



**Idaho Youth Well-being Assessment: At-A-Glance**  
**\*2024-2025\***

Subscale/Construct/Topic	Item Total
<b>Health Perceptions, Behaviors, Outcomes</b> <ul style="list-style-type: none"> <li>● Where you would go for help (10)</li> <li>● Barriers to healthcare (1)</li> <li>● Average Health ratings (2)</li> <li>● Physical Activity (1)</li> <li>● Sleep (1)</li> <li>● Clinical Depression screen (10)</li> <li>● Problem Focused Coping (5)</li> <li>● Perceived Stress Scale (4)</li> <li>● Clinical Anxiety (7)</li> </ul>	<b>41</b>
<b>Demographics</b> <ul style="list-style-type: none"> <li>● School, Gender, Grade, Age, Race, School</li> </ul>	<b>5</b>
<b>Family</b> <ul style="list-style-type: none"> <li>● Parental Monitoring (9)</li> <li>● Social Support from Family (4)</li> </ul>	<b>13</b>
<b>School</b> <ul style="list-style-type: none"> <li>● School as a protective factor (15)</li> <li>● School Connectedness (5)</li> <li>● Grades (1)</li> <li>● Absences (1)</li> </ul>	<b>22</b>
<b>Community</b> <ul style="list-style-type: none"> <li>● Community Connectedness (5)</li> <li>● Trusted Adult Social Support (4)</li> <li>● Community Engagement (7)</li> <li>● Safety (2)</li> </ul>	<b>18</b>
<b>Peers/Friends</b> <ul style="list-style-type: none"> <li>● Peer Influence (8)</li> <li>● Friend Social Support (4)</li> <li>● Friend Depression (1)</li> <li>● Sexual Harassment/Violence (2)</li> <li>● Bullying (2)</li> </ul>	<b>17</b>
<b>Leisure Time</b> <ul style="list-style-type: none"> <li>● Supervised Extracurricular activities (6)</li> <li>● Social Media (5)</li> <li>● Social Isolation/Loneliness (6)</li> </ul>	<b>17</b>



<b>Substance Use</b> <ul style="list-style-type: none"><li>● Cigarettes (2)</li><li>● Alcohol (1)</li><li>● Drugs (4)</li></ul>	<b>7</b>
<b>Individual Level Factors</b> <ul style="list-style-type: none"><li>● Positive Future Identity (7)</li><li>● Mattering (9)</li><li>● Resilience; Empathy, Self Efficacy, Self Awareness (9)</li></ul>	<b>25</b>

**Total Questions in Well-Being Assessment (46)**  
**[Estimated time needed per assessment 45-50 minutes]**