

# Codebook for Mentor Mental Health Study Data

## Table of Contents

Introduction .....	1
General variables .....	2
Demographics.....	2
Instruments.....	3
Depression .....	3
Substance use .....	5
Positive psych .....	6
Engagement.....	7
Perseverance.....	8
Optimism .....	8
Connectedness.....	9
Happiness .....	9
Flourishing.....	10
Generalized Anxiety .....	11
Gratitude.....	12
Self Compassion.....	13

## Introduction

Mentors were invited to complete a survey on 2 occasions: prior to the start of Campus Connections (during the first week of mentor training, prefix for variables = m0) and week 11 (prefix = m1) of the program. The surveys were completed during prelab, and in some cases during postlab. The time stamp for each survey (e.g., m0start, m0end) gives the date and time that the respondent started and ended the survey.

In this study, there was also a control group (variable in\_cc = 0). In these instances, students at Colorado State University were recruited from Human Development & Family Studies, and Psychology courses. They were emailed a survey link and asked to complete the survey at there own convenience.

For tables labeled “List of Items in the Instrument”, substitute the X in the variable name for the survey number (e.g., 0, 1). Variables in the item analysis tables that end in a capital r (“R”) have been reverse coded for analysis.

## General variables

Variable	Description
ID	ID number
in_cc	control or cc group (0 = control group, 1 = CC group)
mXstartdate	Date + time of survey start
mXenddate	Date + time of survey end

## Demographics

### Description of Demographic Variables

The mentor reported on a series of demographic questions pertaining to themselves. These items were administered at the pre-intervention survey (m0) only.

### List of Demographic Variables

Variable	Description
mXmentor_eth	Mentor's race/ethnicity (1=American Indian, 2=Asian, 3=Black, 4=Hispanic, 5=Hawaiian, 6=White, 7=Mixed)
mXgender	What is your gender? (Male=1, Female=2, Transgender=3, Other = 4)
mXgender_4_text	"Other" gender text
mXyrborn	What year were you born?
mXhisp_1	Hispanic: (Mexican/Chicano = 1)
mXhisp_2	Hispanic: (Central American = 1)
mXhisp_3	Hispanic: (South American = 1)
mXhisp_4	Hispanic: (Cuban = 1)
mXhisp_5	Hispanic: (Peurto Rican = 1)
mXhisp_6	Hispanic: (Other Caribbean Island = 1)
mXhisp_7	Hispanic: (European = 1)
mXhisp_8	Hispanic: (Other = 1)
mXhisp_8_text	Hispanic: "Other" Text
mXasian_1	Asian: (Asian Indian = 1)
mXasian_2	Asian: (Bangladeshi = 1)
mXasian_3	Asian: (Cambodian = 1)
mXasian_4	Asian: (Chinese = 1)
mXasian_5	Asian: (Filipino = 1)
mXasian_6	Asian: (Hmong = 1)
mXasian_7	Asian: (Indonesian = 1)
mXasian_8	Asian: (Japanese = 1)

mXasian_9	Asian: ((Korean = 1)
mXasian_10	Asian: (Laotian = 1)
mXasian_11	Asian: (Malaysian = 1)
mXasian_12	Asian: (Pakistani = 1)
mXasian_13	Asian: (Sri Lanken = 1)
mXasian_14	Asian: (Taiwanese = 1)
mXasian_15	Asian: (Thai = 1)
mXasian_16	Asian: (Viatnamese = 1)
mXasian_17	Asian: (Other = 1)
mXasian_17_text	Asian: ("Other" Text)
mXyear	What year in school are you? (Freshman=1, Sophomore=2, Junior=3, Senior=4; 5 = Graduate Student)
mXmajor_1	HDFS (Yes=1)
mXmajor_2	Psychology (Yes=1)
mXmajor_3	Health and Exercise Science (Yes=1)
mXmajor_4	Spanish (Yes=1)
mXmajor_5	Art (Yes=1)
mXmajor_6	Sociology (Yes=1)
mXmajor_7	Criminal Justice (Yes=1)
mXmajor_8	Family and Consumer Sciences (Yes=1)
mXmajor_9	Forest Sciences (Yes=1)
mXmajor_10	Journalism (Yes=1)
mXmajor_11	Social Work (Yes=1)
mXmajor_12	International Studies (Yes=1)
mXmajor_13	Nutrition (Yes=1)
mXmajor_14	Education (Yes=1)
mXmajor_15	Other (specify): (Yes=1)
mXmajor_15_text	Other (specify) - TEXT
mXft	What is your status at CSU? (Full-time=1, Part-time=2)
mXfamses	What do you perceive your family's economic status was while growing up? (High=1, Middle to High=2, Middle=3, Middle to Low=4, Low=5)

