

Contents

1 Studying Aspects of Flourishing Among Adolescents	1
1.1 Introduction to the Project	1
1.1.1 Why Measure What Adolescents Need to Flourish?	2
1.2 Overview of Project Activities	5
1.2.1 Item Development and Review	6
1.2.2 Cognitive Interviews	7
1.2.3 Pilot Test	7
1.2.4 Psychometric Work	7
1.3 Conceptual Framework and Constructs	8
1.4 Constructs	11
1.4.1 Relationship Skills	12
1.4.2 Flourishing in Relationships	12
1.4.3 Flourishing in School and Work	13
1.4.4 Helping Others to Flourish	15
1.4.5 Environmental Stewardship	15
1.4.6 Personal Flourishing	16
References	18
2 Cognitive Interviews: Designing Survey Questions for Adolescents	25
2.1 Introduction	25
2.1.1 Rationale for Cognitive Testing	25
2.1.2 What is Cognitive Interviewing?	26
2.1.3 Research on Developing Survey Questions for Adolescents	27
2.1.4 Research on Surveying with Parents as Proxy Reporters	28
2.1.5 Best Practices for Survey-Item Development	29
2.2 Method	29
2.2.1 Recruitment	29
2.2.2 Sample	30
2.2.3 Study Design	30

2.2.4	Study Procedures	32
2.2.5	Protocols	32
2.2.6	Data Analysis	33
2.3	Results	34
2.3.1	Lesson 1: Reference Groups	34
2.3.2	Lesson 2: Construct Selection	34
2.3.3	Lesson 3: Clarity of Items	35
2.3.4	Lesson 4: Item Salience	36
2.3.5	Lesson 5: Parent Reports	37
2.3.6	Lesson 6: Response Variability	39
2.3.7	Lesson 7: Developing Congruent Response Options	40
2.4	Discussion	41
	References	42
3	Pilot Study and Psychometric Analyses	45
3.1	Pilot Study Introduction	45
3.1.1	Recruitment	45
3.1.2	Procedures	46
3.1.3	Incentives	46
3.1.4	Survey	46
3.2	Psychometric Analyses	47
3.2.1	Overview of Psychometric Analyses	47
3.2.2	Subgroups	49
3.2.3	Construct Validity	50
3.3	Results	50
3.3.1	Relationship Skills	50
3.3.2	Flourishing in Relationships	57
3.3.3	Flourishing in School and Work	63
3.3.4	Helping Others to Flourish	76
3.3.5	Environmental Stewardship	81
3.3.6	Personal Flourishing	84
3.4	Discussion	102
3.5	Conclusions	103
	References	105