

**QUESTIONNAIRE**

1. What is your biological sex?

- 1. Female
- 2. Male
- 3. Other

2. What is your age?

- 1. 18
- 2. 19
- 3. 20
- 4. 21
- 5. 22
- 6. 23 or more

3. What is your university grade point average (GPA) – if you don't know precisely, please estimate your GPA:

- 1. 0.00 to 0.50
- 2. 0.51 to 1.00
- 3. 1.01 to 1.50
- 4. 1.51 to 2.00
- 5. 2.01 to 2.50
- 6. 2.51 to 3.00
- 7. 3.01 to 3.50
- 8. 3.51 to 4.00

Use just items 4, 5, and 6 and call it "College Graduation Doubt" - it will have higher alpha

4 5 6 7 = Leave College alpha = .64

	No or almost never	Rarely	Sometimes	Often	Almost Always
4. Do you think about dropping out of university/college?	1	2	3	4	5
5. Do you think about transferring to another university/college?	1	2	3	4	5
6. Do you think about taking a break from university/college studies for a while and maybe returning later?	1	2	3	4	5

	Not at all Confident	Slightly Confident	Moderately Confident	Mostly Confident	Extremely Confident
7. How confident are you that you will graduate from a university/college?	1	2	3	4	5
<b>8 9 10 11 12 = Life Satisfaction alpha = .85</b>	Strongly Disagree	Disagree	Mix of Disagree and Agree	Agree	Strongly Agree
8. In most ways my life is close to ideal.	1	2	3	4	5
9. The conditions of my life are excellent.	1	2	3	4	5
10. I am satisfied with my life.	1	2	3	4	5
11. So far I have gotten the important things I want in life.	1	2	3	4	5
12. If I could live my life over, I would change almost nothing.	1	2	3	4	5
<b>13 14 15 = Socially Connected alpha = .73 (.80 if 13 removed)</b>					
13. Other people seem to have more friends than I do.	1	2	3	4	5
14. I often feel lonely because I have few close friends with whom to share my concerns.	1	2	3	4	5
15. I don't have many people who want to listen when I need to talk.	1	2	3	4	5
<b>16 17 18 19 = Toxic Disinhibition alpha = .68</b>	Strongly Disagree	Disagree	Mix of Disagree and Agree	Agree	Strongly Agree
16. I don't mind writing insulting things about others online, because it's anonymous.	1	2	3	4	5
17. It is easy to write insulting things online because there are no repercussions.	1	2	3	4	5
18. There are no rules online therefore you can do whatever you want.	1	2	3	4	5
19. Writing insulting things online is not bullying.	1	2	3	4	5
<b>20 21 22 = Toxic Disinhibition alpha = .92</b>					
20. On the Internet it is easier to annoy or disturb someone I don't like.	1	2	3	4	5
21. On the Internet it is easier to blame or criticize someone without fear of revenge or repercussions.	1	2	3	4	5
22. On the Internet it is easier to ridicule or make fun of someone.	1	2	3	4	5
<b>16 through 22 = Toxic Disinhibition alpha = .85</b>					

## 23 through 29 = Impulsivity alpha = .81

	Strongly Disagree	Disagree	Mix of Disagree and Agree	Agree	Strongly Agree
23. In class or when playing games, it is often difficult for me to wait my turn, so I jump in or interrupt.	1	2	3	4	5
24. I will do risky things without really worrying about what might happen later.	1	2	3	4	5
25. I often answer before the question has finished.	1	2	3	4	5
26. I often say what comes to mind without thinking first of the consequences or whether it is appropriate for the conversation.	1	2	3	4	5
27. I often do things without thinking of the consequences.	1	2	3	4	5
28. Usually, I find it difficult to wait my turn, so I jump in to speak when it is not my turn or I interrupt the person talking.	1	2	3	4	5
29. I think about things carefully before doing something.	1	2	3	4	5

