

Describing Your Life

Following are some statements that you might make about yourself. Please circle the one answer for each statement that best describes how closely the statement applies to you. There are no right or wrong answers, we are only interested in how you feel about your life.

- | | 0 | 1 | 2 | 3 | 4 |
|---|-------|-----------------|-----------|-----------------|---------------|
| 1. During the <i>past 4 weeks</i> , how often did you have a conversation with an adult about something that is important to you? <i>(please circle your answer)</i> | NEVER | ALMOST
NEVER | SOMETIMES | FAIRLY
OFTEN | VERY
OFTEN |
| 2. During the <i>past 4 weeks</i> , how often did you help someone who needed it? <i>(please circle your answer)</i> | NEVER | ALMOST
NEVER | SOMETIMES | FAIRLY
OFTEN | VERY
OFTEN |
| 3. During the <i>past 4 weeks</i> , how often have your parents or guardians let you make your own decisions about what time you go to bed? <i>(please circle your answer)</i> | NEVER | ALMOST
NEVER | SOMETIMES | FAIRLY
OFTEN | VERY
OFTEN |
| 4. During the <i>past 4 weeks</i> , how often has your behavior caused problems with your family? <i>(please circle your answer)</i> | NEVER | ALMOST
NEVER | SOMETIMES | FAIRLY
OFTEN | VERY
OFTEN |
| 5. During the <i>past 4 weeks</i> , how often did you spend time with a friend having a good time outside of school? <i>(please circle your answer)</i> | NEVER | ALMOST
NEVER | SOMETIMES | FAIRLY
OFTEN | VERY
OFTEN |
| 6. During the <i>past 4 weeks</i> , how often have you had serious emotional or mental health problems that you felt you needed help with? <i>(please circle your answer)</i> | NEVER | ALMOST
NEVER | SOMETIMES | FAIRLY
OFTEN | VERY
OFTEN |
| 7. During the <i>past 4 weeks</i> , how often did you feel that you could not shake off the blues, even with help from your family and friends? <i>(please circle your answer)</i> | NEVER | ALMOST
NEVER | SOMETIMES | FAIRLY
OFTEN | VERY
OFTEN |