

ANNEX A.

MMAPP Questionnaire for Data Collection

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What is the MMAPP Questionnaire and what is it for?

The MMAPP Questionnaire is designed to generate data to produce population-level prevalence estimates relevant to mental health among adolescents and young people aged 15-24 years old. Currently, MMAPP includes measures of four mental health-related domains across 35 items: symptoms of depression and anxiety, functional limitation due to depression and anxiety, suicidality, and mental health care-seeking and connectedness.

- **Estimate population-level or sample-specific prevalence rates** on mental health outcomes for reporting on MMAPP Indicators
- **Estimate baseline-to- endline change, track scores over time, or compare scores across groups** for programme evaluation, monitoring, and research purposes
- **Generate data and evidence to inform programmatic and policy decision-making**, such as assessing mental health service needs among a target population, identifying eligible participants for targeted mental health and psychosocial support programmes and services
- **The MMAPP Questionnaire is NOT intended for diagnostic screening or clinical assessment** for mental health conditions

What Steps are needed to use MMAPP Questionnaire?

For MMAPP questionnaire is to be used as intended, it requires cultural adaptation, referral protocols, and standardized data collection procedure. We strongly recommend psychometric field testing, and when time and resources permit, clinical validation for culturally appropriate and contextually valid interpretation of results. See the [MMAPP Toolkit](#) and other Annexes for details and resources.

When to use which version of the MMAPP Questionnaire?

- **Whenever possible, use MMAPP full-administration version (Annex A1).** Administering all MMAPP items ensures precision (sensitivity, specificity), validity, and reliability of the scores. Therefore, it is recommended to use the full 35-item version (with full 25-item version of the Domain 1: MMAPP-DA questionnaire), either for purposes of data collection for the prevalence rate estimation, program monitoring and evaluation, research, and evidence generation for purposes:
- **Two-stage administration approach (Annex A2) can be used for large-scale population-based surveys** (e.g., Multiple Indicator Cluster Surveys (MICS)) to reduce administration time and resources and minimize participant assessment fatigue. However, this approach may compromise the precision, validity, and reliability of MMAPP scores and should therefore be used with caution. For purposes that rely on the accuracy of scores at the individual or subgroup level — including estimating baseline-to-endline change, tracking scores over time, comparing scores across groups, and using scores to inform programmatic and policy decision-making — the full 35-item version should be used. In these contexts, the precision of individual scores is critical, whereas population-level prevalence estimation aggregates across individuals in a way that is more robust to this limitation.

ANNEX A1.

MMAPP Questionnaire: Full-Administration Version

MMAPP Domain 1: Symptoms of Depression and Anxiety (MMAPP-DA) FULL-ADMINISTRATION VERSION

- Please note that **texts in red in MMAPP questions** are meant to be examples to enhance relevance of the items to adolescents' and young people's lived experiences, and are designed to be adapted and tailored to ensure cultural and contextual relevance.

Now I would like to ask you some questions to better understand the experiences and feelings of people your age. There are no right or wrong answers. Many people your age experience some of the things that I will ask you about.

When answering these questions, I need you to think about the last 2 weeks. I will ask you how often you have experienced different issues during the past two weeks.

For each of the situations I will describe, there are four possible answers. You may say that you have experienced that problem: **never, sometimes, often, or always.**

Domain 1: Symptoms of Depression and Anxiety	RESPONSE OPTIONS				DEPRESSION TOTAL SCORE	ANXIETY TOTAL SCORE
	Never	Some -times	Often	Always	Copy the item response score in the colored section	
MMAPP01. During the past two weeks, how often have you been feeling very sad or depressed?	0	1	2	3		
MMAPP02. During the past two weeks, how often have you felt easily annoyed or irritable at small things?	0	1	2	3		
MMAPP03. During the past two weeks, how often have you not enjoyed doing things you used to enjoy, such as playing sports, singing and dancing, or spending time with friends?	0	1	2	3		
MMAPP04. During the past two weeks, how often have you felt hopeless about the future?	0	1	2	3		
MMAPP05. During the past two weeks, how often have you felt nervous or anxious?	0	1	2	3		
MMAPP06. During the past two weeks, how often have you worried you can't do anything right or are doing things poorly?	0	1	2	3		

