

5XQQLQJ KHDG *\$7(2\$)\$,1/, *(1'(5

'R *UHHN \$IILOLDWLRQ DQG *HQQGHU BQGGHFW'HSRUHXSISR

5DFKDHO 5LGJZD\

6WRFNWRQ 8QLYHUVLW\

3URMHFW IRU 'LVWLQFWLRQ

\$GYLVRUV &RQVHGHQD\GD KU'DYLG /HVWHU

* 5((. \$)),/, \$7,21 \$1' *(1'(5

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LQFLGHQW *UHHNRXVQ GWRQ WR QZHXPH VPRR VHDZKFR ZRHO HWQBW *
7XUQHU /DULPHU 7KHUZHVRHQ DOVGRUUE SRURVHHGI WVRT XHQWOV
QHJDWLYH FRQVHRTKXHQ EHHO DWRFG DEHEKDYG RXU/H R K IDO ERKRO D
SUREOHPV DVVRF LEHWHQGOZLQNKRGWVWVBYR DOWKHQFHV DV ZHOO
SUHV VXUH ZLWKUQ GWKRFLHWHN \$ORWVGH Z DLQ UHXDQV FHR QVKLS
SDUHQWV 7KRVH ZKQ HJH SRVUWIFBMOGHRUF KD OG FRQIOLFW ZH
KDYH JUHDWHU DORFKRQOHUHDV ZH GKOFBQVXIGJQHW VOZKRYOV R
FRQIOLFW DW WOXHJHQ ZHDQ FHO RBJRKLQ GHYRI QV SR LGW SKUHV
EHOLHYHG WR FRQWVPEIXQWHOMD GSRQJ VDRM KRH DDFR KRO FRO
KDV EHHQ FRQFOXGHGHW B DWRWK HDWVK HLOHQXILQRFQGH QWDO Q
6KHOGRRQ HW DO KROBVLFHQOOGD VV V K7X B QWU DU\ RO
VWXG\ IRFXVLQJ RQ SUHJDPLQJ DFWRLY QVWH VUFRKQ G WDKVXW
OHUULO %\WVFKNR ZVWXGHQVXZJLPHIRXQ B WIRDSURWKHU
UHJDUGOHVV RI DIHNOQBWRHQ ZGWHB DVHRWR X7QG VQ R VXL JQLILF
GLIIHUHQFHV LOXHEFDURG VG WLRQ NLHQ QNDLGGJ HSPVRQJG*LFHGUN DQG
*UHHN VWXGHQVH\ ,ORX B GHW KDW JLOVNL QWILQFV GSHQWG QRQ
VOLJKWO\ PRUH RQHBNVHU DHMHWDKFB Q PSD LULVNU BHKDDYILROLDW
DWKOHWLF LQYRDOHUPHQDWD B QVSO SH EWW QRW ZLWK JH
,Q DGGLWLRQ WRNG UHQNDLYQR URWRONLHQWUWHQDIWHHGWWRP R
GHSUHVVLQRQ VXFKHDDQGXENMXDOFEHHDQVLRNM GK DWRH VEKRVH LQ
OHWWHUHG VRQNLQV \$WZLWKIBWQIGHQKDW WRYFOR QHRH WK
MRLQHG IUDWHUQKDG HKLJKH V RUDRWHKWIRH VFX&E/VHD QVHD O
VWXGHQWV ZHUH BQVBRKHUV B FVBYVMB B QDWQXDGXPDLQJ FROO

*5((. \$)),/, \$7,21 \$1' *(1'(5

+RZHYHU UHJDUGKLSVWQRW RHP E HUUW D Q L] Q W H R Q V D V W X K R Z H C
OHYHOV RI VXE VW B Q O H J D E X 6 R H J B U H U W R J M K V D Q H L U D V P H R W Q L W \ E U
IRXQG WR EH PRUH WUKH D Q W Q W V H P B R M N L M Q Y R D Q L H G W L Q R Q U V , Q
ULVN\ VH[XDO EH D Q Y L R B Q * U H H H N V G Z I H U H U Q L R Q W X I R H K Q G F W R Q G R
IUHTXHQF\ RI XQS U F R X K Q F W H U G V G R X I R O I H W G P H R E W K I V V V X W X G \ J
WR UHSRUW PRUHL Q H E R D X S D U H W Q B F U R W D Q G K S D O V G R Q H B W D O
DOVR UHSRUWHG W R H Q B W U E H H Q L G F R G H G R W D V Z H W K I R X J K H F H V V D U
SUHFDXWLRQ , Q U H V S H F W W R I H G V D H K L Q I K M U E Q X R P A E K H U R I W H K
SDUWQHUV \$ H V D Z I F W K R Q K H U U G N L Q J X D V O E B K B Y L G R R Q F H R R Q D W H J G
EDVHG RQ * U H H N D I I L O L D W L R Q E X W Q R W J H Q G H U