## 30 to 34 Empathy alpha = .74

	Strongly Disagree	Disagree	Mix of Disagree and Agree	Agree	Strongly Agree
30. If a classmate is teased, I feel bad thinking about what is happening to him/her.	1	2	3	4	5
31. I am patient with people who do things worse than I do.	1	2	3	4	5
32. I feel the misfortunes of others.	1	2	3	4	5
33. When I see that a friend is sad, I also become sad.	1	2	3	4	5
34. I am happy when something good happens to someone I know.	1	2	3	4	5

## 35 to 39 = University Connectedness alpha = .81

35. I feel close to people at this university.	1	2	3	4	5
36. I am happy to be at this university.	1	2	3	4	5
37. I feel like I am a part of this university.	1	2	3	4	5
38. The instructors at this university treat students fairly.	1	2	3	4	5
39. I feel safe in this university.	1	2	3	4	5

40 to 47 = Academic Control alpha = .85

	Strongly Disagree	Disagree	Mix of Disagree and Agree	Agree	Strongly Agree
40. My grades are basically determined by things beyond my control and there is little I can do to change.	1	2	3	4	5
41. I see myself as largely responsible for my performance throughout my college career.	1	2	3	4	5
42. No matter what I do, I can't seem to do well in my courses.	1	2	3	4	5
43. There is little I can do about my performance in college/university.	1	2	3	4	5
44. The more effort I put into my courses, the better I do in them.	1	2	3	4	5
45. How well I do in my courses is often the "luck of the draw."	1	2	3	4	5
46. I have a great deal of control over my academic performance in my courses.	1	2	3	4	5
47. When I do poorly in a course, it's usually because I haven't given it my best effort.	1	2	3	4	5

48 49 50 = Intrinsic Motivation alpha = .87

	Strongly Disagree	Disagree	Mix of Disagree and Agree	Agree	Strongly Agree
The reason I go to a university is because:					
48. I really enjoy the experience.	1	2	3	4	5
49. it's so interesting.	1	2	3	4	5
50. there are a lot of interesting things to do.	1	2	3	4	5
51 52 53 = Identified Regulation alpha = .83					
51. I see the importance of learning.	1	2	3	4	5
52. I really appreciate and understand the usefulness of a university.	1	2	3	4	5
53. to me, education is just so important – so valuable.	1	2	3	4	5

54 to 59 = Kessler Stress alpha = .84

	None of the time	A little of the time	Some of the time	Most of the time	All of the time
Since you started college, how often did you feel ...					
54. So sad that nothing could cheer you up?	1	2	3	4	5
55. Nervous?	1	2	3	4	5
56. Restless or fidgety?	1	2	3	4	5
57. Hopeless?	1	2	3	4	5
58. That everything was an effort?	1	2	3	4	5
59. Worthless?	1	2	3	4	5

60 62 64 66 68 = Victim alpha = .77

61 63 65 67 69 = Bully alpha = .73

### Questions 60 to 61 – Spoken Harassment

**Spoken/Verbal Electronic Harassment** – to **speak** or leave a **spoken message**, anonymous or not, through electronic means (e.g., cell phone, video chat, video), with the intent to embarrass, threaten, intimidate, offend, anger, or manipulate someone, make someone fearful, or make them experience a similar negative reaction.

#### This happened to you

60. While in college, how many times has this **happened to you**?

1. Never
2. 1 or 2 times
3. 3 or 4 times
4. 5 or 6 times
5. 7 or more times

#### You did this to someone

61. While in college, how many times have **you done this to someone else**?

1. Never
2. 1 or 2 times
3. 3 or 4 times
4. 5 or 6 times
5. 7 or more times

### Questions 62 to 63 – Written Harassment

**Written Electronic Harassment** – posting a **written message**, anonymous or not, through electronic means (e.g., text message, post, or comment; social media post such as Facebook or Twitter, etc.), with the intent to embarrass, threaten, intimidate, offend, anger, or manipulate someone, make someone fearful, or make them experience a similar negative reaction.