MMAPP Toolkit | Annex A. MMAPP Questionnaire for Data Collection

MMAPP07. During the past two weeks, how often have you worried about what others think of you?	0	1	2	3		
MMAPP08. During the past two weeks, how often have you worried something bad will happen to you or your family?	0	1	2	3		
MMAPP09. During the past two weeks, how often have you worried too much about different things?	0	1	2	3		
MMAPP10. During the past two weeks, how often have you felt unable to stop or control your worries?	0	1	2	3		
MMAPP11. During the past two weeks, how often have you not wanted to eat even when food was available, or have you eaten too much?	0	1	2	3		
MMAPP12. During the past two weeks, how often have you had problems falling asleep, problems sleeping well, or problems with sleeping too much?	0	1	2	3		
MMAPP13. During the past two weeks, how often have you felt that you got tired easily or did not have the energy to do daily activities?	0	1	2	3		
MMAPP14. During the past two weeks, how often have you had trouble concentrating on things, such as doing homework, household chores, or other tasks you need to do?	0	1	2	3		
MMAPP15. During the past two weeks, how often have you felt lonely?	0	1	2	3		
MMAPP16. During the past two weeks, how often have you felt like a failure or like you have let yourself or your family down?	0	1	2	3		
MMAPP17. During the past two weeks, how often have you had thoughts that you would rather be dead or thoughts of hurting yourself?	0	1	2	3		
MMAPP18. During the past two weeks, how often have others said that you have been moving more slowly than usual?	0	1	2	3		
MMAPP19. During the past two weeks, how often have others said that you are restless or that you can't sit still?	0	1	2	3		
MMAPP20. During the past two weeks, how often have you felt that it was difficult to breathe?	0	1	2	3		
MMAPP21. During the past two weeks, how often have you felt dizzy or faint?	0	1	2	3		

MMAPP22. During the past two weeks, how often have you suddenly gotten scared for no reason or without knowing what made you scared?	0	1	2	3		
MMAPP23. During the past two weeks, how often have you had difficulty relaxing or difficulty feeling calm?	0	1	2	3		
MMAPP24. During the past two weeks, how often have you felt like your heart was pounding or beating too fast?	0	1	2	3		
MMAPP25. During the past two weeks, how often have you had headaches or muscle tension?	0	1	2	3		
MMAPP Depression Total Score = sum of all blue items (MMAPP01-04 & MMAPP11-21)					Total =	
MMAPP Anxiety Total Score = sum of all pink items (MMAPP05-10 & MMAPP19-25)					Total =	

Domain 2: Functional Limitations Due to Symptoms of Depression and Anxiety (MMAPP-FL)				
I would like to ask you a few more questions about the feelings and experiences that you mentioned in earlier questions.				
<i>Repeat the categories whenever the respondent does not use an answer category.</i>	Never	Sometimes	Often	Always
MMAP_FL1. During the past two weeks, how often did any of these feelings and experiences negatively affect your ability to perform your daily activities at home or your relationships with family members?	0	1	2	3
MMAP_FL2. During the past two weeks, how often did any of these feelings and experiences negatively affect your ability to perform your activities at school or work, or other tasks you need to do outside the home?	0	1	2	3
MMAP_FL3. During the past two weeks, how often did any of these feelings and experiences negatively affect your relationships with your peers?	0	1	2	3

Domain 3: Suicidality (MMAPP – SU)

Sometimes when people are very distressed, upset or feel hopeless, they may have thoughts about putting an end to their emotional pain, not wanting to live, or ending their own life. These thoughts are not uncommon, and you should not feel ashamed about having such thoughts if you do. I would like to ask you some more questions to better understand how things are for you. Is that okay? Can we continue?

