

We utilized a participatory approach to construct a comprehensive survey scale to measure *empowerment* in adolescents in Chanleas Dai commune, Kralanh District, Siem Reap Province, Kingdom of Cambodia. Psychological empowerment, defined by Rappaport's earlier studies, is "the connection between a sense of personal competence, a desire for and a willingness to take action in the public domain."

General Self-Efficacy Scale (SF)

This measure can be taken to predict adaptation after life changes, but is also useful as an indicator of quality of life at any point in time.

1. I can always manage to solve difficult problems if I try hard enough. [SF102]
2. If someone opposes me, I can find the means and way to get what I want. [SF206]
3. It is easy for me to stick to my aims and accomplish my goals. [SF310]
4. I am confident that I could deal efficiently with unexpected events. [SF414]
5. Thanks to my resourcefulness, I know how to handle unforeseen situations. [SF520]
6. I can solve most problems if I invest the necessary effort. [SF622]
7. I can remain calm when facing difficulties because I can rely on my coping abilities. [SF726]
8. When I am confronted with a problem, I can usually find several solutions. [SF830]
9. If I am in trouble, I can usually think of a solution. [SF934]
10. I can usually handle whatever comes my way. [SF038]

Response Format 0 = Not at all true 1 = Some of the time 2 = Most of the time 3 = All of the time

Self-Esteem Scale (SE)

1. On the whole, I am satisfied with myself. [SE104]
2. At times, I think I am no good at all.* [SE208]
3. I feel that I have a number of good qualities. [SE312]
4. I am able to do things as well as most other people. [SE416]
5. I feel I do not have much to be proud of.* [SE520]
6. I certainly feel useless at times.* [SE624]
7. I feel that I'm a person of worth, at least on an equal plane with others. [SE728]
8. I wish I could have more respect for myself.* [SE832]
9. All in all, I am inclined to feel that I am a failure.* [SE936]
10. I take a positive attitude toward myself. [SE040]

Response Format 3 = All of the time 2 = Most of the time 1 = Some of the time 0 = Not at all;

* are reversed score (Q2, Q5, Q6, Q8, Q9) E.g. *A = 0 M = 1 S = 2 N/A = 3

Perceived Stress Scale (PS)

The scale measures the degree to which situations in one's life are appraised as stressful. E.g. how unpredictable, uncontrollable, and overloaded respondents find their lives.

The questions in this scale ask you about your feelings and thoughts during the last month. In each case, you will be asked to indicate by circling how often you felt or thought a certain way.

1. In the last month, how often have you felt that you were unable to control the important things in your life? [PS113]
2. In the last month, how often have you felt confident about your ability to handle your personal problems? [PS215]
3. In the last month, how often have you felt that things were going your way? [PS317]
4. In the last month, how often have you felt difficulties were piling up so high that you could not overcome them? [PS419]

Response Format 0 = Not at All 1 = Some of the time 2 = Most of the time 3 = All of the time

Sense of Community (SC)

“The following questions about community refer to: Chanleas Dai”

How important is it to you to feel a sense of community with other community members?

1	2	3	4	5	6
Prefer Not to be Part of This Community	Not Important at All	Not Very Important	Somewhat Important	Important	Very Important

How well do each of the following statements represent how you *feel* about this community?

1. I get important needs of mine met because I am part of this community. [SC101]
2. Community members and I value the same things. [SC203]
3. This community has been successful in getting the needs of its members met. [SC305]
4. Being a member of this community make me feel good. [SC407]
5. When I have a problem, I can talk about it with members of this community. [SC509]
6. People in this community have similar needs, priorities, and goals. [SC611]
7. I can trust people in this community. [SC721]
8. I can recognize most of the member of this community. [SC823]
9. Most community members know me. [SC925]
10. This community has symbols and expressions of membership such as clothes, signs, art, architecture, logos, landmarks, and flags that people can recognize. [SC027]
11. I put a lot of time and effort into being part of this community. [SC129]
12. Being a member of this community is a part of my identity. [SC231]

