

FLASHE Physical Activity Survey: Constructs and Source / Reference Guide					
Construct	Definition	Parent / Adolescent Survey	Item Numbers -Adolescent	Item Numbers - Parent	FLASHE items were modified or drawn from the following sources ¹
Social support for being physically active	Encouragement from friends to be physically active and/or play sports.	Adolescent Only	1a		<p>Patient-centered Assessment & Counseling for Exercise (PACE) Project: Patrick, K., Sallis, J. F., Calfas, K. J., Norman, G. J., & Raab, F. (2007). <i>PACE Measures</i>. Retrieved from http://www.paceproject.org/Measures.html.</p> <p><i>Example reference:</i> Norman, G. J., Sallis, J. F., and Gaskins, R. (2005). Comparability and reliability of paper- and computer-based measures of psychosocial constructs for adolescent physical activity and sedentary behaviors. <i>Research Quarterly for Exercise and Sport</i>, 76, 315-323. doi: 10.1080/02701367.2005.10599302</p>
Perceived norm for exercising	One's belief that a friend/friends participate in physical activity.	Adolescent Only	1b		<p>PACE Project: Patrick, K., Sallis, J. F., Calfas, K. J., Norman, G. J., & Raab, F. (2007). <i>PACE Measures</i>. Retrieved from http://www.paceproject.org/Measures.html.</p> <p><i>Example reference:</i> Norman, G. J., Sallis, J. F., and Gaskins, R. (2005). Comparability and reliability of paper- and computer-based measures of psychosocial constructs for adolescent physical activity and sedentary behaviors. <i>Research Quarterly for Exercise and Sport</i>, 76, 315-323. doi: 10.1080/02701367.2005.10599302</p>
Barriers to being physically active	Reasons that prevent physical activity, or make physical activity more difficult.	Both	2a, 2b, 2c, 2d, 2e	1a, 1b, 1c, 1d, 1e	<p>Go Girls! 2: Resnicow, K., Taylor, R., Baskin, M., & McCarty, F. (2005). Results of Go Girls: A weight control program for overweight African-American adolescent females. <i>Obesity Research</i>, 13(10), 1739-1748. doi:10.1038/oby.2005.212</p>

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Attitudes toward being physically active	Positive reasons for being physically active.	Both	3a, 3b, 3c, 3d, 3e	2a, 2b, 2c, 2d, 2e, 2f	Motl, R. W., Dishman, R. K., Trost, S. G., Saunders, R. P., Dowda, M., Felton, G., Ward, D. S., & Pate, R. R. (2000). Factorial validity and invariance of questionnaires measuring social-cognitive determinants of physical activity among adolescent girls. <i>Preventive Medicine</i> , 31(5), 584-94. doi:10.1006/pmed.2000.0735
Motivation for exercising	A potential reason for why one would exercise	Both	4a, 4b, 4c, 4d	3a, 3b, 3c, 3d	<p>Self-Determination Theory Self-Regulation Questionnaires:</p> <p>http://selfdeterminationtheory.org/self-regulation-questionnaires/</p> <p><i>Example Reference:</i> Levesque, C. S., Williams, G. C., Elliot, D., Pickering, M. A., Bodenhamer, B., & Finley, P. J. (2007). Validating the theoretical structure of the Treatment Self-Regulation Questionnaire (TSRQ) across three different health behaviors. <i>Health Education Research</i>, 22(5), 691-702. doi: 10.1093/her/cyl148</p>
Self-efficacy for exercising	One's belief in one's own ability to exercise	Both	5a	4	<p>Self-Determination Theory Perceived Competence Scales:</p> <p>http://selfdeterminationtheory.org/perceived-competence-scales/</p>
Stay at a healthy weight	Whether the respondent stays at a healthy weight	Adolescent Only	5b		<p>National Youth Physical Activity and Nutrition Study (NYPANS):</p> <p>Centers for Disease Control and Prevention. (2010). <i>2010 National Youth Physical Activity and Nutrition Survey</i>. Retrieved from: ftp://ftp.cdc.gov/pub/data/yrbs/nypans/2010nypans_questionnaire.pdf.</p>

