

**Understanding Student Distress & Academic Success – Spring 2016
Survey Codebook**

Final Version
January 2016

Conventions	
Question Numbering Q2, Q3_1, Q3_2...	Each distinct question is numbered sequentially in presentation order. Some questions invite responses on several points; these various points share the same question number, but have a sequential letter appended to differentiate them.
Open Text Numbering	Items with free text will follow a numbering convention in which the letter ‘u’ follows each open text item (e.g., Q03_8u)
Survey Content “Please provide your age in years:”	The text of each question as well as all potential responses are included in this codebook. Anything marked with quotes is taken verbatim from the survey.
Response Options 1 = “Yes”	The response options for each question are indicated on the right side of each row. In the case of questions with multiple data points, the response options presented apply to each point. When there are response options nested within categories within an item (e.g., Q41), the numbering convention will reflect this nesting characteristic (e.g., Q41_1_1 indicates that participant endorsed turning to an adviser about academic problems).
Missing Values	For the majority of questions, a missing value is indicated by a blank; this may be due to either the respondent skipping the question or a skip pattern. The one exception is multiple-choice questions, in which a ‘0’ indicates a particular option has not been selected.

Q01	“Please provide your age in years:”	(dropdown menu [18 to 95]; blank = no response)
Q02	“With the understanding that these categories might be limiting, how do you typically describe your gender identity?”	blank = no response or skipped 1 = “Female” 2 = “Male” 3 = “Transgender” 4 = “Other, please specify:”
Q02_4u	(no prompt; provided for “Other, please specify:” response to Q02_4) [Q02_4 = 1]	(text; blank = no response or skipped)
Q03	“How would you describe your sexual orientation?”	blank = no response or skipped 1 = “Heterosexual” 2 = “Gay or Lesbian” 3 = “Bisexual” 4 = “Questioning” 5 = “Other, please specify:”
Q03_5u	(no prompt; provided for “Other, please specify:” response to Q03_5) [Q03_5 = 1]	(text; blank = no response or skipped)
Q04	“With the understanding that coming out is a process, if you consider yourself to have come out about your <i>sexual orientation</i> , how long ago did you do so?” [Q03 = 2, 3, 4, or 5]	blank = no response or skipped 1 = <6 months ago 2 = 6–12 months ago 3 = 1–3 years ago 4 = 3–5 years ago 5 = 5 or more years ago 6 = I have not come out 7 = I am likely to come out within the next year 8 = “Other, please specify”
Q04_8u	(no prompt; provided for “Other, please specify:” response to Q04_8) [Q04_8 = 1]	(text; blank = no response or skipped)
Q05	“With the understanding that these categories might be limiting, how do you typically describe yourself? (Select all that apply.)” Q05_1= “African American, of African descent, African, of Caribbean	blank = no response or skipped 1 = TRUE; 2 = FALSE

	descent, or Black” Q05_2 = “Asian or Asian American (e.g., Chinese, Japanese, Korean)” Q05_3 = “Caucasian, White, of European descent, or European (including Spanish)” Q05_4 = “Hispanic, Latino or Latina (e.g., Cuban American, Mexican American, Puerto Rican” Q05_5 = “Middle Eastern or East Indian (e.g., Pakistani, Iranian, Egyptian)” Q05_6 = “Native American (e.g., Dakota, Cherokee) or Alaska Native” Q05_7 = “Native Hawaiian or other Pacific Islander (e.g., Samoan, Papuan, Tahitian)” Q05_8 = Other, please specify:”	
Q05_8u	(no prompt; provided for “Other, please specify:” response to Q05_8) [Q05_8 = 1]	(text; blank = no response or skipped)
Q06	“What is your religious or spiritual preference? (Select all that apply.)” Q06_1= “None” Q06_2 = “Agnostic” Q06_3 = “Atheist” Q06_4 = “Buddhist” Q06_5 = “Christian (Catholic, Evangelical, LDS, Protestant, etc.)” Q06_6 = “Hindu” Q06_7 = “Jewish” Q06_8 = “Muslim” Q06_9 = “Native American spirituality/religion” Q06_10 = “Unitarian or Universalist” Q06_11 = “Other, please specify:”	blank = no response or skipped 1 = TRUE; 2 = FALSE
Q06_11u	(no prompt; provided for “Other, please specify:” response to Q06_11) [Q05_11 = 1]	(text; blank = no response or skipped)
Q07	“From which of the following have you ever received counseling or mental health services? (Select all that apply.)” Q07_1 = “Counselor, therapist, psychologist, and/or social worker” Q07_2 = “Psychiatrist” Q07_3 = “Clergy” Q07_4 = “Other medical provider (e.g., physician, nurse practitioner” Q07_5 = “Alternative medical provider (e.g., acupuncturist, naturopathic doctor, massage therapist)” Q07_6 = “Other, please specify:”	blank = no response or skipped 1 = TRUE; 2 = FALSE