6WXGLHV KDYH DOWLRQ E H E R Q V B R Q H H Q V B Q S R F S X K O H U W M R V Q V
DWKOHWHV : R P H Q Z K R W & D U W L F M S D W R E H G D K W L K H U G D V R W H G H U
GLVVDWLVIDFWLRQ EXOLPLD D Q G H G U E R B P R H Q V R I D Q G H F D V L V O
*RUGRQ 9DQ 2UGHQ 7K+RLQ B W K O H W B U V L R Q V I F O X B G D R Q G L Q
+LJK OHYHOV RI D Q \$ U H V G \ L E Q H V S R O R M Y D L O W H R W K H U I K Y L H K I R U W K L
DQ[LHW\ S D L U H G Z I H P K Q W H Y H O G R I L F L W X C L O P L D S D Q B V G R V V D W L V I
WKHLU ERGLHV H \$ V Q K B H Q G W I R D S D U B V Q J N P R L Q H K K I D E Y L V G X L Q O \ I
PRUH GULQNV SHU Z F R N H D O G F R I Q F R X J O H D W W G D F R Q W K R T V H Q R
LQ DWKOHWLF Q / S R U K W R R Q L O G H E J O H H D O V R K R X Z G W R K D Y H
GULQNLQJ DW D Q R X Q J B W K O H W H K D I R X I Q G V M Q J E G U X Q N H Z P R W W L
UHDVRQ IRU DWK O H W Z I H U M R P B U H Q O L D I G O N W R E H E R F H L Q W R [I
OHDVW WKUHH W H F H R Q D D F R K O M K V E G W D Q G E R V U K H Q U F B O V N H J H K D Y
* U H H N V D U H Q R W W K H R Q O \ S R S X O B W I R R Q D W R V L D V F X G W K H Q H

*5((. \$)),/, \$7,21 \$1' *(1'(5

EHKDYLRUV VXF~~K~~ ~~DS~~WLD~~R~~ ~~R~~KRX~~E~~ ~~V~~W~~Q~~~~Z~~~~F~~~~O~~ ~~I~~~~D~~~~E~~~~W~~ ~~M~~ ~~H~~ ~~F~~ ~~D~~~~X~~~~G~~~~V~~ ~~M~~ ~~H~~ [7KHV
VKRZQ ERWK *UHHN W EHTL~~X~~~~O~~~~R~~ ~~P~~~~A~~~~R~~~~K~~~~A~~~~M~~~~H~~~~N~~~~D~~~~N~~~~O~~ ~~B~~~~S~~~~C~~ ~~H~~~~U~~~~W~~ 3UHYLRXV VW
FRPSDULQJ *UHHNUV ~~V~~~~U~~~~R~~~~G~~~~H~~~~S~~~~O~~ ~~W~~~~W~~~~K~~~~O~~~~F~~~~R~~~~D~~~~E~~~~N~~~~D~~~~E~~~~N~~~~K~~~~R~~~~L~~~~Z~~~~O~~~~D~~~~U~~ UHVXOWV WF
PHQWLRQHG DER~~Y~~~~C~~~~H~~~~S~~ ~~U~~~~R~~~~Y~~~~K~~~~D~~~~Q~~ ~~V~~~~D~~~~K~~~~D~~~~V~~ ~~E~~~~H~~~~K~~~~I~~~~D~~~~Y~~~~L~~~~G~~~~R~~~~O~~~~H~~~~W~~ ~~V~~~~U~~~~R~~~~I~~~~H~~~~N~~~~K~~~~H~~~~D~~~~U~~~~H~~
WKR~~V~~~~H~~ QRW LQ WK~~F~~~~L~~ ~~H~~~~U~~~~N~~~~H~~ ~~D~~~~H~~~~U~~~~W~~~~W~~~~H~~~~G~~~~H~~~~D~~~~W~~~~R~~~~Z~~ ~~D~~~~I~~~~U~~~~G~~~~W~~~~H~~~~M~~~~K~~~~I~~~~R~~ ~~S~~~~R~~~~S~~~~X~~
DQG QRW DV UHFHQW VWXGLHV ~~W~~~~D~~~~Y~~~~R~~~~I~~ ~~E~~~~M~~~~R~~~~L~~~~O~~ ~~L~~~~C~~~~R~~~~J~~~~D~~~~I~~ ~~R~~~~U~~~~H~~~~M~~~~K~~~~I~~~~H~~~~R~~~~S~~
7KHVH EHQHILWV ~~V~~~~E~~~~R~~~~O~~~~K~~~~G~~~~R~~~~I~~ ~~W~~~~X~~~~S~~~~S~~ ~~R~~~~D~~~~D~~~~F~~~~R~~ ~~Q~~~~S~~ ~~S~~~~R~~~~R~~~~U~~~~K~~~~W~~~~H~~~~X~~~~U~~~~L~~ ~~W~~~~I~~~~K~~~~H~~~~V~~~~H~~ ~~S~~
UHVHDFK VWX~~G~~~~L~~ ~~H~~~~R~~~~K~~~~I~~~~D~~~~Y~~~~L~~~~F~~ ~~V~~~~S~~~~L~~~~R~~~~J~~~~M~~ ~~F~~~~W~~~~R~~~~K~~~~O~~~~M~~ ~~D~~~~R~~~~G~~~~L~~~~O~~~~R~~~~F~~~~R~~ ~~O~~~~F~~~~O~~~~X~~~~V~~~~L~~
WKH\ IDFWRUHG ERQV ~~D~~~~Q~~~~G~~~~H~~~~H~~~~N~~~~O~~ ~~G~~~~H~~~~I~~~~L~~~~T~~~~K~~~~O~~~~D~~~~W~~~~R~~~~L~~ ~~W~~~~W~~~~M~~~~G~~~~L~~~~M~~~~X~~~~G~~~~K~~~~D~~~~Y~~~~H~~ ~~E~~~~H~~
LQYHVWLJDWH WKH ~~E~~~~W~~~~K~~~~D~~~~Y~~~~I~~~~O~~~~R~~~~U~~~~W~~ ~~D~~~~R~~~~E~~~~Z~~~~H~~~~I~~~~G~~~~R~~~~E~~ \ ~~W~~~~I~~~~R~~~~H~~~~F~~~~L~~~~E~~~~W~~~~H~~ ~~Y~~~~E~~~~L~~~~X~~~~W~~ ~~R~~~~Q~~
VWXGHQWV EDVHG RQ DILOLDWL ~~R~~~~Q~~~~W~~~~R~~~~E~~~~U~~~~R~~ ~~J~~~~H~~~~K~~~~O~~ ~~G~~~~I~~~~H~~~~R~~~~X~~ ~~D~~~~I~~~~F~~~~F~~~~O~~~~J~~~~H~~ ~~R~~~~U~~~~X~~~~V~~
OHWWHUHG VW~~X~~~~R~~~~P~~~~S~~~~Q~~~~W~~~~N~~~~G~~~~K~~~~D~~~~R~~~~H~~~~Q~~~~E~~~~R~~~~H~~ ~~G~~~~U~~~~F~~~~M~~~~N~~ ~~I~~~~Q~~~~H~~~~W~~~~H~~~~J~~~~D~~~~U~~~~H~~~~G~~~~V~~ ~~W~~~~W~~~~R~~~~X~~~~G~~~~H~~
DQG GHSUHVVLRQ ~~D~~~~Q~~~~G~~~~H~~~~F~~~~N~~~~O~~~~H~~~~V~~~~D~~~~O~~~~G~~~~U~~~~H~~~~E~~~~D~~~~O~~~~H~~~~X~~~~F~~~~R~~~~P~~~~S~~~~D~~~~V~~~~H~~~~K~~~~D~~~~Y~~~~Q~~ ~~U~~~~H~~
VHQVH RI VXSSRUWL ~~R~~~~T~~~~K~~~~R~~~~I~~~~J~~~~H~~~~I~~~~Q~~~~V~~~~X~~~~O~~~~D~~~~W~~~~L~~~~J~~ ~~B~~~~Q~~~~V~~~~H~~~~G~~~~/~~ ~~I~~~~R~~~~O~~~~O~~ ~~E~~~~R~~~~O~~~~S~~~~L~~~~R~~~~O~~ ~~R~~~~U~~
JHQGHU PD\ LQIO ~~X~~~~H~~~~Q~~~~E~~~~R~~~~I~~~~W~~~~K~~~~K~~~~D~~~~I~~~~U~~~~H~~~~H~~~~V~~~~X~~~~I~~~~O~~~~M~~ ~~M~~~~G~~~~S~~~~X~~~~L~~~~S~~~~G~~ ~~V~~~~E~~~~F~~~~R~~~~M~~~~R~~~~W~~~~K~~~~L~~~~V~~ ~~V~~
LQYHVWLJDWH ZKHWKHU *UHHN DX~~G~~~~L~~~~O~~~~D~~~~V~~~~V~~ ~~R~~~~O~~~~H~~~~D~~~~O~~~~G~~~~V~~~~J~~~~R~~~~Q~~ ~~S~~~~H~~~~U~~~~F~~
VXSSRUW VHQVH ~~R~~~~V~~~~L~~~~R~~~~H~~~~O~~~~I~~~~%~~ ~~D~~~~Q~~~~G~~~~F~~~~O~~~~X~~~~S~~~~L~~~~O~~ ~~D~~~~L~~~~E~~~~R~~~~D~~~~E~~~~K~~~~O~~~~H~~~~R~~~~V~~ ~~W~~~~P~~~~K~~~~R~~~~U~~~~H~~ ~~V~~~~S~~~~H~~

* 5((. \$)),/, \$7,21 \$1' *(1'(5

Method

Participants

)RU WKL V VWXG\ S XEAOXLFHQWVEH ULDPODDUHWVDFRVO ERID MW F
8QLWHG 6WDWHVHZHU B DWMLWFHSD QMWDKQ G ZH ZHIUIH PD OH *U
DILOLDWLRQ ZDV DOVR VXUYH\HGJ H2 L QWKHOWR Q W D Q SDUMNL FR
7KLV WRWDO ZDQWERU RN H V Q UGRUZLQ VWHLV QVHWVIE B QSD K MLUPL SDQ V
LQ WKL V VWXG\KZHRUXH KF R Q G HFRACHOH SHD J MW PV H Q WR S DRWH D U FK 6 X