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Weight teasing	Whether the respondent is teased about their weight	Adolescent Only	5c		Go Girls! 2: Resnicow, K., Taylor, R., Baskin, M., & McCarty, F. (2005). Results of Go Girls: A weight control program for overweight African-American adolescent females. <i>Obesity Research</i> , 13(10), 1739-1748. doi:10.1038/oby.2005.212
Loneliness	Perceived loneliness and social isolation	Both	6a, 5b	30a, 30b	UCLA Loneliness Scale: Russell D., Peplau L. A., & Ferguson, M. L. (1978). Developing a measure of loneliness. <i>Journal of Personality Assessment</i> , 42(3), 290-294.
School status and level		Adolescent Only	7, 8		
School start and end times		Adolescent Only	9, 10		
Physical activities in school and out of school, and on the weekend, and sedentary behaviors	Subjective report of one's physical activity in the past 7 days, in school, out of school, and on the weekend; report of sedentary behaviors	Adolescent Only	11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55		Youth Activity Profile: Department of Kinesiology, Iowa State University. (2012). Youth Activity Profile. Retrieved from http://www.youthactivityprofile.org/ <i>Example Reference:</i> Saint-Maurice, P. F., & Welk, G. J. (2015). Validity and calibration of the Youth Activity Profile. <i>PLoS ONE</i> , 10(12), e0143949. doi: 10.1371/journal.pone.0143949
Moderate intensity physical activity, vigorous intensity physical activity, walking activity	Subjective report of one's physical activity in the past 7 days.	Parent Only		5, 6, 7, 8, 9, 10, 11	International Physical Activity Questionnaire (IPAQ): Craig, C.L., Marshall, A. L., Sjöström, M., Bauman, A. E., Booth, M. L., Ainsworth, B. E., ... Oja, P. (2003). International physical activity questionnaire: 12-country reliability and validity. <i>Medicine and Science in Sports and Exercise</i> , 35(8), 1381-1395. doi: 10.1249/01.MSS.0000078924.61453.FB

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TV Availability in the bedroom	Whether one has a TV in one's bedroom	Adolescent Only	56		National Youth Physical Activity and Nutrition Study (NYPANS): Centers for Disease Control and Prevention. (2010). <i>2010 National Youth Physical Activity and Nutrition Survey</i> . Retrieved from: ftp://ftp.cdc.gov/pub/data/yrbs/nypans/2010nypans_questionnaire.pdf .
Availability of equipment for physical activity in the home	Whether physical activity equipment is in the home, yard or apartment complex.	Adolescent Only	57a, 57b, 57c, 57d, 57e, 57f, 57g, 57h		Active Where? Study: Kerr, J., Sallis, J., Rosenberg, D. E., Norman, G., Saelens, B., & Durant, N. (2008). <i>Tools and Measures: Active Where? Surveys</i> . Retrieved from: http://activelivingresearch.org/active-where-surveys <i>Example Reference:</i> Rosenberg, D E., Sallis, J. F., Kerr, J., Maher, J., Norman, G. J., Durant, N., Harris, S. K., & Saelens, B. E. (2010). Brief scales to assess physical activity and sedentary equipment in the home. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 7, 10. doi: 10.1186/1479-5868-7-10

