Individual Protective Factors Index

Mark the box that best shows how you feel about the statement. For example, “YES!” means you strongly agree, “yes” means you sort of agree, “no” means you sort of disagree, and “NO!” means you strongly disagree.

Child Name: _________________________ Date: __________________

Self-Efficacy

1. Other people decide what happens to me. □ YES! □ yes □ no □ NO!
2. It is important to think before you act. □ YES! □ yes □ no □ NO!
3. If I study hard, I will get better grades. □ YES! □ yes □ no □ NO!
4. When I try to be nice, people notice. □ YES! □ yes □ no □ NO!
5. If you work hard, you will get what you want. □ YES! □ yes □ no □ NO!
6. To make a good decision, it is important to think. □ YES! □ yes □ no □ NO!
7. I am responsible for what happens to me. □ YES! □ yes □ no □ NO!

Self-Control

8. Sometimes you have to physically fight to get what you want. □ YES! □ yes □ no □ NO!
9. I get mad easy. □ YES! □ yes □ no □ NO!
10. I do whatever I feel like doing. □ YES! □ yes □ no □ NO!
11. When I am mad, I yell at people. □ YES! □ yes □ no □ NO!
12. Sometimes I break things on purpose. □ YES! □ yes □ no □ NO!
13. If I feel like it, I hit people. □ YES! □ yes □ no □ NO!

Phillips & Springer, 1992 found in: