Stress Psychosocial Factors and Academic Performance Form

Consent

Hello! You are invited to participate in a study conducted by the Research Team of the Nursing and Midwifery Training College, Tepa-Ashanti, led by Dr Mustapha Bin Usman. This study examines stress, psychosocial factors, and academic performance among nursing and midwifery students. Your participation is entirely voluntary, and you may decline to answer any question or withdraw from the study at any time without any academic or personal consequences. The questionnaire does not collect names, index numbers, or any identifying information, and all responses will be treated as confidential and used strictly for academic research purposes. By completing and submitting this questionnaire, you indicate that you have read and understood the information provided and consent to participate in the study.

Do you agree to participate?

- ◯ Yes
- ◯ No

Thank you. You have chosen not to participate. The form ends here.

Class

Please select your class (skip if it's not applicable to your institution)

- ◯ DN 10
- ◯ DN 11
- ◯ DN 12
- ◯ RM 13
- ◯ RM 14
- ◯ RM 15
- ◯ NAC 17
- ◯ NAC 18

Institution

Please enter the name of your institution

Section A: Background information

Age in completed years

Gender

- Male
- Female
- Prefer not to say

Programme of study

- Nursing
- Midwifery
- Nurse assistant

Level of study

- Level 100
- Level 200
- Level 300

Marital status

- Single
- Married
- Cohabiting
- Other

Current residence status

- Hostel or on-campus
- Off-campus
- With family or guardian

On average, how many hours do you study for your courses per week?

How difficult is it for you to meet your academic and living expenses?

- Not difficult at all
- A little difficult
- Moderately difficult
- Difficult
- Very difficult

How would you rate your sleep quality over the past month?

- Very poor
- Poor
- Fair
- Good
- Very good

Do you currently engage in part-time work while studying?

- Yes
- No

How many clinical postings or placements have you completed so far?

Section B: Perceived stress

In the past month, how often have you felt upset by something that happened unexpectedly?

- Never
- Almost never
- Sometimes
- Fairly often
- Very often

In the past month, how often have you felt unable to control important things in your academic life?

- Never
- Almost never
- Sometimes
- Fairly often
- Very often

In the past month, how often have you felt nervous or stressed because of your studies?

- Never
- Almost never
- Sometimes
- Fairly often
- Very often

In the past month, how often have you felt confident in your ability to handle academic problems?

- Never
- Almost never
- Sometimes
- Fairly often
- Very often

In the past month, how often have you felt that things in your studies were going your way?

- Never
- Almost never
- Sometimes
- Fairly often
- Very often

In the past month, how often have you felt unable to cope with all the things you had to do?

- Never
- Almost never
- Sometimes
- Fairly often
- Very often

In the past month, how often have you been able to control irritations in your academic life?

- Never
- Almost never
- Sometimes
- Fairly often
- Very often

In the past month, how often have you felt on top of your academic responsibilities?

- Never
- Almost never
- Sometimes
- Fairly often
- Very often

In the past month, how often have you been angered by things outside your control?

- Never
- Almost never
- Sometimes
- Fairly often
- Very often

In the past month, how often have you felt that difficulties were piling up so high that you could not overcome them?

- Never
- Almost never
- Sometimes
- Fairly often
- Very often

Section C: Coping strategies

I take action to try to improve the situation.

- Not at all
- A little bit
- A medium amount
- A lot

I make a plan about what steps to take.

- Not at all
- A little bit
- A medium amount
- A lot

I try to look for something good in what is happening.

- Not at all
- A little bit
- A medium amount
- A lot

I accept that this situation is real and has to be dealt with.

- Not at all
- A little bit
- A medium amount
- A lot

I get emotional support from other people.

- Not at all
- A little bit
- A medium amount
- A lot

I seek advice or practical help from other people.

- Not at all
- A little bit
- A medium amount
- A lot

I turn to my faith, prayer, or spiritual practices for comfort and guidance.

- Not at all
- A little bit
- A medium amount
- A lot

I find comfort in beliefs that give me hope and meaning.

- Not at all
- A little bit
- A medium amount
- A lot

I blame myself for what is happening.

- Not at all
- A little bit
- A medium amount
- A lot

I criticize myself because of the situation.

- Not at all
- A little bit
- A medium amount
- A lot

I give up trying to deal with the problem.

- Not at all
- A little bit
- A medium amount
- A lot

I avoid thinking about the problem.

- Not at all
- A little bit
- A medium amount
- A lot

I use humor to make the situation feel easier.

- Not at all
- A little bit
- A medium amount
- A lot

I do something to distract myself from the problem.

