

INSTITUTE OF  
BEHAVIORAL SCIENCE  
UNIVERSITY OF COLORADO  
at BOULDER

Rocky Mountain Middle/High School Study  
*Health Behavior Questionnaire*  
Spring 1992

Questionnaire Guide

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This guide provides documentation for the measures contained in the Wave-4 (Fall 1992) *Health Behavior Questionnaire*. The majority of single-item and multiple-item measures are presented in the order in which they occur in the Questionnaire. Multiple-item measures that contain items located throughout the questionnaire are presented at the end of the document. Measures of psychosocial protection, psychosocial risk, behavioral protection, and behavioral risk are marked in boldface type and designated, in brackets, as either protective factors [P] or risk factors [R]. Because questionnaire content varied slightly from year to year, some of these Wave-4 measures of protection and risk may differ from the versions described in the following publications, which relied primarily on Wave-1 measures:

1. Costa, F. M., Jessor, R. & Turbin, M. (1999). Transition into adolescent problem drinking: The role of psychosocial risk and protective factors. *Journal of Studies on Alcohol*, 60, 480-490.
2. Jessor, R., Turbin, M. S., & Costa, F. M. (1998). Protective factors in adolescent health behavior. *Journal of Personality and Social Psychology*, 75, 788-800.
3. Jessor, R., Turbin, M. S., & Costa, F. M. (1998). Risk and protection in successful outcomes among disadvantaged adolescents. *Applied Developmental Science*, 2, 194-208.
4. Jessor, R., Van Den Bos, J., Vanderryn, J., Costa, F. M. & Turbin, M. S. (1995). Protective factors in adolescent problem behavior: Moderator effects and developmental change. *Developmental Psychology*, 31, 923-933.

Because the focus of each of the above published studies differed from that of the other studies, different measures of protection and risk were used in each. To assist readers who are interested in specific protection and risk measures reported in a particular publication, numerical superscripts matched to the numbers assigned to the four publications listed above are used to designate the paper or papers in which each protection and risk measure presented in this guide was used.

| <u>Name</u>   | <u>Cronbach's Alpha</u> | <u>No. Of Items</u> | <u>Page No.</u> | <u>Items</u>    |
|---|-------------------------|---------------------|-----------------|-----------------|
| <b>Value on Health<sup>2</sup> (Extended)<sup>†</sup> [P]</b>                             | .88                     | 10                  | 1               | 1-10            |
| Value on Health (Longitudinal) <sup>†</sup>   | .81                     | 7                   | 1               | 1-7             |
| Physical Health Status  | -                       | 1                   | 1               | 11              |
| Physical Limitations  | -                       | 1                   | 1               | 12              |
| Frequency Absent from School Because of Illness   | -                       | 1                   | 1               | 13              |
| Frequency of Visits to Physician  | -                       | 1                   | 1               | 14              |
| Usual Source of Medical Care  | -                       | 1                   | 2               | 15              |
| Ever Visited School Nurse   | -                       | 1                   | 2               | 16              |
| Ever Visited School Social Worker   | -                       | 1                   | 2               | 17              |
| Height in Inches  | -                       | 1                   | 2               | 20              |
| Height Changed in Past Year   | -                       | 1                   | 2               | 21              |
| Attitude Towards Present Height   | -                       | 1                   | 2               | 22              |
| Weight in Pounds  | -                       | 1                   | 2               | 23              |
| Weight Changed in Past Year   | -                       | 1                   | 2               | 24              |
| Attitude Towards Present Weight   | -                       | 1                   | 3               | 25              |
| Perceived Health Effects of Overweight  | -                       | 1                   | 3               | 26              |
| Usual Hours Sleep School Nights   | .81                     | 3                   | 3               | 27              |
|   |                         |                     |                 | 28, 30 combined |
| To compute measure of adequate sleep (SLEEP):   |                         |                     |                 |                 |
| Recode item 30 (1= 5.5)(2= 6)(3= 6.5)(4= 7)(5= 7.5)(6= 8)(7= 8.5) into WAKE.              |                         |                     |                 |                 |
| Recode item 28 (1= 3)(2= 2.5)(3= 2)(4= 1.5)(5= 1)(6= .5)(7= 0)(8 = -.5)(9 = -1) into BED. |                         |                     |                 |                 |
| Compute HRSLEEP= BED + WAKE.  |                         |                     |                 |                 |
| Compute SLEEP= mean.1(HRSLEEP, item 27).  |                         |                     |                 |                 |
| Trouble Sleeping Past Six Months  | -                       | 1                   | 3               | 29              |
| Perceived Health Effects of Inadequate Sleep  | -                       | 1                   | 3               | 31              |
| Frequency of Brushing Teeth   | -                       | 1                   | 3               | 32              |

