

Mental Health Questions on the 2021 Healthy Youth Survey

Number of question as listed in the "Frequency Reports" for the 2021 HYS results:

<https://www.askhys.net/Reports>

*** "grades 8-12" means that those questions were only asked to students in those grades. If no grade is indicated, that means that the questions were asked to all students who took the survey.

Physical, Emotional and Sexual Abuse:

- #130 Has an adult ever physically hurt you on purpose (like pushed, slapped, hit, kicked or punched you), leaving a mark, bruise or injury? (grades 8-12)
- #131 How often does a parent or adult in your home swear at you, insult you, put you down or humiliate you? (grades 8-12)
- #132 During the last 12 months, did someone you were dating or going out with ever limit your activities, threaten you, or make you feel unsafe in any other way? (grades 8-12)
- #133 In the past 12 months, how many times did someone you were dating or going out with physically hurt you on purpose? (Count such things as being hit, slammed into something, or injured with an object or weapon.) (grades 8-12)
- #134 Have you ever seen someone about your age pressure someone else to kiss, touch, or have sex when they did not want to? (grades 8-12)
- #135 Have you ever been in a situation where someone made you engage in kissing, sexual touch or intercourse when you did not want to? (grades 8-12)

Suicide:

- #136 During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities? (grades 8-12)
- #137 During the past 12 months, did you ever seriously consider attempting suicide? (grades 8-12)
- #138 During the past 12 months, did you make a plan about how you would attempt suicide? (grades 8-12)
- #139 During the past 12 months, how many times did you actually attempt suicide? (grades 8-12)
- #140 Have you ever seriously thought about killing yourself? (Only asked to 6th graders)
- #141 Have you ever tried to kill yourself? (Only asked to 6th graders)



Nervous, anxious, worrying:

#142 How often over the last 2 weeks, were you bothered by: Feeling nervous, anxious or on edge?
(grades 8-12)

#143 How often over the last 2 weeks, were you bothered by: Not being able to stop or control worrying?
(grades 8-12)

Someone to turn to in time of need:

#144 When you feel sad or hopeless, are there adults that you can turn to for help?

#145 If you feel sad or hopeless almost every day for two weeks or more in a row, to whom would you most likely turn for help? (check all that apply) ; sibling, teacher, friend, parent/guardian, coach, etc.
(grades 8-12)

#166 Does your school provide a counselor, intervention specialist, or other school staff member for students to discuss problems with alcohol, tobacco, or other drugs? (grades 8-12)

#167 In the last year, did you have any contact with a school counselor? (grades 8-12)

#168 There are people in this school who will help me if I need it? (grades 8-12)

#193 There are adults in my neighborhood or community I could talk to about something important.
(grades 8-12)

#197 My neighbors notice when I am doing a good job and let me know. (only asked to 6th grade)

#198 There are people in my neighborhood who encourage me to do my best. (only asked to 6th grade)

#199 There are people in my neighborhood or community who are proud of me when I do something well. (only asked to 6th grade)

#208 If I had a personal problem, I could ask my parent(s) for help.

#209 My parent(s) give me lots of chances to do fun things with them.

#211 My parent(s) notice when I am doing a good job and let me know about it. (only asked to 6th grade)

#212 How often do your parent(s) tell you they're proud of you for something you've done? (only asked to 6th grade)

#213 Do you enjoy spending time with your mom(s)? (only asked to 6th grade)

#214 Do you enjoy spending time with your dad(s)? (only asked to 6th grade)

Bullying:

#157 In the last 30 days, how often have you been bullied? Bullying is when one or more students threaten, spread rumors about, hit, shove, or otherwise hurt another student over and over again. It is not bullying when two students of about the same strength or power argue or fight or tease each other in a friendly way.

#158 In the past 30 days, how often were you bullied, harassed, or intimidated: Because of your race, ethnicity, or national origin or what someone thought it was? (grades 8-12)

#159 In the past 30 days, how often were you bullied, harassed, or intimidated: Because someone thought you were gay, lesbian, or bisexual (whether you are or are not)? (grades 8-12)

#160 During the past 30 days, on how many days did you not go to school because you felt you would be unsafe at school or on your way to and from school? (grades 8-12)

#161 During the past 30 days, on how many days did you not participate in school activities because you felt unsafe? (grades 8-12)

#162 In the past 30 days, how often have you been bullied by someone using social media, a phone, or video games? (grades 8-12)

Stress associated with Internet use:

#147 How often do you: Experience increased social anxiety due to your Internet use. (grades 8-12)

#148 How often do you: Feel withdrawal when away from the Internet. (grades 8-12)

#149 How often do you: Lose motivation to do other things that need to get done because of the Internet. (grades 8-12)

Children's Hope Scale:

#173 Levels of Hope (computed from questions 174 to 177)

#174 I can think of many ways to get the things in life that are most important to me. 8- 12)

#175 I am doing just as well as other kids my age.

