

Relational Health Indices (RHI)

PEER (RHI-P)

Instructions: Next to each statement below, please indicate the number that best applies to your relationship with a close friend.

1 Never	2 Seldom	3 Sometimes	4 Often	5 Always
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1. Even when I have difficult things to share, I can be honest and real with my friend.
2. After a conversation with my friend, I feel uplifted.
3. The more time I spend with my friend, the closer I feel to him/her.
4. I feel understood by my friend.
5. It is important to us to make our friendship grow.
6. I can talk to my friend about our disagreements without feeling judged.
7. My friendship inspires me to seek other friendships like this one.
8. I am comfortable sharing my deepest feelings and thoughts with my friend.*
9. I have a greater sense of self-worth through my relationship with my friend.
10. I feel positively changed by my friend.
11. I can tell my friend when he/she has hurt my feelings.
12. My friendship causes me to grow in important ways.

MENTOR (RHI-M)

Instructions: Next to each statement below, please indicate the number that best applies to your relationship with your most important mentor.

1 Never	2 Seldom	3 Sometimes	4 Often	5 Always
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1. I can be genuinely myself with my mentor.
2. I believe my mentor values me as a whole person (e.g., professionally/academically and personally).
3. My mentor's commitment to and involvement in our relationship exceeds that required by his/her social/professional role.
4. My mentor shares stories about her/his own experiences with me in a way that enhances my life.
5. I feel as though I know myself better because of my mentor.
6. My mentor gives me emotional support and encouragement.
7. I try to emulate the values of my mentor (such as social, academic, religious, physical/athletic).
8. I feel uplifted and energized by interactions with my mentor.
9. My mentor tries hard to understand my feelings and goals (academic, personal, or whatever is relevant). My relationship with my mentor inspires me to seek other relationships like this one.
10. I feel comfortable expressing my deepest concerns to my mentor.

COMMUNITY (RHI-C)

Instructions: Next to each statement below, please indicate the number that best applies to your relationship with or involvement in this community.

- | 1 | 2 | 3 | 4 | 5 |
|--------------|---------------|------------------|--------------|---------------|
| Never | Seldom | Sometimes | Often | Always |
| 1. | | | | |
| 2. | | | | |
| 3. | | | | |
| 4. | | | | |
| 5. | | | | |
| 6. | | | | |
| 7. | | | | |
| 8. | | | | |
| 9. | | | | |
| 10. | | | | |
| 11. | | | | |
| 12. | | | | |
| 13. | | | | |
| 14. | | | | |

Empowerment/Zest Subscales

RHI-P items: 2, 7, 9, 10

RHI-M items: 5, 7, 8, 10

RHI-C items: 2, 6, 11, 12, 13

Engagement Subscales

RHI-P items: 3, 4, 5, 12

RHI-M items: 3, 6, 9

RHI-C items: 1, 3, 5, 8, 14

Authenticity Subscales

RHI-P items: 1, 6, 8, 11

RHI-M items: 1, 2, 4, 11

RHI-C items: 4, 7, 9, 10