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| Frequency of Flossing Teeth                  | -                       | 1                   | 3               | 33             |
| Frequency of Using Dental Rinse              | -                       | 1                   | 3               | 34             |
| Dental Care                                  | .57                     | 3                   | 3               | 32-34          |
| Month of Birth                               | -                       | 1                   | 4               | 1              |
| Year of Birth                                | -                       | 1                   | 4               | 2              |
| Gender                                       | -                       | 1                   | 4               | 3              |
| Grade in School                              | -                       | 1                   | 4               | 4              |
| <b>School Performance<sup>1, 4</sup> [R]</b> | -                       | 1                   | 4               | 5              |
| Family Composition                           | -                       | 1                   | 5               | 9              |
| Mother Living                                | -                       | 1                   | 5               | 10             |
| Father Living                                | -                       | 1                   | 5               | 11             |
| Marital Status of Parents                    | -                       | 1                   | 5               | 12             |
| Racial/Ethnic Status                         | -                       | 1                   | 5               | 13             |
| Socioeconomic Status Index                   | -                       | 3                   | 6<br>6          | 14(a, b)<br>16 |
| Employment Status-Father                     | -                       | 1                   | 6               | 15             |
| Employment Status-Mother                     | -                       | 1                   | 6               | 17             |
| Mother's Occupation                          | -                       | 1                   | 6               | 18             |
| Work Status                                  | -                       | 1                   | 7               | 19             |
| Average No. Work Hours-Week                  | -                       | 1                   | 7               | 20             |
| Average No. Work Hours-Weekend               | -                       | 1                   | 7               | 21             |
| Job Title                                    | -                       | 1                   | 7               | 22             |
| Attitude Toward Job                          | -                       | 1                   | 7               | 23             |
| Tiredness at School from Work                | -                       | 1                   | 7               | 24             |
| Work Teaches Useful Skills                   | -                       | 1                   | 7               | 25             |

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| Work Raises Self-Esteem                                      | -                       | 1                   | 7               | 26              |
| Job a Good Place to Meet Friends                             | -                       | 1                   | 7               | 27              |
| School Less Important because of Job                         | -                       | 1                   | 7               | 28              |
| Study Less because of Job                                    | -                       | 1                   | 7               | 29              |
| Pressure or Stress from Job                                  | -                       | 1                   | 7               | 30              |
| Low Self-Esteem (Extended)                                   | .72                     | 8                   | 8               | 1-5, 7-9        |
| <b>Low Self-Esteem</b> <sup>1, 3, 4</sup> (Longitudinal) [R] | .70                     | 6                   | 8               | 1-5, 7          |
| <b>Susceptibility to Peer Pressure</b> <sup>2</sup> [R]      | -                       | 1                   | 8               | 6               |
| Hours Spent on Homework per Week                             | -                       | 1                   | 9               | 1a              |
| Hours Spent Sitting Around with Friends per Week             | -                       | 1                   | 9               | 1b              |
| Exercise   | .71                     | 4                   | 9               | 1 c, 1f, 1h, 1k |
| Hours Spent Reading for Fun per Week                         | -                       | 1                   | 9               | 1d              |
| Hours Spent on Phone per Week                                | -                       | 1                   | 9               | 1e              |
| Hours Spent Sitting Listening to Music per Week              | -                       | 1                   | 9               | 1g              |
| Hours Spent in Family Activities per Week                    | -                       | 1                   | 9               | 1i              |
| Hours Spent Sitting Around per Week                          | -                       | 1                   | 9               | 1j              |
| Hours Spent Caring for Siblings per Week                     | -                       | 1                   | 9               | 1l              |
| No. Hours TV per Weekday                                     | -                       | 1                   | 10              | 3               |
| No. Hours TV per Weekend Day                                 | -                       | 1                   | 10              | 4               |
| Value on Achievement (Extended)                              | .82                     | 5                   | 11              | 2, 5, 7, 8, 10  |
| Value on Achievement (Longitudinal)                          | .78                     | 4                   | 11              | 2, 5, 8, 10     |
| Value on Independence (Extended)                             | .72                     | 5                   | 11              | 1, 3, 4, 6, 9   |
| Value on Independence (Longitudinal)                         | .72                     | 4                   | 11              | 1, 3, 4, 9      |

