

BMC Children's Health Study

Self-reported pubertal development questionnaire for ages 6 and older

Introduction for research staff

This questionnaire is used to assess pubertal development for boys and girls aged 6 years and older. Although both child and mother can answer the questions, please let child complete the questionnaire as much as possible.

This questionnaire includes three types of questions:

1. For multiple choice questions, please circle one answer.
2. For fill in blank questions, please fill in appropriate number.
3. For figures, please request participants to (1) "choose the drawing closest to your stage of development and mark 1" ; (2) "choose the drawing next closest to your stage of development and mark 2." Written descriptions explain the drawings.

You may skip any question(s) you are uncomfortable answering. If you are unsure of an answer, just answer as best you can.

You can still participate in this study even if you choose not to answer the questions about puberty.

BMC Children's Health Study

Self-reported pubertal development questionnaire for ages 6 and older

Introduction for participants

You are being asked to complete a questionnaire that asks you about puberty- that is the changes that happen to how our bodies look as we grow up and mature, Some of the questions we will ask, you read and circle your answer and others you answer from looking at a picture to pick the drawing that looks most like your body or second most like your body. Your mother can help you answer the questions, but we ask that you try to answer the questions yourself if you can. After you answer the questions, you can put the form in an envelope and return to us so no one can see how you answered the questions.

Study ID# _____

Date _____

BMC Children's Health Study

Self-reported pubertal development questionnaire for Boys ages 6 and older (circle one answer)

1. How much underarm hair do you have now?
a. None at all b. There is a little soft hair c. The hair is dark, thick and curly d. The hair covers the whole armpit
2. How much hair do you have on your face now?
a. None at all b. There is a little soft hair c. The hair is thick d. The hair covers as much of the face as an adult
3. Do you shave?
a. Yes b. No
If yes, how old were you when you first shaved? _____years____months old.
If no, skip to question 5.
4. How often do you shave face?
a. None at all b. One time per week c. Twice per week d. 3-5 times per week e. Almost everyday
5. How much hair do you have on your abdomen/ lower belly?
a. None at all b. A little c. A lot
6. How much hair do you have on your legs?
a. None at all b. A little c. A lot
7. Do the clothes you wore last year still fit?
a. No b. Yes

USE THE DRAWINGS TO ANSWER THESE QUESTIONS

8. **In figure 1**, the drawings show the different amounts of male public hair. A boy passes through each of the five stages in the drawings.
 - 8a. Which drawing is closest to your stage of hair development?
Drawing A Drawing B Drawing C Drawing D Drawing E
 - 8b. Which drawing is next closest to your stage of hair development?
Drawing A Drawing B Drawing C Drawing D Drawing E
9. **In figure 2**, the drawings show the different stage of development of the Testes, scrotum, and penis. A boy passes through each of the five stages shown by these drawings.
 - 9a. Which drawing is closest to your stage of development?
Drawing A Drawing B Drawing C Drawing D Drawing E
 - 9b. Which drawing is next closest to your stage of development?
Drawing A Drawing B Drawing C Drawing D Drawing E
10. Who completed the form?
a. Child b. Mother c. Both child and mother

Figure 1. The development of pubic hair for **questions 8a and 8b**

The drawings on this page show different amounts of male pubic hair. A boy passes through each of the five stages shown by these drawings. Please look at each drawing and read the sentences under the drawing. Then choose the drawing closest to your stage of your hair development, circle it on question 8a. Then choose the drawing that is next closest to your stage of hair development and circle it on question 8b.