Materials

3DUWLF L S D Q W V ZHHGH FJR Q M Q QDQ I R Q U R B Q L R U P W R J W H K H P L F
FRQILGHQWLDOLWV D Q G\ G \$HWDLLOFRIRH S ODKWHH KVK BDRUWLG L SW Q
ZDV JLYHQ D VHQ Q Q D H L S R H W \$ S X H Q G Q L P L U K L V R Q X H D L Q D V R Q T X H V
FRPSLOHG IURP V F D X H W W X G L G L Q H S U H Z H L R H L H D G V W K R Q V L Q
VHFWRQV W K D W V F R O W Q L Q W F G U H G Y X F U V H H V S R Q V H E L D V

Depression. 7 R D V V H V V W K H Y B D U R W L G H S D G W W L T R O H % Q H F H Q W R H S U
ZDV XVHG 7KHVH WQZH ERVQ VRDIHQ TXW DWRFR W Q W V H U D X Q F J K Q U V ³,
JXLOW\ DOO WKH WLP H' WR ³, G Q D R M Q H H O R J X L V O R W \ ' D Q H G V B
ZHUH WRWDOHG YW B X D V O H T V O H Y K I B L R Q G E H S O H H K V D L R Q H H Q Y D O L
IRXQG WR KD O H D E V O L U R Q D E U R V D Q O H L Q L F E D R O V Q Q G Q R Q F O L Q
:DQJ \$ Q G U D G H * R U T H Q L W W P H L Q V X U H I R X Q V G D V R R E E H Y D Q L G L Q
GLIIHUHQWLDWL B Q D P Q L H V H S O R Q M D L R W V R Q D Q G R W W U M K L V
VKRZ GLVFULPLQDWHU X D V O L G V Z H G B W V K R O % J Q Y H Q H S R U \ K D V V
VHQVLWLYLW\ V S H F M L I Y F I L W D Z X D G \$ S O D R H G , W D O V R K D V
UHSRUWHG WR K F R Y Q V K V W H Q Q W B I Q V D V H L O R L O E M O H L W W U H W H

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Self-esteem. 7KH 5RVHQEHUJ 6HOI (VWHHP 6FDOH VVHW KHWKHH
SDUWLFLSDQWLV VHQWHV WPHHDPV XNH ULW 6F DSR LQDQ JIL QJ IUR
DJUHH WR VWURQH \DGLV D LV H Q MRRH TXR VWZRWK UHYHUVH
FRXQWHUEDODQFHK UHWISR QMB VEXLDFRDU KW D KHUH V FZLUWK D KLJ
VHOI *ULIILWK Q Q N R B R Q V R V L B X W V Q V O R Q 6 F B W D Q R 7 K R I R
WKH 5RVHQEHUJ E R F D K O M W W U R Q D Y I R Q W W Y D X F M G D Q G F R Q Y H U J H G

Sense of social support. 7R PHDVXUH WKH SDUWLFLSDQW V VHQVH
OXOWLGLPHQVLRQDO 6FDOH RI 3HUEV LPH DG V B FLIDV D B X S \$ R H
SRLQW /LNHUW 6F D H U H V W O J L Q J O M R D U H H G W R D Y H H H V W W F R Q W
WKUHH VXEVHFWLRQV G I V E L Q L I U B P H O G W W I K H K U V Z E K I H Q F R Q I L
WKURXJK VWXGLHM GRQE B W H K J B D Q W U Z B E G R F W R Q U H U Q D W X D W Q L C
VWXGHQWV \$ I U L F R S H \$ R H \$ R I F D Q V D Q X R O C H Q F H K W Q H V H D R G O
VXEVFDOHV RI V I D Q G I L F I D Q G R V Z K M H G K D Q G O K B B U L Q H O H U Q D O
'DKOHP =LPHW :DONHU I R X Q V H W K D O V B D O G L W R B Q G
VRFLDO DSSHDO , U H Q D D V E I R X Q G D W F D W U E R H Q D Q B I O M G D W D G P L C
PHDVXUH .DJDULDQ 0F&DEH R K E V Z H D W O U H U Z O D W H O G
ELDV D Q G S H U F H L Y H G S U H I H U U H G U H V S R Q V H V

Procedure

6WXGHQWV ZHUH U D V I R Q G H Q R W J E M H R W R K Q V K Q H E V W X C W R K H
SXUSRVH RI DVVHWMRQ D Q G H J H Q G B O L D I E W K I F Z B W H Q S O D L Q H
SDUWLFLSDQW , Q V W U X F W L R Q V Z H B B H U

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ZHUH DOVR FROOHF WDHGH ZQPIS O/HWDCG BMMK FTX ZM W/H REQHWKD
WKHLU WLPH DQGVGHEU UHFHGL YGWPX G/HUDMFUVRGLWIRURSDUWLF
WKL V VWXG\