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|---|-------------------------|---------------------|---------------------------|--|
| <b>Positive Orientation to School</b> <sup>1, 4</sup> [P]         |                         | 9                   | 11 top<br>11 bottom<br>12 | 2, 5, 8, 10<br>1, 2<br>5, 6, 8               |
| <b>Positive Orientation to School</b> <sup>2</sup> (Extended) [P] |                         | 13                  | 11 top<br>11 bottom<br>12 | 2, 5, 7, 8, 10<br>1, 2<br>5, 6, 8, 9, 11, 12 |
| Parental Support for School Achievement                           | -                       | 1                   | 11                        | 9  |
| Classes too Difficult   | -                       | 1                   | 11                        | 3  |
| Classes too Easy  | -                       | 1                   | 11                        | 4  |
| Pressure Against School Achievement                               | .58                     | 2                   | 12                        | 7, 10  |
| Finishing School Unimportant                                      | -                       | 1                   | 12                        | 13   |
| Plans to Attend College   | -                       | 1                   | 12                        | 14   |
| Parental Support for School Achievement                           | -                       | 1                   | 12                        | 15   |
| Friends' Support for School Achievement                           | -                       | 1                   | 12                        | 16   |
| Parental Support of Homework (Revised) <sup>†</sup>               | .49                     | 2                   | 12                        | 17, 18                                       |
| Perceived School Control  | -                       | 1                   | 12                        | 19   |
| Friends Models for Dropping Out of School                         | -                       | 1                   | 13                        | 20   |
| Seriously Considered Dropping Out                                 | -                       | 1                   | 13                        | 21   |
| Discussed Dropping Out with Parents                               | -                       | 1                   | 13                        | 22   |
| Stopped Attending Classes for Awhile                              | -                       | 1                   | 13                        | 23   |
| Currently Considering Dropping Out                                | -                       | 1                   | 13                        | 24   |
| Drop Out Experience   | -                       | 1                   | 13                        | 25   |
| <b>Dropout Proneness</b> <sup>1</sup> [R]                         | .86                     | 5                   | 13                        | 21-25  |
| <b>Religiosity</b> <sup>1, 2, 3</sup> [P]                         | .89                     | 4                   | 13                        | 1a-1d  |
| <b>Church Attendance</b> <sup>2</sup> [P]                         | -                       | 1                   | 13                        | 2  |

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| Parent-Friends Compatibility                                     | .77                     | 3                   | 14              | 1-3          |
| Parent-Friends Influence<br>(Revised and Extended)               | .69                     | 4                   | 14              | 4-7          |
| Parent-Friends Influence,<br>Minus Health (Revised and Extended) | .68                     | 3                   | 14              | 4, 5, 7      |
| Parental Support<br>(Revised and Extended)                       | .83                     | 4                   | 14, 15          | 8-11         |
| Social Support from Adults<br>(Revised and Extended)             | .73                     | 4                   | 15              | 10-13        |
| Social Support from Other Adults                                 | .87                     | 2                   | 15              | 12, 13       |
| <b>Positive Relations with Adults</b> <sup>1, 2, 3, 4</sup> [P]  | -                       | 6                   | 14, 15          | 8-13         |
| Perceived Parental Strictness                                    | -                       | 1                   | 15              | 14           |
| Number of Close Friends  | -                       | 1                   | 15              | 15           |
| Friends' Support   | .76                     | 2                   | 15              | 16, 17       |
| Perceived Friends Controls                                       | -                       | 1                   | 15              | 18           |
| Maternal Model for Health Behavior                               | .68                     | 4                   | 16              | 1-4(a)       |
| Paternal Model for Health Behavior                               | .71                     | 4                   | 16              | 1-4(b)       |
| <b>Parental Models for Health Behavior</b> <sup>2</sup> [P]      | .80                     | 8                   | 16              | 1-4(a&b)     |
| <b>Friend Model for Health Behavior</b> <sup>2</sup> [P]         | .63                     | 4                   | 16              | 1-4(c)       |
| Parental Models--Diet  | .58                     | 2                   | 16              | 1(a&b)       |
| Parental Models--Exercise  | .67                     | 2                   | 16              | 2(a&b)       |
| Parental Models--Sleep   | .64                     | 2                   | 16              | 3(a&b)       |
| Parental Models--Seatbelt  | .76                     | 2                   | 16              | 4(a&b)       |
| Total Models--Diet   | .54                     | 3                   | 16              | 1(a, b, c)   |
| Total Models-Exercise  | .59                     | 3                   | 16              | 2(a, b, c)   |
| Total Models--Sleep  | .58                     | 3                   | 16              | 3(a, b, c)   |

