

Mental Health Questions on the 2023 Healthy Youth Survey

Number of question as listed in the “Frequency Reports” for the 2023 HYS results:
<https://www.askhys.net/Reports>

- “Secondary” means that those questions were only asked on the Secondary Survey (students in grades 8-12).
- “Elementary” means that those questions were only asked on the Elementary Survey (students in grades 6)
- 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 Not counting TV, movies, video games, and sporting events, have you seen an adult hit, slap, punch, shove, kick, or otherwise physically hurt another adult more than one time? (Secondary)
- #131 Has an adult ever physically hurt you on purpose (like pushed, slapped, hit, kicked or punched you), leaving a mark, bruise or injury? (Secondary)
- #132 How often does a parent or adult in your home swear at you, insult you, put you down or humiliate (Secondary)
- #133 Sometimes kids are in a position where they really need money for food or a place to stay. Have you ever traded sex for money, drugs, a place to stay, a cell phone, or something else that you needed? (Secondary)
- #134 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? (Secondary)
- #135 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.) (Secondary)
- #136 Have you ever seen someone about your age pressure someone else to kiss, touch, or have sex when they did not want to? (Secondary)
- #137 Have you ever been in a situation where someone made you engage in kissing, sexual touch or intercourse when you did not want to? (Secondary)

Mental Health:

- #138 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? (Secondary)
- #139 During the past 12 months, did you ever seriously consider attempting suicide? (Secondary)
- #140 During the past 12 months, did you make a plan about how you would attempt suicide? (Secondary)



- #141 During the past 12 months, how many times did you actually attempt suicide? (Secondary)
- #142 Have you ever seriously thought about killing yourself? (Elementary)
- #143 Have you ever tried to kill yourself? (Elementary)
- #144 How often over the last 2 weeks, were you bothered by: Feeling nervous, anxious or on edge? (Elementary)
- #145 How often over the last 2 weeks, were you bothered by: Not being able to stop or control worrying? (Elementary)
- #148 Last year, did you hear or see information at your school about the warning signs of suicide and how to get help for yourself or a friend? (Secondary)
- #149 How often do you experience increased social anxiety due to your Internet use? (Secondary)
- #150 How often do you feel withdrawal when away from the Internet. (Secondary)
- #151 How often do you lose motivation to do other things that need to get done because of the Internet. (Secondary)

Someone to turn to in time of need:

- #146 When you feel sad or hopeless, are there adults that you can turn to for help?
- #147 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. (Secondary)
- #169 Does your school provide a staff member (such as a nurse, counselor, intervention specialist) for students to discuss problems with alcohol, tobacco, or other drugs? (Secondary)
- #170 In the last year, did you have any contact with a school support personnel (such as a school counselor, nurse, social worker, intervention specialist, mental health counselor, therapist)? (Secondary)
- #171 There are people in this school who will help me if I need it? (Secondary)
- #199 There are adults in my neighborhood or community I could talk to about something important. (Secondary)
- #1203 My neighbors notice when I am doing a good job and let me know. (Elementary)
- #204 There are people in my neighborhood who encourage me to do my best.
- #205 There are people in my neighborhood or community who are proud of me when I do something well.
- #214 If I had a personal problem, I could ask my parent or guardian for help.
- #215 My parent or guardian gives me lots of chances to do fun things with them.
- #216 My parent or guardian asks me what I think before most family decisions affecting me are made.
- #217 My parent or guardian notices when I am doing a good job and let me know about it. (Elementary)

#218 How often do your parent or guardian tell you they're proud of you for something you've done? (Elementary)

#219 Do you enjoy spending time with your parents or guardians? (Elementary)

Bullying:

#159 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.

#161 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? (Secondary)

#162 In the past 30 days, how often were you bullied, harassed, or intimidated because someone thought you were LGBTQ+ (whether you are or are not)? (Secondary)

#163 When a student is being bullied, how often do teachers or other adults at school try to put a stop to it? (Secondary)

#164 If you see bullying or have been bullied during school do you know how to report it? (Secondary)

#165 During school, how often have you felt that you were treated badly or unfairly because of your race or ethnicity? (Secondary)

#166 During the past 30 days, have you received messages, images, photos, or videos via text, app, or social media that are sexual? (Secondary)

#167 During the past 30 days, on how many days did you not go to school because you felt you would be unsafe on your way to and from school? (Secondary)

#168 During the past 30 days, on how many days did you not participate in school activities because you felt unsafe? (Secondary)

Children's Hope Scale:

#175 Children's Hope Scale (Computed from questions 176 to 179)

#176 I can think of many ways to get the things in life that are most important to me.

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

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

#179 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 2023 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 2023 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.

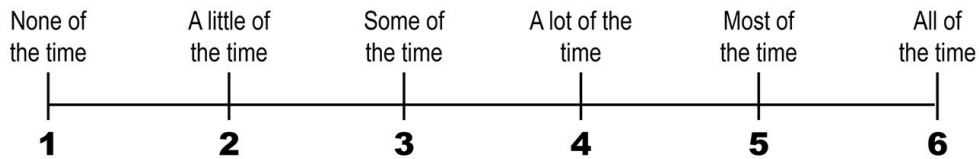
Agency questions on HYS:

- 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)