

IDEAS Codebook

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1 General Information

The following codebook was created by Neil Yetz, MPH, Abigail Johnson, BS & Nathaniel Riggs, PhD on 01/17/2019 and was last update on 01/23/2019. This codebook corresponds to the APF survey as part of an *Advancing Innovation and Dissemination of Evidence-Based Action in Schools* (IDEAS) project.

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2 Demographics

Description of Demographic Variables

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

List of Demographic Variables

Variable	Description	Response scale
ID	Participant ID#	NA
A1	Are you a:	Boy = 1, Girl = 2
A2	Are you eligible to receive free or reduced lunch prices at your school?	Yes = 1, 2 = No, 3 = I don't know
A3	How old are you?	Numeric response
A4	What grades do you get in school most of the time?	0 = 0 or Mostly F's, 1 = 1 or Mostly D's, 2 = 2 or Mostly C's, 3 = 3 or Mostly B's, 4 = 4 or Mostly A's
A5_white	Are you: White	1 = White
A5_hisp	Are you: Latino or Hispanic?	1 = Latino or Hispanic
A5_black	Are you: Black or African American?	1 = Black or African American
A5_asian	Are you: Asian?	1 = Asian
A5_other	Are you: Other?	1 = Other
A5_other_text	Are you: Other text response	Text response
A6	Do you Identify as:	Pending

3 Instruments

3.1 Brief Resilience Scale

Instrument Citation

Smith, B. W., Dalen, J., Wiggins, K., Tooley, E., Christopher, P., & Bernard, J. (2008). The brief resilience scale: assessing the ability to bounce back. *International journal of behavioral medicine*, 15(3), 194-200.

List of Items in Instrument

Please respond to each item by marking one box per row

Variable	Description	Response scale
B1	I tend to bounce back quickly after hard times.	1 = Strongly disagree, 2 = Disagree, 3 = Neutral, 4 = Agree, 5 = Strongly Agree
B2	I have a hard time making it through stressful events.	1 = Strongly disagree, 2 = Disagree, 3 = Neutral, 4 = Agree, 5 = Strongly Agree
B3	It does not take me long to recover from a stressful event.	1 = Strongly disagree, 2 = Disagree, 3 = Neutral, 4 = Agree, 5 = Strongly Agree
B4	It is hard for me to snap back after something bad happens.	1 = Strongly disagree, 2 = Disagree, 3 = Neutral, 4 = Agree, 5 = Strongly Agree
B5	I usually come through difficult times with little trouble.	1 = Strongly disagree, 2 = Disagree, 3 = Neutral, 4 = Agree, 5 = Strongly Agree
B6	I tend to take a long time to get over set-backs in my life.	1 = Strongly disagree, 2 = Disagree, 3 = Neutral, 4 = Agree, 5 = Strongly Agree

Scoring: Add the responses varying from 1-5 for all six items giving a range from 6-30. Divide the total sum by the total number of questions answered.

Psychometrics

Cronbach's Alpha:

- Pre-Intervention α = **Need Data**
- Post-Intervention α = **Need Data**

Item Analysis at Pre-Intervention

Item Analysis at Post-Intervention

3.2 Brief Control Scale

Instrument Citation

Tangney, J. P., Baumeister, R. F., & Boone, A. L. (2004). High self-control predicts good adjustment, less pathology, better grades, and interpersonal success. *Journal of personality*, 72(2), 271-324.

List of Items in Instrument

For each of the following statements please indicate how much each of the following statements reflects how you typically are.