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| Total Models--Seatbelt  | .74                     | 3                   | 16              | 4(a, b, c)                       |
| <b>Friends Models for Sedentary Behavior<sup>2</sup> [R]</b>                        | -                       | 1                   | 16              | 5                                |
| <b>Friends Models for Eating Junk Food<sup>2</sup> [R]</b>                          | -                       | 1                   | 16              | 6                                |
| <b>Stress<sup>1, 2</sup> [R]</b>  | .72                     | 3                   | 17              | 1-3                              |
| Depression  | .88                     | 4                   | 17              | 4(a-d)                           |
| Risk-Taking Behavior (Revised)  | .84                     | 4                   | 17              | 1-4                              |
| Frequency Riding with Impaired Driver (Revised)                                     | -                       | 1                   | 18              | 5                                |
| Frequency of Seatbelt Use<br>When Riding in a Car                                   | .82                     | 2                   | 18              | 6, 7                             |
| Total Frequency of Seatbelt Use   | .93                     | 4                   | 18<br>19        | 6, 7<br>7, 8                     |
| Attitudinal Intolerance of Deviance<br>(Extended)                                   | .91                     | 13                  | 18              | 1-13                             |
| <b>Attitudinal Intolerance of Deviance<sup>1, 3, 4</sup><br/>(Longitudinal) [P]</b> | .90                     | 10                  | 18              | 1-10                             |
| Driving Experience Past 6 Mo.   | -                       | 1                   | 19              | 1                                |
| Driver's License or Permit Status   | -                       | 1                   | 19              | 2                                |
| Length of Time Had License  | -                       | 1                   | 19              | 3                                |
| Vehicle Ownership   | -                       | 1                   | 19              | 4                                |
| Access to Vehicle   | -                       | 1                   | 19              | 4                                |
| Average Miles Driven per Week   | -                       | 1                   | 19              | 5                                |
| Nighttime Driving   | -                       | 1                   | 19              | 6                                |
| Seatbelt Use When Driving a Car   | .95-                    | 2                   | 19              | 7, 8                             |
| Risky Driving (Revised, Extended)   | .91                     | 13                  | 20              | 9a-9m                            |
| Risky Driving (Revised,<br>Longitudinal)  | .87                     | 10                  | 20              | 9a, b, c, d, e,<br>g, i, j, k, m |



