

# Project to Learn about Social Networking

Number

OMB No: 0920-0747: Exp Date: ???

Check the box that best describes your answer.

|     |      |    | : Considering the people to whom you are related either h or marriage |      |      |     |  | I               | Five thru Eight | Nine or More |
|-----|------|----|---|------|------|-----|--|-----------------|-----------------|--------------|
|     | 1.   |    | How many relatives do you   |      | None | One |  | i               | Five 1          | Nine         |
|     |      | a. | See or hear from at least once a month?                               |      |      |     |  |                 |                 |              |
|     |      | b. | Feel close to such that you could call on them for help?              |      |      |     |  |                 |                 |              |
|     |      | C. | Feel at ease with that you can talk about private matters?            |      |      |     |  |                 |                 |              |
| Fri | ienc |    | ps: Considering all of your friends                                   |      |      |     |  | Five thru Fight | Nine or More    |              |
| 1.  |      | Ho | w many of your friends do you   | None | One  |     |  | Five            | Nine            |              |
|     | a.   | Se | e or hear from at least once a month?                                 |      |      |     |  |                 |                 |              |
|     | b.   | Fe | el close to such that you could call on them for help?                |      |      |     |  |                 |                 | _            |
|     | C.   | Fe | el at ease with that you can talk about private matters?              |      |      |     |  |                 |                 |              |
|     |      |    |   |      |      |     |  |                 |                 |              |

| Social | Relationships | 6 |
|--------|---------------|---|
|--------|---------------|---|

O Never

O A few times a yearO Once or twice a month

O A few times a week

O Once a week

O Every day

| 2.    |        | <b>v long have you lived in your loca</b><br>Less than a year | I community?               |                                 |        |
|-------|--------|---|----------------------------|---------------------------------|--------|
|       |        | More than a year, but less than 5 y                           | /pars                      |                                 |        |
|       |        | 5 to 10 years   | cais                       |                                 |        |
|       |        | More than 10 years  |                            |                                 |        |
|       |        | Basically, my whole life                                      |                            |                                 |        |
| 3.    | Are    | you involved in any teams, clubs                              | , or other groups eithe    | r at school or in your communit | y?     |
|       | Ο      | Yes   |                            |                                 |        |
|       | Ο      | No  |                            |                                 |        |
| 4.    | Che    | ck the types of groups you have                               | been involved in during    | g the <i>past year.</i>         |        |
|       | Ο      | I get together regularly with my frie                         | nds, but it is not a forma | ll group                        |        |
|       | Ο      | Sports team   | 0                          | Newspaper or yearbook           |        |
|       | Ο      | Academic team   | 0                          | Chorus                          |        |
|       | Ο      | Special interest club   | 0                          | Cheerleading                    |        |
|       | _      | Band  | 0                          | Scouts                          |        |
|       |        | Church group  |                            | Other religious group           |        |
|       |        | Community volunteer group                                     | 0                          | Other boys or girls club        |        |
|       | Ο      | Other (please explain)  |                            |                                 |        |
| 5.    | Abo    | out how many of these teams, clu                              | bs, or other groups do     | you belong to?                  |        |
|       |        |   |                            |                                 |        |
|       |        |   |                            |                                 |        |
|       |        | eam, club, or group that is <u>the mo</u>                     |                            |                                 | r just |
| group | s of y | your friends who get together reg                             | ularly to do an activity   | or talk about things.           |        |
|       |        |   |                            |                                 |        |
| 6.    | Hov    | v often do you take part in this gr                           | oup?                       |                                 |        |

## **Social Competence Scale**

Some teenagers find it easy to talk and deal with people, others find it hard. The questions below deal with how you communicated with people in the past 6 months. Can you indicate how easy or difficult each of the situations below has been for you in the past 6 months? If you haven't experienced one or more of the situations below, please imagine how easy or difficult each of the situations would have been for you.

| How easy or difficult was it in the past six months to                         | Verv Difficul | Difficult |  | Varv Facv |
|--|---------------|-----------|--|-----------|
| Start a conversation with someone you did not know very well?                  |               |           |  |           |
| 2. Introduce yourself for the first time to someone?                           |               |           |  |           |
| 3. Start a new friendship?   |               |           |  |           |
| 4. Call someone whom you wanted to get to know better?                         |               |           |  |           |
| 5. Ask someone to get together and do something?                               |               |           |  |           |
| 6. Stand up for your rights when someone wronged you?                          |               |           |  |           |
| 7. Stand up for yourself when someone made a fool of you?                      |               |           |  |           |
| 8. Stand up for yourself when someone accused you of something you did not do? |               |           |  |           |
| 9. Stand up for someone else who was made a fool of?                           |               |           |  |           |