## Instruments

### Depression

#### Instrument Citation

Björgvinsson, T., Kertz, S.J., Bigda-Peyton, J.S., McCoy, K.L., Aderka, I.M. (2013). Psychometric properties of the CES-D-10 in a psychiatric sample. *Assessment*, 20, 429-436.

Miller, W.C., Anton, H.A., Townson, A. F. (2008). Measurement properties of the CESD scale among individuals with spinal cord injury. *Spinal Cord*, 46, 287-292.

Radloff, L. S. (1977). CES-D scale: A self report depression scale for research in the general populations. *Applied Psychological Measurement*, 1, 385-401.

### **Description of Instrument**

This scale is a self-report measure of depression.

### **List of Items in Instrument**

Below is a list of some of the ways you may have felt or behaved.

Please indicate how often you have felt this way during the past week by checking the appropriate box for each question.

- 1 = Rarely or none of the time (less than 1 day),
- 2 = Some or a little of the time (1-2 days),
- 3 = Occasionally or a moderate amount of time (3-4 days),
- 4 = All of the time (5-7 days)

Variable	Description
mXcesdr_1	I was bothered by things that usually don't bother me.
mXcesdr_2	I had trouble keeping my mind on what I was doing.
mXcesdr_3	I felt depressed.
mXcesdr_4	I felt that everything I did was an effort.
mXcesdr_5R	I felt hopeful about the future.
mXcesdr_6	I felt fearful.
mXcesdr_7	My sleep was restless.
mXcesdr_8R	I was happy.
mXcesdr_9	I felt lonely.
mXcesdr_10	I could not "get going."

*Cronbach's Alpha*: Pre-Intervention (0.84), Week 11 (0.86)

### *Item Analysis at Pre-Intervention*

Item	N	Mean	SD	Min	Max	R.With.Total	Alpha.If.Deleted
m0cesdr_1	275	1.66	0.72	1	4	0.55	0.83
m0cesdr_2	275	2.07	0.85	1	4	0.56	0.82
m0cesdr_3	275	1.66	0.88	1	4	0.68	0.81
m0cesdr_4	275	2.27	0.94	1	4	0.41	0.84
m0cesdr_5R	275	1.92	0.77	1	4	0.38	0.84

m0cesdr_6	275	1.85	0.88	1	4	0.44	0.84
m0cesdr_7	275	2.08	0.94	1	4	0.46	0.83
m0cesdr_8R	275	1.85	0.76	1	4	0.63	0.82
m0cesdr_9	275	1.97	0.89	1	4	0.61	0.82
m0cesdr_10	275	1.83	0.88	1	4	0.66	0.81

*Item Analysis at end of semester follow-up*

Item	N	Mean	SD	Min	Max	R.With.Total	Alpha.If.Deleted
m1cesdr_1	271	1.87	0.82	1	4	0.54	0.85
m1cesdr_2	271	2.21	0.94	1	4	0.62	0.84
m1cesdr_3	271	1.79	0.94	1	4	0.74	0.83
m1cesdr_4	271	2.24	0.95	1	4	0.51	0.85
m1cesdr_5R	271	2.13	0.85	1	4	0.34	0.86
m1cesdr_6	271	1.87	0.88	1	4	0.45	0.86
m1cesdr_7	271	2.11	1.01	1	4	0.60	0.84
m1cesdr_8R	271	1.98	0.78	1	4	0.56	0.85
m1cesdr_9	271	2.11	0.97	1	4	0.65	0.84
m1cesdr_10	271	2.11	0.93	1	4	0.68	0.84

## Substance use

### Instrument Citation

Knight JR, Shrier LA, Bravender TD, Farrell M, Vander Bilt J, Shaffer HJ. A new brief screen for adolescent substance abuse. Arch Pediatr Adolesc Med. 1999;153(6):591-596.

