|  |  |
| --- | --- |
| **About the Measure** | |
| **Domain:** | Sickle Cell Disease: Psychosocial and Social Determinants of Health |
| **Measure:** | Self-Perception Profile |
| **Definition:** | A measure to assess subjective perceptions of self-competence and self-worth broadly, as well as across specific contexts and domains. |
| **Purpose:** | This measure assesses an individual’s appraisals and beliefs about their self-competence and self-worth, which can have a significant impact on their emotional, social, and physical well-being. These factors are not only potential intervention targets for therapeutic and psychological treatments, but also reflect life satisfaction and general health. |
| **Essential PhenX Measures:** | Not applicable. |
| **Related PhenX Measures:** | Not applicable. |
| **Measure Release Date:** |  |

|  |  |
| --- | --- |
| **About the Protocol** | |
| **Protocol Release Date:** |  |
| **PhenX Protocol Name:** | Self-Perception Profile - Adolescents |
| **Keywords:** | Not applicable. |
| **Protocol Name from Source:** | Self-Perception Profile for Adolescents |
| **Description:** | The Self-Perception Profile for Adolescents is a 45-item, self-administered questionnaire that is made up of eight domain-specific subscales that consist of Scholastic Competence, Athletic Competence, Social Competence, Physical Appearance, Behavioral Conduct, Close Friendship, Romantic Appeal, Job Competence, and Global Self-Worth. The question format is unique to this assessment, known as a “structured alternative format,” in which the participant is given a range of response choices. The participant reviews statements that describe habits that gauge self-perception across many domains and select a choice on **ONE** side they best believe describes themselves. |
| **Specific Instructions:** | The scale may be administered in groups, such as classroom units, or individually. Adolescents should be informed this is a survey and not a test. It is important to complete an example item at the start to ensure comprehension of instructions and review completed questionnaires to verify that **BOTH SIDES ARE NOT CHECKED (i.e., there should only be one response for each item)**. |
| **Protocol:** | **What I Am Like**  Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age\_\_\_\_\_\_ Birthday\_\_\_\_\_\_\_\_\_\_ [ ] Boy [ ] Girl  Month Day (check one)   |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | |  | **Really True for me** | **Sort of True for me** |  | | | **Sort of True for Me** | **Really True for me** | | **Sample Sentence** | | | | | | | | | a. | [ ] | [ ] | Some teenagers like to go to movies in their spare time | **BUT** | Other teenagers would rather go to sports events | [ ] | [ ] | | 1. | [ ] | [ ] | Some teenagers feel that they are just as smart as others their age | **BUT** | Other teenagers aren’t so sure and wonder if they are as smart | [ ] | [ ] | | 2. | [ ] | [ ] | Some teenagers find it hard to make friends | **BUT** | Other teenagers find it pretty easy to make friends | [ ] | [ ] | | 3. | [ ] | [ ] | Some teenagers do very well at all kinds of sports | **BUT** | Other teenagers *don’t* feel that they are very good when it comes to sports | [ ] | [ ] | | 4. | [ ] | [ ] | Some teenagers are *not* happy with the way they look | **BUT** | Other teenagers *are* happy with the way they look | [ ] | [ ] | | 5. | [ ] | [ ] | Some teenagers feel that they are ready to do well at a part-time job | **BUT** | Other teenagers feel that they are not quite ready to handle a part-time job | [ ] | [ ] | | 6. | [ ] | [ ] | Some teenagers feel that if they are romantically interested in someone, that person will like them back | **BUT** | Other teenagers worry that when they like someone romantically, that person *won’t* like them back | [ ] | [ ] | | 7. | [ ] | [ ] | Some teenagers usually do the right thing | **BUT** | Other teenagers often don’t do what they know is right | [ ] | [ ] | | 8. | [ ] | [ ] | Some teenagers are able to make really close friends | **BUT** | Other teenagers find it hard to make really