Construct	Definition	Parent / Adolescent Survey	Item Numbers -Adolescent	Item Numbers - Parent	FLASHE items were modified or drawn from the following sources ¹
Neighborhood Accessibility	Accessibility of shops, transportation, sidewalks, recreation facilities in the neighborhood.	Both	58, 59a	12a, 12b, 12c, 12d	<p>Neighborhood Environment Walkability Scale for Youth (NEWS-Y): Saelens, B. (2009). <i>Tools and Measures – Neighborhood Environment Walkability Scale for Youth (NEWS-Y)</i>. Retrieved from http://activelivingresearch.org/neighborhood-environment-walkability-scale-%E2%80%93-youth-news-y</p> <p><i>Example Reference:</i> Rosenberg D., Ding D., Sallis J. F., Kerr J., Norman G. J., Durant N., Harris S. K., & Saelens B. E. (2009). Neighborhood Environment Walkability Scale for Youth (NEWS-Y): reliability and relationship with physical activity. <i>Preventive Medicine</i>, 49(2-3):213-8. doi: 10.1016/j.ypmed.2009.07.011.</p>
Perceived Crime	Crime as a barrier to walking in the neighborhood at night	Both	59b	12e	<p>NEWS-Y: Saelens, B. (2009). <i>Tools and Measures – Neighborhood Environment Walkability Scale for Youth (NEWS-Y)</i>. Retrieved from http://activelivingresearch.org/neighborhood-environment-walkability-scale-%E2%80%93-youth-news-y</p> <p><i>Example Reference:</i> Rosenberg D., Ding D., Sallis J. F., Kerr J., Norman G. J., Durant N., Harris S. K., & Saelens B. E. (2009). Neighborhood Environment Walkability Scale for Youth (NEWS-Y): reliability and relationship with physical activity. <i>Preventive Medicine</i>, 49(2-3):213-8. doi: 10.1016/j.ypmed.2009.07.011.</p>

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Social Capital	The type of relationship that exists among people in the neighborhood.	Parent Only		12f, 12g, 12h	<p>National Survey of Children's Health: National Center for Health Statistics, Centers for Disease Control and Prevention (2015). <i>National Survey of Children's Health</i>. Retrieved from: http://www.cdc.gov/nchs/slaitnsch.htm</p> <p><i>Example Reference:</i> Blumberg, S. J., Olson, L., Frankel, M. R., Osborn, L., Srinath, K. P., & Giambo, P. (2005). Design and operation of the National Survey of Children's Health, 2003. <i>Vital and Health Statistics, Series 1</i>, 1-131.</p>
Traffic Barrier	Traffic as a barrier to walking in the neighborhood	Adolescent Only	59c		<p>NEWS-Y: Saelens, B. (2009). <i>Tools and Measures – Neighborhood Environment Walkability Scale for Youth (NEWS-Y)</i>. Retrieved from http://activelivingresearch.org/neighborhood-environment-walkability-scale-%E2%80%93-youth-news-y</p> <p><i>Example Reference:</i> Rosenberg D., Ding D., Sallis J. F., Kerr J., Norman G. J., Durant N., Harris S. K., & Saelens B. E. (2009). Neighborhood Environment Walkability Scale for Youth (NEWS-Y): reliability and relationship with physical activity. <i>Preventive Medicine</i>, 49(2-3):213-8. doi: 10.1016/j.ypmed.2009.07.011</p>

Construct	Definition	Parent / Adolescent Survey	Item Numbers -Adolescent	Item Numbers - Parent	FLASHE items were modified or drawn from the following sources ¹
Self-Reported Electronic Device Usage	The frequency with which one uses a computer, cell phone/smartphone, gaming console handheld gaming device, electronic reader, or watches TV on weekdays and on the weekend.	Both	60	13a, 13b, 13c, 13d, 13e, 13f	<p>Project EAT surveys: <i>Project EAT</i> (2016). Retrieved from: http://www.sphresearch.umn.edu/epi/project-eat/</p> <p><i>Example Reference:</i> Taverno Ross, S. E., Larson, N., Graham, D. J., & Neumark-Sztainer, D. (2014). Longitudinal changes in physical activity and sedentary behavior from adolescence to adulthood: comparing U.S.-born and foreign-born populations. <i>Journal of Physical Activity and Health</i>, 11(3), 519-527. doi:10.1123/jpah.2011-0359</p> <p>Growing Up Today Study (GUTS): <i>Growing Up Today Study</i> (2013). Retrieved from: http://www.gutsweb.org/</p> <p><i>Example Reference:</i> Falbe, J., Rosner, B., Willett, W. C., Sonnevile, K. R., Hu, F. B., & Field, A. E. (2013). Adiposity and different types of screen time. <i>Pediatrics</i>, 132(6), e1497-e1505. doi: 10.1542/peds.2013-0887</p> <p>TREC Idea Study: Lytle, L. A. (2009). Examining the etiology of childhood obesity: The IDEA Study. <i>American Journal of Community Psychology</i>, 44(3-4):338-349. doi: 10.1007/s10464-009-9269-1</p>