### Description of Instrument

The CRAFFT is an efficient and effective health screening tool designed to identify substance use, substance-related riding/driving risk, and substance use disorder among youth ages 12-21. It has been implemented as part of universal screening efforts in thousands of busy medical and community health settings, as it yields information that can serve as the basis for early intervention and patient-centered counseling.

The CRAFFT is the most well-studied adolescent substance use screener available and has been shown to be valid for adolescents from diverse socioeconomic and racial/ethnic backgrounds. It is recommended by the American Academy of Pediatrics' Bright Futures Guidelines for preventive care screenings and well-visits, the Center for Medicaid and CHIP Services' Early and Periodic Screening, Diagnostic and Treatment (EPSDT) program, and the National Institute of Alcohol Abuse and Alcoholism (NIAAA) Youth Screening Guide.

The current version of the tool, the CRAFFT 2.1, includes evidence-based revisions to increase the sensitivity and specificity of the tool and includes vaping as a method of administration for marijuana use.

### List of Items in Instrument

*freq items:* During the PAST 12 MONTHS, on how many days did you:

*beh items:* If you put “1” or higher in ANY of the boxes above, ANSWER QUESTIONS 5-10. (1 = Yes, 0 = No)

Variable	Description
mXcrafftn_freq_1_1	Drink more than a few sips of beer, wine, or any drink containing alcohol? Put “0” if none.
mXcrafftn_freq_2_1	Use any marijuana (weed, oil, or hash by smoking, vaping, or in food) or “synthetic marijuana” (like “K2,” “Spice”)? Put “0” if none.
mXcrafftn_freq_3_1	Use anything else to get high (like other illegal drugs, prescription or over-the-counter medications, and things that you sniff, huff, or vape)? Put “0” if none.
mXcrafftn_freq_4_1	Use any tobacco or nicotine products (for example, cigarettes, e-cigarettes, hookahs or smokeless tobacco)?
mXcrafftn_beh_1	Have you ever ridden in a CAR driven by someone (including yourself) who was “high” or had been using alcohol or drugs? (No = 0, Yes = 1)
mXcrafftn_beh_2	Do you ever use alcohol or drugs to RELAX, feel better about yourself, or fit in?
mXcrafftn_beh_3	Do you ever use alcohol or drugs while you are by yourself, or ALONE?
mXcrafftn_beh_4	Do you ever FORGET things you did while using alcohol or drugs?
mXcrafftn_beh_5	Do your FAMILY or FRIENDS ever tell you that you should cut down on your drinking or drug use?
mXcrafftn_beh_6	Have you ever gotten into TROUBLE while you were using alcohol or drugs?

## Positive psych

### Instrument Citation

Kern, M. L., Benson, L., Steinberg, E. A., & Steinberg, L. (2016). The EPOCH measure of adolescent well-being. *Psychological assessment*, 28(5), 586.

### Description of Instrument

A self-report measure of well-being. It is split into 5 subscales: Engagement, Perseverance, Optimism, Connectedness, and happiness.

### List of Items in Instrument

This is a survey about you! Please read each of the following statements. Circle how much each statement describes you. Please be honest - there are no right or wrong answers!

- 1 = Almost Never  
 2 = Sometimes  
 3 = Often  
 4 = Very Often  
 5 = Almost Always

Variable	Description
mXepoch_1	When something good happens to me, I have people who I like to share the good news with
mXepoch_2	I finish whatever I begin.
mXepoch_3	I am optimistic about my future
mXepoch_4	I feel happy.
mXepoch_5	When I do an activity, I enjoy it so much that I lose track of time.
mXepoch_6	I have a lot of fun.
mXepoch_7	I get completely absorbed in what I am doing.
mXepoch_8	I love life.
mXepoch_9	I keep at my schoolwork until I am done with it.
mXepoch_10	When I have a problem, I have someone who will be there for me.
mXepoch_11	I get so involved in activities that I forget about everything else.
mXepoch_12	When I am learning something new, I lose track of how much time has passed.
mXepoch_13	In uncertain times, I expect the best.
mXepoch_14	There are people in my life who really care about me.
mXepoch_15	I think good things are going to happen to me.
mXepoch_16	I have friends that I really care about.
mXepoch_17	Once I make a plan to get something done, I stick to it.
mXepoch_18	I believe that things will work out, no matter how difficult they seem.
mXepoch_19	I am a hard worker.
mXepoch_20	I am a cheerful person.

