

For my questionnaire I will be specifically looking for information about teenagers drinking energy drinks. I will be writing a questionnaire that will be for my principal about drinking habits of students at my school. Since I go to an all girl's school I will not have to ask a gender question as all the students answering the questionnaire will be girls. When writing up my questions I will find questions that relate to drinking habits, so I will find out if they take energy drinks to school. I filled out a log book after every lesson to document the design process that I went through to complete my final questionnaire. ①

I want to find out if they drink energy drinks and if they do what energy drinks. I will find out how many days a week they have energy drinks. I will ask how many energy drinks they had yesterday. I will find out if they drink energy drinks after a sports related task. I will find out if they experience headaches after drinking an energy drink. I will find out if they have trouble going to sleep after consuming an energy drink that day. I will find out how they feel after consuming an energy drink. I will find out if they rely on energy drinks. I will ask how long they could go without consuming an energy drink and I will ask if they would stop drinking energy drinks if they understood the negative effects.

Design Process:

I want to find out if they take energy drinks to school.

This question will read as "What drinks did you take to school last week?" I will give as many options of the typical drinks that students would take to school some of which are: Energy Drink, Soft Drink, Juice, Tea/Coffee, etc..

I want to find out if they drink energy drinks and if they do what energy drinks The question I will ask is "Do you drink energy drinks?" and I will give the options of Yes and No. Then I will ask another question which is "What is your favorite energy drink?" I will give as many options of the typical energy drinks students are known to drink some of which could be V, Lift Plus, Demon, Mother, Red Bull, Monster, etc. ②

I want to find out how many days a week they have energy drinks

This question will read "How many days last week did you have an energy drink?" The options for answers will be 0, 1, 2, 3, 4, 5, 6, 7.

I will ask how many energy drinks they had yesterday.

This question will read "How many energy drinks did you have yesterday?"

I want to find out if they drink energy drinks before a sports related task.

I am asking this question because when doing research for the habits of drinking energy drinks, I read an article of a boy who died because he consumed a huge amount of an energy drink before doing a sports related task. Based on this information the question will read "Do you drink energy drinks before a sports related task?" The options will be Yes, No.

I want to find out if they drink energy drinks after a physical activity.

I am asking this question because I am interested to find out whether it is a habit of students to drink energy drinks after a sports related task. This question will read "Do you drink energy drinks after sports related task?" The options will be Yes, No, sometimes.

I want to find out if they experience headaches after drinking an energy drink.

I am asking this question because from my research I have found that it is a common side effect from consuming some energy drinks. This question will read "Have you ever experienced a headache after drinking an energy drink?" The options will be Yes, No and sometimes.

I want to find out if they have trouble going to sleep after consuming an energy drink that day.

I am asking this question because from my reading I also found out that this could be a side effect from consuming an energy drink. This question will read "Do you have trouble going to sleep if you have consumed an energy drink that day?" The options will be Yes, No, sometimes.

I want to find out how they feel after consuming an energy drink.

I am asking this question because I want to know how students feel after they drink an energy drink.

The question will read "How do you feel after consuming an energy drink?" The options will be Happy, Excited, Relaxed, Tired, Anxious, and No Effect.

I want to find out if they rely on energy drinks.

I am asking this question because when researching I found out that some people rely on energy drinks. This question will read "Do you rely on energy drinks?" The options will be All the time, Often, Sometimes, Rarely, Never, Unsure.

I want to know how long they could go without consuming an energy drink.

I am asking this question because when researching I found that people could not go a day without consuming an energy drink so I am interested to see if this claim is true. The question will read "How long could you go without consuming energy drinks?" The options will be days, weeks, months, years.

I will ask if they would stop drinking energy drinks if they understood the negative effects.

I am asking this question because the research stated that there were many negative effects from drinking energy drinks but still people continue to drink them. The question will read "Would you stop drinking energy drinks if you understood the negative effects it had on you?" The options will be Yes, No, Maybe, Unsure.

From my desk check I was able to make the following changes:

For question one I selected ages that were common at school i.e 13,14,15 etc

For question three I decided a yes or no answer would be sufficient for energy drinks rather than list every possible energy drink, as this was already covered in question 4. For question seven I will put in an answer for unsure

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Pilot Survey

From handing out my draft and getting feedback information from it I have learnt what changes I will need to make.

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On my questionnaire I had asked for the person's name. When reviewing the feedback I noticed that one person didn't answer it. This suggests to me that I shouldn't ask for the participants name and this will hopefully increase the completion rate to 100%.

With Question Two: What drinks did you take to school last week? (Tick what applies to you) someone asked what if you didn't take a drink to school, so I will add as another option 'didn't take a drink to school'.

With Question Four: What is your favorite energy drink? Someone asked if they were able to tick more than one. I will change the question to What energy drinks do you consume? And say they are able to tick more than one.

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With Questions seven and eight: Do you drink energy drinks before a sports related task? And do you drink energy drinks after a sports related task? Someone wanted to add sometimes to both of those answers which would be another option to choose from. Also I think I will word the question differently and say a physical related task because another person asked me if dance counted and I said yes.

With Question Ten: Do you have trouble going to sleep if you have consumed an energy drink that day? Someone said sometimes at a certain time of the day. So I will add sometimes as a different option to go with the question.

The results of the pilot survey were recorded in my log book and these showed that with the alterations made above to the final questionnaire I got a 97% return. When I started to do the analysis of this data I was able to conclude that 79% of students who were surveyed did drink energy drinks at school at least three times a week. I was also able to determine that this resulted in 36% of them becoming sleepy in class and dehydrated.

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