Construct	Definition	Parent / Adolescent Survey	Item Numbers -Adolescent	Item Numbers - Parent	FLASHE items were modified or drawn from the following sources ¹
TV Availability in the home	The quantity of TV's in the home	Parent Only		14	NYPANS: Centers for Disease Control and Prevention. (2010). <i>2010 National Youth Physical Activity and Nutrition Survey</i> . Retrieved from ftp://ftp.cdc.gov/pub/data/yrbs/nyfans/2010nyfans_questionnaire.pdf .
Motivation for limiting use of electronic devices	A reason or reasons for why one might limit their electronic usage.	Both	61a, 61b, 61c, 61d	15a, 15b, 15c, 15d	Self-Determination Theory Self-Regulation Questionnaires: http://selfdeterminationtheory.org/self-regulation-questionnaires/ <i>Example Reference:</i> Levesque, C. S., Williams, G. C., Elliot, D., Pickering, M. A., Bodenhamer, B., & Finley, P. J. (2007). Validating the theoretical structure of the Treatment Self-Regulation Questionnaire (TSRQ) across three different health behaviors. <i>Health Education Research</i> , 22(5), 691-702. doi: 10.1093/her/cyl148
Self-efficacy for limiting use of electronic devices	One's belief in one's own ability to limit their electronic device usage.	Both	62a	16	Self-Determination Theory Perceived Competence Scales: http://selfdeterminationtheory.org/perceived-competence-scales/

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Perceived norm of electronic device usage	The belief that one's peers use electronic devices most days of the week.	Adolescent Only	62b		<p>PACE Project: Patrick, K., Sallis, J. F., Calfas, K. J., Norman, G. J., & Raab, F. (2007). <i>PACE Measures</i>. Retrieved from http://www.paceproject.org/Measures.html.</p> <p><i>Example reference:</i> Norman, G. J., Sallis, J. F., and Gaskins, R. (2005). Comparability and reliability of paper- and computer-based measures of psychosocial constructs for adolescent physical activity and sedentary behaviors. <i>Research Quarterly for Exercise and Sport</i>, 76, 315-323. doi: 10.1080/02701367.2005.10599302</p>
Sun safety	Type and quality of sun protection.	Both	63a, 63b, 63c, 63d, 63e	17a, 17b, 17c, 17d, 17e	Glanz, K., Yaroch, A. L., Dancel, M., Saraiya, M., Crane, L. A., Buller, D. B., ... Robinson, J. K. (2008). Measures of sun exposure and sun protection practices for behavioral and epidemiologic research. <i>Archives of Dermatology</i> , 144(2), 217-222. doi: 10.1001/archdermatol.2007.46
Sun exposure	Frequency of sun exposure/sunburn	Both	64	19	Glanz, K., Yaroch, A. L., Dancel, M., Saraiya, M., Crane, L. A., Buller, D. B., ... Robinson, J. K. (2008). Measures of sun exposure and sun protection practices for behavioral and epidemiologic research. <i>Archives of Dermatology</i> , 144(2), 217-222. doi: 10.1001/archdermatol.2007.46
Sunless tanning	Usage of tanning beds/booths	Both	65	20	Lazovich, D., Stryker, J. E., Mayer, J. A., Hillhouse, J., Dennis, L. K., Pichon, L., ... Thompson, K. (2008). Measuring nonsolar tanning behavior: Indoor and sunless tanning. <i>Archives of Dermatology</i> , 144(2), 225-230. doi: 10.1001/archdermatol.2007.45