### Psychometrics for subscales

#### Engagement

*Cronbach's Alpha:* Pre-Intervention (0.87), Week 11 (0.86)

#### *Item Analysis at Pre-Intervention*

Item	N	Mean	SD	Min	Max	R.With.Total	Alpha.If.Deleted
m0epoch_5	275	3.31	1.09	1	5	0.70	0.84
m0epoch_7	275	3.19	1.00	1	5	0.73	0.83

m0epoch_11	275	2.87	1.06	1	5	0.75	0.82
m0epoch_12	275	2.97	1.02	1	5	0.70	0.84

*Item Analysis at end of semester follow-up*

Item	N	Mean	SD	Min	Max	R.With.Total	Alpha.If.Deleted
m1epoch_5	269	3.50	1.00	1	5	0.66	0.84
m1epoch_7	269	3.26	0.98	1	5	0.69	0.83
m1epoch_11	269	3.06	1.04	1	5	0.77	0.79
m1epoch_12	269	3.04	1.06	1	5	0.70	0.82

## Perseverance

*Cronbach's Alpha:* Pre-Intervention (0.82), Week 11 (0.85)

*Item Analysis at Pre-Intervention*

Item	N	Mean	SD	Min	Max	R.With.Total	Alpha.If.Deleted
m0epoch_2	275	3.72	0.92	1	5	0.67	0.77
m0epoch_9	275	3.44	1.10	1	5	0.55	0.83
m0epoch_17	275	3.71	1.04	1	5	0.74	0.73
m0epoch_19	275	4.24	0.88	1	5	0.65	0.78

*Item Analysis at end of semester follow-up*

Item	N	Mean	SD	Min	Max	R.With.Total	Alpha.If.Deleted
m1epoch_2	269	3.73	1.01	1	5	0.68	0.80
m1epoch_9	269	3.54	1.13	1	5	0.63	0.83
m1epoch_17	269	3.69	1.00	1	5	0.72	0.79
m1epoch_19	269	4.23	0.92	1	5	0.70	0.80

## Optimism

*Cronbach's Alpha:* Pre-Intervention (0.85), Week 11 (0.87)

*Item Analysis at Pre-Intervention*

Item	N	Mean	SD	Min	Max	R.With.Total	Alpha.If.Deleted
m0epoch_3	275	3.90	1.02	1	5	0.71	0.80
m0epoch_13	275	2.86	1.04	1	5	0.60	0.84
m0epoch_15	275	3.89	1.05	1	5	0.72	0.80
m0epoch_18	275	3.68	1.11	1	5	0.73	0.79

*Item Analysis at end of semester follow-up*



Item	N	Mean	SD	Min	Max	R.With.Total	Alpha.If.Deleted
m1epoch_3	269	3.86	1.01	1	5	0.74	0.82
m1epoch_13	269	3.07	1.06	1	5	0.62	0.87
m1epoch_15	269	3.87	1.07	1	5	0.74	0.82
m1epoch_18	269	3.79	1.10	1	5	0.78	0.80

## Connectedness

*Cronbach's Alpha:* Pre-Intervention (0.86), Week 11 (0.88)

*Item Analysis at Pre-Intervention*

Item	N	Mean	SD	Min	Max	R.With.Total	Alpha.If.Deleted
m0epoch_1	275	4.38	0.89	1	5	0.70	0.82
m0epoch_10	275	4.32	0.90	2	5	0.77	0.79
m0epoch_14	275	4.46	0.85	1	5	0.74	0.80
m0epoch_16	275	4.39	0.91	1	5	0.61	0.86

*Item Analysis at end of semester follow-up*

Item	N	Mean	SD	Min	Max	R.With.Total	Alpha.If.Deleted
m1epoch_1	269	4.31	0.90	2	5	0.74	0.85
m1epoch_10	269	4.20	0.98	1	5	0.76	0.84
m1epoch_14	269	4.38	0.85	2	5	0.75	0.84
m1epoch_16	269	4.31	0.94	1	5	0.72	0.86