Variable	Description	Response scale
C1	I am good at resisting temptation.	1 = Strongly disagree, 2 = Disagree, 3 = Neutral, 4 = Agree, 5 = Strongly Agree
C2	I have a hard time breaking bad habits.	1 = Strongly disagree, 2 = Disagree, 3 = Neutral, 4 = Agree, 5 = Strongly Agree
C3	I am lazy.	1 = Strongly disagree, 2 = Disagree, 3 = Neutral, 4 = Agree, 5 = Strongly Agree
C4	I say inappropriate things.	1 = Strongly disagree, 2 = Disagree, 3 = Neutral, 4 = Agree, 5 = Strongly Agree
C5	I do certain things that are bad for me, if they are fun.	1 = Strongly disagree, 2 = Disagree, 3 = Neutral, 4 = Agree, 5 = Strongly Agree
C6	I refuse things that are bad for me.	1 = Strongly disagree, 2 = Disagree, 3 = Neutral, 4 = Agree, 5 = Strongly Agree
C7	I wish I had more self-discipline.	1 = Strongly disagree, 2 = Disagree, 3 = Neutral, 4 = Agree, 5 = Strongly Agree
C8	People would say that I have iron self-discipline.	1 = Strongly disagree, 2 = Disagree, 3 = Neutral, 4 = Agree, 5 = Strongly Agree
C9	Pleasure and fun sometimes keep me from getting work done.	1 = Strongly disagree, 2 = Disagree, 3 = Neutral, 4 = Agree, 5 = Strongly Agree
C10	I have trouble concentrating.	1 = Strongly disagree, 2 = Disagree, 3 = Neutral, 4 = Agree, 5 = Strongly Agree
C11	I am able to work effectively toward long-term goals.	1 = Strongly disagree, 2 = Disagree, 3 = Neutral, 4 = Agree, 5 = Strongly Agree
C12	Sometimes I can't stop myself from doing something, even if I know it is wrong.	1 = Strongly disagree, 2 = Disagree, 3 = Neutral, 4 = Agree, 5 = Strongly Agree
C13	I often act without thinking through all the alternatives.	1 = Strongly disagree, 2 = Disagree, 3 = Neutral, 4 = Agree, 5 = Strongly Agree

Scoring: Need more information.

Psychometrics

Cronbach's Alpha:

- Pre-Intervention α = **Need Data**
- Post-Intervention α = **Need Data**

Item Analysis at Pre-Intervention

Item Analysis at Post-Intervention

3.3 Short Executive Functioning Measure

Instrument Citation

Buchanan, T., Heffernan, T. M., Parrott, A. C., Ling, J., Rodgers, J., & Scholey, A. B. (2010). A short self-report measure of problems with executive function suitable for administration via the Internet. *Behavior Research Methods*, 42(3), 709-714.

List of Items in Instrument

Please rate the extent to which you have problems in the following areas by picking the appropriate option for each item.

Variable	Description	Response scale
D1	Do you find is difficult to keep your attention on a particular task?	1 = No problems, 2 = A few problems, 3 = More than a few problems, 4 = A great many problems
D2	Do you find yourself having problems concentrating on a task?	1 = No problems, 2 = A few problems, 3 = More than a few problems, 4 = A great many problems
D3	Do you have difficulty carrying out more than one task at a time?	1 = No problems, 2 = A few problems, 3 = More than a few problems, 4 = A great many problems
D4	Do you tend to “lose” your train of thoughts?	1 = No problems, 2 = A few problems, 3 = More than a few problems, 4 = A great many problems
D5	Do you have difficulty seeing through something that you have started?	1 = No problems, 2 = A few problems, 3 = More than a few problems, 4 = A great many problems
D6	Do you find yourself acting on impulse?	1 = No problems, 2 = A few problems, 3 = More than a few problems, 4 = A great many problems

Scoring:

Reverse Score items: 2 & 5 Mean of item responses.

Psychometrics

Cronbach's Alpha:

- Pre-Intervention α = **Need Data**
- Post-Intervention α = **Need Data**

Item Analysis at Pre-Intervention

Item Analysis at Post-Intervention

3.4 Communication Scale

Instrument Citation

Adapted from the Communication Scale from the Youth Life Skills Evaluation Project (Barkman, S. & Machtmes, K., 2002).

List of Items in Instrument

Select the answer that best corresponds to how often you did what is described in the last 30 days. For example, if you select 5 for a statement that means you always do what is described in that statement.

Variable	Description	Response scale
E1	I use my tone of voice to reinforce what I am trying to say.	1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always
E2	I don't hear everything a person is saying because I am thinking about what I want to say.	1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always
E3	When talking to someone, I try to maintain eye contact.	1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always
E4	My body language reinforces what I am trying to say.	1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always
E5	I interrupt other people to say what I want to say before I forget it.	1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always
E6	I recognize when two people are trying to say the same thing, but in different ways.	1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always
E7	I try to watch other people's body language to help me say what I am trying to say.	1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always
E8	I recognize when people are using their hands to reinforce what they are saying.	1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always
E9	I recognize when a person is listening to me, but not hearing what I am saying.	1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always
E10	I use my own experiences to let my friends know that I understand what they are going through.	1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always
E11	When I am listening to someone, I try to understand what they are feeling.	1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always
E12	I try to see the other person's point of view.	1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always
E13	I change the way I talk to someone based on my relationship with them (i.e., friend, parent, teacher, etc.)	1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always
E14	I try to respond to what someone is saying, rather than just reacting to their tone of voice.	1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always
E15	To help a person understand me, I change the way I speak based on how the other person is talking to me.	1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always
E16	I find it easy to get my point across.	1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always
E17	I use my hands to illustrate what I am trying to say.	1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always
E18	I organize thoughts in my head before speaking.	1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always
E19	I use body language to help reinforce what I want to say.	1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always