Results

7KH VFRULQJ IRU GVKQ N SUWRMFDVORZDHWWRH VHXFRIPM DVX
PHDVXUH IRU VHOI HVWHHP KDG URHXQWMB VFRU U'HQJF UWSHWLY
LQFOXGLQJ WKH PFGHYDDVSDRQF ZQIDPHG V%HMZF WV FRUUHOD
DOVR FDOFXODWHG IRU HDFK RI WKH WKUHH PHDVXUHV

7KLV VWXG\ K\SRVRQH W/HJ DG HGM/SUHHRSVDRUGV ZFRQVCHG RG LVITHU
DPRQJ *UHHN OHVW HDPRQJ VHXGGHUGVWVZV* SUHHNSV FZRXOG V
KLJKHU OHYHOV RIDSGU FH OYHHG WWSBIRUKDQVQRVGHQWOLDW
RUJDQLJDWLRQV WDHCHWRZKDNHS KDG HFWOHHYHDOQGRV XSSRUW
OHYHOV RI GHSUHWVRURVK LK N WJXWKGHLVGH QRSRWXSISRIUWDV QR
GLIIHUHQFHV ZHUH IRXQG

\$OWKR XJK WKHUH ZHLUIH QRQV HJQ LMKFDLQWZ DVDDG OHWR V
HVWHHP DQG *UHHN DIILOLDWLRQKDG HDNVOLJKWO\ KLJKHU
HVWHHP WKDQ QRQSEUHHNV DOWKR XJK QRQ VLJQILFDQW
\$OOFRVW KHUHTXDO WR RU VPDQOBUHWKDXDO WBRQGU DELOJF

Discussion

7KH UHVXOWV RI WKLQ L VLV DQWGLGGHIRMOHQWUFDWBI PRQJ *
DIILOLDWLRQ RU JHQGHU 7KH K\SRVSRUWHVGR IE WKLW KSHURMZ

* 5((. \$)),/, \$7,21 \$1' *(1'(5

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5HJDUGOHVV RI WKHLVHGLQVVLJQLKFDQDQH LPISRHJWDDQW D
WKURXJKRXW D LQGLYLGXDOV OLEHH WQMRQYGG LDFB WKRXB
WKHVH JURXSV LWHWRHUJDQMDLVHRSRIRWQ GHUVWDQG WKH
JURXSV RQ WKHLVGLYLBXQG WIRVFLRQRKULQRZHSIOH HVWH
FDQ WKHQ EH GRQEHWRVZHDWRUFRSHFWW2QJWKKL7RLQWUDU
JURXSV DUH IRXQB WIRVXSURJUDW HZQGHQPHOIREZMWHQJP GHSUHV
JURXSV VXFK DV RWKLDJHHEDQURR WQFH SUHYLRXV UHVHD

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KWWS ZHE HEVRRKRWRFNRVREJSGXZHU SICRYLMZSHUYLHG
KLG VLG E D D DI G VHVVL RQPJU

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+LOGHEUDQG . 0 -%R&KQVHRQ. ' - R Q & R P S S D U W W H U Q V R I D O F

EHWZHHQ KLJK V F ~~R R K O H W G V F B O O G L O R I O D W K O H W H V~~ *Journal of Community Psychology*

35 K ~~V S W L I E Q M L F O R P V S P D B P~~) B 5 B L V B B

+ROP 'HQRPD - 09 6 F ~~R U W G R Q L . + \$ D Q 2 R L G H O U . 7 U~~

(DWLQJ GLVRUGHU V ~~U P S U D R P X D W W P H Y A E I O K E G D W K O H W H V~~

LQG H S H Q G H Q W H [H U F L ~~V I N T E R N A T I O N A L D O Q G C O R R O L L I N G P H O D E R L~~

42

+XFKWLQJ . . /DF- \$) +X/~~F P H U L H & R P S D U L Q J * U H H N D I I L O~~

VWXGHQWV DQG ~~\$ Q W N G F P Q D D W L R O H C W H W K W L R O K O Y Q R U U L H D~~

GULQNLQJ ~~D O G W H G F R R O U T H A H O F H A N D D R U G E D U C A T I O N~~ *Hand Drug Education*

55 K W W S I Z E Z D W K I F R U P H ~~B P S D U L Q J * U H H N~~

DILOLDWHG VWXGHQWV DQG VWXGHQW DWKOHWHV \$ D

.D]DULDQ ~~FCP~~ 6 6 0F&DEHLFHQ%LR Q \$ SRIUWR EQDW KH 06366) I

VWUXFWXUH UHOLDELOLW ~~J O U R N A L O F C O M M U N I T Y P S Y C H O L O G Y~~

19

K W W S Z H E H E V R R K R W R F R R V R ~~E] B G X Z H U S I G R Y L W Z S G U Y L I H G~~

KL G V L G I G H F E E H G G E H V H V V L R Q P J U

.OLEHUW - /D ~~R K I L L O U L F K V H Q D \$ 0 5 R E L F X I D F L I G H S U R Q H C~~

FROOHJH VWXGH Q W W K 5 H O O G W I L R C S U K R I S U F X V W Y Q P H W Q W Q P R D W

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0F&DEH 6 6FKXOHQE H U J - (-R K Q V W R Q D Q ' - *2 0 D O O R H M N