	Q07_7 = "I have never received counseling or mental health services"	
Q07_6u	(no prompt; provided for "Other, please specify:" response to Q07_6) [Q07_6 = 1]	(text; blank = no response or skipped)
Q08	"Have you ever sought services from your college's or university's counseling center?"	blank = no response or skipped 1 = "Yes" 2 = "No"
Q09	"Have you served in the military?"	blank = no response or skipped 1 = "No" 2 = "Yes, and I have been deployed to an area of hazardous duty." 3 = "Yes, and I have not been deployed to an area of hazardous duty."
Q10	"Are you an international student?"	blank = no response or skipped 1 = "Yes" 2 = "No"
Q11u	"What is your country of origin?" [Q10 = 1]	(text; blank = no response or skipped)

Q12	“Which of the following best describes you?” 1 = “first-year undergraduate” 2 = “second-year undergraduate” 3 = “third-year undergraduate” 4 = “fourth-year undergraduate” 5 = “5+-year undergraduate student” 6 = “medical student” 7 = “law student” 8 = “graduate student or other professional student” 9 = “non-degree-seeking student” 10 = “other, please specify:”	blank = no response or skipped 1 = TRUE; 2 = FALSE
Q12_10u	(no prompt; provided for “Other, please specify:” response to Q12_11) [Q12_10 = 1]	(text; blank = no response or skipped)
Q13	“What is your current grade classification, based on the number of hours/credits you have <u>completed</u>?” [Q12_1 = 1 or Q12_2 = 1 or Q12_3 = 1 or Q12_4 = 1 or Q12_5 = 1] 1 = freshman 2 = sophomore 3 = junior 4 = senior	blank = no response or skipped 1 = TRUE; 2 = FALSE
Q14	“How many academic years have you attended a college or university (including the current year)?” [Q12_1 = 1 or Q12_2 = 1 or Q12_3 = 1 or Q12_4 = 1 or Q12_5 = 1]	(dropdown menu [1, 2, 3, 4, 5, 6+]; blank = no response)
Q15	“Have you taken off one or more regular academic terms (e.g., not summer) since starting at your college or university?” [Q12_1 = 1 or Q12_2 = 1 or Q12_3 = 1 or Q12_4 = 1 or Q12_5 = 1]	blank = no response or skipped 1 = “No” 2 = “Yes, I chose to take time off” 3 = “Yes, my college/university required it for academic reasons” 4 = “Yes, my college/university required it for non-academic reasons”
Q16	“What is your field of study?” 1 = “Natural Sciences (e.g. biology, chemistry, mathematics, physics)” 2 = “Humanities and Arts (e.g. English, literature, music, philosophy, theater studies)” 3 = “Engineering (e.g. computer science, biomedical engineering, civil	blank = no response or skipped 1 = TRUE; 2 = FALSE

	engineering)” 4 = “Social Sciences (e.g. psychology, history, linguistics, women’s studies)” 5 = “Economics” 6 = “Policy (e.g. environmental science, political science, public policy studies)” 7 = “Law” 8 = “Medicine” 9 = “Other, please specify:”	
Q16_9u	(no prompt; provided for “Other, please specify:” response to Q16_9) [Q16_9 = 1]	(text; blank = no response or skipped)
Q17	“Did you transfer to this college or university from another institution?” [Q12_1 = 1 or Q12_2 = 1 or Q12_3 = 1 or Q12_4 = 1 or Q12_5 = 1]	blank = no response or skipped 1 = “Yes” 2 = “No”
Q18	“What is the highest level of education completed by either of your parents or significant caregivers?”	blank = no response or skipped 1 = “did not complete high school” 2 = “high school or high-school equivalent” 3 = “some college” 4 = “associate’s degree or technical training certificate” 5 = “bachelor’s degree” 6 = “some graduate or professional school after college” 7 = “Finished graduate or professional school (e.g., master’s degree, MD, PhD, law school)” 8 = “not sure”
Q19	“Do you consider yourself a first-generation college or university student?”	blank = no response or skipped 1 = “Yes” 2 = “No”
Q20	“Do you expect to graduate on schedule?” [Q12_1 = 1 or Q12_2 = 1 or Q12_3 = 1 or Q12_4 = 1 or Q12_5 = 1]	blank = no response or skipped 1 = “Yes, I plan to finish my degree in the typical amount of time (e.g. bachelor’s degree in four years)” 2 = “No, I plan to finish my degree a year or more early” 3 = “No, I plan to take an extra year or more to finish my degree”
Q21_u	“As best you remember, what was your highest composite score on the SAT?” [Q12_1 = 1]	(text; blank = no response or skipped)

