IDEAS Codebook

Table of Contents

# 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 01/18/2019. This codebook corresponds to the APF survey as part of an *Advancing Innovation and Dissemination of Evidence-Based Action in Schools* (IDEAS) project.

Please send any questions and correspondences of this document to Neil Yetz [Neil.Yetz@colostate.edu](mailto:Neil.Yetz@colostate.edu), Abigail Johnson [Abby.Johnson@colostate.edu](mailto:Abby.Johnson@colostate.edu) & Nathaniel Riggs [Nathaniel.Riggs@colostate.edu](mailto:Nathaniel.Riggs@colostate.edu).

# 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 | Particpant 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 D’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 |

# Instruments

## 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 = **Need Data**
* Post-Intervention = **Need Data**

*Item Analysis at Pre-Intervention*

*Item Analysis at Post-Intervention*

## 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 canâ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 = **Need Data**
* Post-Intervention = **Need Data**

*Item Analysis at Pre-Intervention*

*Item Analysis at Post-Intervention*

## 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 = **Need Data**
* Post-Intervention = **Need Data**

*Item Analysis at Pre-Intervention*

*Item Analysis at Post-Intervention*

## 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 personâ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 |
| 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 = **Need Data**
* Post-Intervention = **Need Data**

*Item Analysis at Pre-Intervention*

*Item Analysis at Post-Intervention*

## 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 = **Need Data**
* Post-Intervention = **Need Data**

*Item Analysis at Pre-Intervention*

*Item Analysis at Post-Intervention*

## 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 |
| 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 donât 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 = **Need Data**
* Post-Intervention = **Need Data**

*Item Analysis at Pre-Intervention*

*Item Analysis at Post-Intervention*

## 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 |
| 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 Iâ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 Iâ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 Iâ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 donât stop criticizing myself for the negative things Iâ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 theyâ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 |
| 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 canâ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 | Itâs really hard for me to accept negative situations that arenât anybodyâ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 anyoneâ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 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 = **Need Data**
* Post-Intervention = **Need Data**

*Item Analysis at Pre-Intervention*

*Item Analysis at Post-Intervention*

## 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 friendsâ, my parentsâ, 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 |
| 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 = **Need Data**
* Post-Intervention = **Need Data**

*Item Analysis at Pre-Intervention*

*Item Analysis at Post-Intervention*

## 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 |
| 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 = **Need Data**
* Post-Intervention = **Need Data**

*Item Analysis at Pre-Intervention*

*Item Analysis at Post-Intervention*

## 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 = **Need Data**
* Post-Intervention = **Need Data**

*Item Analysis at Pre-Intervention*

*Item Analysis at Post-Intervention*

## 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 = **Need Data**
* Post-Intervention = **Need Data**

*Item Analysis at Pre-Intervention*

*Item Analysis at Post-Intervention*