close friends | [ ] | [ ] | | 9. | [ ] | [ ] | Some teenagers are often disappointed with themselves | **BUT** | Other teenagers are pretty pleased with themselves | [ ] | [ ] | | 10. | [ ] | [ ] | Some teenagers are pretty slow in finishing their school work | **BUT** | Other teenagers can do their school work quickly | [ ] | [ ] | | 11. | [ ] | [ ] | Some teenagers know how to make classmates like them | **BUT** | Other teenagers *don’t* know how to make classmates like them | [ ] | [ ] | | 12. | [ ] | [ ] | Some teenagers think they could do well at just about any new athletic activity | **BUT** | Other teenagers are afraid they might not do well at a new athletic activity | [ ] | [ ] | | 13. | [ ] | [ ] | Some teenagers wish their body was different | **BUT** | Other teenagers like their body the way it is | [ ] | [ ] | | 14. | [ ] | [ ] | Some teenagers feel that they *don’t* have enough skills to do well at a job | **BUT** | Other teenagers feel that they *do* have enough skills to do a job well | [ ] | [ ] | | 15. | [ ] | [ ] | Some teenagers are *not* dating the people they are really attracted to | **BUT** | Other teenagers *are* dating those people they are attracted to | [ ] | [ ] | | 16. | [ ] | [ ] | Some teenagers often get in trouble because of things they do | **BUT** | Other teenagers usually *don’t* do things that get them in trouble | [ ] | [ ] | | 17. | [ ] | [ ] | Some teenagers *don’t* know how to find a close friend with whom they can share secrets | **BUT** | Other teenagers *do* know how to find a close friend with whom they can share secrets | [ ] | [ ] | | 18. | [ ] | [ ] | Some teenagers don’t like the way they are leading their life | **BUT** | Other teenagers do like the way they are leading their life | [ ] | [ ] | | 19. | [ ] | [ ] | Some teenagers do very well at their classwork | **BUT** | Other teenagers *don’t* do very well at their classwork | [ ] | [ ] | | 20. | [ ] | [ ] | Some teenagers don’t have the social skills to make friends | **BUT** | Other teenagers do have the social skills to make friends | [ ] | [ ] | | 21. | [ ] | [ ] | Some teenagers feel that they are better than others their age at sports | **BUT** | Other teenagers don’t feel they can play as well | [ ] | [ ] | | 22. | [ ] | [ ] | Some teenagers wish their physical appearance was different | **BUT** | Other teenagers like their physical appearance the way it is | [ ] | [ ] | | 23. | [ ] | [ ] | Some teenagers feel they are old enough to get and keep a paying job | **BUT** | Other teenagers do not feel that they are old enough, yet, to really handle a job well | [ ] | [ ] | | 24. | [ ] | [ ] | Some teenagers feel that people their age will be romantically attracted to them | **BUT** | Other teenagers worry about whether people their age will be attracted to them | [ ] | [ ] | | 25. | [ ] | [ ] | Some teenagers feel really good about the way they act | **BUT** | Other teenagers *don’t* feel that good about the way they often act | [ ] | [ ] | | 26. | [ ] | [ ] | Some teenagers *do* know what it takes to develop a close friendship with a peer | **BUT** | Other teenagers *don’t* know what to do to form a close friendship with a peer | [ ] | [ ] | | 27. | [ ] | [ ] | Some teenagers are happy with themselves most of the time | **BUT** | Other teenagers are often not happy with themselves | [ ] | [ ] | | 28. | [ ] | [ ] | Some teenagers have trouble figuring out the answers in school | **BUT** | Other teenagers almost always can figure out the answers | [ ] | [ ] | | 29. | [ ] | [ ] | Some teenagers understand how to get peers to accept them | **BUT** | Other teenagers don’t understand how to get peers to accept them | [ ] | [ ] | | 30. | [ ] | [ ] | Some teenagers don’t do well at new outdoor games | **BUT** | Other teenagers are good at new games right away | [ ] | [ ] | | 31. | [ ] | [ ] | Some teenagers think that they are good looking | **BUT** | Other teenagers think that they are not very good looking | [ ] | [ ] | | 32. | [ ] | [ ] | Some teenagers feel like they could do better at work they do for pay | **BUT** | Other