13. Fitting into this community is important to me. [SC333]
14. This community can influence other communities. [SC435]
15. I care about what other community members think of me. [SC537]
16. I have influence over what this community is like. [SC639]
17. If there is a problem in this community, members can get it solved. [SC741]
18. This community has good leaders. [SC843]
19. It is very important to me to be a part of this community. [SC945]
20. I am with other community members a lot and enjoy being with them. [SC047]
21. I expect to be a part of this community for a long time. [SC149]
22. Members of this community have shared important events together, such as holidays, celebrations, or disasters. [SC251]
23. I feel hopeful about the future of this community. [SC353]
24. Members of this community care about each other. [SC455]

Response Format 0 = Not at All 1 = Some of the time 2 = Most of the time 3 = All of the time

Total Sense of community Index = Sum of Q1 to Q24

Subscales

- *Reinforcement of Needs* = Q1 + Q2 + Q3 + Q4 + Q5 + Q6
- *Membership* = Q7 + Q8 + Q9 + Q10 + Q11 + Q11 + Q12
- *Influence* = Q13 + Q14 + Q15 + Q16 + Q17 + Q18
- *Shared Emotional Connection* = Q19 + Q20 + Q21 + Q22 + Q23 + Q24

Social Support Survey (SS)

People sometimes look to others for companionship, assistance, or other types of support. How often is each of the following kinds of support available to you if you need it?

Emotional/informational support

1. Someone you can count on to listen to you when you need to talk. [SS142]
2. Someone to give you information to help you understand a situation. [SS244]
3. Someone to give you good advice about a crisis. [SS346]
4. Someone to confide in or talk to about yourself or your problems. [SS448]
5. Someone whose advice you really want. [SS550]
6. Someone to share your most private worries and fears with. [SS652]
7. Someone who understands your problems. [SS754]

Tangible support

1. Someone to help you if you were confined to bed. #8 [SS856]
2. Someone to take you to the doctor if you needed it. #9 [SS957]

3. Someone to prepare your meals if you were unable to do it yourself. #10 [SS058]
4. Someone to help with daily chores if you were sick. #11 [SS159]

Positive social interaction

1. Someone to have a good time with. #12 [SS260]
2. Someone to get together with for relaxation. #13 [SS361]
3. Someone to do something enjoyable with. #14 [SS462]

Response Format 0 = Not at all 1 = Some of the time 2 = Most of the time 3 = All the time

Citation:

Schwarzer, R., & Jerusalem, M. (1995). Generalized Self-Efficacy scale. In J. Weinman, S. Wright, & M. Johnston, *Measures in health psychology: A user's portfolio. Causal and control beliefs* (pp. 35-37). Windsor, UK: NFER-NELSON.

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Cohen, S., Kamarck, T., & Mermelstein, R. (1983). A global measure of perceived stress. *Journal of Health and Social Behavior*, 24, 386-396.

Hays, R.D. (1994). *The Medical Outcomes Study (MOS) Measures of Patient Adherence*. Retrieved October 1, 2012, from the RAND Corporation web site: <http://www.rand.org/health/surveys/MOS.adherence.measures.pdf>.

Individual surveys were taken from validated measurement sources/tools that have been used internationally. The following integrated empowerment survey must be pilot tested to determine comprehension difficulty, survey fatigue, etc.

The final survey will initially be administered by a minimum of (2) PEPY staff Child-to-Child (CtC) facilitators at for baseline data collection. The survey will again be administered for endline data collection by close of the school term to be used for longitudinal M&E analysis.