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| Driving Under the Influence                        | .89                     | 2                   | 20              | 9a, 9e           |
| Number of Tickets, Past 6 Months                   | -                       | 1                   | 20              | 10               |
| Number of Accidents, Past 6 Months                 | -                       | 1                   | 20              | 11               |
| Negative Consequences of Driving                   | .53                     | 2                   | 20              | 10, 11           |
| Number of Strict Family Rules (Revised)            | .79                     | 7                   | 21              | 1-7              |
| Smoking Experience                                 | -                       | 1                   | 21              | 1                |
| Average No. Cigarettes per Day, Past Month         | -                       | 1                   | 21              | 2                |
| Smoking Involvement                                | .78                     | 2                   | 21              | 1, 2 (2 recoded) |
| Age First Tried Cigarettes                         | -                       | 1                   | 21              | 3                |
| Age Starting Smoking on Regular Basis              | -                       | 1                   | 21              | 4                |
| Parental Attitude Toward Smoking                   | -                       | 1                   | 21              | 5                |
| <b>Parental Models for Smoking<sup>2</sup> [R]</b> | -                       | 1                   | 21              | 6                |
| Friends Models for Smoking                         | -                       | 1                   | 22              | 7                |
| Chewing Tobacco Experience                         | -                       | 1                   | 22              | 9                |
| Frequency Chewed Tobacco Past Month                | -                       | 1                   | 22              | 10               |
| Age First Tried Chewing Tobacco                    | -                       | 1                   | 22              | 11               |
| Age Starting Chewing on Regular Basis              | -                       | 1                   | 22              | 12               |
| Alienation (Extended)                              | .76                     | 5                   | 23              | 1-5              |
| Alienation (Longitudinal)                          | .76                     | 4                   | 23              | 1, 2, 4, 5       |
| Drinker Status                                     | -                       | 2                   | 23              | 1, 2             |
| Context of First Drink                             | -                       | 1                   | 23              | 3                |
| Age First Drink if it was With Family              | -                       | 1                   | 23              | 3                |
| Age First Drink Not with Family                    | -                       | 1                   | 23              | 4                |
| Proportion Drinking Done with Parents              | -                       | 1                   | 24              | 5                |

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| Frequency of Drinking, Past 6 Months   | -                       | 1                   | 24              | 6            |
| Number of Drinks Usually Consumed  | -                       | 1                   | 24              | 7            |
| Frequency of High Volume Drinking  | -                       | 1                   | 24              | 8            |
| Negative Consequences of Drinking  | .76                     | 5                   | 25              | 9a-9e        |
| Times Drunk, Past 6 Months   | -                       | 1                   | 25              | 10           |
| Problem Drinking Involvement<br>Items 9a-9e summed and rescaled such that (5= 1)(6= 2)(7= 3)(8 & 9= 4)<br>(10 & 11= 5)(12 & 13= 6)(15 through 17= 7)(18 through 21= 8)<br>(22 through 25= 9) | .84                     | 3                   | 24, 25          | 8, 9a-9e, 10 |
| Amount of Drinking Done on Weekends  | -                       | 1                   | 25              | 11           |
| Perceived Parental Attitude Towards Drinking   | -                       | 1                   | 25              | 12           |
| Perceived Friends' Attitude Towards Drinking   | -                       | 1                   | 25              | 13           |
| Friends Models for Drinking  | -                       | 1                   | 26              | 14           |
| Peer Pressure to Drink Alcohol   | -                       | 1                   | 26              | 15           |
| Availability of Alcohol  | -                       | 1                   | 26              | 16           |
| Frequency of Skipping Breakfast  | -                       | 1                   | 26              | 1            |
| Frequency of Skipping Lunch  | -                       | 1                   | 26              | 2            |
| Frequency of Eating Dinner with Family   | -                       | 1                   | 26              | 3            |
| Regular Meal-Taking (Revised)  | .34                     | 3                   | 26              | 1-3          |
| Frequency of Snacking Instead of Meals   | -                       | 1                   | 26              | 4            |
| Attention to Healthy Diet  | .88                     | 9                   | 27              | 6 (a-i)      |
| Other Eating Behavior (Revised and Extended)   | .80                     | 5                   | 27              | 8-12         |
| Frequency Started Diet, Past 6 Months  | -                       | 1                   | 27              | 13           |
| Currently Dieting  | -                       | 1                   | 27              | 14           |
| Frequency Diet Pills or Laxatives for Weight Loss,<br>Past 6 Months  | -                       | 1                   | 27              | 15           |