#### This happened to you

62. While in college, how many times has this **happened to you**?

1. Never
2. 1 or 2 times
3. 3 or 4 times
4. 5 or 6 times
5. 7 or more times

#### You did this to someone

63. While in college, how many times have **you done this to someone else**?

1. Never
2. 1 or 2 times
3. 3 or 4 times
4. 5 or 6 times
5. 7 or more times

**Questions 64 to 65 – Visual Harassment**

**Visual Electronic Harassment** – posting an **image or video**, anonymous or not, through electronic means (e.g., image or video posted through text message, social media such as on Facebook or Twitter, or similar) with the intent to embarrass, threaten, intimidate, offend, anger, or manipulate someone, make someone fearful, or make them experience a similar negative reaction.

**This happened to you**

64. While in college, how many times has this **happened to you**?

- 1. Never
- 2. 1 or 2 times
- 3. 3 or 4 times
- 4. 5 or 6 times
- 5. 7 or more times

**You did this to someone**

65. While in college, how many times have **you done this to someone else**?

- 1. Never
- 2. 1 or 2 times
- 3. 3 or 4 times
- 4. 5 or 6 times
- 5. 7 or more times

**Questions 66 to 67 – Hacking and Impersonating**

**Impersonating and Hacking** – attempting to impersonate someone, alter someone’s internet presence (e.g. Facebook, Twitter, Instagram, etc.), or otherwise pretend to be someone through electronic means (by logging into their account; using their cell phone, tablet, or computer; or hacking into someone’s accounts) to threaten, embarrass, intimidate, or post offensive, obscene, or abusive material, or something similar.

**This happened to you**

66. While in college, how many times has this **happened to you**?

- 1. Never
- 2. 1 or 2 times
- 3. 3 or 4 times
- 4. 5 or 6 times
- 5. 7 or more times

**You did this to someone**

67. While in college, how many times have **you done this to someone else**?

- 1. Never
- 2. 1 or 2 times
- 3. 3 or 4 times
- 4. 5 or 6 times
- 5. 7 or more times

**Questions 68 to 69 – Social Harassment**

**Social Relationship Harassment** – attempting to manipulate, control, isolate, or exclude someone; or damage someone’s relationship, reputation, or status among friends and peers through electronic means (e.g., social media such as Facebook or Twitter; written, verbal, or visual message or post; etc.) by threatening or doing the following: blocking, unfriending, excluding, spreading rumors or lies, gossiping, or otherwise damaging someone’s social relationships through social media or other electronic communication.

**This happened to you**

68. While in college, how many times has this **happened to you**?

- 1. Never
- 2. 1 or 2 times
- 3. 3 or 4 times
- 4. 5 or 6 times
- 5. 7 or more times

**You did this to someone**

69. While in college, how many times have **you done this to someone else**?

- 1. Never
- 2. 1 or 2 times
- 3. 3 or 4 times
- 4. 5 or 6 times
- 5. 7 or more times

	Never	1 or 2 times	3 or 4 times	5 or 6 times	7 or more times
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Since you have been in college, **has anyone ever sent to you, or posted about you**, a threatening, harassing, intimidating, rude, or obscene message or image/video by:

70. e-mail, text message, or instant message	1	2	3	4	5
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71. social media (e.g. Facebook, Twitter, etc.) or chat room	1	2	3	4	5
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Since you have been in college, **have you ever sent or posted to someone** a threatening, harassing, intimidating, rude, or obscene message or image/video by:

72. e-mail, text message, or instant message	1	2	3	4	5
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73. social media (e.g. Facebook, Twitter, etc.) or chat room	1	2	3	4	5
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74. If someone **harassed you electronically** (verbal, written, visual, hacking, etc.), how did you cope or handle these incidents? Please do not include any identifying information in your responses.

75. If **you harassed others electronically** (verbal, written, visual, hacking, etc.), why did you target and harass the other person? Please do not include any identifying information in your responses.

If you would like to contact support from the counseling center on campus to speak with someone after completing the survey, please call 912-478-5541.