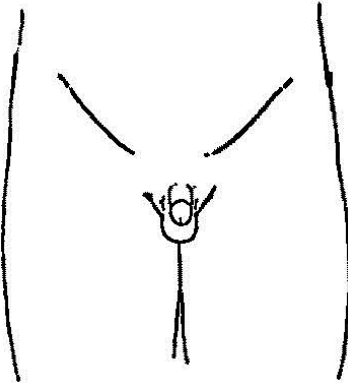
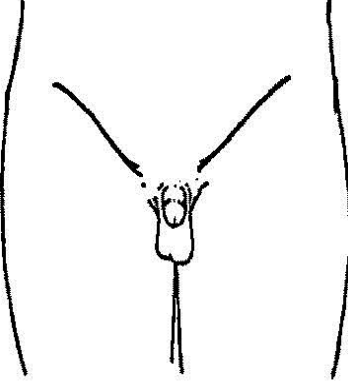
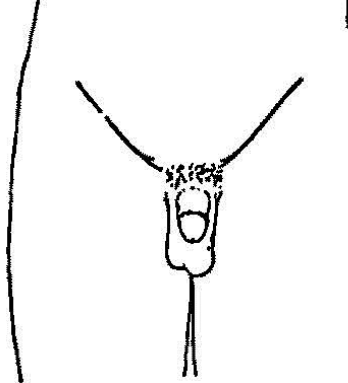
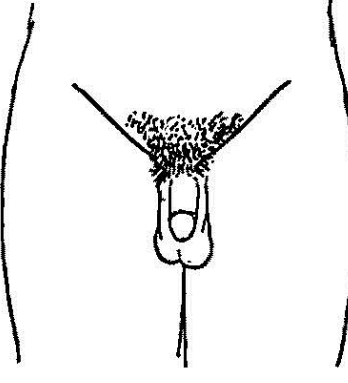
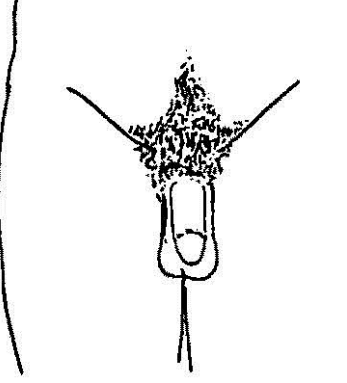
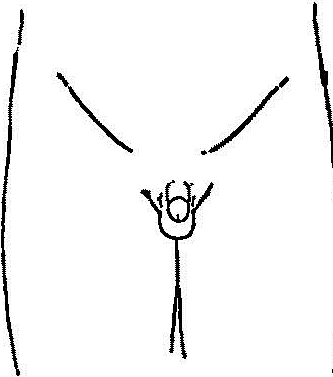
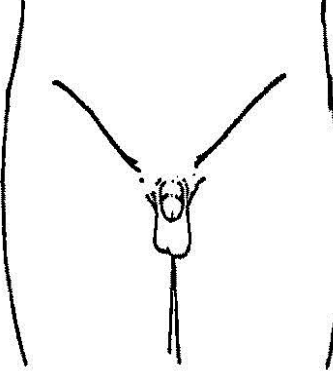
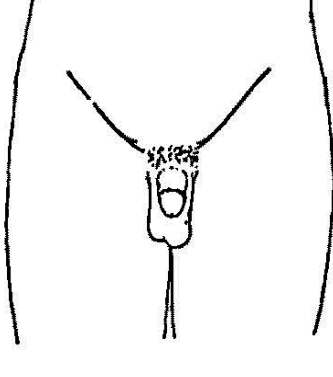
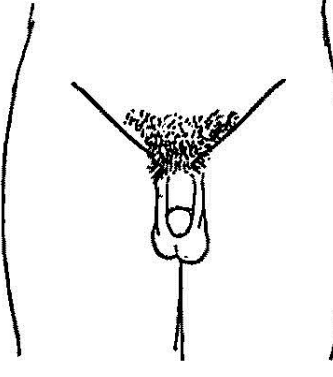
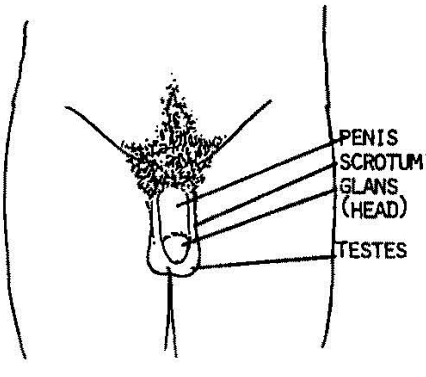
1. <u>Drawing A</u>	2. <u>Drawing B</u>	3. <u>Drawing C</u>	4. <u>Drawing D</u>	5. <u>Drawing E</u>
				
<p>There is no pubic hair at all</p>	<p>There is a little soft, long, lightly colored hair, most of the hair is at the base of the penis. This hair may be straight or a little curly.</p>	<p>The hair is darker in this stage. It is coarser and more curled. It has spread out and thinly covers a somewhat larger area.</p>	<p>The hair is now as dark, curly, and coarse as that of an adult male. However, the area that the hair covers is not as large as that of an adult male. The hair has not spread out to the thighs.</p>	<p>The hair has spread out to the thighs. The hair is now like that of an adult male. It covers the same area as that of an adult male.</p>

Figure 2. The development of the Testes, Scrotum and Penis for **questions 9a and 9b**

The drawings on this page show different stages of development of the Testes, Scrotum, and Penis. A boy passes through each of the five stages shown by these drawings. Please look at the drawings and read the sentences under the drawing. Then choose the drawing closest to your stage of development, circle it on question 9a. Then choose the drawing that is next closest to your stage of development and circle it on question 9b.

1. Drawing A	2. Drawing B	3. Drawing C	4. Drawing D	5. Drawing E
				
<p>The testes, scrotum, and penis are about the same size and shape as they were when you are a child.</p>	<p>The testes and scrotum have gotten a little larger, the skin of the scrotum has changed, the scrotum, the sack holding the testes, has lowered a bit. The penis has gotten only a little larger.</p>	<p>The penis has grown mainly in length, the testes and scrotum have grown and dropped lower than in stage 2.</p>	<p>The penis has grown even larger, it is wider. The glans (the head of the penis) is bigger. The scrotum is darker than before. It is bigger because the testes have gotten bigger.</p>	<p>The penis, scrotum, and testes are the size and shape of that of an adult male.</p>

BMC Children's Health Study**Self-reported pubertal development questionnaire for Girls ages 6 and older** (circle one answer)

1. Do you have your period?
 - a. Yes b. NoIf yes, how old were you when you had your first period? _____ years ___ months old,
If no, skip to question 3.
2. Do you have pelvic or stomach/belly pain during your menstrual period?
 - a. No b. Occasionally c. Almost all the time
- 2a. If you answered "Occasionally" or "Almost all the time", do you rate your menstrual pain as:
 - a. Mild b. Moderate c. Severe (could not go to school or work)
3. How much underarm hair do you have now?
 - a. None at all b. There is a little soft hair c. The hair is dark and thick d. The hair covers the whole armpit
4. How much hair do you have on your abdomen/lower belly?
 - a. None at all b. A little c. A lot
5. How much hair do you have on your legs?
 - a. None at all b. A little c. A lot
6. Do the clothes you wore last year still fit?
 - a. No b. Yes

USE THE DRAWINGS TO ANSWER THESE QUESTIONS

7. **In figure 1**, the drawings show the different stage of breast development. A female passes through each of the five stages shown by these set of drawings.
 - 7a. Which set of drawings is closest to your stage of breast development?
Drawing A Drawing B Drawing C Drawing D Drawing E
 - 7b. Which set of drawings is next closest to your stage of breast development?
Drawing A Drawing B Drawing C Drawing D Drawing E
8. **In figure 2**, the drawings show the different amounts of public hair. A girl passes through each of the five stages shown by these drawings.
 - 8a. Which drawing is closest to your stage of hair development?
Drawing A Drawing B Drawing C Drawing D Drawing E
 - 8b. Which drawing is next closest to your stage of hair development?
Drawing A Drawing B Drawing C Drawing D Drawing E
9. Who completed the form?
 - a. Child b. Mother c. Both child and mother

Figure 1. The development of breast for **questions 7a and 7b**

The drawings on this page show different stage of development of the breasts. A female passes through each of the five stages shown by these set of drawings. Please look at each set of drawing and read the sentences under the drawing. Then choose the set of drawings closest to your stage of breast development, circle it on question 7a. Then choose the drawing that is next closest to your stage of breast development and circle it on question 7b.

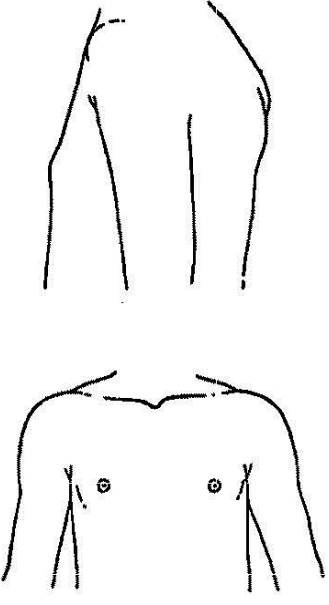
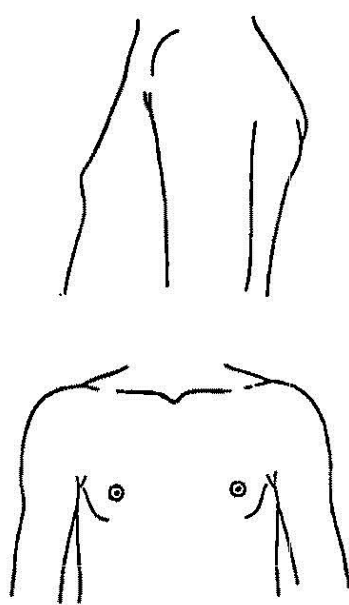
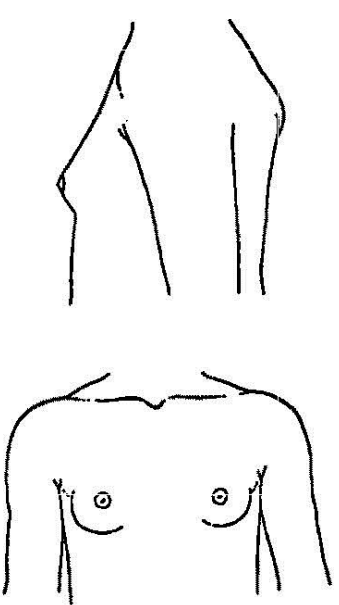
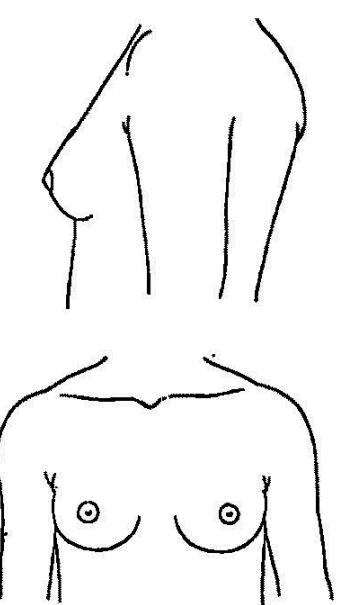
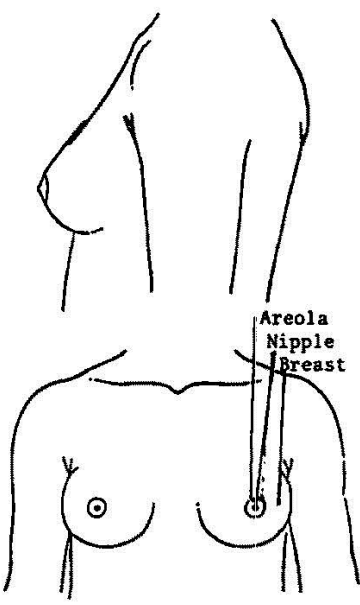
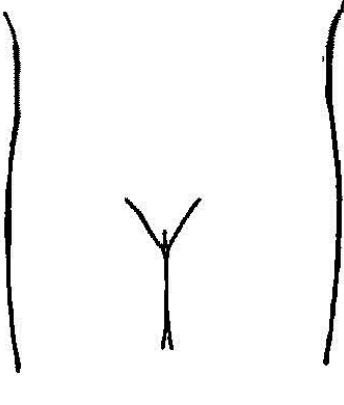
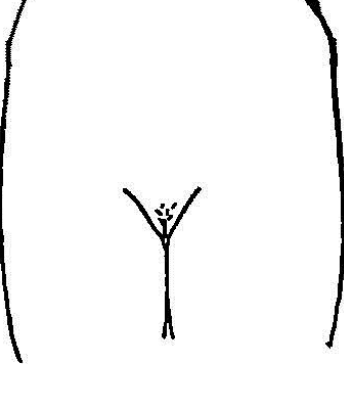
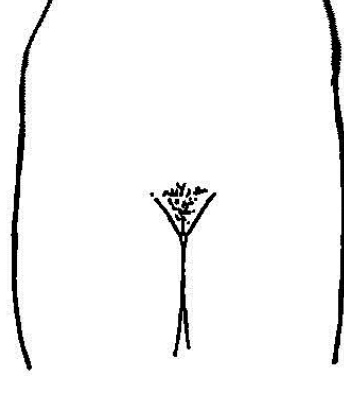
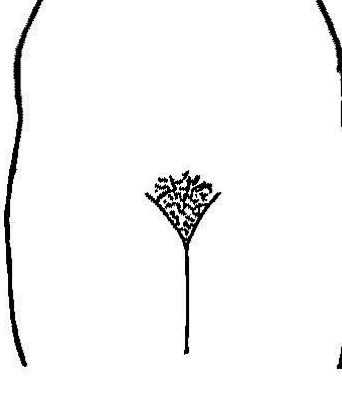
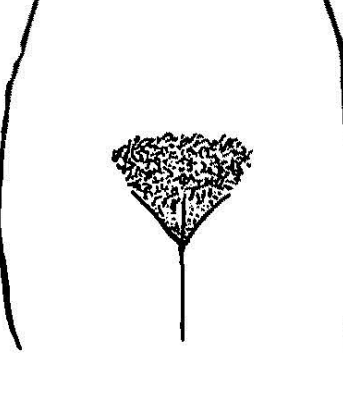
1. Drawing A	2. Drawing B	3. Drawing C	4. Drawing D	5. Drawing E
				
