IDEAS Codebook

Contents

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 01/31/2019. 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 General Variables

Description of Demographic Variables
Variables recorded for research purposes.

List of Demographic Variables

Variable	Description	Response scale
ID	Particpant ID#	Text response
Name	Participant name	Text response
Gender	School reported gender	M = Male, F = Female
Teacher	Teacher name	Text response
Condition	Randomly assigned condition	1 = APF condition, 0 = Control
Consent	Did participant's parents consent to research?	Y = Yes, N = No
Assent	Did youth assent to research?	Y = Yes, N = No

3 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
dem_gen	[Gender self report] Are you a:	1 = Boy, 2 = Girl
dem_lunch	Are you eligible to receive free or reduced lunch prices at your school?	1 = Yes, 2 = No, 3 = I don't know
dem_age	How old are you?	Numeric response
dem_grade	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
dem_white	Are you: White	1 = White
dem_hisp	Are you: Latino or Hispanic?	1 = Latino or Hispanic
dem_black	Are you: Black or African American?	1 = Black or African American
dem_asian	Are you: Asian?	1 = Asian
dem_other	Are you: Other?	1 = Other
dem_other_text	Are you: Other text response	Text response

4 Instruments

4.1 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
brs_B1	I tend to bounce back quickly after hard times.	1 = Strongly disagree, 2 = Disagree, 3 = Neutral, 4 = Agree, 5 = Strongly Agree
brs_B2	I have a hard time making it through stressful events.	1 = Strongly disagree, 2 = Disagree, 3 = Neutral, 4 = Agree, 5 = Strongly Agree
brs_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
brs_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
brs_B5	I usually come through difficult times with little trouble.	1 = Strongly disagree, 2 = Disagree, 3 = Neutral, 4 = Agree, 5 = Strongly Agree
brs_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

4.2 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
bcs_C1	I am good at resisting temptation.	1 = Strongly disagree, 2 = Disagree, 3 = Neutral, 4 = Agree, 5 = Strongly Agree
bcs_C2	I have a hard time breaking bad habits.	1 = Strongly disagree, 2 = Disagree, 3 = Neutral, 4 = Agree, 5 = Strongly Agree
bcs_C3	I am lazy.	1 = Strongly disagree, 2 = Disagree, 3 = Neutral, 4 = Agree, 5 = Strongly Agree
bcs_C4	I say inappropriate things.	1 = Strongly disagree, 2 = Disagree, 3 = Neutral, 4 = Agree, 5 = Strongly Agree
bcs_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
bcs_C6	I refuse things that are bad for me.	1 = Strongly disagree, 2 = Disagree, 3 = Neutral, 4 = Agree, 5 = Strongly Agree
bcs_C7	I wish I had more self-discipline.	1 = Strongly disagree, 2 = Disagree, 3 = Neutral, 4 = Agree, 5 = Strongly Agree
bcs_C8	People would say that I have iron self-discipline.	1 = Strongly disagree, 2 = Disagree, 3 = Neutral, 4 = Agree, 5 = Strongly Agree
bcs_C9	Pleasure and fun sometimes keep me from getting work done.	1 = Strongly disagree, 2 = Disagree, 3 = Neutral, 4 = Agree, 5 = Strongly Agree
bcs_C10	I have trouble concentrating.	1 = Strongly disagree, 2 = Disagree, 3 = Neutral, 4 = Agree, 5 = Strongly Agree
bcs_C11	I am able to work effectively toward long-term goals.	1 = Strongly disagree, 2 = Disagree, 3 = Neutral, 4 = Agree, 5 = Strongly Agree
bcs_C12	Sometimes I canât stop myself from doing something, even if I know it is wrong.	1 = Strongly disagree, 2 = Disagree, 3 = Neutral, 4 = Agree, 5 = Strongly Agree
bcs_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 $\alpha = $ **Need Data**

- Post-Intervention $\alpha = $ **Need Data**

Item Analysis at Pre-Intervention

Item Analysis at Post-Intervention

4.3 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
sef_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
sef_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
sef_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
sef_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
sef_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
sef_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

4.4   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
cs_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
cs_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
cs_E3	When talking to someone, I try to maintain eye contact.	1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always
cs_E4	My body language reinforces what I am trying to say.	1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always
cs_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
cs_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
cs_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
cs_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
cs_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
cs_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
cs_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
cs_E12	I try to see the other personâs point of view.	1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always
cs_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
cs_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
cs_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
cs_E16	I find it easy to get my point across.	1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always
cs_E17	I use my hands to illustrate what I am trying to say.	1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always
cs_E18	I organize thoughts in my head before speaking.	1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always
cs_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
cs_E20	I make sure I understand what another person is saying before I respond.	1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always
cs_E21	I rephrase what another person said, to make sure that I understood them.	1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always
cs_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
cs_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 $\alpha =$ **Need Data**

- Post-Intervention $\alpha =$ **Need Data**

Item Analysis at Pre-Intervention

Item Analysis at Post-Intervention

4.5 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
fssq_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
fssq_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
fssq_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
fssq_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
fssq_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
fssq_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
fssq_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
fssq_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

4.6 The Gratitude Questionaire (GQ-6)

Instrument Citation

McCullough M., E. (2013) . The Gratitude Questionaire (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
gq_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
gq_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
gq_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
gq_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
gq_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
gq_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

4.7 Heartland Forgiveness Scale

Instrument Citation

Thompson, L. Y., & Synder, 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.

