

Youth program outcome metrics

From Shereen El Mallah (2018) dissertation

October 2018 Conceptualization and Measurement of Adolescent Prosocial Behavior: A Two-Study Mixed Methods Investigation Shereen El Mallah University of Massachusetts Amherst Dissertation

Prosocial Behavior Scale

The following statements describe lots of common situations. There are no ‘right’ or ‘wrong’ answers.

Never 1	Sometimes 2	Often 3
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1. I try to make people happier when they are sad	1	2	3
2. I spend time with my friends	1	2	3
3. When I have to do things that I don't like I get mad	1	2	3
4. I try to help others	1	2	3
5. I am gentle	1	2	3
6. I cry about things that don't matter	1	2	3
7. I share things I like with my friends	1	2	3
8. I feel annoyed	1	2	3
9. I help others with their homework	1	2	3
10. I let others use my things	1	2	3
11. I have bad dreams	1	2	3
12. I like to play with others	1	2	3
13. I trust others	1	2	3

EPOCH Well-Being Scale

This is a survey about you! Please read each of the following statements. Circle how much each statement describes you. Please be honest - there are no right or wrong answers!

When something good happens to me, I have people who I like to share the good news with.	Almost never	Sometimes	Often	Very Often	Almost Always
I finish whatever I begin.	Almost never	Sometimes	Often	Very Often	Almost Always
I am optimistic about my future	Almost never	Sometimes	Often	Very Often	Almost Always
I feel happy.	Almost never	Sometimes	Often	Very Often	Almost Always
When I do an activity, I enjoy it so much that I lose track of time.	Almost never	Sometimes	Often	Very Often	Almost Always
I have a lot of fun.	Almost never	Sometimes	Often	Very Often	Almost Always
I get completely absorbed in what I am doing.	Almost never	Sometimes	Often	Very Often	Almost Always
I love life.	Almost never	Sometimes	Often	Very Often	Almost Always
I keep at my schoolwork until I am done with it.	Almost never	Sometimes	Often	Very Often	Almost Always
When I have a problem, I have someone who will be there for me.	Almost never	Sometimes	Often	Very Often	Almost Always
I get so involved in activities that I forget about everything else.	Almost never	Sometimes	Often	Very Often	Almost Always
When I am learning something new, I lose track of how much time has passed.	Not at all like me	A little like me	Somewhat like me	Mostly like me	Very much like me
In uncertain times, I expect the best.	Not at all like me	A little like me	Somewhat like me	Mostly like me	Very much like me
There are people in my life who really care about me.	Not at all like me	A little like me	Somewhat like me	Mostly like me	Very much like me
I think good things are going to happen to me.	Not at all like me	A little like me	Somewhat like me	Mostly like me	Very much like me
I have friends that I really care about.	Not at all like me	A little like me	Somewhat like me	Mostly like me	Very much like me
Once I make a plan to get something done, I stick to it.	Not at all like me	A little like me	Somewhat like me	Mostly like me	Very much like me
I believe that things will work out, no matter how difficult they seem.	Not at all like me	A little like me	Somewhat like me	Mostly like me	Very much like me
I am a hard worker.	Not at all like me	A little like me	Somewhat like me	Mostly like me	Very much like me
I am a cheerful person.	Not at all like me	A little like me	Somewhat like me	Mostly like me	Very much like me

Thank you!

Model, R.M., Draper, M., Lee, S. (2001). Social connectedness, dysfunctional interpersonal behaviors, and psychological distress: Testing a mediator model. *Journal of Counseling Psychology*, 48:3, 310-318. doi:10.1037//0022-0167.48.3.310

Item

1. I feel distant from people.
 2. I don't feel related to most people.
 3. I feel like an outsider.
 4. I see myself as a loner.
 5. I feel disconnected from the world around me.
 6. I don't feel I participate with anyone or any group.
 7. I feel close to people.
 8. Even around people I know, I don't feel that I really belong.
 9. I am able to relate to my peers.
 10. I catch myself losing a sense of connectedness with society.
 11. I am able to connect with other people.
 12. I feel understood by the people I know.
 13. I see people as friendly and approachable.
 14. I fit in well in new situations.
 15. I have little sense of togetherness with my peers.
 16. My friends feel like family.
 17. I find myself actively involved in people's lives.
 18. Even among my friends, there is no sense of brother/sisterhood.
 19. I am in tune with the world.
 20. I feel comfortable in the presence of strangers.
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Strongly agree—strongly disagree

Linver, M.R., Urban, J. B., Chen, W., Gama, L., Swomley, V.I. (2021). Predicting positive youth development from self-regulation, and purpose in early adolescence. *Journal of Research on Adolescence*. doi.org/10.1111/jora.12621

Intentional self-regulation (ISR). ISR was assessed at all waves with the nine-item SOC (selection, optimization, and compensation; Freund & Baltes, 2002). Selection (S) refers to the process of pinpointing and ranking goals; resources are Optimized (O) to achieve goals; and Compensation (C) is the process used to adapt when goals are blocked (Baltes et al., 2006; Freund & Baltes, 2002). Gestsdottir et al. (2010) constructed a nine-item subscale, a subset of the 24-items in the full SOC measure that generally works well with early adolescent populations. This nine-item subscale was used in the current study and includes items from all three SOC components. For each question in the scale, participants were asked about goal-related behaviors (such as *“I keep trying as many different possibilities as are necessary to succeed at my goal”* and *“For important things, I pay attention to whether I need to devote more time or effort”*); response options ranged from 0 = not at all like me, 1 = a little like me, 2 = somewhat like me, 3 = like me, to 4 = very much like me.

Purpose. To measure adolescents' purpose, we employed the Seeking and Finding Purpose Subscales of the Stanford Youth Purpose Survey (SYPS), developed by Bundick et al., (2006). This 10-item scale measures seeking purpose (four items) and finding purpose (six items). Youth were asked to rate the extent to which they agreed or disagreed with a set of statements about the purpose of their life such as *"I am always searching for something that makes my life feel significant"* and *"I have discovered a satisfying life purpose."* Response options included 0 = strongly disagree, 1 = disagree, 2 = somewhat disagree, 3 = neither agree nor disagree, 4 = somewhat agree, 5 = agree, and 6 = strongly agree.