- Not at all
- A little bit
- A medium amount
- A lot

Section D: Social support

There is a special person who is around when I am in need.

- Very strongly disagree
- Strongly disagree
- Mildly disagree
- Neutral
- Mildly agree
- Strongly agree
- Very strongly agree

There is a special person with whom I can share my joys and sorrows.

- Very strongly disagree
- Strongly disagree
- Mildly disagree
- Neutral
- Mildly agree
- Strongly agree
- Very strongly agree

I have a special person who is a real source of comfort to me.

- Very strongly disagree
- Strongly disagree
- Mildly disagree
- Neutral
- Mildly agree
- Strongly agree
- Very strongly agree

There is a special person in my life who cares about my feelings.

- Very strongly disagree
- Strongly disagree
- Mildly disagree
- Neutral
- Mildly agree
- Strongly agree
- Very strongly agree

My family really tries to help me.

- Very strongly disagree
- Strongly disagree
- Mildly disagree
- Neutral
- Mildly agree
- Strongly agree
- Very strongly agree

I get the emotional help and support I need from my family.

- Very strongly disagree
- Strongly disagree
- Mildly disagree
- Neutral
- Mildly agree
- Strongly agree
- Very strongly agree

I can talk about my problems with my family.

- Very strongly disagree
- Strongly disagree
- Mildly disagree
- Neutral
- Mildly agree
- Strongly agree
- Very strongly agree

My family is willing to help me make decisions.

- Very strongly disagree
- Strongly disagree
- Mildly disagree
- Neutral
- Mildly agree
- Strongly agree
- Very strongly agree

My friends really try to help me.

- ○ Very strongly disagree
- ○ Strongly disagree
- ○ Mildly disagree
- ○ Neutral
- ○ Mildly agree
- ○ Strongly agree
- ○ Very strongly agree

I can count on my friends when things go wrong.

- ○ Very strongly disagree
- ○ Strongly disagree
- ○ Mildly disagree
- ○ Neutral
- ○ Mildly agree
- ○ Strongly agree
- ○ Very strongly agree

I have friends with whom I can share my joys and sorrows.

- ○ Very strongly disagree
- ○ Strongly disagree
- ○ Mildly disagree
- ○ Neutral
- ○ Mildly agree
- ○ Strongly agree
- ○ Very strongly agree

I can talk about my problems with my friends.

- ○ Very strongly disagree
- ○ Strongly disagree
- ○ Mildly disagree
- ○ Neutral
- ○ Mildly agree
- ○ Strongly agree
- ○ Very strongly agree

Section E: Personality traits

I see myself as someone who is outgoing and sociable.

- ○ Disagree strongly
- ○ Disagree a little
- ○ Neither agree nor disagree
- ○ Agree a little
- ○ Agree strongly

I see myself as someone who tends to find fault with others.

- ○ Disagree strongly
- ○ Disagree a little
- ○ Neither agree nor disagree
- ○ Agree a little
- ○ Agree strongly

I see myself as someone who does a thorough job.

- ○ Disagree strongly
- ○ Disagree a little
- ○ Neither agree nor disagree
- ○ Agree a little
- ○ Agree strongly

I see myself as someone who gets nervous easily.

- ○ Disagree strongly
- ○ Disagree a little
- ○ Neither agree nor disagree
- ○ Agree a little
- ○ Agree strongly

I see myself as someone who has an active imagination.

- ○ Disagree strongly
- ○ Disagree a little
- ○ Neither agree nor disagree
- ○ Agree a little
- ○ Agree strongly

I see myself as someone who is reserved.

- Disagree strongly
- Disagree a little
- Neither agree nor disagree
- Agree a little
- Agree strongly

I see myself as someone who is generally trusting.

- Disagree strongly
- Disagree a little
- Neither agree nor disagree
- Agree a little
- Agree strongly

I see myself as someone who tends to be lazy.

- Disagree strongly
- Disagree a little
- Neither agree nor disagree
- Agree a little
- Agree strongly

I see myself as someone who is relaxed and handles stress well.

- Disagree strongly
- Disagree a little
- Neither agree nor disagree
- Agree a little
- Agree strongly

I see myself as someone who values artistic and new experiences.

- Disagree strongly
- Disagree a little
- Neither agree nor disagree
- Agree a little
- Agree strongly

Section F: Academic performance

Current cumulative GPA

Current GPA

Have you had any course referral or resit during this programme?

- Yes
- No

How many referral(s) or resit(s) have you had during this programme?

How would you rate your overall academic performance?

- Very poor
- Poor
- Average
- Good
- Very good