

Relational Health Indices

PEER

Instructions: Next to each statement below, please indicate the number that best applies to your *relationship with a close friend*.

	1	2	3	4	5
	<i>Never</i>	<i>Seldom</i>	<i>Sometimes</i>	<i>Often</i>	<i>Always</i>
1. Even when I have difficult things to share, I can be honest and real with my friend.	1	2	3	4	5
2. After a conversation with my friend, I feel uplifted.	1	2	3	4	5
3. The more time I spend with my friend, the closer I feel to him/her.	1	2	3	4	5
4. I feel understood by my friend.	1	2	3	4	5
5. It is important to us to make our friendship grow.	1	2	3	4	5
6. I can talk to my friend about our disagreements without feeling judged.	1	2	3	4	5
7. My friendship inspires me to seek other friendships like this one.	1	2	3	4	5
8. I am uncomfortable sharing my deepest feelings and thoughts with my friend.	1	2	3	4	5
9. I have a greater sense of self-worth through my relationship with my friend.	1	2	3	4	5
10. I feel positively changed by my friend.	1	2	3	4	5
11. I can tell my friend when he/she has hurt my feelings.	1	2	3	4	5
12. My friendship causes me to grow in important ways.	1	2	3	4	5

MENTOR

Instructions: Next to each statement below, please indicate the number that best applies to your *relationship with your most important mentor*.

	1	2	3	4	5
	<i>Never</i>	<i>Seldom</i>	<i>Sometimes</i>	<i>Often</i>	<i>Always</i>
1. I can be genuinely myself with my mentor.	1	2	3	4	5
2. I believe my mentor values me as a whole person (e.g., professionally/academically and personally).	1	2	3	4	5
3. My mentor's commitment to and involvement in our relationship exceeds that required by his/her social/professional role.	1	2	3	4	5
4. My mentor shares stories about his/her own experiences with me in a way that enhances my life.	1	2	3	4	5
5. I feel as though I know myself better because of my mentor.	1	2	3	4	5
6. My mentor gives me emotional support and encouragement.	1	2	3	4	5
7. I try to emulate the values of my mentor (such as social, academic, religious, physical/athletic).	1	2	3	4	5
8. I feel uplifted and energized by interactions with my mentor.	1	2	3	4	5
9. My mentor tries hard to understand my feelings and goals (academic, personal or whatever is relevant).	1	2	3	4	5
10. My relationship with my mentor inspires me to seek other relationships like this one.	1	2	3	4	5
11. I feel comfortable expressing my deepest concerns to my mentor.	1	2	3	4	5

COMMUNITY

Instructions: Next to each statement below, please indicate the number that best applies to your *relationship with or involvement in this community*.

	1	2	3	4	5
	<i>Never</i>	<i>Seldom</i>	<i>Sometimes</i>	<i>Often</i>	<i>Always</i>
1. I feel a sense of belonging to this community.	1	2	3	4	5
2. I feel better about myself after my interactions with this community.	1	2	3	4	5
3. If members of this community know something is bothering me, they ask me about it.	1	2	3	4	5
4. Members of this community are not free to just be themselves.	1	2	3	4	5
5. I feel understood by members of this community.	1	2	3	4	5
6. I feel mobilized to personal action after meetings within this community.	1	2	3	4	5
7. There are parts of myself I feel I must hide from this community.	1	2	3	4	5
8. It seems as if people in this community really like me as a person.	1	2	3	4	5
9. There is a lot of backbiting and gossiping in this community.	1	2	3	4	5
10. Members of this community are very competitive with each other.	1	2	3	4	5
11. I have a greater sense of self-worth through my connection with this community.	1	2	3	4	5
12. My connections with this community are so inspiring that they motivate me to pursue relationships with other people outside this community.	1	2	3	4	5
13. This community has shaped my identity in many ways.	1	2	3	4	5
14. This community provides me with emotional support.	1	2	3	4	5