Variable	Description	Response scale
E20	I make sure I understand what another person is saying before I respond.	1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always
E21	I rephrase what another person said, to make sure that I understood them.	1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always
E22	When someone gets mad, I change my tone of voice to help them calm down.	1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always
E23	I find ways to redirect the conversation when people rattle on and on.	1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always

Scoring: Mean of item responses.

Psychometrics

Cronbach's Alpha:

- Pre-Intervention α = **Need Data**
- Post-Intervention α = **Need Data**

Item Analysis at Pre-Intervention

Item Analysis at Post-Intervention

3.5 Duke-UNC Functional Social Support Questionnaire (FSSQ)

Instrument Citation

Broadhead, W. E., Gehlbach, S. H., De Gruy, F. V., & Kaplan, B. H. (1988). The Duke-UNC Functional Social Support Questionnaire: Measurement of social support in family medicine patients. *Medical care*, 709-723.

List of Items in Instrument

Here is a list of some things that other people do for us or give us that may be helpful or supportive. Please read each statement carefully and circle the answer that is closest to your situation.

Variable	Description	Response scale
F1	I have people who care what happens to me.	1 = Much less than I would like, 2 = Less than I would like, 3 = Some, but I would like more, 4 = Almost as much as I would like, 5 = As much as I would like
F2	I get love and affection.	1 = Much less than I would like, 2 = Less than I would like, 3 = Some, but I would like more, 4 = Almost as much as I would like, 5 = As much as I would like
F3	I get chances to talk to someone about problems at work or with my housework.	1 = Much less than I would like, 2 = Less than I would like, 3 = Some, but I would like more, 4 = Almost as much as I would like, 5 = As much as I would like
F4	I get chances to talk to someone I trust about my personal or family problems.	1 = Much less than I would like, 2 = Less than I would like, 3 = Some, but I would like more, 4 = Almost as much as I would like, 5 = As much as I would like
F5	I get chances to talk about money matters.	1 = Much less than I would like, 2 = Less than I would like, 3 = Some, but I would like more, 4 = Almost as much as I would like, 5 = As much as I would like
F6	I get invitations to go out and do things with other people.	1 = Much less than I would like, 2 = Less than I would like, 3 = Some, but I would like more, 4 = Almost as much as I would like, 5 = As much as I would like
F7	I get useful advice about important things in life.	1 = Much less than I would like, 2 = Less than I would like, 3 = Some, but I would like more, 4 = Almost as much as I would like, 5 = As much as I would like
F8	I get help when I am sick in bed.	1 = Much less than I would like, 2 = Less than I would like, 3 = Some, but I would like more, 4 = Almost as much as I would like, 5 = As much as I would like

Scoring: Mean of items.

Psychometrics

Cronbach's Alpha:

- Pre-Intervention α = **Need Data**
- Post-Intervention α = **Need Data**

Item Analysis at Pre-Intervention

Item Analysis at Post-Intervention

3.6 The Gratitude Questionnaire (GQ-6)

Instrument Citation

McCullough M., E. (2013) . The Gratitude Questionnaire (GQ-6) . Measurement Instrument Database for the Social Science. Retrieved from www.midss.ie

