Starr Hill Pathways Summer 2024: Survey Scale Protocol

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Adolescent Autonomy Questionnaire:**

Noom, M. J., Deković, M., & Meeus, W. (2001). Conceptual analysis and measurement of adolescent autonomy. *Journal of Youth and Adolescence*, *30*(5), 577-595.

The following questions are about your ability to define goals and make decisions. Please answer truthfully about how well you believe these statements describe you. (Adolescent Autonomy Questionnaire- Attitudinal Autonomy)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Strongly Disagree** | **Kind of Disagree** | **Neutral** | **Kind of Agree** | **Strongly Agree** |
| I find it difficult to decide what I want. |  |  |  |  |  |
| I can make a choice easily. |  |  |  |  |  |
| I often don’t know what to think. |  |  |  |  |  |
| When people ask me what I want, I immediately know the answer. |  |  |  |  |  |
| I often hesitate about what to do. |  |  |  |  |  |

The following questions are about how confident you feel in your choices. Please answer truthfully about how well you believe these statements describe you. (Adolescent Autonomy Questionnaire- Emotional Autonomy)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Strongly Disagree** | **Kind of Disagree** | **Neutral** | **Kind of Agree** | **Strongly Agree** |
| When I act against the will of others, I usually get nervous. |  |  |  |  |  |
| I have a strong tendency to comply with the wishes of others. |  |  |  |  |  |
| When I disagree with others, I tell them. |  |  |  |  |  |
| I often agree with others, even if I’m not sure. |  |  |  |  |  |
| I often change my mind after listening to others. |  |  |  |  |  |

The following questions are about how you develop strategies to achieve your goals. Please answer truthfully about how well you believe these statements describe you. (Adolescent Autonomy Questionnaire- Functional Autonomy)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Strongly Disagree** | **Kind of Disagree** | **Neutral** | **Kind of Agree** | **Strongly Agree** |
| I go straight for my goal. |  |  |  |  |  |
| I find it difficult to start a new activity on my own. |  |  |  |  |  |
| I can easily begin with new undertakings on my own. |  |  |  |  |  |
| I am an adventurous person |  |  |  |  |  |
| I quickly feel at ease in a new situation. |  |  |  |  |  |

**Child-Youth Resilience Measure- Revised:**

Jefferies, P., McGarrigle, L., & Ungar, M. (2019). The CYRM-R: A Rasch-validated revision of the child and youth resilience measure. *Journal of Evidence Based Social Work, 16*(1), 70-92.

The following questions are about how you interact with your community and how you get help when you need it. Please answer truthfully about how well you believe these statements describe you. (CRYM; simple, 5pt, 17 items)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Strongly Disagree** | **Kind of Disagree** | **Neutral** | **Kind of Agree** | **Strongly Agree** |
| I get along with people around me |  |  |  |  |  |
| I know how to behave in different situations (such as school, home and Starr Hill Pathways) |  |  |  |  |  |
| My parent(s)/caregiver(s) really look out for me |  |  |  |  |  |
| My parent(s)/caregiver(s) know a lot about me (for example, who my friends are, what I like to do) |  |  |  |  |  |
| People like to spend time with me |  |  |  |  |  |
|  |  |  |  |  |  |
| I talk to my family/caregiver(s) about how I feel (for example, when I am hurt or sad) |  |  |  |  |  |
| I feel supported by my friends |  |  |  |  |  |
| I feel that I belong at my school |  |  |  |  |  |
| My family/caregiver(s) care about me when times are hard (for example if I am sick or have done something wrong) |  |  |  |  |  |
| My friends care about me when times are hard (for example if I am sick or have done something wrong) |  |  |  |  |  |
| I am treated fairly in my community |  |  |  |  |  |
| I have chances to show others that I am growing up and can do things by myself |  |  |  |  |  |
| I feel safe when I am with my family/caregiver(s) |  |  |  |  |  |
| I have chances to learn things that will be useful when I am older (like cooking, working, and helping others) |  |  |  |  |  |

**Adolescent Future Thinking Rating Scale:**

Tang, P., Sonuga‐Barke, E., Kostyrka‐Allchorne, K., & Phillips‐Owen, J. (2024). Young people's future thinking and mental health: The development and validation of the Adolescent Future Thinking Rating Scale. *International Journal of Methods in Psychiatric*

*Research*, *33*(1), e1994.

The following questions are about how you feel about the future. Please answer truthfully about how well you believe these statements describe you (AFTRS-18).

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Strongly Disagree** | **Kind of Disagree** | **Neutral** | **Kind of Agree** | **Strongly Agree** |
| My future excites me. |  |  |  |  |  |
| I am interested in my future. |  |  |  |  |  |
| My lack of control over my future scares me. |  |  |  |  |  |
| When I think about my future, I tend to focus more on good rather than bad things. |  |  |  |  |  |
| I fear my worries and fears about my future will come true. |  |  |  |  |  |
| When I think about my future, I can see clearly what I want to achieve. |  |  |  |  |  |
| Thinking about my future brings me anxiety and worry. |  |  |  |  |  |
| I can imagine what my future will be like. |  |  |  |  |  |
| I can't be bothered to plan for my future. |  |  |  |  |  |
| I can't get a clear picture of my future even when I try. |  |  |  |  |  |
| My future looks bright. |  |  |  |  |  |
| I repeat the same negative thoughts every time I think about my future. |  |  |  |  |  |
| I actively avoid thinking about my future because what might happen frightens me. |  |  |  |  |  |
| My worries and fears about my future are out of my control. |  |  |  |  |  |
| Thinking about my future lifts my mood when I feel down. |  |  |  |  |  |
| I feel happy when thinking about my future. |  |  |  |  |  |
| When I think about my future, I feel overwhelmed. |  |  |  |  |  |
| I keep thinking about the same positive and exciting things when I think about my future. |  |  |  |  |  |