Note 1: *These two questions have a different time frame (12 months versus 2 weeks) because recall is very poor for suicidal ideation over the past month and may substantially underestimate it to produce a useful result. Suicidal behaviors in the past year and suicidal ideation in the past two weeks are more reliable and helpful in identifying adolescents and youth who need immediate support.*

Note 2: *“Yes” responses to either of the suicidality questions automatically trigger a low-to-moderate or high-risk referral protocol. See [Identifying and/or establishing referral protocols during MMAPP Implementation](#) section in the implementation guideline for details.*

<i>Repeat the categories whenever the respondent does not use an answer category.</i>	Response Options	
MMAP_SU1. In the past 12 months , did you try to harm yourself with the intention or desire to end your life? For example, <i>by cutting yourself on purpose, taking poison or too much medicine, or trying to hang yourself?</i>	Yes (1)	No (2)
MMAP_SU2. In the past 2 weeks , have you thought about doing something to end your life? For example, <i>by cutting yourself on purpose, taking poison or too much medicine, or trying to hang yourself?</i>	Yes (1)	No (2)

Domain 4: Mental Health Care-Seeking and Connectedness (MMAPP – CC)

We have been talking about different feelings, experiences, and problems that people your age may go through. I would like to know how often you talk to someone else about these sorts of feelings and experiences.

<i>Repeat the categories whenever the respondent does not use an answer category.</i>	Response Options			
	Never	Some-times	Often	Always
MMAP_CC1. In the past month , how often did you speak about these feelings or experiences with a family member or other relative?	0	1	2	3
MMAP_CC2. In the past month , how often did you speak about these feelings or experiences with a friend, classmate, or other peer?	0	1	2	3
MMAP_CC3. In the past month , how often did you speak about these feelings or experiences with someone in your school, workplace, or community , <i>such as a teacher, religious leader, coach, peer support worker?</i>	0	1	2	3
MMAP_CC4. In the past month , how often did you speak about these feelings or experiences with a mental health	0	1	2	3

<p>professional (a professional who talks about feelings, emotions, and behaviors), such as <i>a counsellor, therapist, social worker?</i></p>				
<p>MMAP_CC5. In the past month, how often did you speak about these feelings or experiences with other healthcare professional, <i>such as doctor, nurse, community health worker, or other healthcare professionals?</i></p>	0	1	2	3

ANNEX A2.

MMAPP Questionnaire: Two-Step Approach Version

MMAPP Domain 1: Symptoms of Depression and Anxiety (MMAPP-DA) TWO-STEP APPROACH VERSION

- Please note **texts in red in MMAPP questions** are meant to be examples to enhance relevance of the item to adolescents' and young people's lived experiences, and are designed to be adapted and tailored to ensure cultural and contextual relevance.

Now I would like to ask you some questions to better understand the experiences and feelings of people your age. There are no right or wrong answers. Many people your age experience some of the things that I will ask you about.

When answering these questions, I need you to think about the last 2 weeks. I will ask you how often you have experienced different issues during the past two weeks.

For each of the situations I will describe, there are four possible answers. You may say that you have experienced that problem: never, sometimes, often, or always.

Domain 1: Symptoms of Depression and Anxiety	RESPONSE OPTIONS				DEPRESSION TOTAL SCORE	ANXIETY TOTAL SCORE
	Never	Some -times	Often	Always	Copy the item response score in the colored section	
MMAPP01. During the past two weeks, how often have you been feeling very sad or depressed?	0	1	2	3		
MMAPP02. During the past two weeks, how often have you felt easily annoyed or irritable at small things?	0	1	2	3		
MMAPP03. During the past two weeks, how often have you not enjoyed doing things you used to enjoy, such as playing sports, singing and dancing, or spending time with friends?	0	1	2	3		
MMAPP04. During the past two weeks, how often have you felt hopeless about the future?	0	1	2	3		
MMAPP05. During the past two weeks, how often have you felt nervous or anxious?	0	1	2	3		
MMAPP06. During the past two weeks, how often have you worried you can't do anything right or are doing things poorly?	0	1	2	3		

MMAPP07. During the past two weeks, how often have you worried about what others think of you?	0	1	2	3		
MMAPP08. During the past two weeks, how often have you worried something bad will happen to you or your family?	0	1	2	3		
MMAPP09. During the past two weeks, how often have you worried too much about different things?	0	1	2	3		
MMAPP10. During the past two weeks, how often have you felt unable to stop or control your worries?	0	1	2	3		

STOP & ASSESS: Depression Hallmark Symptoms Scores
 IF ...Any of the items MMAPP01-MMAPP04 scored "2=Often" or "3=Always" (any marks in darker blue cells)
 è THEN, continue to administer items MMAPP11-MMAPP21

STOP & ASSESS: Anxiety Hallmark Symptoms Scores
 IF ...Any of the items MMAPP05-MMAPP10 scored "2=Often" or "3=Always" (any marks in darker pink cells)
 è THEN, continue to administer items MMAPP19-MMAPP25

Note: If an adolescent or youth is administered both the depression and anxiety sections, items 19, 20, and 21 do not need to be asked in the anxiety section because they are already covered in the depression section.