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Tobacco use	Frequency of cigarette usage, and quantity of cigarettes	Both	66, 67, 68, 69	21, 22, 23, 24, 25	Health Information National Trends Survey (HINTS): National Cancer Institute (n.d.). <i>Health Information National Trends Survey</i> . Retrieved from: http://hints.cancer.gov/ .
Smoking for weight purposes	Use of cigarettes to help lose or gain weight during the past month	Both	70	26	HINTS: National Cancer Institute (n.d.). <i>Health Information National Trends Survey</i> . Retrieved from: http://hints.cancer.gov/ .
Self-reported sleep time	Usual bed and wake times one weekdays and weekends.	Both	72, 73	27, 28	TREC Idea Study: Lytle, L. A. (2009). Examining the etiology of childhood obesity: The IDEA Study. <i>American Journal of Community Psychology</i> , 44(3-4):338-349. doi: 10.1007/s10464-009-9269-1
Sleep quality	Trouble staying asleep; Sleepiness during daytime	Both	74, 75	29	<p>TREC Idea Study: Lytle, L. A. (2009). Examining the etiology of childhood obesity: The IDEA Study. <i>American Journal of Community Psychology</i>, 44(3-4):338-349. doi: 10.1007/s10464-009-9269-1</p> <p>Pediatric Daytime Sleepiness Scale: Drake, C., Nickel, C., Burduvali, E., Roth, T., Jefferson, C., & Pietro, B. (2003). The pediatric daytime sleepiness scale (PDSS): Sleep habits and school outcomes in middle-school children. <i>Sleep</i>, 26(4), 455-458.</p>
Sleep Hygiene	The habits, environmental factors, and practices that may influence the length and quality of one's sleep	Adolescent only	71		New item modified from Adolescent Sleep Hygiene Scale: Storfer-Isser, A., Lebourgeois, M. K., Harsh, J., Tompsett, C. J., & Redline, S. (2013). Psychometric properties of the Adolescent Sleep Hygiene Scale. <i>Journal of Sleep Research</i> , 22, 707-716. doi: 10.1111/jsr.12059

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Life Goals	What parents would like in life for their teenager; teens' self-reported goals	Both	76a, 76b, 76c, 76d	34a, 34b, 34c, 34d, 34e	Aspirations Index: Kasser, T., & Ryan R. M. (1993). A dark side of the American dream: Correlates of financial success as a central life aspiration. <i>Journal of Personality and Social Psychology</i> , 65, 410-422.
Health condition that limits/interferes with being physically active	Diagnosed physical, behavioral or other condition by healthcare professional that prevents or interferes with teenagers' ability to exercise.	Parent Only		35, 36a, 36b	<p>National Survey of Children's Health: National Center for Health Statistics, Centers for Disease Control and Prevention (2015). <i>National Survey of Children's Health</i>. Retrieved from: http://www.cdc.gov/nchs/slait/nsch.htm</p> <p><i>Example Reference:</i> Blumberg, S. J., Olson, L., Frankel, M. R., Osborn, L., Srinath, K. P., & Giambo, P. (2005). Design and operation of the National Survey of Children's Health, 2003. <i>Vital and Health Statistics, Series 1</i>, 1-131.</p>