List of Items in Instrument

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

Variable	Description	Response scale
G1	I have so much in life to be thankful for.	1 = Strongly disagree, 2 = Disagree, 3 = Slightly disagree, 4 = Neutral, 5 = Slightly agree, 6 = Agree, 7 = Strongly agree
G2	If I had to list everything that I felt grateful for, it would be a very long list.	1 = Strongly disagree, 2 = Disagree, 3 = Slightly disagree, 4 = Neutral, 5 = Slightly agree, 6 = Agree, 7 = Strongly agree
G3	When I look at the world, I donât see much to be grateful for.	1 = Strongly disagree, 2 = Disagree, 3 = Slightly disagree, 4 = Neutral, 5 = Slightly agree, 6 = Agree, 7 = Strongly agree
G4	I am grateful to a wide variety of people.	1 = Strongly disagree, 2 = Disagree, 3 = Slightly disagree, 4 = Neutral, 5 = Slightly agree, 6 = Agree, 7 = Strongly agree
G5	As I get older, I find myself more able to appreciate the people, events, and situations that have been part of my life history.	1 = Strongly disagree, 2 = Disagree, 3 = Slightly disagree, 4 = Neutral, 5 = Slightly agree, 6 = Agree, 7 = Strongly agree
G6	Long amounts of time can go by before I feel grateful to something or someone.	1 = Strongly disagree, 2 = Disagree, 3 = Slightly disagree, 4 = Neutral, 5 = Slightly agree, 6 = Agree, 7 = Strongly agree

Scoring: Items 3 & 6 are reverse coded. Mean of items.

Psychometrics

Cronbach's Alpha:

- Pre-Intervention α = **Need Data**
- Post-Intervention α = **Need Data**

Item Analysis at Pre-Intervention

Item Analysis at Post-Intervention

3.7 Heartland Forgiveness Scale

Instrument Citation

Thompson, L. Y., & Snyder, C. R. (2003). Measuring forgiveness. In Shane J. Lopez & C. R. Snyder (Eds.), *Positive psychological assessment: A handbook of models and measures* (pp. 301-312). Washington, DC, US: American Psychological Association.

List of Items in Instrument

In the course of our lives, negative things may occur because of our own actions, the actions of others, or circumstances beyond our control. For some time after these events, we may have negative thoughts or feelings about ourselves, others, or the situation. Think about how you typically respond to such negative events. Next to each of the following items write the number (from the 7-point scale below) that best describes how you typically respond to the type of negative situation described. There are no right or wrong answers. Please be as open as possible in your answers.

Vari- able	Description	Response scale
H1	Although I feel badly at first when I mess up, over time I can give myself some slack.	1 = Almost always false of me, 2 = 2, 3 = More often false of me, 4 = 4, 5 = More often true of me, 6 = 6, 7 = Almost always true of me
H2	I hold grudges against myself for the negative things I've done.	1 = Almost always false of me, 2 = 2, 3 = More often false of me, 4 = 4, 5 = More often true of me, 6 = 6, 7 = Almost always true of me
H3	Learning from bad things that I've done helps me get over them.	1 = Almost always false of me, 2 = 2, 3 = More often false of me, 4 = 4, 5 = More often true of me, 6 = 6, 7 = Almost always true of me
H4	It is really hard for me to accept myself once I've messed up.	1 = Almost always false of me, 2 = 2, 3 = More often false of me, 4 = 4, 5 = More often true of me, 6 = 6, 7 = Almost always true of me
H5	With time I am understanding of myself for mistakes I've made.	1 = Almost always false of me, 2 = 2, 3 = More often false of me, 4 = 4, 5 = More often true of me, 6 = 6, 7 = Almost always true of me
H6	I don't stop criticizing myself for the negative things I've felt, thought, said or done.	1 = Almost always false of me, 2 = 2, 3 = More often false of me, 4 = 4, 5 = More often true of me, 6 = 6, 7 = Almost always true of me
H7	I continue to punish a person who has done something that I think is wrong.	1 = Almost always false of me, 2 = 2, 3 = More often false of me, 4 = 4, 5 = More often true of me, 6 = 6, 7 = Almost always true of me
H8	With time I am understanding of others for the mistakes they've made.	1 = Almost always false of me, 2 = 2, 3 = More often false of me, 4 = 4, 5 = More often true of me, 6 = 6, 7 = Almost always true of me
H9	I continue to be hard on others who have hurt me.	1 = Almost always false of me, 2 = 2, 3 = More often false of me, 4 = 4, 5 = More often true of me, 6 = 6, 7 = Almost always true of me