' 6 H O H F W L R Q L B Q G H V I R H F L V D O B J D I U B W R H W L Q W M H L V R Q 8 6

V W X G H Q W V X E V W D Q F H X V H \$ P X G W M d i c t i o n a r y F R K P U W Q D W L R Q D

K W W S Z H E H E V R R K R W W F N R V R G J S G X Z H U S I G R Y L M Z S G U Y L L H G

K L G V L G I G H F H E E G G E H V H V V L R Q

0 F : K L U W H U % 7 V O H B R Q Q H O G Q H W R X H H O H I N O W H M P L D F R O O

V W X G H Q W *Journal of Counseling & Development 75*

K W W S Z H E H E V R R K R W W F N R V R G J S G X Z H U S I G R Y L M Z S G U Y L L H G

D H E F F H V V L R Q P J U Y L G K L G

0 R U U L V . 3 D U U Q G H U 5 6 6 6 W H X G (H W D Q G D E W W D W L R U V D P R O

F R O O H J H *Journal of Counseling 14*

K W W S Z H E H E V R R K R W W F N R V R G J S G X Z H U S I G R Y L M Z S G U Y L L H G

K L G V L G I G H F H E E G G E H V H V V L R Q

1 R U W R Q / 6 0 R U J D Q 6 . 7 K R R H L Q G H D Q W R W H O I S Q H Z P H D V X

V H O I H C *Journal of Psychology Quarterly 8*

K W W S Z H E H E V R R K R W W F N R V R G J S G X Y L G H K R L V G G N W D L O

G H F H E E

G G E H V H V V L R Q P J S G * E G D K W B 4 Q M E * O = G E G S G

V \ K \$ 1

3 L T X H U R 1) R [. 5 3 & D X S H R Z R F S * 3 0 D] H U R * O Q G H U J H Q H U

V W U D L Q W K H R W L R Q H J D D Q G H G H V R R U G H U H G *Journal of Health Ad*

Adolescence 39

*5((. \$)),/, \$7,21 \$1' *(1'(5

3RQVRGD 9 \$EDG) -)UDQFLV*H/QGHU G L O B V H Q F B V L Q V

&RRSHUVPLWK 6HOI (7KWHHQP,LOYHQQM RW HGPL IIXHUFVQLRQL Q

Journal Of Individual Differences 29

GRL

5HDG - 3 0HUWLORKNRZ . % SDJHWR UHW DUKWV 5LVN IDF

UHDVRQV IRU SUHJDPLQJ *Journal Of American College Health* 78(2) 140-145

5HROOLRpH * %GGLRLO" P Año D

*5((. \$)),/, \$7,21 \$1' *(1'(5

:DQJ < \$QGUDGHLQ & *RUHQVNDK HGEHFN RQHPSIUW VVLRQ LQ

D SRUWXJXHVVHVSHDFNFXQJELMQLQ EUDJMG *Maxican Journal of Medical and*

Biologica Research.

KWWS ZZZ VFLHOR EU SGI EMPEU

:HOOV % &RUWV V'XBLQJ DW WHPDKGHLWW BZDQIGDWHUQLW

,QGLFDWLRQ RI LPSOLFLW LQJURXS IDYRULWLVP

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\$SSHQGL[

SELF REPORT QUESTIONNAIRE

3OHDVH DQVZHU DOO TXHVWLRQVHD \$ DOF FUXHDSVRIQ VHQG DKURQ B
5HTXLUHG

- , GR QRW IHHO VDG
- , IHHO VDG
- , DP VDG DOO WKH WLPH DQG , FDQ W VQDS RXW RI LW
- , DP VR VDG DQG XQKDSS\ WKDW , FDQ W VWDQG LW
- , DP QRW SDUWDLFXG DLEO\OL WKRXLXWXUH
- , IHHO GLVERXW DWHS DXWXUH
- , IHHO , KDYH RORRN IRUZDUG WR
- , IHHO WKH IXWQG HWKDW RVS KLOHJW FDQ QRW LPSURYH
- , GR QRW IHHO OLNH D IDLOXUH
- , IHHO , KDYH IDLOHG PRUH WKDQ WKH DYHUDJH SHUVRQ
- \$V , ORRN EDFN RQ P\ OLIH DOO , FDQ VHH LV D ORW RI
- , IHHO , DP D FRPSOHWH IDLOXUH DV D SHUVRQ
- , JHW DV PXFK VDWLVIDFWLRQ RXW RI WKLQJV DV , XVHG
- , GRQ W HQMR\ WKLQJV WKH ZD\ , XVHG WR
- , GRQ W JHWLEB DROXWDRMLDQDW WKLQJ DQ\PRUH
-

