



Data Collection Worksheet

Please Note: The Data Collection Worksheet (DCW) is a tool to aid integration of a PhenX protocol into a study. The PhenX DCW is not designed to be a data collection instrument. Investigators will need to decide the best way to collect data for the PhenX protocol in their study. Variables captured in the DCW, along with variable names and unique PhenX variable identifiers, are included in the PhenX Data Dictionary (DD) files.

Reasons for Living for Adolescents

The questionnaire lists specific **reasons** that people sometimes have **for not committing suicide**, if the thought were to occur to them or if someone were to suggest it to them. Please read each statement carefully, and then choose the number that best describes how **important** each reason is to you for **not committing suicide**.

Use the scale below and circle the appropriate number in the space to the right of each statement. Please use the whole range of choices so as not to rate only at the middle (2, 3, 4, and 5) or only at the extremes (1, 6).

How **important** to you is this **reason for not committing suicide**?

1. Whenever I have a problem, I can turn to my family for support or advice.

- 1 [] **Not At All Important**
- 2 [] **Quite Unimportant**
- 3 [] **Somewhat Unimportant**
- 4 [] **Somewhat Important**
- 5 [] **Quite Important**
- 6 [] **Extremely Important**

2. It would be painful and frightening to take my own life.

- 1 [] **Not At All Important**
- 2 [] **Quite Unimportant**
- 3 [] **Somewhat Unimportant**
- 4 [] **Somewhat Important**

5 [] **Quite Important**

6 [] **Extremely Important**

3. I accept myself for what I am.

1 [] **Not At All Important**

2 [] **Quite Unimportant**

3 [] **Somewhat Unimportant**

4 [] **Somewhat Important**

5 [] **Quite Important**

6 [] **Extremely Important**

4. I have a lot to look forward to as I grow older.

1 [] **Not At All Important**

2 [] **Quite Unimportant**

3 [] **Somewhat Unimportant**

4 [] **Somewhat Important**

5 [] **Quite Important**

6 [] **Extremely Important**

5. My friends stand by me whenever I have a problem.

1 [] **Not At All Important**

2 [] **Quite Unimportant**

3 [] **Somewhat Unimportant**

4 [] **Somewhat Important**

5 [] **Quite Important**

6 [] **Extremely Important**

6. I feel loved and accepted by my close friends.

1 [] **Not At All Important**

2 [] **Quite Unimportant**

3 [] Somewhat Unimportant

4 [] Somewhat Important

5 [] Quite Important

6 [] Extremely Important

7. I feel emotionally close to my family.

1 [] Not At All Important

2 [] Quite Unimportant

3 [] Somewhat Unimportant

4 [] Somewhat Important

5 [] Quite Important

6 [] Extremely Important

8. I am afraid to die, so I would not consider killing myself.

1 [] Not At All Important

2 [] Quite Unimportant

3 [] Somewhat Unimportant

4 [] Somewhat Important

5 [] Quite Important

6 [] Extremely Important

9. I like myself just the way I am.

1 [] Not At All Important

2 [] Quite Unimportant

3 [] Somewhat Unimportant

4 [] Somewhat Important

5 [] Quite Important

6 [] Extremely Important

10. My friends care a lot about me.

- 1 [] **Not At All Important**
- 2 [] **Quite Unimportant**
- 3 [] **Somewhat Unimportant**
- 4 [] **Somewhat Important**
- 5 [] **Quite Important**
- 6 [] **Extremely Important**

11. I would like to accomplish my plans or goals in the future.

- 1 [] **Not At All Important**
- 2 [] **Quite Unimportant**
- 3 [] **Somewhat Unimportant**
- 4 [] **Somewhat Important**
- 5 [] **Quite Important**
- 6 [] **Extremely Important**

12. My family takes the time to listen to my experiences at school, work, or home.

- 1 [] **Not At All Important**
- 2 [] **Quite Unimportant**
- 3 [] **Somewhat Unimportant**
- 4 [] **Somewhat Important**
- 5 [] **Quite Important**
- 6 [] **Extremely Important**

13. I expect many good things to happen to me in the future.

- 1 [] **Not At All Important**
- 2 [] **Quite Unimportant**
- 3 [] **Somewhat Unimportant**
- 4 [] **Somewhat Important**
- 5 [] **Quite Important**

