

HOW IS YOUR LIFE GOING NOW?



Donald L. Patrick, Ph.D., M.S.P.H.
Todd C. Edwards, Ph.D.
Tari D. Topolski, Ph.D.

University of Washington
Department of Health Services
146 North Canal Street, Suite 313
Seattle, Washington 98103-8652
(206) 685-7260

Note: Do not quote or reproduce without permission of the authors.

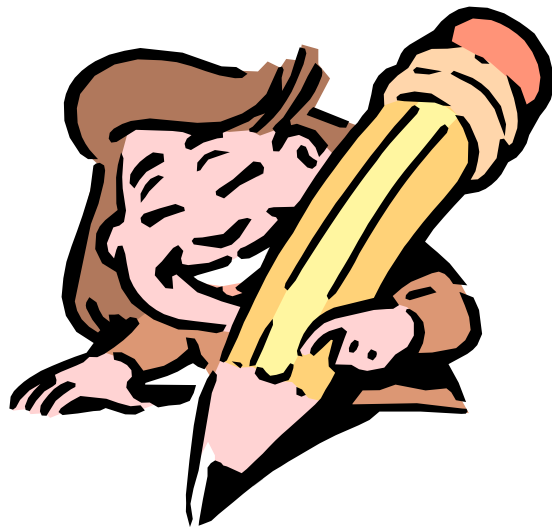
To all teens:

Many teens are taking part in this important survey. This survey will help us understand your thoughts and concerns so that better programs can be developed to improve the lives of teens.

The questions in this survey ask about a wide range of concerns and feelings. Some of these may or may not be important to you.

This is NOT a test, there are no right or wrong answers. Please answer as honestly as you can. Your responses will be kept strictly confidential.

Thank you for your help!

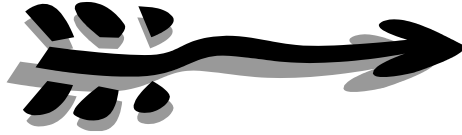


Describing Your Life

Following are some statements that you might make about yourself. Please circle the answer that best describes how closely the statement applies to you. There are no right or wrong answers, we are only interested in how you feel about your life.

- | | | | | | |
|--|--------------|-------------------------|------------------|-------------------------|-----------------------|
| 1. During the past month, how often did you have a conversation with an adult about something that is important to you? <i>(please circle your answer)</i> | NEVER | ALMOST
NEVER | SOMETIMES | FAIRLY
OFTEN | VERY
OFTEN |
| 2. During the past month, how often did you help someone who needed it? <i>(please circle your answer)</i> | NEVER | ALMOST
NEVER | SOMETIMES | FAIRLY
OFTEN | VERY
OFTEN |
| 3. During the past month, how often have your parents or guardians let you make your own decisions about what time you go to bed? <i>(please circle your answer)</i> | NEVER | ALMOST
NEVER | SOMETIMES | FAIRLY
OFTEN | VERY
OFTEN |
| 4. During the past month, how often has your behavior caused problems with your family? <i>(please circle your answer)</i> | NEVER | ALMOST
NEVER | SOMETIMES | FAIRLY
OFTEN | VERY
OFTEN |
| 5. During the past month, how often did you spend time with a friend having a good time outside of school? <i>(please circle your answer)</i> | NEVER | ALMOST
NEVER | SOMETIMES | FAIRLY
OFTEN | VERY
OFTEN |
| 6. During the past month, how often have you had serious emotional or mental health problems that you felt you needed help with? <i>(please circle your answer)</i> | NEVER | ALMOST
NEVER | SOMETIMES | FAIRLY
OFTEN | VERY
OFTEN |
| 7. During the past month, how often did you feel that you could not shake off the blues, even with help from your family & friends? <i>(please circle your answer)</i> | NEVER | ALMOST
NEVER | SOMETIMES | FAIRLY
OFTEN | VERY
OFTEN |
| 8. During the past month, how often have any of your family members had serious arguments with one another? <i>(please circle your answer)</i> | NEVER | ALMOST
NEVER | SOMETIMES | FAIRLY
OFTEN | VERY
OFTEN |

- | | | | | | | |
|---|--------|--------------|-----------|--------------|----------------|-------------------|
| 9. During the past month, how often did you miss out on an activity that you wanted to do because of any physical or emotional problems you have? <i>(please circle your answer)</i> | NEVER | ALMOST NEVER | SOMETIMES | FAIRLY OFTEN | VERY OFTEN | |
| 10. During the past month, how often have people your age made you feel unwelcome because of how you look? <i>(please circle your answer)</i> | NEVER | ALMOST NEVER | SOMETIMES | FAIRLY OFTEN | VERY OFTEN | |
| 11. During the past month, how often have you been in a good mood? <i>(please circle your answer)</i> | NEVER | ALMOST NEVER | SOMETIMES | FAIRLY OFTEN | VERY OFTEN | |
| 12. During the past month, how often have you had enough food and a safe place to live? <i>(please circle your answer)</i> | NEVER | ALMOST NEVER | SOMETIMES | FAIRLY OFTEN | VERY OFTEN | |
| 13. During the past week, how many days did you work around the house, such as cleaning, cooking, laundry, yard work, or caring for a pet? <i>(please circle your answer)</i> | 0 DAYS | 1 DAY | 2 DAYS | 3 DAYS | 4 OR MORE DAYS | |
| 14. During the past week, how many days did you have dinner with a parent, guardian, or other adult in your family? <i>(please circle your answer)</i> | 0 DAYS | 1 DAY | 2 DAYS | 3 DAYS | 4 OR MORE DAYS | |
| 15. During the past week, how many days were you at home WITHOUT an adult for AT LEAST THREE HOURS? <i>(please circle your answer)</i> | 0 DAYS | 1 DAY | 2 DAYS | 3 DAYS | 4 OR MORE DAYS | |
| 16. During the past week, how many days did you spend time on an activity that you enjoy, such as sports, hobbies, or reading (DO NOT include time spent watching TV)? <i>(please circle your answer)</i> | 0 DAYS | 1 DAY | 2 DAYS | 3 DAYS | 4 OR MORE DAYS | |
| 17. During the past week, how many days did you skip at least one class at school? <i>(please circle your answer)</i> | 0 DAYS | 1 DAY | 2 DAYS | 3 DAYS | 4 OR MORE DAYS | I'M NOT IN SCHOOL |



18. What do you think are the chances you will live to age 25? <i>(please circle your answer)</i>	LITTLE CHANCE	SOME CHANCE	ABOUT 50 - 50	PRETTY LIKELY	VERY LIKELY
19. What do you think are the chances you will be married by age 30? <i>(please circle your answer)</i>	LITTLE CHANCE	SOME CHANCE	ABOUT 50 - 50	PRETTY LIKELY	VERY LIKELY
20. What do you think are the chances you will complete an additional schooling or training program after high school? <i>(please circle your answer)</i>	LITTLE CHANCE	SOME CHANCE	ABOUT 50 - 50	PRETTY LIKELY	VERY LIKELY
21. What do you think are the chances you will have a job that you enjoy by age 25? <i>(please circle your answer)</i>	LITTLE CHANCE	SOME CHANCE	ABOUT 50 - 50	PRETTY LIKELY	VERY LIKELY
22. During the past month, how often have you talked to anyone about your future? <i>(please circle your answer)</i>	NEVER	ALMOST NEVER	SOMETIMES	FAIRLY OFTEN	ALWAYS