*5((. \$)),/, \$7,21 \$1' *(1'(5

[, GRQ W IHHO , DP EHLQJ SXQLVKHG
[, IHHO , PD\ EH SXQLVKHG
[, H[SHFW WR EH SXQLVKHG
[, IHHO , DP EHLQJ SXQLVKHG

[, GRQ W IHHO GLVDSSRLQWHG LQ P\VHOI
[, DP GLVDSSRLQWHG LQ P\VHOI
[, DP GLVJXVWHG ZLWK P\VHOI
[, KDWH P\VHOI

[, GRQ W IHHO , DP DQ\ ZRUVH WKDQ DQ\ERG\ HOVH
[, DP FULWLFDO RI P\VHOI IRU P\ ZHDNQHVHV RU PLVWDM
[, EODPH P\VHOI DOO WKH WLPH IRU P\ IDXOWV
[, EODPH P\VHOI DOO WKH WLPH IRU P\ IDXOWV

[, GRQ W KDYH DQ\ WKRXJKWV RI NLOOLQJ P\VHOI
[, KDYH WKRXJKWV IRE NWO, ZRXOG VGRW FDUU\ WKHP R
[, ZRXOG OLNH WR NLOO P\VHOI
[, ZRXOG NLOO QW WKIHLFKDQFH

[, GRQ W FU\ DQ\ PRUH WKDQ XVXDO
[, FU\ PRUH QRZ WKDQ , XVHG WR
[, FU\ DOO WKH WLPH QRZ
[, XVHG WR EH DEQH, FURUE KRWQRV KRXJK , ZDQ

[, DP QR PRUH KUOLW WKBG EHVHU ZDV
[, DP VOLJKW WLPH QRZ WKDQ XVXDO
[, DP TXLWH DQQR\HG RU LUULWDWHG D JRRG GHDO RI WK
[, IHHO LUULWDWHG DOO WKH WLPH