Q21b	“This SAT score is out of a total of”	blank = no response or skipped 1 = “1600 points” 2 = “2400 points” 3 = “I did not take this test”
Q22	“As best you remember, what was your highest composite score on the ACT (out of 36)” [Q12_1 = 1] 1 = “Score” 2 = “I did not take this test”	blank = no response or skipped 1 = TRUE; 2 = FALSE
Q22_1u	(no prompt; provided for “Score” response to Q22_1) [Q22_1 = 1]	(text; blank = no response or skipped)
Q23	“Which of the following categories represents your average grades in high school?” [Q12_1 = 1 or Q12_2 = 1 or Q12_3 = 1 or Q12_4 = 1 or Q12_5 = 1]	(dropdown menu [Mostly As; Mostly As and Bs; Mostly Bs; Mostly Bs and Cs; Mostly Cs; Mostly Cs and Ds; Mostly Ds; Mostly Fs]; blank = no response)
Q24	“What was your approximate high school rank?” [Q12_1 = 1 or Q12_2 = 1 or Q12_3 = 1 or Q12_4 = 1 or Q12_5 = 1]	(dropdown menu [top 1%; top 5%; top 10%; top 25%; 25-75%; bottom quartile (75-100%)]); blank = no response)

Q25	“Are you receiving need-based financial aid?” [Q12_1 =1 or Q12_2 = 1 or Q12_3 =1 or Q12_4 = 1 or Q12_5 = 1]	blank = no response or skipped 1 = “Yes” 2 = “No”
Q26	“What was your parents’ (or guardians’) approximate income before taxes last year?” [Q12_1 =1 or Q12_2 = 1 or Q12_3 =1 or Q12_4 = 1 or Q12_5 = 1]	(dropdown menu [less than \$30,000; \$30,000-\$39,000; \$40,000-\$59,000; \$60,000-\$79,000; \$80,000-\$99,000; \$100,000-\$149,000; \$150,000-\$199,000; \$200,000 or more; don’t know/prefer not to answer]; blank = no response)
Q27	“How would you rate your confidence about your (or your family’s) ability to pay for your education?” [Q12_1 =1 or Q12_2 = 1 or Q12_3 =1 or Q12_4 = 1 or Q12_5 = 1]	blank = no response or skipped 1 = “I have no worries about meeting the costs of my education.” 2 = “I have some worries about meeting the costs of my education, but I do not believe finances will keep me from graduating.” 3 = “I have some worries about meeting the costs of my education, and I am concerned finances might keep me from graduating.” 4 = “I have significant worries about meeting the costs of my education, and I am fairly sure finances will keep me from graduating.”

Q28 Brief Resilience Scale	“For the following scale, please select the option that indicates how much you disagree or agree with each of the statements.” Q28_1 = “I tend to bounce back quickly after hard times.” Q28_2 = “I have a hard time making it through stressful events.” Q28_3 = “It does not take me long to recover from a stressful event.” Q28_4 = “It is hard for me to snap back when something bad happens.” Q28_5 = “I usually come through difficult times with little trouble.” Q28_6 = “I tend to take a long time to get over set-backs in my life.”	blank = no response or skipped 1 = “Strongly Disagree” 2 = “Disagree” 3 = “Neutral” 4 = “Agree” 5 = “Strongly Agree”
Q29 Grit Scale	“Please respond to the following items. Be honest—there are no right or wrong answers!” Q29_1 = “New ideas and projects sometimes distract me from previous ones.” Q29_2 = “Setbacks don’t discourage me.” Q29_3 = “I have been obsessed with a certain idea or project for a short time but later lost interest.” Q29_4 = “I am a hard worker.” Q29_5 = “I often set a goal but later choose to pursue a different one.” Q29_6 = “I have difficulty maintaining my focus on projects that take more than a few months to complete.” Q29_7 = “I finish whatever I begin.” Q29_8 = “I am diligent.”	blank = no response or skipped 1 = “Not like me at all” 2 = “Not much like me” 3 = “Somewhat like me” 4 = “Mostly like me” 5 = “Very much like me”