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| Frequency Self-Induced Vomiting for Weight Loss, Past 6 Months  | -                       | 1                   | 27              | 16                        |
| Perceived Life Chances  | .92                     | 10                  | 28              | 1-10                      |
| Delinquent-Type Behavior (Extended)                             | .84                     | 13                  | 29              | 1-13                      |
| Delinquent-Type Behavior (Longitudinal)                         | .82                     | 10                  | 29              | 1-10                      |
| Friends' Attitude Toward Marijuana Use                          | -                       | 1                   | 30              | 1                         |
| Friends Models for Marijuana Use                                | -                       | 1                   | 30              | 2                         |
| Marijuana Experience  | -                       | 1                   | 30              | 3                         |
| Age First Tried Marijuana                                       | -                       | 1                   | 30              | 4                         |
| Experience Being High on Marijuana                              | -                       | 1                   | 30              | 5                         |
| Frequency of Marijuana Use, Past 6 Months                       | -                       | 1                   | 30              | 6                         |
| Frequency of Marijuana Use at School, Past 6 Months             | -                       | 1                   | 30              | 7                         |
| Parental Attitude Towards Marijuana Use                         | -                       | 1                   | 30              | 8                         |
| Availability of Marijuana                                       | -                       | 1                   | 30              | 9                         |
| Marijuana Involvement   | .74                     | 4                   | 30              | 3, 5, 6, 9<br>(coded 0,2) |
| Item 3, first 2 responses (top) coded 0, last response coded 2. |                         |                     |                 |                           |
| Item 5, first 3 responses (left to right) 0, last response 2.   |                         |                     |                 |                           |
| Item 6, first 7 responses 0, last 3 responses 2.                |                         |                     |                 |                           |
| Item 9, first response (right) 0, last two responses 2.         |                         |                     |                 |                           |
| Other Drug Experience (One per drug)                            | -                       | 1                   | 31              | 11                        |
| Other Drug Experience, Past 6 Months                            | -                       | 1                   | 31              | 11                        |
| Number of Other Drugs Ever                                      | .70                     | 7                   | 31              | 11 (all)                  |
| Total Other Drug Use, Past 6 Months                             | .80                     | 7                   | 31              | 11 (all)                  |

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| Use of Marijuana and Other Illicit Drugs  |                         | 2                   | 30<br>31        | 6<br>11 (all) |
| Item 6: Never= 0; Once= 1; 2-3 Times= 2; 4-5 Times= 4;<br>Once a Month= 6; 2-3 Times a Month= 15; Once a Week= 26;<br>2 or 3 Times a Week= 65; 4 or 5 Times a Week= 117; Every Day= 183.<br>Item 11 score = sum of number of times each drug<br>used in past 6 months |                         |                     |                 |               |
| Expectation for Academic Achievement<br>(Extended)  | .91                     | 5                   | 31              | 1-5           |
| Expectation for Academic Achievement<br>(Longitudinal)  | .88                     | 4                   | 31              | 1-4           |
| Frequency of Dates, Past 6 Months   | -                       | 1                   | 32              | 1             |
| Going Steady  | -                       | 1                   | 32              | 2             |
| Friends Models for Sexual Intercourse   | -                       | 1                   | 32              | 3             |
| Friends Models for Contraception  | -                       | 1                   | 32              | 4             |
| Peer Pressure for Sex   | -                       | 1                   | 32              | 5             |
| Attitude Toward Sex   | .68                     | 2                   | 32              | 6, 7          |
| Attitude Toward Contraception.  | .72                     | 6                   | 32              | 8a-8f         |
| Sexual Experience   | -                       | 1                   | 33              | 9             |
| Age at First Intercourse  | -                       | 1                   | 33              | 10            |
| Relationship to First Sexual Partner  | -                       | 1                   | 33              | 11            |
| Contraception Use at First Intercourse  | -                       | 1                   | 33              | 9             |
| Number of Lifetime Sexual Partners  | -                       | 1                   | 33              | 12a           |
| Contraceptive Method Used at First Intercourse  | -                       | 1                   | 33              | 12b           |
| Number of Lifetime Sexual Partners  | -                       | 1                   | 33              | 13            |
| Frequency of Sexual Intercourse, Past Year  | -                       | 1                   | 33              | 14            |
| Number of Sexual Partners, Past Year  | -                       | 1                   | 33              | 15            |
| Frequency of Contraception Use  | -                       | 1                   | 33              | 16a           |