[, KDYH QRW WLRW WUSIHRSOH

*5((. \$)),/, \$7,21 \$1' *(1'(5

[, DP OHVV LQWHUHVWHG LQ RWKHU SHRSOH WKDQ , XVHG

[, KDYH ORVW ~~FBMWWRLQ~~ \RLQWHU SHRSOH

[, KDYH ORVW ~~HDHWRLO~~ \RLQWHU SHRSOH

[, PDNH GHFLVLRQV DERXW DV ZHOO DV , HYHU FRXOG

[, SXW RII PDN ~~PRUJHFKDQR~~ , XVHG WR

[, KDYH JUHDWHU ~~GLGHFXORLO~~ PDNL WKDQ , XVHG

[, FDQ W PDNH GHFLVLRQV DW DOO DQ\PRUH

[, GRQ W IHHO ~~WRDWH~~ , ~~WRDQ~~ , ~~DQ~~ XVHG WR

[, DP ZRUULH ~~WRKDW~~ , ~~ROE~~ DU XQDWWUDFWLYH

[, IHHO WKHUH DUH SHUPDQHQW FKE ~~QIRNL~~ ~~QD~~ ~~WSS~~ ~~BDW~~ ~~D~~

[, EHOLHYH WKDW , ORRN XJO\

[, FDQ ZRUN DERXW DV ZHOO DV EHIRUH

[, W WDNHV DQ ~~WUDDHW~~ ~~RG~~ ~~WR~~ ~~RG~~ ~~RH~~ QJ VRPHWKLQJ

[, KDYH WR SX ~~AKK~~ ~~DV~~ ~~WR~~ ~~RY~~ ~~BR~~ DQ\WKLQJ

[, FDQ W GR DQ\ ZRUN DW DOO

[, FDQ VOHHS DV ZHOO DV XVXDO

[, GRQ W VOHHS DV ZHOO DV , XVHG WR

[, ZDNH XS KRXUV HDUOLHU ~~WEDQXWR~~ ~~VOHHS~~ ILQG LW

[, ZDNH XS VHYHU ~~W~~ ~~KR~~ ~~X~~ ~~UW~~ ~~H~~ ~~G~~ ~~U~~ ~~W~~ ~~D~~ ~~W~~ ~~R~~ ~~D~~ ~~Q~~ ~~H~~ ~~S~~ JHW E

[, GRQ W JHW PRUH WLUHG WKDQ XVXDO

[, JHW WLUHG PRUH HDVLO\ WKDQ , XVHG WR

[, JHW WLUHG IURP GRLQJ DOPRVW DQ\WKLQJ

[, DP WRR WLUHG WR GR DQ\WKLQJ

[0\ DSSHWLWH LV QR ZRUVH WKDQ XVXDO

[0\ DSSHWLWH LV QRW DV JRRG DV LW XVHG WR EH

*5((. \$)),/, \$7,21 \$1' *(1'(5

0\ DSSHVLWH LV PXFK ZRUVH QRZ

, KDYH QR DSSHVLWH DW DOO DQ\PRUH

, KDYHQ W ORVW PXFK ZHLJKW LI DQ\ ODWHO\

, KDYH ORVW PRUH WKDQ ILYH SRXQGV

, KDYH ORVW PRUH WKDQ WHQ SRXQGV

, KDYH ORVW PRUH WKDQ ILIWHHQ SRXQGV

, DP QR PRUH ZRUULHG DERXW P\ KHDOWK WKDQ XVXDO

, DP ZRUULHG DERXW SKLNFDFK SWRBDIEQV RXISFRQW WLSDV

, DP YHU\ ZRUULHG SUDERXMP SKDQIGNDI VPKDKU GOWR WKLQ

, DP VR ZRUULHG DERXW P\ SK\VL RD OQ SURIELOHP MOWKIDW ,

, KDYH QRW QRWLFHG DQ\ UHFHQW FKDQJH LQ P\ LQWHUH

, DP OHVV LQWHUUMKWHG XVHG WR EH

, KDYH DOPRUVW QR LQWHU

, KDYH ORVW LQWHUHVW LQ VH[FRPSOHWHO\

2Q WKH ZKROH , DP VDWLVLHG ZLWK P\VHOI

6WURQJCE \$ H 6WURQJO\ 'LVDJUHH

\$W WLPHV , WKLQN , DP QR JRRG DW DOO

6WURQJCE \$ H 6WURQJO\ 'LVDJUHH

, IHHO WKDQ PEKDUYRIDJRRG TXDOLWLHV

6WURQJCE \$ H 6WURQJO\ 'LVDJUHH

, DP DEOH WR GR WKLQJV DV ZHOO DV PRVW RWKHU SHRSO

*5((. \$)),/, \$7,21 \$1' *(1'(5

6WURQJCC \$ H 6WURQJO\ 'LVDJUHH

, IHHO , GR QRW KDYH PXFK WR EH SURXG RI

6WURQJCC \$ H 6WURQJO\ 'LVDJUHH

, FHUWDLQO\ IHHO XVHOHVV DW WLP HV

6WURQJCC \$ H 6WURQJO\ 'LVDJUHH

, IHHO WKDW , PWD SDWVORQD WZROV QW KHDO SODQH Z

6WURQJCC \$ H 6WURQJO\ 'LVDJUHH

, ZLVK , FRXOG KDYH PRUH UHVSHFW IRU P\VHOI

6WURQJCC \$ H 6WURQJO\ 'LVDJUHH

\$OO LQ DOO , HDPOLWKOMQH GPWIR IIDLOXUH

6WURQJCC \$ H 6WURQJO\ 'LVDJUHH

, WDNH D SRVLWLYH DWWLWXGH WRZDUG P\VHOI

6WURQJCC \$ H 6WURQJO\ 'LVDJUHH

0\ IULHQGV UHDOO\ WU\ WR KHOS PH

9HU\ 6WURQJO\ 'LVDJUHH

6WURQJO\ 'LVDJUHH

0LOGO\ 'LVDJUHH

1XHWUDO

0LOGO\ \$JUHH

6WURQJO\ \$JUHH

*5((. \$)),/, \$7,21 \$1' *(1'(5

☐ 9HU\ 6WURQJO\ \$JUHH

, FDQ FRXQW RQ P\ IULHQGV ZKHQ WKLQJV JR ZURQJ

☐ 9HU\ 6WURQJO\ 'LVDJUHH

☐ 6WURQJO\ 'LVDJUHH

☐ 0LOGO\ 'LVDJUHH

☐ 1XHWUDO

☐ 0LOGO\ \$JUHH

☐ 6WURQJO\ \$JUHH

☐ 9HU\ 6WURQJO\ \$JUHH

, KDYH IULHQGV ZLWK ZKRP , FD

*5((. \$)),/, \$7,21 \$1' *(1'(5

0 LOGO\ 'LVDJUHH

1XHWUDO

0 LOGO\ \$JUHH

6WURQJO\ \$JUHH

9HU\ 6WURQJO\ \$JUHH

0\ IDPLO\ UHDOO\ WULHV WR KHOS PH

9HU\ 6WURQJO\ 'LVDJUHH

6WURQJO\ 'LVDJUHH

0 LOGO\ 'LVDJUHH

1XHWUDO

0 LOGO\ \$JUHH

6WURQJO\ \$JUHH

9HU\ 6WURQJO\ \$JUHH

7KHUH LV D VSHKFZ QPS, HEDQ QZDWURPZVMR\ V DQG VRU

9HU\ 6WURQJO\ 'LVDJUHH

6WURQJO\ 'LVDJUHH

0 LOGO\ 'LVDJUHH

1XHWUDO

0 LOGO\ \$JUHH

6WURQJO\ \$JUHH

9HU\ 6WURQJO\ \$JUHH

, JHW WKH HPRWISRDW KHOSHQGRP P\ IDPLO\

9HU\ 6WURQJO\ 'LVDJUHH

6WURQJO\ 'LVDJUHH

0 LOGO\ 'LVDJUHH

1XHWUDO

0 LOGO\ \$JUHH

6WURQJO\ \$JUHH

*5((. \$)),/, \$7,21 \$1' *(1'(5

☐ 9HU\ 6WURQJO\ \$JUHH

, KDYH D VSHFLDDOUSHUW RQ XZKPH LVI FRPIRUW WR PH

☐ 9HU\ 6WURQJO\ 'LVDJUHH

☐ 6WURQJO\ 'LVDJUHH

☐ 0LOGO\ 'LVDJUHH

☐ 1XHWUDO

☐ 0LOGO\ \$JUHH

☐ 6WURQJO\ \$JUHH

☐ 9HU\ 6WURQJO\ \$JUHH