Variable	Description	Response scale
hfs_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
hfs_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
hfs_H3	Learning from bad things that Iâve 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
hfs_H4	It is really hard for me to accept myself once Iâve 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
hfs_H5	With time I am understanding of myself for mistakes Iâve 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
hfs_H6	I donât stop criticizing myself for the negative things Iâve 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
hfs_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
hfs_H8	With time I am understanding of others for the mistakes theyâve 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
hfs_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

Variable	Description	Response scale
hfs_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
hfs_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
hfs_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
hfs_H13	When things go wrong for reasons that canât 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
hfs_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
hfs_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
hfs_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
hfs_H17	Itâs really hard for me to accept negative situations that arenât anybodyâs 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
hfs_H18	Eventually I let go of negative thoughts about bad circumstances that are beyond anyoneâs 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 Forgivenesss 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 $\alpha =$ **Need Data**

- Post-Intervention $\alpha =$ **Need Data**

Item Analysis at Pre-Intervention

Item Analysis at Post-Intervention

4.8 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
sps_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
sps_I2	I try to get all the facts before trying to solve a problem.	1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always
sps_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
sps_I4	I look ahead and try to prevent problems before they happen.	1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always
sps_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
sps_I6	I look at a problem from many different viewpoints (my own, my friendsâ, my parentsâ, etc.).	1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always
sps_I7	I keep an open mind about what caused a problem.	1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always
sps_I8	When faced with a problem, I try to determine what caused it.	1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always
sps_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
sps_I10	I look at the likely results for each possible solution.	1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always
sps_I11	When solving a problem, I look at all possible solutions.	1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always
sps_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
sps_I13	I try to look at the long term results of each possible solution.	1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always
sps_I14	When comparing solutions, I look how each solution will affect the people involved.	1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always
sps_I15	When I am solving a problem, I choose the easiest solution.	1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always
sps_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
sps_I17	After putting my solution into action, I forget about it.	1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always
sps_I18	After choosing a solution, I put it into action.	1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always
sps_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
sps_I20	I tend to doubt my decision after it has been made.	1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always
sps_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
sps_I22	Once I carry out a solution, I never look back.	1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always
sps_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
sps_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 $\alpha =$ **Need Data**

- Post-Intervention $\alpha =$ **Need Data**

Item Analysis at Pre-Intervention

Item Analysis at Post-Intervention

4.9 Sexual Choices

Instrument Citation
Not an established scale

List of Items in Instrument

Variable	Description	Response scale
sexch_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
sexch_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
sexch_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
sexch_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
sexch_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
sexch_K6	I plan to stop having sex.	1 = Not all like me, 2 = Somewhat like me, 3 = Like me, 4 = Very much like me
sexch_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
sexch_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
sexch_K9	I have stopped having sex	1 = Not all like me, 2 = Somewhat like me, 3 = Like me, 4 = Very much like me
sexch_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
sexch_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
sexch_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
sexch_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
sexch_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
sexch_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
sexch_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
sexch_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
sexch_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
sexch_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

Variable	Description	Response scale
sexch_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
sexch_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
sexch_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
sexch_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
sexch_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
sexch_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
sexch_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

4.10 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
std_L1_1	What are the signs and symptoms of a sexual transmitted disease in a man: Discharge from penis	1 = yes
std_L1_2	What are the signs and symptoms of a sexual transmitted disease in a man: Pain during urination	1 = yes
std_L1_3	What are the signs and symptoms of a sexual transmitted disease in a man: Ulcers/sores in genital area	1 = yes
std_L1_4	What are the signs and symptoms of a sexual transmitted disease in a man: Other	1 = yes
std_L1_5	What are the signs and symptoms of a sexual transmitted disease in a man: I don't know any signs	1 = yes
std_L2_1	What are the signs and symptoms of a sexual transmitted disease in a woman: Vaginal discharge	1 = yes
std_L2_2	What are the signs and symptoms of a sexual transmitted disease in a woman: Pain during urination	1 = yes
std_L2_3	What are the signs and symptoms of a sexual transmitted disease in a woman: Ulcers/sores in genital area	1 = yes
std_L2_4	What are the signs and symptoms of a sexual transmitted disease in a woman: Other	1 = yes
std_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 $\alpha = $ **Need Data**

- Post-Intervention $\alpha = $ **Need Data**

Item Analysis at Pre-Intervention

Item Analysis at Post-Intervention

4.11 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
con_M1	Condoms are an effective method of preventing pregnancy.	1 = Agree, 2 = Disagree, 3 = Don't know
con_M2	Condoms are an effective way of protecting against HIV/AIDS.	1 = Agree, 2 = Disagree, 3 = Don't know
con_M3	Condoms are suitable for casual relationships.	1 = Agree, 2 = Disagree, 3 = Don't know
con_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 $\alpha = $ **Need Data**

- Post-Intervention $\alpha = $ **Need Data**

Item Analysis at Pre-Intervention

Item Analysis at Post-Intervention