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| Contraceptive Method Usually Used Past Year  | -                       | 1                   | 33              | 16b           |
| Reasons for Non-Use of Contraception   | -                       | 1                   | 33              | 16c           |
| Decision for Contraceptive Use   | -                       | 1                   | 33              | 16d           |
| Contraceptive Method Used at Last Intercourse  | -                       | 1                   | 33              | 16e           |
| Frequency of Condom Use  | -                       | 1                   | 34              | 17            |
| Pregnancy Experience   | -                       | 1                   | 34              | 18            |
| Pregnancy Resolution   | -                       | 1                   | 34              | 18            |
| School Club Involvement  | -                       | 1                   | 34              | 1             |
| Community Club Involvement   | -                       | 1                   | 34              | 2             |
| Volunteer Work   | -                       | 1                   | 34              | 3             |
| <b>Prosocial Activities Index</b> <sup>1, 2, 3, 4</sup> [P]<br>(items are z-scored and summed) | -                       | 4                   | 9<br>34         | 1i<br>1-3     |
| <b>Friends Models for Conventional Behavior</b> <sup>2</sup><br>(Extended) [P]                 | .81                     | 6                   | 34              | 1-5, 7        |
| <b>Friends Models for Conventional Behavior</b> <sup>1, 3, 4</sup><br>(Longitudinal) [P]       | .69                     | 4                   | 34              | 1-4           |
| <b>Internal Health Locus of Control</b> <sup>2</sup> (Extended) [P]                            | .63                     | 4                   | 35              | 1, 3, 6, 7    |
| External Health Locus of Control (Extended)  | .67                     | 5                   | 35              | 2, 4, 5, 8, 9 |
| Attitude Towards HIV/AIDS  | .66                     | 3                   | 36              | 1, 3, 4       |
| Attitude Towards Student with HIV/AIDS   | .80                     | 2                   | 36              | 3, 4          |
| Perceived Availability of Information on AIDS  | .53                     | 4                   | 36              | 2, 5-7        |
| Ever Discussed HIV/AIDS with a Friend  | -                       | 1                   | 36              | 8             |
| Ever Discussed HIV/AIDS with an Adult  | -                       | 1                   | 36              | 9             |
| Attitude Towards AIDS as a Problem   | .56                     | 2                   | 36              | 10, 11        |
| Ever Worry About Getting AIDS  | -                       | 1                   | 36              | 12            |

| <u>Name</u>   | <u>Cronbach's Alpha</u> | <u>No. Of Items</u> | <u>Page No.</u>                 | <u>Items</u>                                |
|---|-------------------------|---------------------|---------------------------------|---|
| Total Knowledge About HIV/AIDS                                    | .74                     | 17                  | 37                              | all   |
| Knowledge About HIV/AIDS Transmission                             | .62                     | 10                  | 37                              | 1-8 top<br>2, 4 middle                      |
| Knowledge About Reducing HIV/AIDS Transmission                    | .58                     | 4                   | 37                              | 1-4 bottom                                  |
| Interest of Questions   | -                       | 1                   | 38                              | 1   |
| Importance of Questions   | -                       | 1                   | 38                              | 2   |
| Any Questions Too Personal  | -                       | 1                   | 38                              | 3   |
| Any Questions Disliked for Other Reasons                          | -                       | 1                   | 38                              | 4   |
| Suggested Topics to Add   | -                       | 1                   | 36                              | 5   |
| Parental Approval of Problem Behavior                             | .63                     | 3                   | 21<br>25<br>30                  | 5<br>12<br>8                                |
| Friends Approval of Problem Behavior                              | .63                     | 2                   | 25<br>30                        | 13<br>1                                     |
| <b>Friends as Models for Problem Behavior</b> <sup>3, 4</sup> [R] | .69                     | 4                   | 22<br>26<br>30<br>32            | 7<br>14<br>2<br>3                           |
| <b>Friends as Models for Substance Use</b> <sup>1</sup> [R]       |                         | 2                   | 26<br>30                        | 14<br>2                                     |
| Perceived Availability of Alcohol/Marijuana                       | .71                     | 2                   | 26<br>30                        | 16<br>9                                     |
| Total Perceived Effects on Health                                 | .82                     | 10                  | 3<br>10<br>22<br>26<br>27<br>31 | 26, 31<br>2, 5<br>8, 13<br>17, 5<br>7<br>10 |