Section Intro	“The questions on this page deal with topics that may be difficult to think about. If you feel upset or distressed, you may wish to take a break and come back to the survey later. The link at the bottom of the page will take you to a list of resources you can access if you would like help dealing with any feelings that come up. You may always skip any question you do not want to answer. The following questions ask about difficult emotional experiences you or others you know may have had. This information will allow us to better understand problems students may face and may also help others in the future.”	[Item column will be blank]
Q30 Distress & Suicidality Continuum	“During the past 12 months, did you have any thoughts similar to the following? (Select all that apply.)” Q30_1 = “This is all just too much.” Q30_2 = “I wish this would all end.” Q30_3 = “I have to escape.” Q30_4 = “I wish I were dead.” Q30_5 = “I want to kill myself.” Q30_6 = “I might kill myself.” Q30_7 = “I will kill myself.”	blank = no response or skipped 1 = “Yes” 2 = “No”
Q31	“During the past 12 months, have you seriously considered attempting suicide?”	blank = no response or skipped 1 = “Yes” 2 = “No”
Q32	“During the past 12 months, did you attempt suicide?”	blank = no response or skipped 1 = “Yes” 2 = “No”
Q33	“How many suicide attempts did you make in the last 12 months?” [Q32 = 1]	blank = no response or skipped 1 = “1” 2 = “2” 3 = “3” 4 = “4” 5 = “5 or more”

Section Intro ACES	“The questions on this page deal with topics that may be difficult to think about. If you feel upset or distressed, you may wish to take a break and come back to the survey later. The link at the bottom of the page will take you to a list of resources you can access if you would like help dealing with any feelings that come up. If you have reason to believe a minor is currently experiencing abuse of any kind, we encourage you to report this abuse; the link at the bottom of the page includes resources that can help you do this. Keep in mind you may always skip any question you do not want to answer. Following are some questions about events that happened during your childhood. This information will allow us to better understand problems that may occur early in life, and it may help others in the future. All questions refer to the time period before you were 18 years of age. Now, looking back before you were 18 years of age—”	[Item column will be blank]
Q34	“Did you live with anyone who was depressed, mentally ill, or suicidal?”	blank = no response or skipped 1 = “Yes” 2 = “No” 3 = “Don’t know/Not sure”
Q35	“Did you live with anyone who was a problem drinker or alcoholic?”	blank = no response or skipped 1 = “Yes” 2 = “No” 3 = “Don’t know/Not sure”
Q36	“Did you live with anyone who used illegal street drugs or who abused prescription medications?”	blank = no response or skipped 1 = “Yes” 2 = “No” 3 = “Don’t know/Not sure”
Q37	“Did you live with anyone who served time or was sentenced to serve time in a prison, jail, or other correctional facility?”	blank = no response or skipped 1 = “Yes” 2 = “No” 3 = “Don’t know/Not sure”

Q38	“Were your parents divorced or separated?”	blank = no response or skipped 1 = “Yes” 2 = “No” 3 = “Parents never married” 4 = “Don’t know/Not sure”
Q39	“How often did your parents or adults in your home ever slap, hit, kick, punch, or beat each other up?”	blank = no response or skipped 1 = “Never” 2 = “Once” 3 = “More than once”
Q40	“Before age 18, how often did a parent or adult in your home ever hit, beat, kick, or physically hurt you in any way? Do not include spanking. Would you say—”	blank = no response or skipped 1 = “Never” 2 = “Once” 3 = “More than once”
Q41	“How often did a parent or adult in your home ever swear at you, insult you, or put you down?”	blank = no response or skipped 1 = “Never” 2 = “Once” 3 = “More than once”
Q42	“How often did anyone at least 5 years older than you, or an adult, ever touch you sexually?”	blank = no response or skipped 1 = “Never” 2 = “Once” 3 = “More than once”
Q43	“How often did anyone at least 5 years older than you, or an adult, try to make you touch them sexually?”	blank = no response or skipped 1 = “Never” 2 = “Once” 3 = “More than once”
Q44	“How often did anyone at least 5 years older than you, or an adult, force you to have sex?”	blank = no response or skipped 1 = “Never” 2 = “Once” 3 = “More than once”

