

Teen First Questionnaire Administration Instructions and Answer Key

The Teen First Questionnaire is designed to be administered in a pre/post format in order to evaluate how participants' attitudes towards parental divorce or separation may change due to the treatment. In order to do so, administer the questionnaire in Session 1 after going over the group rules and then again in Session 8 before the program closing activity.

Pass out the questionnaire and have the teens read the instructions or help read the instructions for struggling readers. After the questionnaires are collected, add up the total score at the end of the questionnaire.

Scores for the the scale responses are listed below. Higher scores indicate more adaptive attitudes toward divorce and separation. "Not true" is the most adaptive answer for all statements.

Not true = 2

Somewhat true = 1

Very true = 0

A group change protocol is also provided. Instructions are listed on the protocol document.

Teen First Questionnaire

Student Name/ID _____

Instructions: Please read each of the 12 statements below. Circle **Not true** if you think the statement is false for you, **Somewhat true** if you think the statement is sometimes true for you, or **Very true** if the statement is often true for you. Please circle only one answer and make sure to answer every item.

1. I will always feel upset about my parents' divorce or separation.

Not true	Somewhat true	Very true
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2. My life is ruined because of my parents' divorce or separation.

Not true	Somewhat true	Very true
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3. It is my fault that my parents got divorced or separated.

Not true	Somewhat true	Very true
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4. I really think that my parents will get back together someday.

Not true	Somewhat true	Very true
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5. There is nothing good about my parents' divorce or separation.

Not true	Somewhat true	Very true
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6. I don't know how to calm down or feel better when I am upset.

Not true	Somewhat true	Very true
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7. I am uncomfortable talking to my parents about their divorce or separation.

Not true	Somewhat true	Very true
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8. I often have upsetting thoughts about my parents' divorce or separation.

Not true	Somewhat true	Very true
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9. Sometimes I feel like I am the only one whose parents are divorced or separated.

Not true	Somewhat true	Very true
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10. It is my job to help my parents get along with each other.

Not true	Somewhat true	Very true
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11. I don't have anyone I trust who I could talk to about my parents' divorce or separation.

Not true	Somewhat true	Very true
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12. I don't know what to do when I am missing one of my parents.

Not true	Somewhat true	Very true
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