<p>The nipple is raised a little in this stage. The rest of the breast is still flat.</p>	<p>This is the breast bud stage. In this stage, the nipple is raised more than in stage 1. The breast is a small mound. The areola is larger than in stage 1.</p>	<p>The areola and the breast are both larger than in stage 2. The areola does not stick out away from the breast.</p>	<p>The areola and the nipple make up a mound that sticks up above the shape of the breast. (Note: this stage may not happen at all for some girls. Some girls develop from stage 3 to stage 5, with no stage 4).</p>	<p>This is the mature adult stage. The breasts are fully developed, only the nipple sticks out in this stage. The areola has moved back to the general shape of the breast.</p>

Figure 2. The development of pubic hair for **questions 8a and 8b**

The drawings on this page show different amounts of female pubic hair. A girl passes through each of the five stages shown by these drawings. Please look at each drawing and read the sentences under the drawing. Then choose the drawing closest to your stage of your hair development, circle it on question 8a. Then choose the drawing that is next closest to your stage of hair development and circle it on question 8b.

1. Drawing A	2. Drawing B	3. Drawing C	4. Drawing D	5. Drawing E
				
<p>There is no pubic hair at all</p>	<p>There is a little soft, long, lightly colored hair. This hair may be straight or a little curly.</p>	<p>The hair is darker in this stage. It is coarser and more curled. It has spread out and thinly covers a larger area.</p>	<p>The hair is now as dark, curly, and coarse as that of an adult female. However, the area that the hair covers is not as large as that of an adult female. The hair has not spread out to the thighs.</p>	<p>The hair is now like that of an adult female. It also covers the same area as that of an adult female. The hair usually forms a triangle (▽) pattern as it spreads out to the thighs.</p>