## Happiness

*Cronbach's Alpha:* Pre-Intervention (0.91), Week 11 (0.91)

*Item Analysis at Pre-Intervention*

Item	N	Mean	SD	Min	Max	R.With.Total	Alpha.If.Deleted
m0epoch_4	275	3.68	1.02	1	5	0.87	0.85
m0epoch_6	275	3.43	1.04	1	5	0.72	0.90
m0epoch_8	275	3.74	1.12	1	5	0.82	0.87
m0epoch_20	275	3.89	1.01	1	5	0.74	0.89

*Item Analysis at end of semester follow-up*

Item	N	Mean	SD	Min	Max	R.With.Total	Alpha.If.Deleted
m1epoch_4	269	3.68	1.00	1	5	0.84	0.86
m1epoch_6	269	3.50	1.06	1	5	0.73	0.90

m1epoch_8	269	3.69	1.08	1	5	0.83	0.87
m1epoch_20	269	3.89	1.01	1	5	0.76	0.89

## Flourishing

### Instrument Citation

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### Description of Instrument

A self-report measure on flourishing.

### List of Items in Instrument

Below are 8 statements with which you may agree or disagree. Using the 1–7 scale below, indicate your agreement with each item by indicating that response for each statement.

7 = Strongly agree

6 = Agree

5 = Slightly agree

4 = Neither agree nor disagree

3 = Slightly disagree

2 = Disagree

1 = Strongly disagree

Variable	Description
mXflourishing_1	I lead a purposeful and meaningful life
mXflourishing_2	My social relationships are supportive and rewarding
mXflourishing_3	I am engaged and interested in my daily activities
mXflourishing_4	I actively contribute to the happiness and well-being of others
mXflourishing_5	I am competent and capable in the activities that are important to me
mXflourishing_6	I am a good person and live a good life
mXflourishing_7	I am optimistic about my future
mXflourishing_8	People respect me

*Cronbach's Alpha:* Pre-Intervention (0.93), Week 11 (0.94)

### Item Analysis at Pre-Intervention

Item	N	Mean	SD	Min	Max	R.With.Total	Alpha.If.Deleted
m0flourishing_1	275	5.86	1.14	1	7	0.82	0.92
m0flourishing_2	275	5.93	1.21	1	7	0.72	0.93
m0flourishing_3	275	5.65	1.15	2	7	0.80	0.92
m0flourishing_4	275	6.09	0.96	1	7	0.74	0.93
m0flourishing_5	275	6.04	0.99	2	7	0.80	0.92
m0flourishing_6	275	6.07	0.98	2	7	0.84	0.92

m0flourishing_7	275	5.88	1.26	1	7	0.76	0.93
m0flourishing_8	275	5.89	1.04	2	7	0.72	0.93

*Item Analysis at end of semester follow-up*

Item	N	Mean	SD	Min	Max	R.With.Total	Alpha.If.Deleted
m1flourishing_1	269	5.81	1.17	1	7	0.80	0.92
m1flourishing_2	269	5.86	1.17	1	7	0.76	0.93
m1flourishing_3	269	5.47	1.28	1	7	0.75	0.93
m1flourishing_4	269	5.88	1.07	1	7	0.78	0.93
m1flourishing_5	269	5.95	1.03	1	7	0.80	0.93
m1flourishing_6	269	6.03	1.02	2	7	0.80	0.93
m1flourishing_7	269	5.85	1.23	1	7	0.82	0.92
m1flourishing_8	269	5.77	1.15	1	7	0.71	0.93

## Generalized Anxiety

### Instrument Citation

Spitzer RL, Kroenke K, Williams JBW, Lowe B. A brief measure for assessing generalized anxiety disorder. Arch Intern Med. 2006;166:1092-1097.

### Description of Instrument

#### List of Items in Instrument

Over the last 2 weeks, how often have you been bothered by the following problems?

