School Guide to the Komodo Question Library

The Komodo question library has been carefully designed to met the needs of wellbeing data collection in schools. The Komodo psychology team follow a robust research and peer-review process to ensure questions within the library are appropriate for age and stage of students. More specifically, research is conducted to explore: pre-exisiting validated psychometrics, recent research findings and trends, developmental psychology models and positive psychology models. Careful consideration goes into the wording and phrasing of our questions and answer scales which is why we do not allow schools to change these.



We are an innovative and ever evolving team so we welcome feedback from our schools in reference to our exisiting questions and suggestions for future additions. Reach out to your dedicated Account Manager if you have any thoughts to share.

Where to Begin:

The key to a meaningful survey and appropriate question selection is to ask these three foundation questions:

Question 1:
What do I want to know about my students wellbeing?

Question 2:
Why is this important in our school?

Question 3:
What would I do with this information?

Once you have ideas from these three questions, head over to our question library grid for an idea of what questions may match your needs. When looking at the question library, it can be tempting to add additional questions out of curiosity - it is important to come back to these three questions to make sure you are collecting meaningful data that can be actioned if required.

Still unsure? Your dedicated Account Manager works with schools across the globe in survey design, they know the question library like the back of their hand. If you aren't sure which questions will work for your students, simply ask. Together the account managers and psychology team will support your survey creation.

Wellbeing Themes

The wellbeing theme describes the overall area of wellbeing. When wellbeing theme scores are calculated, information is averaged from all of the metrics within that theme that are included in the survey. Metrics describe a more specfic area of wellbeing that is measured by a carefully designed question.

Theme: Achievement & Learning

Insight: The level of use and impact of screen time, gaming & social media.

Metrics: Academics, Extracurricular, School workload, Future goals, Learning, Learning online, Motivation, Self Efficacy, Work Readiness, Work-life, Persistence

Theme: Digital Wellbeing

Insight: Student perspective on learning, workload & support.

Metrics: Device usage, Gaming, Social Media, Social Media & Learning

Theme: Emotional Wellbeing

Insight: The impact of the way a student thinks & feels about themselves & others.

Metrics: Confidence, Emotional awareness, Emotional intelligence, Happiness, Homesickness, Motivation, Problem Solving, Resilience, Sadness, Stress

Theme: Physical Wellbeing

Insight: The state of physical health factors & how these have impact on daily activities.

Metrics: Energy, Health, Nutrition



Wellbeing Themes

Theme: School Climate

Insight: The overall atmosphere & prevailing attitudes, values, & relationships within a school environment & community.

Metrics: Culture, Enjoyment, House-life, Safety, School connection, School return, Extracurricular engagement, Support, Transition, Pride

Theme: Sleep

Insight: The state of the quality & quantity of sleep.

Metrics: Quality, Quantity

Theme: Social Wellbeing

Insight: The impact and quality of social interactions & relationships.

Metrics: Bullying, Family connection, Family-life, Friendship, Social anxiety, Social interaction

Theme: Spiritual Wellbeing

Insight: The impact of spiritual factors (not limited to religion) on wellbeing including spiritual identity & acceptance within the school.

Metrics: Gratitude, Spiritual Practice, Strengths, Culture

Theme: Critical Events

Insight: The impact of sudden and/or unexpected events on students.

Metrics: Customised to suit event eg COVID 19