Children's Survey

Sex (M/F):

Date of Birth:

Village:

Grade in School:

Participant/Non-participant/Drop-out:

Please answer all of the following questions using the following response format:

0 = Not at all 1 = Some of the time 2 = Most of the time 3 = All the time

- | | |
|--|-------|
| 01. I get important needs of mine met because I am part of this community. | SC101 |
| 02. I can always manage to solve difficult problems if I try hard enough. | SF102 |
| 03. Community members and I value the same things. | SC203 |
| 04. On the whole, I am satisfied with myself. | SE104 |
| 05. This community has been successful in getting the needs of its members met. | SC305 |
| 06. If someone opposes me, I can find the means and way to get what I want. | SF206 |
| 07. Being a member of this community make me feel good. | SC407 |
| 08. At times, I think I am no good at all.* | SE208 |
| 09. When I have a problem, I can talk about it with members of this community. | SC509 |
| 10. It is easy for me to stick to my aims and accomplish my goals. | SF310 |
| 11. People in this community have similar needs, priorities, and goals. | SC611 |
| 12. I feel that I have a number of good qualities. | SE312 |
| 13. In the last month, how often have you felt that you were unable to control the important things in your life? | PS113 |
| 14. I am confident that I could deal efficiently with unexpected events. | SF414 |
| 15. In the last month, how often have you felt confident about your ability to handle your personal problems?* | PS215 |
| 16. I am able to do things as well as most other people. | SE416 |
| 17. In the last month, how often have you felt that things were going your way?* | PS317 |
| 18. Thanks to my resourcefulness, I know how to handle unforeseen situations. | SF518 |
| 19. In the last month, how often have you felt difficulties were piling up so high that you could not overcome them? | PS419 |
| 20. Thanks to my resourcefulness, I know how to handle unforeseen situations.* | SE520 |
| 21. I can trust people in this community. | SC721 |
| 22. I can solve most problems if I invest the necessary effort. | SF622 |
| 23. I can recognize most of the member of this community. | SC823 |
| 24. I certainly feel useless at times.* | SE624 |
| 25. Most community members know me. | SC925 |
| 26. I can remain calm when facing difficulties because I can rely on my coping abilities. | SF726 |

27. This community has symbols and expressions of membership such as clothes, signs, art, architecture, logos, landmarks, and flags that people can recognize.	SC027
28. I feel that I'm a person of worth, at least on an equal plane with others.	SE728
29. I put a lot of time and effort into being part of this community.	SC129
30. When I am confronted with a problem, I can usually find several solutions.	SF830
31. Being a member of this community is a part of my identity.	SC231
32. I wish I could have more respect for myself.*	SE832
33. Fitting into this community is important to me.	SC333
34. If I am in trouble, I can usually think of a solution.	SF934
35. This community can influence other communities.	SC435
36. All in all, I am inclined to feel that I am a failure.*	SE936
37. I care about what other community members think of me.	SC537
38. I can usually handle whatever comes my way.	SF138
39. I have influence over what this community is like.	SC639
40. I take a positive attitude toward myself.	SE140
41. If there is a problem in this community, members can get it solved.	SC741
42. Someone you can count on to listen to you when you need to talk.	SS142
43. This community has good leaders.	SC843
44. Someone to give you information to help you understand a situation.	SS244
45. It is very important to me to be a part of this community.	SC945
46. Someone to give you good advice about a crisis.	SS346
47. I am with other community members a lot and enjoy being with them.	SC047
48. Someone to confide in or talk to about yourself or your problems.	SS448
49. I expect to be a part of this community for a long time.	SC149
50. Someone whose advice you really want.	SS550
51. Members of this community have shared important events together, such as holidays, celebrations, or disasters.	SC251
52. Someone to share your most private worries and fears with.	SS652
53. I feel hopeful about the future of this community.	SC353
54. Someone who understands your problems.	SS754
55. Members of this community care about each other.	SC455
56. Someone to help you if you were confined to bed.	SS856
57. Someone to take you to the doctor if you needed it.	SS957
58. Someone to prepare your meals if you were unable to do it yourself.	SS058
59. Someone to help with daily chores if you were sick.	SS159
60. Someone to have a good time with.	SS260
61. Someone to get together with for relaxation.	SS361
62. Someone to do something enjoyable with.	SS462

Data entry: suggested structure.

❖ First two characters= survey name abbreviation,

- ❖ 3rd character= number of the item within survey (dbl. digits—refer to 2nd digit),
- ❖ 4th and 5th characters= number of item within the instrument.