MMAPP11. During the past two weeks, how often have you not wanted to eat even when food was available, or have you eaten too much?	0	1	2	3		
MMAPP12. During the past two weeks, how often have you had problems falling asleep, problems sleeping well, or problems with sleeping too much?	0	1	2	3		
MMAPP13. During the past two weeks, how often have you felt that you got tired easily or did not have the energy to do daily activities?	0	1	2	3		
MMAPP14. During the past two weeks, how often have you had trouble concentrating on things, such as doing homework, household chores, or other tasks you need to do?	0	1	2	3		
MMAPP15. During the past two weeks, how often have you felt lonely?	0	1	2	3		
MMAPP16. During the past two weeks, how often have you felt like a failure or like you have let yourself or your family down?	0	1	2	3		
MMAPP17. During the past two weeks, how often have you had thoughts that you would rather be dead or thoughts of hurting yourself?	0	1	2	3		

MMAPP18. During the past two weeks, how often have others said that you have been moving more slowly than usual?	0	1	2	3		
MMAPP19. During the past two weeks, how often have others said that you are restless or that you can't sit still?	0	1	2	3		
MMAPP20. During the past two weeks, how often have you felt that it was difficult to breathe?	0	1	2	3		
MMAPP21. During the past two weeks, how often have you felt dizzy or faint?	0	1	2	3		
MMAPP22. During the past two weeks, how often have you suddenly gotten scared for no reason or without knowing what made you scared?	0	1	2	3		
MMAPP23. During the past two weeks, how often have you had difficulty relaxing or difficulty feeling calm?	0	1	2	3		
MMAPP24. During the past two weeks, how often have you felt like your heart was pounding or beating too fast?	0	1	2	3		
MMAPP25. During the past two weeks, how often have you had headaches or muscle tension?	0	1	2	3		
Depression Total Score = sum of all blue items (MMAPP01-04 & MMAPP11-21)					Total =	_____
Anxiety total Score = sum of all pink items (MMAPP05-10 & MMAPP19-25)					Total =	_____

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MMAP_FL2. During the past two weeks, how often did any of these feelings and experiences negatively affect your ability to perform your activities at school or work, or other tasks you need to do outside the home?	0	1	2	3

MMAP_FL3. During the past two weeks, how often did any of these feelings and experiences negatively affect your relationships with your peers?	0	1	2	3
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Domain 3: Suicidality (MMAPP – SU)

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MMAP_SU2. In the past 2 weeks , have you thought about doing something to end your life? For example, <i>by cutting yourself on purpose, taking poison or too much medicine, or trying to hang yourself?</i>	Yes (1)	No (2)

Domain 4: Mental Health Care-Seeking and Connectedness (MMAPP – CC)

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	Never	Some-times	Often	Always
MMAP_CC1. In the past month , how often did you speak about these feelings or experiences with a family member or other relative?	0	1	2	3
MMAP_CC2. In the past month , how often did you speak about these feelings or experiences with a friend, classmate, or other peer?	0	1	2	3

MMAP_CC3. In the past month , how often did you speak about these feelings or experiences with someone in your school, workplace, or community , <i>such as a teacher, religious leader, coach, peer support worker</i> ?	0	1	2	3
MMAP_CC4. In the past month , how often did you speak about these feelings or experiences with a mental health professional (a professional who talks about feelings, emotions, and behaviors), such as <i>a counsellor, therapist, social worker</i> ?	0	1	2	3
MMAP_CC5. In the past month , how often did you speak about these feelings or experiences with other healthcare professional , <i>such as doctor, nurse, community health worker, or other healthcare professionals</i> ?	0	1	2	3