- 1 = Not at all sure
- 2 = Several Days
- 3 = Over half the days
- 4 = Nearly every day

*mxgad\_difficult* scoring:

- 1 = Not difficult at all,
- 2 = Somewhat difficult,
- 3 = Very difficult,
- 4 = Extremely difficult

Variable	Description
mXgad_1	Feeling nervous, anxious, or on edge
mXgad_2	Not being able to stop or control worrying
mXgad_3	Worrying too much about different things
mXgad_4	Trouble relaxing
mXgad_5	Being so restless that it's hard to sit still

mXgad_6	Becoming easily annoyed or irritable
mXgad_7	Feeling afraid as if something awful might happen
mXgad_difficult	If you checked off any problems, how difficult have these made it for you to do your work, take care of things at home, or get along with other people?

*Cronbach's Alpha:* Pre-Intervention (0.92), Week 11 (0.91)

*Item Analysis at Pre-Intervention*

Item	N	Mean	SD	Min	Max	R.With.Total	Alpha.If.Deleted
m0gad_1	275	2.32	1.02	1	4	0.78	0.91
m0gad_2	275	1.93	0.99	1	4	0.84	0.90
m0gad_3	275	2.07	1.01	1	4	0.84	0.90
m0gad_4	275	1.97	0.99	1	4	0.84	0.90
m0gad_5	275	1.74	0.97	1	4	0.68	0.92
m0gad_6	275	1.90	0.91	1	4	0.64	0.92
m0gad_7	275	1.65	0.92	1	4	0.68	0.92

*Item Analysis at end of semester follow-up*

Item	N	Mean	SD	Min	Max	R.With.Total	Alpha.If.Deleted
m1gad_1	267	2.35	0.96	1	4	0.79	0.89
m1gad_2	267	2.09	1.00	1	4	0.85	0.89
m1gad_3	267	2.26	0.98	1	4	0.79	0.90
m1gad_4	267	2.09	0.95	1	4	0.75	0.90
m1gad_5	267	1.79	0.90	1	4	0.60	0.91
m1gad_6	267	2.11	0.91	1	4	0.67	0.91
m1gad_7	267	1.77	0.95	1	4	0.70	0.90

## Gratitude

### Instrument Citation

McCullough, M. E., Emmons, R. A., & Tsang, J.-A. (2002). Gratitude Questionnaire-6 [Database record]. Retrieved from PsycTESTS. doi: <http://dx.doi.org/10.1037/t01837-000>

### Description of Instrument

#### List of Items in Instrument

Using the scale below as a guide, write a number beside each statement to indicate how much you agree with it.

1 = strongly disagree

2 = disagree

3 = slightly disagree  
 4 = neutral  
 5 = slightly agree  
 6 = agree  
 7 = strongly agree

Variable	Description
mXgratitude_1	I have so much in life to be thankful for.
mXgratitude_2	If I had to list everything that I felt grateful for, it would be a very long list.
mXgratitude_3R	When I look at the world, I don't see much to be grateful for.
mXgratitude_4	I am grateful to a wide variety of people.
mXgratitude_5	As I get older I find myself more able to appreciate the people, events, and situations that have been part of my life history.
mXgratitude_6R	Long amounts of time can go by before I feel grateful to something or someone.

*Cronbach's Alpha:* Pre-Intervention (0.73), Week 11 (0.76)

#### *Item Analysis at Pre-Intervention*

Item	N	Mean	SD	Min	Max	R.With.Total	Alpha.If.Deleted
m0gratitude_1	275	6.49	0.77	3	7	0.69	0.67
m0gratitude_2	275	6.37	0.91	3	7	0.71	0.65
m0gratitude_3R	275	6.08	1.38	1	7	0.48	0.69
m0gratitude_4	275	6.17	0.95	3	7	0.57	0.67
m0gratitude_5	275	6.37	0.86	3	7	0.58	0.68
m0gratitude_6R	275	4.63	2.08	1	7	0.29	0.83

#### *Item Analysis at end of semester follow-up*

Item	N	Mean	SD	Min	Max	R.With.Total	Alpha.If.Deleted
m1gratitude_1	268	6.41	0.85	2	7	0.65	0.70
m1gratitude_2	268	6.32	1.02	2	7	0.65	0.69
m1gratitude_3R	268	5.60	1.79	1	7	0.46	0.74
m1gratitude_4	268	6.07	1.02	2	7	0.53	0.72
m1gratitude_5	268	6.24	0.97	2	7	0.55	0.72
m1gratitude_6R	268	4.94	1.96	1	7	0.46	0.76

## Self Compassion

### Instrument Citation

Raes, F., Pommier, E., Neff, K. D., & Van Gucht, D. (2011). Construction and factorial

validation of a short form of the Self-Compassion Scale. *Clinical Psychology & Psychotherapy*. 18, 250-255.