#176 When I have a problem, I can come up with lots of ways to solve it.

#177 I think the things I have done in the past will help me in the future.

Facts Sheets found here; <https://www.askhys.net/FactSheets>

**** Fact Sheets are not created for all topic areas*

Mental Health and Well-being

- Feeling sad/hopeless
- Suicide
- Adults to turn to in time of need

Depressive Feelings, Anxiety and Suicide

- Depression & Suicide
- Support
- Anxiety

Hope

- Levels of Hope

Bullying and Harassment

- Bullying and Harassment
- School Safety

Explanation of the Children's Hope Scale

The Children's Hope Scale, published in 1997 by Dr. Rick Snyder can be used to help measure hope in individuals age 8 to 16. Research has linked hope with overall physical, psychological, and social well-being. Children who can identify a means to carry out goals (pathways) and the ability to initiate and sustain action towards goals (agency) are considered more hopeful.

The full Children's Hope Scale has six questions on it. Three that measure pathways and three that measure agency. Results from the full scale range from 6 to 36, the higher the score the more hopeful a child is considered to be. In the 2021 Healthy Youth Survey (HYS), only four questions from the survey were asked due to spacing. Consulting with researchers it was determined that the scale is still valid with just asking four of the questions instead of all six. The results for the Children's Hope Scale on the 2021 Healthy Youth Survey can be interpreted as follows.

Interpretation of Scores

The Children's Hope Scale uses a six-point response scale with "none of the time" equating to the lowest value of one, and "all of the time" equating to the highest value of six. Adding the response values for pathway questions will provide a pathway score ranging from 2-12; higher scores reflect higher pathways thinking. Adding the response values for agency questions will provide an agency score ranging from 2-12; higher scores reflect higher agency thinking. Adding pathway and agency scores will provide an overall hope score (i.e., level of hope). Scores of 4-8 indicate no to very low hope, 9-12 indicate slightly hopeful, 13-16 indicate moderately hopeful, and 17-24 indicates highly hopeful.

Pathway questions on HYS:

- I can think of many ways to get the things in life that are most important to me.
- When I have a problem, I can come up with lots of ways to solve it.

Pathways thinking is a child's belief in their capacity to find multiple ways to reach their goals.

Agency questions on HYS:

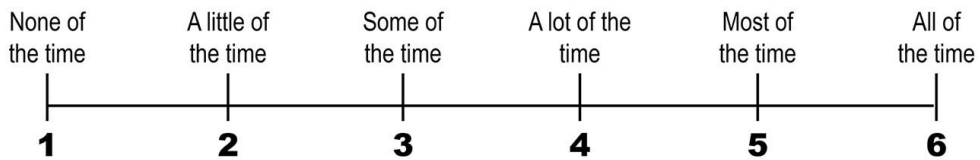
- I am doing just as well as other kids my age.
- I think the things I have done in the past will help me in the future.

Agency thinking is a child's self-efficacy and motivation to use multiple ways to reach their goal.



THE CHILDREN'S HOPE SCALE

Directions: Read each sentence carefully. For each sentence, please think about how you are in most situations. Using the scale shown below, please select the number that best describes YOU and put that number in the blank provided. There are no right or wrong answers.



- ___ 1. I think I am doing pretty well.
- ___ 2. I can think of many ways to get the things in life that are most important to me.
- ___ 3. I am doing just as well as other kids my age.
- ___ 4. When I have a problem, I can come up with lots of ways to solve it.
- ___ 5. I think the things that I have done in the past will help me in the future.
- ___ 6. Even when others want to quit, I know that I can find ways to solve the problem.

Notes: The **Agency** subscale score is the sum of items 1, 3 & 5; the **Pathways** subscale score is the sum of items 2, 4 & 6. **Hope** is the sum of the three **Pathways** and three **Agency** items. Scores can range from a low of 6 to a high of 36.

Agency Score ___ (Add items 1,3 and 5)

Pathways Score ___ (Add items 2,4, and 6)

Total Hope Score ___ (Agency Score + Pathways Score)