

APPENDIX A**SURVEY QUESTIONS***Background*

- What is your gender?
 - Male
 - Female
 - Prefer not to answer
- What is your age?
 - 15
 - 16
 - 17
 - 18
 - 19
- What is your ethnicity?
 - Chinese
 - Korean
 - Japanese
 - White/Caucasian
 - Black/African
 - Mixed/multiracial
 - Other
- What is your parents'/guardians' socioeconomic status?
 - High
 - Middle
 - Low
 - Not sure
- What is your immigration status?
 - 1st generation (born outside NZ and moved here)
 - 2nd generation (born in NZ, parents moved here)
 - 3rd generation (born in NZ, grandparents moved here)
 - More than 3 generations (including Native)

WINTER 2025/2026

Financial Investment

- How comfortable do you feel asking for financial support for school-related activities?
 1. Extremely comfortable
 2. Somewhat comfortable
 3. Somewhat uncomfortable
 4. Extremely uncomfortable
- How frequently do your parents mention their financial investment in your education, extracurriculars, or hobbies?
 1. Never
 2. Sometimes
 3. Often
 4. Always
- How often do you think your parents stress about money?
 1. Never
 2. Sometimes
 3. Often
 4. Always
- How would you describe your parents' expectations for you to financially support them in the future?
 1. Little to no expectation
 2. Some expectation
 3. Strong expectation
 4. Clear expectation of full repayment or support
- To what extent does your parents' financial investment in an activity influence your decisions related to said activity?
 1. Not at all
 2. A little
 3. A lot
 4. Very much so
- How often do you consider your parents' financial contributions when making decisions?
 1. Never
 2. Sometimes
 3. Often
 4. Always
- If "Never" is not selected for the previous question, display the following question: Which word best describes why you consider your parents' financial contributions?

WINTER 2025/2026

- o Gratitude
- o Obligation
- o Dependence
- o Guilt

*Relationship with Parents**Part 1*

Next, we'll ask a series of questions about your relationship with your parents. Please indicate the level at which you agree with the statements below:

- "I always do what my parents tell me to."
 - 1. Strongly agree
 - 2. Somewhat agree
 - 3. Somewhat disagree
 - 4. Strongly disagree
- "I feel comfortable discussing concerns in my relationship with my parents."
 - 1. Strongly agree
 - 2. Somewhat agree
 - 3. Somewhat disagree
 - 4. Strongly disagree
- "I feel comfortable sharing all aspects of my life with my parents."
 - 1. Strongly agree
 - 2. Somewhat agree
 - 3. Somewhat disagree
 - 4. Strongly disagree
- "I find it difficult to express disagreement when my parents believe something is best for me."
 - 1. Strongly disagree
 - 2. Somewhat disagree
 - 3. Somewhat agree
 - 4. Strongly agree

Part 2

- How much tension do you feel in your relationship with your parents, if at all?
 - 1. None at all
 - 2. A little
 - 3. A lot
 - 4. A great deal

WINTER 2025/2026

- To what extent do you think your parents are strict with you, if at all?
 1. None at all
 2. A little
 3. A lot
 4. A great deal
- How emotionally affected are you when you receive a poor grade, if at all?
 1. Not at all
 2. A little
 3. A lot
 4. A great deal
- How often do you feel more focused on your parents' reaction than your own feelings about a grade?
 1. Never
 2. Sometimes
 3. Most of the time
 4. Always
- To what extent do you feel your parents influence your decisions about your future, if at all?
 1. Not at all
 2. A little
 3. A lot
 4. A great deal

Mental Well-being

- How would you rate your overall life satisfaction?
 1. Extremely satisfied
 2. Somewhat satisfied
 3. Somewhat dissatisfied
 4. Extremely dissatisfied
- To what extent do you feel worried about your future, if at all?
 1. Not at all
 2. A little
 3. A lot
 4. Very much so
- How frequently do you feel stressed, if at all?
 1. Never
 2. Sometimes
 3. Most of the time

WINTER 2025/2026

- 4. Always
- How often do you feel hopeless or uncertain about the future, if at all?
 - 1. Never
 - 2. Sometimes
 - 3. Most of the time
 - 4. Always
- How stressed do you get from school or school-related activities, if at all?
 - 1. Not at all stressed
 - 2. Slightly stressed
 - 3. Moderately stressed
 - 4. Extremely stressed
- How stressed do you get during exam periods due to pressure from parents to do well?
 - 1. Not at all stressed
 - 2. Slightly stressed
 - 3. Moderately stressed
 - 4. Extremely stressed

Optional Question: How do your parents' expectations affect your mental well-being, if at all?