| <u>Name</u>   | <u>Cronbach's Alpha</u> | <u>No. Of Items</u> | <u>Page No.</u> | <u>Items</u> |
|---|-------------------------|---------------------|-----------------|--------------|
| <b>Perceived Health Effects of Health-Compromising Behaviors</b> <sup>2</sup> [P]                             |                         | 6                   | 3               | 26, 31       |
|   |                         |                     | 10              | 2, 5         |
|   |                         |                     | 26              | 5            |
|   |                         |                     | 27              | 7            |
| <b>Positive Orientation Toward Health</b> <sup>3, 4</sup> [P]   |                         | 17                  | 1               | 1-7          |
|   |                         |                     | 3               | 26, 31       |
|   |                         |                     | 10              | 2, 5         |
|   |                         |                     | 22              | 8, 13        |
|   |                         |                     | 26              | 17, 5        |
|   |                         |                     | 27              | 7            |
| <b>Perceived Regulatory Controls</b> <sup>1, 4</sup> [P]<br>aka <b>Perceived Social Controls</b> <sup>3</sup> |                         | 8                   | 21              | 1-7          |
|   |                         |                     | 15              | 18           |
| <b>Low Expectations for Success</b> <sup>1, 4</sup> [R]   |                         | 14                  | 28              | 1-10         |
|   |                         |                     | 31              | 1-4          |
| <b>Low Expectations for Success</b> <sup>3</sup> (Non-academic) [R]   |                         | 8                   | 28              | 3-10         |
| <b>Hopelessness</b> <sup>1, 3, 4</sup> [R]  |                         | 8                   | 17              | 4a-4d        |
|   |                         |                     | 23              | 1, 2, 4, 5   |
| <b>Friend-Orientation Index</b> <sup>1, 3, 4</sup> [R]  |                         | 7                   | 14              | 1-7          |
| <b>Orientation to Parents</b> <sup>2</sup> [P]  |                         | 6                   | 14              | 1-5, 7       |

Multiple Problem Behavior Index (MPBI)

The MPBI is an index of involvement in four problem behaviors: delinquency (page 29, items 1-10, problem drinking (pages 24-25, items 8-10), marijuana involvement (page 30, items 3, 5, 6, 9), and sexual intercourse experience (page 33, items 9 and 15). Measures of the four components of the index are transformed into *t* scores (mean of 50 and standard deviation of 10) and averaged. To determine how to score the measures of the component behaviors, please use the present document in conjunction with the coding guide to the Fall 1992 *Health Behavior Questionnaire*.

The MPBI has sometimes been abbreviated to include only three component behaviors, omitting the measure of sexual intercourse experience. The measures of the remaining three behaviors are, as with the 4-component version of the MPBI, transformed into *t* scores (mean of 50 and standard deviation of 10) and averaged. Also, sexual intercourse experience has sometimes been measured by only one item (page 33, item 9), and the measure of marijuana involvement has sometimes been expanded to include use of other illicit drugs (page 31, item 11; see Use of Marijuana and Other Illicit Drugs on page 10 of this guide).

| <u>Name</u> | <u>Cronbach's</u><br><u>Alpha</u> | <u>No. Of</u><br><u>Items</u> | <u>Page</u><br><u>No.</u> | <u>Items</u> |
|-------------|-----------------------------------|-------------------------------|---------------------------|--------------|
|-------------|-----------------------------------|-------------------------------|---------------------------|--------------|

**Health-Enhancing Behavior Index (HEBI)**

The HEBI is a composite index of involvement in five health-enhancing behaviors: attention to eating a healthy diet (page 27, items 6a-6i), regular exercise (page 9, items 1c, 1f, 1h, and 1k), adequate sleep (page 3, items 27, 28, and 30), safety practices (top of page 18, items 6 and 7; page 19, items 7 and 8), and dental hygiene (page 3, items 32-34). The HEBI is calculated as the mean of the five component behavior scores, standardized (z-scores) to provide equal weighting in the continuous composite score. To determine how to score the measures of the component behaviors, please use the present document in conjunction with the coding guide to the Fall 1992 *Health Behavior Questionnaire*.

† Longitudinal multiple-item scales comprise items available in all four waves of the study. Extended multiple-item scales include additional items available in later waves. Revised multiple-item scales included one or more items that have been re-worded in later waves to better assess the construct.