CoVitality

COVITALITY CORE MEASURES SAMPLE ITEMS

SOCIAL EMOTIONAL HEALTH SURVEY–SECONDARY [1] (SEHS-S)

DOMAIN: BELIEF IN SELF (reliability = .82)[2]

Subdomain	Sample Item
Self-Efficacy (3 items)	I can do most things if I try.
Self-Awareness (3 items)	I understand my moods and feelings.
Persistence (3 items)	When I do not understand something, I ask the teacher again and again until I understand.

DOMAIN: BELIEF IN OTHERS (reliability = .83)

Subdomain	Sample Item
School Support (3 items)	At my school, there is a teacher or some other adult who believes that I will be a success.
Family Support 3 (items)	My family members really help and support one another.
Peer Support (3 items)	I have a friend my age who talks with me about my problems.

DOMAIN: EMOTIONAL COMPETENCE (reliability = .83)

Subdomain	Sample Item
Emotional Regulation (3 items)	When I make a mistake, I admit it.
Empathy 3 (items)	I try to understand what other people go through.
Self Control (3 items)	I can wait for what I want.

DOMAIN: ENGAGED LIVING (reliability = .88)

Subdomain	Sample Item
Gratitude (3 items)	Since yesterday how much have you felt THANKFUL.
Optimism (3 items)	Overall, I expect more good things to happen to me than bad things.
Zest (3 items)	How much do you feel ENERGETIC right now?

COVITALITY TOTAL SCORE (36 items, reliability = .93)

Additional Measures: SOCIAL EMOTIONAL DISTRESS SCALE (12 items, reliability = .92)[3]
Sample Items:
In the past month, I worried that I would embarrass myself in front of others.
In the past month, I felt sad and down.
In the past month, It was hard for me to get excited about anything.

Additional Measures: SCHOOL CONNECTEDNESS SCALE (5 items, internal consistency reliability = .80)[4]
Sample Items:
I feel like I am part of this school.
The teachers at this school treat students fairly.

[1] Furlong, M. J., You, S., Renshaw, T. L., Smith, D. C., & O'Malley, M. D. (2014). Preliminary development and validation of the Social and Emotional Health Survey for secondary students. *Social Indicators Research, 117,* 1011–1032. https://doi.org/10.1007/s11205-013-0373-0

You, S., Furlong, M., Felix, E., & O'Malley, M. (2015). Validation of the Social and Emotional Health Survey for five sociocultural groups: Multigroup invariance and latent mean analyses. *Psychology in the Schools, 52,* 349–362. https://doi.org/10.1002/pits.21828

[2] Reliabilities based on the responses of 35,436 students in Grades 7-12 completing these items using the CoVitality app.

[3] Dowdy, E., Furlong, M. J., Nylund-Gibson, K., Moore, S., & Moffa, K. (2018). Initial validation of the Social Emotional Distress Scale to support complete mental health screening. *Assessment for Effective Intervention, 43,* 241–248. https://doi.org/10.1177/1534508417749871

[4] Furlong, M. J., O'Brennan, L. M., & You, S. (2011). Psychometric properties of the Add Health School Connectedness Scale for 18 sociocultural groups. *Psychology in the Schools, 48,* 986–997. doi:10.1002/pits.20609