komodo

Question library update

At Komodo, we pride ourselves on our innovation and ever-evolving products and services. We continuously listen to feedback from our schools, while also staying ahead of emerging research and global trends in the student wellbeing space. Guided by this, our psychology team has updated the Komodo survey question library.

In this update, you will find:

- new and refined questions exploring sleep
- more age-appropriate and specific questions for primary school students
- additional questions focused on exam and test preparation
- new nutrition questions
- expanded items to better understand teacher wellbeing, including digital boundaries and confidence using technology

There is now an even wider range of questions to choose from, helping ensure you are collecting the most relevant and meaningful data for your school.

Check out our new survey questions below!

Theme	Metric name	Question
Staff Wellbeing	**Organisational digital boundary**	I feel pressure to check or respond to work communications (emails, messages) outside of school hours.
Staff Wellbeing	**Technology confidence**	I feel confident using the technology required for my role.
Achievement & Learning	**Extra-curricular** (Primary Question)	I enjoy the after-school activities I do.
Achievement & Learning	**Test readiness** (Primary question)	I feel ready for my school tests.
Achievement & Learning	**Exam preparation** (Secondary question)	My teachers have provided sufficient support to help prepare me for exams/assessments.

Achievement & Learning	**Exam preparation** (Secondary question)	I feel prepared for my exams/assessments.
Digital Wellbeing	**Online safety**	I feel safe online.
Digital Wellbeing	**Social media** (Secondary question)	My mood worsens after using social media.
Emotional Wellbeing	**Emotion regulation** (Secondary question)	I have strategies to manage difficult emotions at school.
Sleep	**Sleep hygiene**	I follow bedtime routines (like reading, quiet time, or turning off devices) that help me wind down before bed.
Sleep	**Sleep quality**	I wake up feeling rested and ready for school.
Sleep	**Sleep amount**	I get enough sleep to feel ready for school.
Physical Wellbeing	**Nutrition**	The foods I eat give me enough energy to learn at school.
Social Wellbeing	**Bullying** (Primary question)	Students have been unkind to me this week at school.
School Climate	**Help accessibility**	I can ask a teacher or adults at school for help when I need it.

*See further descriptions / explanation updates by jumping into your Komodo survey library

We are really excited to present the update of the question library to you! If you would like to add any of these questions to your surveys or have any questions/feedback, please get in touch with your School Success Lead.