### **Description of Instrument**

This scale creates a total self-compassion score. It can be further split into 6 subscales:

Coding Key:

Self-Kindness Items: 2, 6

Self-Judgment Items: 11, 12

Common Humanity Items: 5, 10

Isolation Items: 4, 8

Mindfulness Items: 3, 7

Over-identified Items: 1, 9

### **List of Items in Instrument**

Please read each statement carefully before answering. To the left of each item, indicate how often you behave in the stated manner, using the following scale:

1 = Almost Never,

5 = Almost Always

Variable	Description
mXself_c_1R	When I fail at something important to me I become consumed by feelings of inadequacy.
mXself_c_2	I try to be understanding and patient towards those aspects of my personality I don't like.
mXself_c_3	When something painful happens I try to take a balanced view of the situation.
mXself_c_4R	When I'm feeling down, I tend to feel like most other people are probably happier than I am.
mXself_c_5	I try to see my failings as part of the human condition.
mXself_c_6	When I'm going through a very hard time, I give myself the caring and tenderness I need.
mXself_c_7	When something upsets me I try to keep my emotions in balance.
mXself_c_8R	When I fail at something that's important to me, I tend to feel alone in my failure
mXself_c_9R	When I'm feeling down I tend to obsess and fixate on everything that's wrong.
mXself_c_10	When I feel inadequate in some way, I try to remind myself that feelings of inadequacy are shared by most people.
mXself_c_11R	I'm disapproving and judgmental about my own flaws and inadequacies.
mXself_c_12R	I'm intolerant and impatient towards those aspects of my personality I don't like.

*Cronbach's Alpha:* Pre-Intervention (0.89), Week 11 (0.89)

*Item Analysis at Pre-Intervention*

Item	N	Mean	SD	Min	Max	R.With.Total	Alpha.If.Deleted
m0self_c_1R	272	2.98	1.26	1	5	0.64	0.87
m0self_c_2	272	3.50	0.95	1	5	0.53	0.88
m0self_c_3	272	3.56	0.93	1	5	0.56	0.88
m0self_c_4R	272	3.16	1.19	1	5	0.62	0.88
m0self_c_5	272	3.48	0.98	1	5	0.53	0.88
m0self_c_6	272	3.16	1.11	1	5	0.57	0.88
m0self_c_7	272	3.60	0.93	1	5	0.52	0.88
m0self_c_8R	272	3.11	1.20	1	5	0.60	0.88
m0self_c_9R	272	2.73	1.26	1	5	0.64	0.87
m0self_c_10	272	3.26	1.00	1	5	0.42	0.89
m0self_c_11R	272	2.90	1.18	1	5	0.70	0.87
m0self_c_12R	272	3.26	1.14	1	5	0.73	0.87

*Item Analysis at end of semester follow-up*

Item	N	Mean	SD	Min	Max	R.With.Total	Alpha.If.Deleted
m1self_c_1R	268	3.01	1.24	1	5	0.70	0.88
m1self_c_2	268	3.40	0.98	1	5	0.55	0.89
m1self_c_3	268	3.56	0.95	1	5	0.49	0.89
m1self_c_4R	268	3.13	1.16	1	5	0.57	0.89
m1self_c_5	268	3.47	0.97	1	5	0.59	0.89
m1self_c_6	268	3.24	1.00	1	5	0.61	0.89
m1self_c_7	268	3.53	0.91	1	5	0.57	0.89
m1self_c_8R	268	3.10	1.13	1	5	0.68	0.88
m1self_c_9R	268	2.79	1.22	1	5	0.71	0.88
m1self_c_10	268	3.25	0.99	1	5	0.31	0.90
m1self_c_11R	268	2.92	1.21	1	5	0.74	0.88
m1self_c_12R	268	3.19	1.17	1	5	0.73	0.88