Vari- able	Description	Response scale
H10	Although others have hurt me in the past, I have eventually been able to see them as good people.	1 = Almost always false of me, 2 = 2, 3 = More often false of me, 4 = 4, 5 = More often true of me, 6 = 6, 7 = Almost always true of me
H11	If others mistreat me, I continue to think badly of them.	1 = Almost always false of me, 2 = 2, 3 = More often false of me, 4 = 4, 5 = More often true of me, 6 = 6, 7 = Almost always true of me
H12	When someone disappoints me, I can eventually move past it.	1 = Almost always false of me, 2 = 2, 3 = More often false of me, 4 = 4, 5 = More often true of me, 6 = 6, 7 = Almost always true of me
H13	When things go wrong for reasons that can't be controlled, I get stuck in negative thoughts about it.	1 = Almost always false of me, 2 = 2, 3 = More often false of me, 4 = 4, 5 = More often true of me, 6 = 6, 7 = Almost always true of me
H14	With time I can be understanding of bad circumstances in my life.	1 = Almost always false of me, 2 = 2, 3 = More often false of me, 4 = 4, 5 = More often true of me, 6 = 6, 7 = Almost always true of me
H15	If I am disappointed by uncontrollable circumstances in my life, I continue to think negatively about them.	1 = Almost always false of me, 2 = 2, 3 = More often false of me, 4 = 4, 5 = More often true of me, 6 = 6, 7 = Almost always true of me
H16	I eventually make peace with bad situations in my life.	1 = Almost always false of me, 2 = 2, 3 = More often false of me, 4 = 4, 5 = More often true of me, 6 = 6, 7 = Almost always true of me
H17	It's really hard for me to accept negative situations that aren't anybody's fault.	1 = Almost always false of me, 2 = 2, 3 = More often false of me, 4 = 4, 5 = More often true of me, 6 = 6, 7 = Almost always true of me
H18	Eventually I let go of negative thoughts about bad circumstances that are beyond anyone's control.	1 = Almost always false of me, 2 = 2, 3 = More often false of me, 4 = 4, 5 = More often true of me, 6 = 6, 7 = Almost always true of me

Scoring:

Total HFS (items 1-18)

- HFS Forgiveness of Self subscale (items 1-6)
- HFS Forgiveness of Others subscale (items 7-12)
- HFS Forgiveness of Situations subscale (items 13-18)

To score the HFS:

1. Scores for items 1, 3, 5, 8, 10, 12, 14, 16, & 18 are the same as the answer written by the person taking the HFS. Scores for items 2, 4, 6, 7, 9, 11, 13, 15, and 17 are reversed. For example, an answer of 1 is given a score of 7 and an answer of 7 is given a score of 1. Refer to the tables below for more information about scoring individual items.
2. To calculate the Total HFS, HFS Forgiveness of Self, HFS Forgiveness of Others, and HFS Forgiveness of Situations, sum the values for the items that compose each scale or subscale (with appropriate items

being reverse scored). Scores for the Total HFS can range from 18 to 126. Scores for each of the three HFS subscales can range from 6 to 42.

Psychometrics

Cronbach's Alpha:

- Pre-Intervention α = **Need Data**
- Post-Intervention α = **Need Data**

Item Analysis at Pre-Intervention

Item Analysis at Post-Intervention

3.8 Solving Problems

Instrument Citation

Youth Life Skills Evaluation project at Penn State. Instrument also cited by the CYFAR Life Skills Project at Texas A&M University.

List of Items in Instrument

Please select the appropriate response for each item below.

Variable	Description	Response scale
I1	When I have a problem, I first figure out exactly what the problem is.	1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always
I2	I try to get all the facts before trying to solve a problem.	1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always
I3	When I have a problem, I look at what is and what should be.	1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always
I4	I look ahead and try to prevent problems before they happen.	1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always
I5	When faced with a problem, I wait to see if it will go away.	1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always
I6	I look at a problem from many different viewpoints (my own, my friends's, my parents's, etc.).	1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always
I7	I keep an open mind about what caused a problem.	1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always
I8	When faced with a problem, I try to determine what caused it.	1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always
I9	When solving a problem, I do the first thing that comes into my head.	1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always
I10	I look at the likely results for each possible solution.	1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always
I11	When solving a problem, I look at all possible solutions.	1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always
I12	When I have a problem, I do what I have done in the past to solve it.	1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always
I13	I try to look at the long term results of each possible solution.	1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always
I14	When comparing solutions, I look how each solution will affect the people involved.	1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always
I15	When I am solving a problem, I choose the easiest solution.	1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always
I16	I compare each possible solution with the others to find the best one to solve my problem.	1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always
I17	After putting my solution into action, I forget about it.	1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always
I18	After choosing a solution, I put it into action.	1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always
I19	After selecting a solution, I think about it for awhile before I put it into action.	1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always
I20	I tend to doubt my decision after it has been made.	1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always
I21	If my solution is not working, I will try another solution.	1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always

Variable	Description	Response scale
I22	Once I carry out a solution, I never look back.	1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always
I23	When a solution is not working, I try to figure out what is wrong.	1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always
I24	Once I have solved a problem, I step back to see how my solution is working.	1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always

Scoring:

Reverse score items: 5, 9, & 15.

