

**Title:**

**Your PEL questionnaire development - evaluation of the impact of health education programs in schools.**

**Introduction**

The Your PEL project emerged in response to requests from regional school groups and community care units that have identified the need to assess the impact of interventions on developing attitudes and behaviors that reflect health gains. In this context, the need to construct an instrument for the impact evaluation of health education programs in schools in the areas of healthy diet, tobacco and alcohol use, and sexuality at the the secondary school level of education, which allows to monitorize the determinants of health and the effectiveness of the strategies developed.

**Objectives**

Present the construction of an instrument to evaluate the impact of health education programs in schools, in the areas of healthy diet, tobacco and alcohol use, and sexuality at the the secondary school level of education.

**Methods**

As a contribution to the variables identification to be included in the questionnaire, a Scoping Review was made, followed by the crossing of the respective results with the Health Education Reference Framework and a Health Promotion model employed in Portugal. This movement was essential for the issues organization, which covered the four levels of information processing essential to decision making: access, understanding, evaluation and use.

Regarding the form, the questionnaire have 110 questions, organized in two parts: 92 five-point Likert-type questions, which allow to know the opinion in the areas healthy diet, tobacco and alcohol use, and sexuality; 28 questions regarding the characterization of each individual's pattern in those areas, as well as the use of social networks and communication applications.

**Results**

After the validation made by three experts, the consensus version (preliminary version of the instrument) was built, later transformed into an online version and applied to secondary schoolchildren.

**Conclusions**

The steps of the methodology used provided precise guidelines for the construction of the instrument. This instrument will be a fundamental resource, in a systematized and innovative way, so it can identify whether a Health Promotion program has the desired effect, translating results that can be attributed to this program, in the areas of healthy diet, tobacco and alcohol use, and sexuality.