

# Me and My Feelings (M&MF)



The Me and My Feelings survey is appropriate for elementary students as young as Age 8. Its 16 self-report questions address wellbeing through two domains: emotional and behavioral difficulties. Students reply on a 3-point Likert scale (never, sometimes, always) according to the frequency they relate to statements such as “I feel lonely . . . I get very angry . . . I am calm . . . I worry when I am at school” (Wellbeing Measurement). This survey is reliable, valid, and sensitive to change. It requires citing for use in publications and contact (EBPU@annafreud.org) before use (Wellbeing Measurement).

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**Pros for Schools****Cons for Schools**

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16 questions  
Valid and reliable  
Free

No available translations

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## Suggestions for Further Research

CORC. (n.d.). *Wellbeing Measurement Framework for Primary Schools*. Retrieved from <https://edtechbooks.org/oKI>

Deighton, J., Tymms, P., Vostanis, P., Belsky, J., Fonagy, P., Brown, A., Martin, A., Patalay, P. & Wolpert, W. (2013). The Development of a School-Based Measure of Child Mental Health. *Journal of Psychoeducational Assessment*, 31:247. DOI: 10.1177/0734282912465570

Patalay, P., Deighton, J., Fonagy, P., Vostanis, P., & Wolpert, M. (2014). Clinical validity of the Me and My School questionnaire: a self-report mental health measure for children and adolescents. *Child and Adolescent Psychiatry and Mental Health*, 8(17), [doi: 10.1186/1753-2000-8-17](https://doi.org/10.1186/1753-2000-8-17)

ASSESSING  
**WELLBEING**  
IN SCHOOLS

*An Educator's Practical Guide to  
Measuring Wellbeing*

MEGAN BATES AND DAVID BOREN



Bates, M. & Boren, D. M. (2019). *Assessing Wellbeing in Schools*. EdTech Books. Retrieved from <https://edtechbooks.org/wellbeing>



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