Sum all item ratings together.

Higher scores indicate greater skill at problem solving.

Psychometrics

Cronbach's Alpha:

- Pre-Intervention α = **Need Data**
- Post-Intervention α = **Need Data**

Item Analysis at Pre-Intervention

Item Analysis at Post-Intervention

3.9 Sexual Choices

Instrument Citation

Not an established scale

List of Items in Instrument

Variable	Description	Response scale
K1	If someone did want you to have sexual intercourse with him/her during the next year, what would you do?	1 = I definitely would not do it, 2 = I probably would do it, 3 = I'm not sure whether I would do it or not, 4 = I probably would do it, 5 = I definitely would do it

These items are all measured using a 4 point scale as follows:

1- Not at all like me, 2- somewhat like me, 3- Like me, 4- Very much like me.

Variable	Description	Response scale
K2	I believe that my sexual choices affect others	1 = Not all like me, 2 = Somewhat like me, 3 = Like me, 4 = Very much like me
K3	I have told a friend that I plan to stop having sex.	1 = Not all like me, 2 = Somewhat like me, 3 = Like me, 4 = Very much like me
K4	When I am in a relationship, I tell my partner about my decision to not have sex.	1 = Not all like me, 2 = Somewhat like me, 3 = Like me, 4 = Very much like me
K5	I am continuously avoiding people, places and things that make me want to have sex.	1 = Not all like me, 2 = Somewhat like me, 3 = Like me, 4 = Very much like me
K6	I plan to stop having sex.	1 = Not all like me, 2 = Somewhat like me, 3 = Like me, 4 = Very much like me
K7	At this time in my life, I may benefit from new sexual boundaries.	1 = Not all like me, 2 = Somewhat like me, 3 = Like me, 4 = Very much like me
K8	I see myself as a different person due to my decision to stop having sex.	1 = Not all like me, 2 = Somewhat like me, 3 = Like me, 4 = Very much like me
K9	I have stopped having sex	1 = Not all like me, 2 = Somewhat like me, 3 = Like me, 4 = Very much like me
K10	I am spending times with friends/mentors who support my decision to stop having sex.	1 = Not all like me, 2 = Somewhat like me, 3 = Like me, 4 = Very much like me
K11	I am confident in my decision to stop having sex.	1 = Not all like me, 2 = Somewhat like me, 3 = Like me, 4 = Very much like me
K12	I have replaced my previous sexual activities with other (positive) outlets.	1 = Not all like me, 2 = Somewhat like me, 3 = Like me, 4 = Very much like me
K13	I am thinking about the consequences of my sexual choices.	1 = Not all like me, 2 = Somewhat like me, 3 = Like me, 4 = Very much like me
K14	I am seeking out resources (my doctor, counselor, supportive adult figure) to stop having sex.	1 = Not all like me, 2 = Somewhat like me, 3 = Like me, 4 = Very much like me
K15	I am always aware of my triggers that make me want to have sex.	1 = Not all like me, 2 = Somewhat like me, 3 = Like me, 4 = Very much like me
K16	If a sexual opportunity arose, I would be able to keep my decision to not have sex.	1 = Not all like me, 2 = Somewhat like me, 3 = Like me, 4 = Very much like me
K17	I believe that my sexual choice affect my ability to enter into a long-term relationship.	1 = Not all like me, 2 = Somewhat like me, 3 = Like me, 4 = Very much like me
K18	My decision to NOT have sex is good for me.	1 = Not all like me, 2 = Somewhat like me, 3 = Like me, 4 = Very much like me