Q45 Meaning in Life	“Please take a moment to think about what makes your life and existence feel important and significant to you. Then respond to the following statements as truthfully and accurately as you can, remembering that these are very subjective questions and that there are no right or wrong answers. Please answer according to the scale below.” Q45_1 = “I understand my life’s meaning.” Q45_2 = “I am looking for something that makes my life feel meaningful.” Q45_3 = “I am always looking to find my life’s purpose.” Q45_4 = “My life has a clear sense of purpose.” Q45_5 = “I have a good sense of what makes my life meaningful.” Q45_6 = “I have discovered a satisfying life purpose.” Q45_7 = “I am always searching for something that makes my life feel significant.” Q45_8 = “I am seeking a purpose or mission for my life.” Q45_9 = “My life has no clear purpose.” Q45_10 = “I am searching for meaning in my life.”	blank = no response or skipped 1 = “Absolutely Untrue” 2 = “Mostly Untrue” 3 = “Somewhat Untrue” 4 = “Can’t Say True or False” 5 = “Somewhat True” 6 = “Mostly True” 7 = “Absolutely True”
Q46 Almost Perfect Scale	“The following items are designed to measure attitudes people have toward themselves, their performance, and toward others. There are no right or wrong answers. Please respond to all of the items. Use your first impression and do not spend too much time on individual items. Respond to each of the items using the scale below to describe your degree of agreement with each item.” Q46_1 = “I have high expectations of myself.” Q46_2 = “Doing my best never seems to be enough.” Q46_3 = “I set very high standards for myself.” Q46_4 = “My performance rarely measures up to my standards.” Q46_5 = “I expect the best from myself.” Q46_6 = “I am hardly ever satisfied with my performance.” Q46_7 = “I have a strong need to strive for excellence.” Q46_8 = “I often feel disappointment after completing a task because I know I could have done better.”	blank = no response or skipped 1 = “Strongly Disagree” 2 = “Disagree” 3 = “Somewhat Disagree” 4 = “Neutral” 5 = “Somewhat Agree” 6 = “Agree” 7 = “Strongly Agree”

Section Intro Sense of Coherence	“Below is a series of questions relating to various aspects of your life. Each question has seven possible answers. Please mark the number that expresses your answer, with numbers 1 and 7 being the extreme answers. If the words under 1 are right for you, select 1; if the words under 7 are right for you, select 7. If you feel differently, select the number which best expresses your feeling. Please give only one answer to each question.”	[Item column will be blank]
Q47	“Do you have the feeling that you don’t really care about what goes on around you?”	blank = no response or skipped 1 = “Very seldom or never” 2 3 4 5 6 7 = “Very often”
Q48	“Has it happened in the past that you were surprised by the behavior of people whom you thought you knew well?”	blank = no response or skipped 1 = “Never Happened” 2 3 4 5 6 7 = “Always Happened”
Q49	“Has it happened that people whom you counted on disappointed you?”	blank = no response or skipped 1 = “Never Happened” 2 3 4 5 6 7 = “Always Happened”
Q50	“Until now your life has had”	blank = no response or skipped 1 = “No clear goals or purpose at all” 2 3 4 5 6 7 = “Very clear goals and purpose”

Q51	“Do you have the feeling that you’re being treated unfairly?”	blank = no response or skipped 1 = “Very seldom or never” 2 3 4 5 6 7 = “Very often”
Q52	“Do you have the feeling that you are in an unfamiliar situation and don’t know what to do?”	blank = no response or skipped 1 = “Very seldom or never” 2 3 4 5 6 7 = “Very often”
Q53	“Doing the things you do every day is”	blank = no response or skipped 1 = “A source of pain and boredom” 2 3 4 5 6 7 = “A source of deep pleasure and satisfaction”
Q54	“Do you have very mixed-up feelings and ideas?”	blank = no response or skipped 1 = “Very seldom or never” 2 3 4 5 6 7 = “Very often”
Q55	“Does it happen that you have feelings inside you would rather not feel?”	blank = no response or skipped 1 = “Very seldom or never” 2 3 4 5 6 7 = “Very often”

Q56	“Many people--even those with a strong character--sometimes feel unlucky in certain situations. How often have you felt this way in the past?”	blank = no response or skipped 1 = “Never” 2 3 4 5 6 7 = “Very often”
Q57	“When something happened, have you generally found that”	blank = no response or skipped 1 = “You overestimated or underestimated its importance” 2 3 4 5 6 7 = “You saw things in the right proportion”
Q58	“How often do you have the feeling that there’s little meaning in the things you do in your daily life?”	blank = no response or skipped 1 = “Very seldom or never” 2 3 4 5 6 7 = “Very often”
Q59	“How often do you have feelings that you’re not sure you can keep under control?”	blank = no response or skipped 1 = “Very seldom or never” 2 3 4 5 6 7 = “Very often”

Q60 Vulnerability to negative academic and mental health outcomes?	“Please answer the following questions are about how you have been feeling during the past month. Select the option that best represents how often you have experienced or felt the following. During the past month, how often did you feel...” Q60_1 = “happy?” Q60_2 = “interested in life?” Q60_3 = “satisfied with life?” Q60_4 = “that you had something important to contribute to society?” Q60_5 = “that you belonged to a community (like a social group, or your neighborhood)?” Q60_6 = “that our society is a good place, or is becoming a better place, for all people?” Q60_7 = “that people are basically good?” Q60_8 = “that the way our society works makes sense to you?” Q60_9 = “that you liked most parts of your personality?” Q60_10 = “good at managing the responsibilities of your daily life?” Q60_11 = “that you had warm and trusting relationships with others?” Q60_12 = “that you had experiences that challenged you to grow and become a better person?” Q60_13 = “confident to think or express your own ideas and opinions?” Q60_14 = “that your life has a sense of direction or meaning to it?”	blank = no response or skipped 1 = “Never” 2 = “Once or Twice” 3 = “About Once a Week” 4 = “About 2 or 3 Times a Week” 5 = “Almost Everyday” 6 = “Everyday”
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Q61 Burden- someness	“The questions on this page deal with topics that may be difficult to think about. If you feel upset or distressed, you may wish to take a break and come back to the survey later. The link at the bottom of the page will take you to a list of resources you can access if you would like help dealing with any feelings that come up. You may always skip any question you do not want to answer. The following questions ask you to think about yourself and other people. Please respond to each question by using your own current beliefs and experiences, NOT what you think is true in general, or what might be true for other people. Please base your responses on how you've been feeling recently. Use the rating scale to find the number that best matches how you feel and select that number. There are no right or wrong answers: we are interested in what <i>you</i> think and feel.” Q61_1 = “These days the people in my life would be better off if I were gone.” Q61_2 = “These days the people in my life would be happier without me.” Q61_3 = “These days I think I am a burden on society.” Q61_4 = “These days I think my death would be a relief to the people in my life.” Q61_5 = “These days I think the people in my life wish they could be rid of me.” Q61_6 = “These days I think I make things worse for the people in my life.”	blank = no response or skipped 1 = “Not at all true for me” 2 3 4 = “Somewhat true for me” 5 6 7 = “Very true for me”
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Q62 Social Connectedness	“Choose the answer that matches how much you agree or disagree with each of the following statements.” Q62_1 = “I feel disconnected from the world around me.” Q62_2 = “Even around people I know, I don't feel that I really belong.” Q62_3 = “I feel so distant from people.” Q62_4 = “I have no sense of togetherness with my peers.” Q62_5 = “I don't feel related to anyone.” Q62_6 = “I catch myself losing all sense of connectedness with society.” Q62_7 = “Even among my friends, there is no sense of brother/sisterhood.” Q62_8 = “I don't feel I participate with anyone or any group.”	blank = no response or skipped 1 = “Strongly Disagree” 2 = “Disagree” 3 = “Somewhat Disagree” 4 = “Somewhat Agree” 5 = “Agree” 6 = “Strongly Agree”
Q63 Coping Self-Efficacy	“When things aren't going well for you, or when you're having problems, how certain are you that you can do the following?” Q63_1 = “Break an upsetting problem down into smaller parts.” Q63_2 = “Sort out what can be changed and what cannot be changed.” Q63_3 = “Make a plan of action and follow it when confronted with a problem.” Q63_4 = “Leave options open when things get stressful.” Q63_5 = “Think about one part of the problem at a time.” Q63_6 = “Find solutions to your most difficult problems.” Q63_7 = “Make unpleasant thoughts go away.” Q63_8 = “Take your mind off unpleasant thoughts.” Q63_9 = “Stop yourself from being upset by unpleasant thoughts.” Q63_10 = “Keep from feeling sad.” Q63_11 = “Get friends to help you with the things you need.” Q63_12 = “Get emotional support from friends and family.” Q63_13 = “Make new friends.”	blank = no response or skipped 1 = “cannot do at all” 2 3 4 = “moderately certain can do” 5 6 7 = “certain can do”