Table 4. Outcome variables of the different domains

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Domain | Instrument | Mean (SD) | Minimum, Maximum | Reliability first assessment  (Cronbach’s alpha) |
| **Developmental outcomes** |  |  |  |  |
| Conscientiousness  Adapted from:  Big Five Inventory  (Conscientious Scale only), Oliver P. John & Sanjay Srivastava (1999)  Note: Originally on a five-point scale |  | 5.58 (1.71) | 0=disagree  10=agree | .76 |
| Developmental assets: Boundaries and expectations  Developmental Assets Profile (DAPS). Search institute Inc. |  | 3.07 (.55) | 1=not at all or rarely  4=extremely or almost always | .83 |
| Developmental assets : Commitment to learning  Developmental Assets Profile (DAPS). Search institute Inc. |  | 2.59 (.69) | 1=not at all or rarely  4=extremely or almost always | .72 |
| Developmental assets : Positive identity  Developmental Assets Profile (DAPS). Search institute Inc. |  | 2.65 (.72) | 1=not at all or rarely  4=extremely or almost always | .71 |
| Developmental assets : Positive values  Developmental Assets Profile (DAPS). Search institute Inc. |  | 2.78 (.62) | 1=not at all or rarely  4=extremely or almost always | .82 |
| Developmental assets : Support  Developmental Assets Profile (DAPS). Search institute Inc. |  | 3.13 (.59) | 1=not at all or rarely  4=extremely or almost always | .78 |
| Future orientation  Adapted from the *Ryff Well-being scale* (Ryff & Keys 1995). |  | 7.60 (2.12) | 0=disagree  10=agree | .88 |
| Self-efficacy  The Self Efficacy scale (Sherer et al., 1982) |  | 6.90 (1.88) | 0=disagree  10=disagree | .92 |
| Strengths and difficulties: Conduct problems  Strengths & Difficulties Questionnaire (SDQ) (Goodman, 1997) |  | 1.60 (.46) | 1=not true  3=certainly true | .73 |
| Strengths and difficulties: Emotional problems  Strengths & Difficulties Questionnaire (SDQ) (Goodman, 1997) |  | 1.81  (.52) | 1=not true  3=certainly true | .74 |
| Strengths and difficulties: Hyperactivity  Strengths & Difficulties Questionnaire (SDQ) (Goodman, 1997) |  | 2.07 (.55) | 1=not true  3=certainly true | .81 |
| Strengths and difficulties: Peer problems  Strengths & Difficulties Questionnaire (SDQ) (Goodman, 1997) |  | 1.65 (.45) | 1=not true  3=certainly true | .64 |
| Strengths and difficulties: Pro-social  Strengths & Difficulties Questionnaire (SDQ) (Goodman, 1997) |  | 2.41 (.44) | 1=not true  3=certainly true | .76 |
| DESSA: factor 1  The Devereux Student Strengths Assessment (DESSA), (Goodman, 1997) |  | 3.20  (.73) | 1=never  5=almost always | .90 |
| DESSA: factor 2  The Devereux Student Strengths Assessment (DESSA), (Goodman, 1997) |  | 3.00  (.72) | 1=never  5=almost always | .95 |
| DESSA: factor 3  The Devereux Student Strengths Assessment (DESSA), (Goodman, 1997) |  | 3.09  (.84) | 1=never  5=almost always | .82 |
| DESSA: factor 4  The Devereux Student Strengths Assessment (DESSA), (Goodman, 1997) |  | 3.64  (.72) | 1=never  5=almost always | .93 |
| DESSA: factor 5  The Devereux Student Strengths Assessment (DESSA), (Goodman, 1997) |  | 3.36  (.70) | 1=never  5=almost always | .94 |
| DESSA: factor 6  The Devereux Student Strengths Assessment (DESSA), (Goodman, 1997) |  | 3.23  (.69) | 1=never  5=almost always | .84 |
| DESSA: factor 7  The Devereux Student Strengths Assessment (DESSA), (Goodman, 1997) |  | 3.22  (.71) | 1=never  5=almost always | .83 |
| **Social-emotional development** |  |  |  |  |
| Belonging at CC  Supports and Opportunities Scale - Belonging Measure (Youth Development Strategies Inc.) |  | 6.92 (2.27) | 0=disagree  10=agree | .90 |
| Mattering (CC specific)[[1]](#footnote-1)  Adapted from: Mattering Index: Awareness and Importance subscales (Elliot, Kao & Grant, 2004) |  | 9  (1.56) | 0=disagree  10=agree | .89 |
| General mattering  Mattering Index: Awareness and Importance subscales (Elliot, Kao & Grant, 2004) |  | 7.02  (2.51) | 0=disagree  10=agree | .88 |
| Meaning in life  Meaning in Life Questionnaire (Steiger, Frazier, Oishi & Kaler, 2006) |  | 6.81  (2.78) | 0=disagree  10=agree | .92 |
| Mentor alliance[[2]](#footnote-2)  Mentor Alliance Scale (Cavell et al. 2009) |  | 4.26  (.54) | 1=never  5=always | .85 |
| Negative affect  Positive and Negative Affect Scale – Children (Short) (Ebesutani et al., 2012) |  | 3.35  (2.40) | 0=never  10=all of the time | .85 |
| Positive affect  Positive and Negative Affect Scale – Children (Short) (Ebesutani et al., 2012) |  | 6.63  (2.56) | 0=never  10=all of the time | .94 |
| **Positive youth development** |  |  |  |  |
| Anger  Brief Anger Scale (Deffenbacher et al., 1996) |  | 5.47  (2.98) | 0=never  10=all of the time | .93 |
| Anxiety  Revised Children’s Manifest Anxiety Scale: Second Edition (Gurley, 2011) |  | .37  (.30) | 0=yes  1=no | .84 |
| Depression  Center for Epidemiologic Studies Depression Scale-revised 10-item version for adolescents (CESDR-10) (Haroz, Ybarra & Eaton, 2014) |  | 1.91  (1.70) | 0 days to 7 days | .89 |
| Grades  Self-report, no measure |  | 4.08 (1.89) | 1=mostly A’s  9=mostly F’s | - |
| School misbehaviors  Self-reported delinquency scale (Elliot, Huizinga & Ageton, 1985) |  | 1.79  (3.63) | 0 days to 30 days | .82 |
| Delinquency  Self-reported delinquency scale (Elliot, Huizinga & Ageton, 1985) |  | .83  (2.91) | 0 days to 30 days | .73 |
| Substance use  Self-reported delinquency scale (Elliot, Huizinga & Ageton, 1985) |  | 1.04  (3.69) | 0 days to 30 days | .81 |
| CBCL  Child Behavior Checklist (CBCL) – Internalizing behaviors (Achenbach & Rescorla, 2001) |  | 1.47  (.39) | 1=not true  3=very true | .85 |
| Academic aspirations  Student Engagement Instrument (Appleton, Christenson, Kim & Reschly, 2006) |  | 8.50 (2.17) | 0=disagree  10=agree | .88 |

1. Pre-test was conducted at week 3. [↑](#footnote-ref-1)
2. Pre-test was conducted at week 6. [↑](#footnote-ref-2)