Variable	Description	Response scale
K19	I am comfortable with my decision to NOT have sex.	1 = Not all like me, 2 = Somewhat like me, 3 = Like me, 4 = Very much like me
K20	My decision to NOT have sex makes me feel good about myself.	1 = Not all like me, 2 = Somewhat like me, 3 = Like me, 4 = Very much like me
K21	At this stage of my life, sex is NOT important to me	1 = Not all like me, 2 = Somewhat like me, 3 = Like me, 4 = Very much like me
K22	My decision to have sex is good for me.	1 = Not all like me, 2 = Somewhat like me, 3 = Like me, 4 = Very much like me
K23	I am comfortable with my decision to have sex.	1 = Not all like me, 2 = Somewhat like me, 3 = Like me, 4 = Very much like me
K24	My decision to have sex makes me feel good about myself.	1 = Not all like me, 2 = Somewhat like me, 3 = Like me, 4 = Very much like me
K25	At this stage of my life, sex is very important to me.	1 = Not all like me, 2 = Somewhat like me, 3 = Like me, 4 = Very much like me

Variable	Description	Response scale
K26	Which of the following best describes your plans about having sexual intercourse in the future?	1 = I plan to wait until marriage before having sexual intercourse, 2 = I plan to wait until I am engaged before having sexual intercourse, 3 = I plan to wait until I find someone I really love before having sexual intercourse, 4 = I plan to wait until I am at least 18 before having sexual intercourse, 5 = I don't have specific plans; it will depend on the circumstances, 6 = I plan to have sexual intercourse as soon as possible

Scoring:

N/A

Psychometrics

Cronbach's Alpha:

- Pre-Intervention α = **Need Data**
- Post-Intervention α = **Need Data**

Item Analysis at Pre-Intervention

Item Analysis at Post-Intervention

3.10 Sexually Transmitted Disease Knowledge

Instrument Citation

Not an established scale

List of Items in Instrument

The following questions ask about your knowledge of sexually transmitted diseases (STDs) that is, infections that are passed through sexual contact with other sexual partners. Examples of STDs include herpes, chlamydia, HPV, etc. Please answer the following questions honestly and to the best of your knowledge.

Variable	Description	Response scale
L1_1	What are the signs and symptoms of a sexual transmitted disease in a man: Discharge from penis	1 = yes
L1_2	What are the signs and symptoms of a sexual transmitted disease in a man: Pain during urination	1 = yes
L1_3	What are the signs and symptoms of a sexual transmitted disease in a man: Ulcers/sores in genital area	1 = yes
L1_4	What are the signs and symptoms of a sexual transmitted disease in a man: Other	1 = yes
L1_5	What are the signs and symptoms of a sexual transmitted disease in a man: I don't know any signs	1 = yes
L2_1	What are the signs and symptoms of a sexual transmitted disease in a woman: Vaginal discharge	1 = yes
L2_2	What are the signs and symptoms of a sexual transmitted disease in a woman: Pain during urination	1 = yes
L2_3	What are the signs and symptoms of a sexual transmitted disease in a woman: Ulcers/sores in genital area	1 = yes
L2_4	What are the signs and symptoms of a sexual transmitted disease in a woman: Other	1 = yes
L2_5	What are the signs and symptoms of a sexual transmitted disease in a woman: I don't know any signs	1 = yes

Scoring:

% Yes

Psychometrics

Cronbach's Alpha:

- Pre-Intervention α = **Need Data**
- Post-Intervention α = **Need Data**

Item Analysis at Pre-Intervention

Item Analysis at Post-Intervention

3.11 Condom Use knowledge

Instrument Citation

Not an established scale

List of Items in Instrument

People have different opinions about condoms. For each of the following options, circle whether you agree (1), disagree (2), or whether you don't know (3).

Variable	Description	Response scale
M1	Condoms are an effective method of preventing pregnancy.	1 = Agree, 2 = Disagree, 3 = Don't know
M2	Condoms are an effective way of protecting against HIV/AIDS.	1 = Agree, 2 = Disagree, 3 = Don't know
M3	Condoms are suitable for casual relationships.	1 = Agree, 2 = Disagree, 3 = Don't know
M4	Condoms are an effective way of protecting against sexually transmitted diseases.	1 = Agree, 2 = Disagree, 3 = Don't know

Scoring:

%Agree

Psychometrics

Cronbach's Alpha:

- Pre-Intervention α = **Need Data**
- Post-Intervention α = **Need Data**

Item Analysis at Pre-Intervention

Item Analysis at Post-Intervention