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Parenting Practices for being physically active	What parents say and do around their teenager being physically active.	Both	77a, 77b, 77c, 77d, 77e, 77f	31a, 31b, 31c, 31d, 31e, 31f	<p>Parenting Eating and Activity Scale (PEAS): Larios, S. E., Ayala, G. X., Arredondo, E. M., Baquero, B., & Elder, J. P. (2009) Development and validation of a scale to measure Latino parenting strategies related to children's obesigenic behaviors. The parenting strategies for eating and activity scale (PEAS). <i>Appetite</i>, 52(1):166-172. doi: 10.1016/j.appet.2008.09.011</p> <p>Activity Support Scale: Davison, K. K., Li, K., Baskin, M. L., Cox, T., & Affuso, O. (2011). Measuring parental support for children's physical activity in white and African American parents: The Activity Support Scale for Multiple Groups (ACTS-MG). <i>Preventive Medicine</i>, 52:39-43. doi: 10.1016/j.ypmed.2010.11.008</p> <p>Comprehensive Feeding Practices Questionnaire (CFPQ): Musher-Eizenman, D., & Holub, S. (2007). Comprehensive Feeding Practices Questionnaire: Validation of a new measure of parental feeding practices. <i>Journal of Pediatric Psychology</i>. 32(8), 960-972. doi:10.1093/jpepsy/jsm037</p> <p>Legitimacy of Parental Authority: Darling, N. Cumsille, P., Martinez, M. L. (2008). Individual differences in adolescent's beliefs about the legitimacy of parental authority and their own obligation to obey: A longitudinal investigation. <i>Child Development</i>, 79(4), 1103-1118. doi:10.1111/j.1467-8624.2008.01178.x.</p> <p>+ 1 new item</p>

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Parent-Reported Electronic Device Use for Adolescents		Parent Only		32	<p>Project EAT surveys: <i>Project EAT</i> (2016). Retrieved from: http://www.sphresearch.umn.edu/epi/project-eat/</p> <p><i>Example Reference:</i> Taverno Ross, S. E., Larson, N., Graham, D. J., & Neumark-Sztainer, D. (2014). Longitudinal changes in physical activity and sedentary behavior from adolescence to adulthood: comparing U.S.-born and foreign-born populations. <i>Journal of Physical Activity and Health</i>, 11(3), 519-527. doi:10.1123/jpah.2011-0359</p> <p>Growing Up Today Study (GUTS): <i>Growing Up Today Study</i> (2013). Retrieved from: http://www.gutsweb.org/</p> <p><i>Example Reference:</i> Falbe, J., Rosner, B., Willett, W. C., Sonnevile, K. R., Hu, F. B., & Field, A. E. (2013). Adiposity and different types of screen time. <i>Pediatrics</i>, 132(6), e1497-e1505. doi: 10.1542/peds.2013-0887</p> <p>TREC Idea Study: Lytle, L. A. (2009). Examining the etiology of childhood obesity: The IDEA Study. <i>American Journal of Community Psychology</i>, 44(3-4):338-349. doi: 10.1007/s10464-009-9269-1</p>

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Parenting Practices regarding screen time	What parents say and do around their teenager spending time using electronic devices.	Both	78a, 78b, 78c, 78d, 78e, 78f, 78g	33a, 33b, 33c, 33d, 33e, 33f, 33g	<p>PEAS: Larios, S. E., Ayala, G. X., Arredondo, E. M., Baquero, B., & Elder, J. P. (2009). Development and validation of a scale to measure Latino parenting strategies related to children's obesigenic behaviors. The parenting strategies for eating and activity scale (PEAS). <i>Appetite</i>, 52(1):166-172. doi: 10.1016/j.appet.2008.09.011</p> <p>Activity Support Scale: Davison, K. K., Li, K., Baskin, M. L., Cox, T., & Affuso, O. (2011). Measuring parental support for children's physical activity in white and African American parents: The Activity Support Scale for Multiple Groups (ACTS-MG). <i>Preventive Medicine</i>, 52:39-43. doi: 10.1016/j.ypmed.2010.11.008</p> <p>Parental Feeding Style Questionnaire (PFSQ): Wardle, J., Sanderson, S., Guthrie, C. A., Rapoport, L., & Plomin, R. (2002). Parental feeding style and the inter-generational transmission of obesity risk. <i>Obesity Research</i>, 10(6), 453-462. doi: 10.1038/oby.2002.63</p> <p>Legitimacy of Parental Authority: Darling, N. Cumsille, P., Martinez, M. L. (2008). Individual differences in adolescent's beliefs about the legitimacy of parental authority and their own obligation to obey: A longitudinal investigation. <i>Child Development</i>, 79(4), 1103-1118. doi:10.1111/j.1467-8624.2008.01178.x</p>

¹ Many FLASHE survey items were modified from the original source(s) through cognitive testing.