Drug users**

1.1	People who use drugs are evil sinners.	Question 2.3
1.2	People who use drugs are dangerous.	Question 2.7
1.3	Drug addiction is a disease/illness.	Question 2.12
1.4	Drug users are "normal" people who use drugs to cope with the pressures of everyday life.	Question 2.14
1.5	Newspapers mostly focus people's attention on the dangers of illegal drugs, like cannabis.	Question 2.5
1.6	My view of drugs and people who use drugs come from my friend(s).	Question 2.4

1.7	My attitude to drugs and people who use drugs come from personal experience.	Question 2.1
1.8	I got my ideas about drugs and people who use drugs from the media, for instance newspapers, TV and/or radio.	Question 2.6
1.9	My ideas about drugs and people who use drugs come from my school teacher(s).	Question 2.9
1.10	My ideas about drugs and people who use drugs come from reading and/or studying library books.	Question 2.8
1.11	My view of drugs and people who use drugs come from my relatives.	Question 2.51

## 2. Drug Knowledge

2.1	Most illegal drugs started life in a laboratory as legal medicines.	Question 2.2
2.2	People take drugs because it is an exiting thing to do.	Question 2.10



2.3	After taking drugs, you always have to come down; and the higher you go, the harder you fall.	Question 2.11
2.4	Drinking one or two glasses of alcohol, for example beer or wine, is socially acceptable for adults.	Question 2.15
2.5	Some medicines prescribed by doctors are just as harmful as some of the illegal street drugs.	Question 2.13
2.6	A drug called "magic mushrooms" is illegal in South Africa.	Question 2.18
2.7	Some drugs can make a person more alert and energetic.	Question 2.20
2.8	Alcohol, for example beer or wine, relaxes you.	Question 2.16
2.9	Some drugs make you see, hear and feel things that are not real.	Question 2.19
2.10	Some drugs numb the brain and body and kills pain.	Question 2.17

### 3. Skills Development

3.1	I have enough friends.	Question 2.43
3.2	I am lonely.	Question 2.42
3.3	My friends can get me to do things I would not normally do, for instance to drink beer.	Question 2.33
3.4	I am able to go against the group sometimes.	Question 2.44
3.5	Once I have made a decision I believe in, I usually stick to it.	Question 2.34
3.6	I usually do things at the spur of the moment.	Question 2.29
3.7	I am regularly bothered by a guilty conscience.	Question 2.27
3.8	I usually do my homework, even when I don't feel like it.	Question 2.28

3.9	I set limits on what I will and will not do.	Question 2.35
3.10	I usually solve problems by carefully thinking things through before making any decisions.	Question 2.32
3.11	I am easily discouraged by new challenges.	Question 2.31
3.12	I am easy-going.	Question 2.25
3.13	I am usually a calm person.	Question 2.23
3.14	I get a natural high from exercise.	Question 2.21
3.15	An enjoyable activity, like swimming in the sea, makes me feel good.	Question 2.22
3.16	My friends think I am a leader.	Question 2.36
3.17	I am willing to defend that, which I believe in.	Question 2.39
3.18	I frequently feel that people ignore the things I say.	Question 2.41

3.19	I often tell jokes and funny stories to my friends.	Question 2.46
3.20	I get what I want without fighting with my brothers and/or sisters.	Question 2.30
3.21	Sometimes I keep quiet in conversation because I am afraid people will laugh or criticize me for my views.	Question 2.47
3.22	I am usually very talkative when I am with people I know well.	Question 2.49
3.23	I usually believe people when they compliment me.	Question 2.37
3.24	I find it easy to criticize (judge) my friends.	Question 2.48
3.25	I often feel that people disapprove of the things I say and do.	Question 2.50
3.26	I try to understand and react to other people's feelings in a caring and responsible way.	Question 2.45

3.27	I find it difficult to talk about my feelings	Question 2.38
3.28	I don't like talking to people who are always complaining about life.	Question 2.24
3.29	When I talk to my friends I look into their eyes to show my interest and full attention.	Question 2.40
3.30	I am interested in other people's thoughts.	Question 2.26