#### **Self-Efficacy**

Please read the following questions. After each question, fill in the circle to show how much you believe you can or cannot do what is asked now. If something doesn't apply (if you don't take medication for example) fill in that circle.

|   |                  | 1                    |                 | ı                   | ı                 |               |                    |
|---|------------------|----------------------|-----------------|---------------------|-------------------|---------------|--------------------|
| How much do you believe you can or cannot do the following? | Doesn't<br>Apply | Very Sure<br>I Can't | Sure<br>I Can't | Probably<br>I Can't | Probably<br>I Can | Sure<br>I Can | Very Sure<br>I Can |
| Talk to my doctor myself and ask for the things I need      | 0                | 0                    | 0               | 0                   | 0                 | 0             | 0                  |
| Take responsibility for getting my homework and chores done | 0                | 0                    | 0               | 0                   | 0                 | 0             | 0                  |
| Change my doctor if I don't like him/her                    | 0                | 0                    | 0               | 0                   | 0                 | 0             | 0                  |
| Make a teacher see my point of view                         | 0                | 0                    | 0               | 0                   | 0                 | 0             | 0                  |

#### **Self-Efficacy for ADHD**

Do you currently have ADHD, or have you ever been told by a doctor or other health professional that you have ADHD?

| O      | Yes |
|--------|-----|
| $\cap$ | No  |

# If you answered no, you may continue with the next survey If you answered yes, please complete the following questions:

| How much do you believe you can or cannot do the following?      | Doesn't<br>Apply | Very Sure<br>I Can't | Sure<br>I Can't | Probably<br>I Can't | Probably<br>I Can | Sure<br>I Can | Very Sure<br>I Can |
|--|------------------|----------------------|-----------------|---------------------|-------------------|---------------|--------------------|
| 5. Keep track of my medication                                   | 0                | 0                    | 0               | 0                   | 0                 | 0             | 0                  |
| 6. Follow my doctor's orders for taking care of my ADHD          | 0                | 0                    | 0               | 0                   | 0                 | 0             | 0                  |
| 7. Tell a friend I have ADHD                                     | О                | 0                    | 0               | 0                   | 0                 | 0             | 0                  |
| Tell my boyfriend or girlfriend I have ADHD                      | 0                | 0                    | 0               | 0                   | 0                 | 0             | 0                  |
| Suggest to my parents changes in my medication dose              | 0                | 0                    | 0               | 0                   | 0                 | 0             | 0                  |
| 10. Believe that I have the ability to have control over my ADHD | 0                | 0                    | 0               | 0                   | 0                 | 0             | 0                  |
| 11. Run my life the same as I would if I didn't have ADHD        | 0                | 0                    | 0               | 0                   | 0                 | 0             | 0                  |

### **Coping with ADHD**

There are many things that people with ADHD may have to learn and do. Here is a list of important things. Fill in the circle to show how hard each thing has been for you.

| In the chicle to show now hard each thing has been for you  | I Don't | Not that   | A Little Hard | Very Hard |  |  |
|---|---------|------------|---------------|-----------|--|--|
|   | Do this | Hard to Do | to Do         | to Do     |  |  |
| Giving myself medication  | 0       | 0          | 0             | 0         |  |  |
| 2. Remembering to take my medication  | 0       | 0          | 0             | 0         |  |  |
| 3. Taking medication on time  | 0       | 0          | 0             | 0         |  |  |
| 4. Going for clinic/doctor visits   | 0       | 0          | 0             | 0         |  |  |
| 5. Telling my friends about my ADHD   | 0       | 0          | 0             | 0         |  |  |
| 6. Telling teachers and grown-ups about my ADHD   | 0       | 0          | 0             | 0         |  |  |
| Now, fill in the circle to show how much the rest of these things have <u>upset you recently</u> . Pick the answer that describes you best. |         |            |               |           |  |  |

Does Not

Not very

Upsetting

A Little

Very

|  | Apply to Me |   | Upsetting | Upsetting |
|--|-------------|---|-----------|-----------|
| 7. Being "different" from other people         | 0           | 0 | 0         | 0         |
| 8. My parents telling me what to do about ADHD | 0           | 0 | 0         | 0         |
| 9. Thinking about why I got ADHD               | 0           | 0 | 0         | 0         |
| 10. Other people knowing that I have ADHD      | 0           | 0 | 0         | 0         |
| 11. Reading or seeing stuff on TV about ADHD   | 0           | 0 | 0         | 0         |
| 12. Having to take pills for my ADHD           | 0           | 0 | 0         | 0         |