teenagers feel that they are doing really well at work they do for pay | [ ] | [ ] | | 33. | [ ] | [ ] | Some teenagers feel that they are fun and interesting on a date | **BUT** | Other teenagers wonder about how fun and interesting they are on a date | [ ] | [ ] | | 34. | [ ] | [ ] | Some teenagers do things they know they shouldn’t do | **BUT** | Other teenagers hardly ever do things they know they shouldn’t do | [ ] | [ ] | | 35. | [ ] | [ ] | Some teenagers find it hard to make friends they can really trust | **BUT** | Other teenagers *are* able to make close friends they can really trust | [ ] | [ ] | | 36. | [ ] | [ ] | Some teenagers like the kind of person they are | **BUT** | Other teenagers often wish they were someone else | [ ] | [ ] | | 37. | [ ] | [ ] | Some teenagers feel that they are pretty intelligent | **BUT** | Other teenagers question whether they are intelligent | [ ] | [ ] | | 38. | [ ] | [ ] | Some teenagers know how to become popular | **BUT** | Other teenagers do not know how to become popular | [ ] | [ ] | | 39. | [ ] | [ ] | Some teenagers do not feel that they are very athletic | **BUT** | Other teenagers feel that they *are* very athletic | [ ] | [ ] | | 40. | [ ] | [ ] | Some teenagers really like their looks | **BUT** | Other teenagers wish they looked different | [ ] | [ ] | | 41. | [ ] | [ ] | Some teenagers feel that they are really able to handle the work on a paying job | **BUT** | Other teenagers wonder if they are really doing as good a job at work as they should be doing | [ ] | [ ] | | 42. | [ ] | [ ] | Some teenagers usually *don’t* go out with people they would really like to date | **BUT** | Other teenagers *do* go out with people they really want to date | [ ] | [ ] | | 43. | [ ] | [ ] | Some teenagers usually act the way they know they are supposed to | **BUT** | Other teenagers often don’t act the way they are supposed to | [ ] | [ ] | | 44. | [ ] | [ ] | Some teenagers *don’t* understand what they should do to have a friend close enough to share personal thoughts with | **BUT** | Other teenagers *do* understand what to do to have a close friend with whom they can share personal thoughts | [ ] | [ ] | | 45. | [ ] | [ ] | Some teenagers are very happy being the way they are | **BUT** | Other teenagers often wish they were different | [ ] | [ ] |   Susan Harter, Ph.D., University of Denver, 2012  A scoring key can be found in the appendix section of the manuals, located here: <https://portfolio.du.edu/SusanHarter/page/44210>. |
| **Selection Rationale:** | The Self-Perception Profile for Adolescents is a reliable and validated self-administered questionnaire that is easy to administer and score. |
| **Source:** | Harter, S. (2012). *Self-perception profile for adolescents: Manual and questionnaires*. University of Denver Press. |
| **Availability:** | Available |
| **Life Stage:** | Adolescents |
| **Language:** | English |
| **Participant:** | Adolescents, ages 14-19 |
| **Personnel and Training Required:** | None |
| **Equipment Needs:** | None |
| **General References:** | Aasland, A., & Diseth, T. H. (1999). Can the Harter Self-Perception Profile for Adolescents (SPPA) be used as an indicator of psychosocial outcome in adolescents with chronic physical disorders? *European Child & Adolescent Psychiatry, 8*,78-85. <https://doi.org/10.1007/s007870050088>  Wichstraum, L. (1995). Harter’s Self-Perception Profile for Adolescents: Reliability, validity, and evaluation of the question format. *Journal of Personality Assessment, 65*(1), 100-116. <https://doi.org/10.1207/s15327752jpa6501_8> |
| **Mode of Administration:** | Self-administered questionnaire |
| **Derived Variables:** | Not applicable. |
| **Requirements:** | |  |  | | --- | --- | | **Requirements Category** | **Required (Yes/No):** | | Major equipment | No | | Specialized training | No | | Specialized requirements for biospecimen collection | No | | Average time of greater than 15 minutes in an unaffected individual | No | |
| **Annotations for Specific Conditions:** | Not applicable. |
| **Process and Review:** | Not applicable. |