6 [] **Extremely Important**

14. I am satisfied with myself.

1 [] **Not At All Important**

2 [] **Quite Unimportant**

3 [] **Somewhat Unimportant**

4 [] **Somewhat Important**

5 [] **Quite Important**

6 [] **Extremely Important**

15. I am hopeful about my plans or goals for the future.

1 [] **Not At All Important**

2 [] **Quite Unimportant**

3 [] **Somewhat Unimportant**

4 [] **Somewhat Important**

5 [] **Quite Important**

6 [] **Extremely Important**

16. I believe my friends appreciate me when I am with them.

1 [] **Not At All Important**

2 [] **Quite Unimportant**

3 [] **Somewhat Unimportant**

4 [] **Somewhat Important**

5 [] **Quite Important**

6 [] **Extremely Important**

17. I enjoy being with my family.

1 [] **Not At All Important**

2 [] **Quite Unimportant**

3 [] **Somewhat Unimportant**

4 [] Somewhat Important

5 [] Quite Important

6 [] Extremely Important

18. I feel that I am an OK person.

1 [] Not At All Important

2 [] Quite Unimportant

3 [] Somewhat Unimportant

4 [] Somewhat Important

5 [] Quite Important

6 [] Extremely Important

19. I expect to be successful in the future.

1 [] Not At All Important

2 [] Quite Unimportant

3 [] Somewhat Unimportant

4 [] Somewhat Important

5 [] Quite Important

6 [] Extremely Important

20. The thought of killing myself scares me.

1 [] Not At All Important

2 [] Quite Unimportant

3 [] Somewhat Unimportant

4 [] Somewhat Important

5 [] Quite Important

6 [] Extremely Important

21. I am afraid of using any method to kill myself.

1 [] Not At All Important

- 2 [] **Quite Unimportant**
- 3 [] **Somewhat Unimportant**
- 4 [] **Somewhat Important**
- 5 [] **Quite Important**
- 6 [] **Extremely Important**

22. I can count on my friends to help if I have a problem.

- 1 [] **Not At All Important**
- 2 [] **Quite Unimportant**
- 3 [] **Somewhat Unimportant**
- 4 [] **Somewhat Important**
- 5 [] **Quite Important**
- 6 [] **Extremely Important**

23. Most of the time, my family encourages and supports my plans or goals.

- 1 [] **Not At All Important**
- 2 [] **Quite Unimportant**
- 3 [] **Somewhat Unimportant**
- 4 [] **Somewhat Important**
- 5 [] **Quite Important**
- 6 [] **Extremely Important**

24. My family cares about the way I feel.

- 1 [] **Not At All Important**
- 2 [] **Quite Unimportant**
- 3 [] **Somewhat Unimportant**
- 4 [] **Somewhat Important**
- 5 [] **Quite Important**
- 6 [] **Extremely Important**

25. My future looks quite hopeful and promising.

1 **Not At All Important**

2 **Quite Unimportant**

3 **Somewhat Unimportant**

4 **Somewhat Important**

5 **Quite Important**

6 **Extremely Important**

26. I am afraid of killing myself.

1 **Not At All Important**

2 **Quite Unimportant**

3 **Somewhat Unimportant**

4 **Somewhat Important**

5 **Quite Important**

6 **Extremely Important**

27. My friends accept me for what I really am.

1 **Not At All Important**

2 **Quite Unimportant**

3 **Somewhat Unimportant**

4 **Somewhat Important**

5 **Quite Important**

6 **Extremely Important**

28. I have many future plans I am looking forward to carrying out in the future.

1 **Not At All Important**

2 **Quite Unimportant**

3 **Somewhat Unimportant**

4 **Somewhat Important**

5 [] **Quite Important**

6 [] **Extremely Important**

29. I feel good about myself.

1 [] **Not At All Important**

2 [] **Quite Unimportant**

3 [] **Somewhat Unimportant**

4 [] **Somewhat Important**

5 [] **Quite Important**

6 [] **Extremely Important**

30. My family cares a lot about what would happen to me.

1 [] **Not At All Important**

2 [] **Quite Unimportant**

3 [] **Somewhat Unimportant**

4 [] **Somewhat Important**

5 [] **Quite Important**

6 [] **Extremely Important**

31. I am happy with myself.

1 [] **Not At All Important**

2 [] **Quite Unimportant**

3 [] **Somewhat Unimportant**

4 [] **Somewhat Important**

5 [] **Quite Important**

6 [] **Extremely Important**

32. I would be frightened or afraid to make plans for killing myself.

1 [] **Not At All Important**

2 [] **Quite Unimportant**

3 [] Somewhat Unimportant

4 [] Somewhat Important

5 [] Quite Important

6 [] Extremely Important

Scoring:

Family Alliance (FA) Scale (7 items)

- Calculate mean rating for items: 1, 7, 12, 17, 23, 24, and 30.

Suicide-related Concerns (SRC) Scale (6 items)

- Calculate mean rating for items: 2, 8, 20, 21, 26, and 32.

Self-Acceptance (SA) Scale (6 items)

- Calculate mean rating for items: 3, 9, 14, 18, 29, and 31.

Peer-Acceptance and Support (PAS) Scale (6 items)

- Calculate mean rating for items: 5, 6, 10, 15, 22, and 27.

Future Optimism (FO) Scale (7 items)

- Calculate mean rating for items: 4, 11, 13, 15, 19, 25, and 28.

Total Score

- Calculate mean rating for items 1 to 32.

Protocol source: <https://www.phenxtoolkit.org/protocols/view/640901>