**The Predictability, Opportunity, and Safety Dimensions of Environmental Variability (POS DEV) Retrospective Scales**

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**Childhood (6-12 years)**

**Primary Caregiver:**

When you answer the following questions, **please think of the adult(s) in your life who lived in your primary household(s) and who took care of you on a regular basis when you were a child (6-12 years).** Some of these experiences are more common during certain parts of childhood than others, but try to think about your experiences with this important adult(s) across your **childhood (6-12 years)** in general.

You will choose one of these options on this scale:

1 = Not at all true;

2 = A little true;

3 = Somewhat true;

4 = Very true.

1. My caregiver(s) got me to/picked me up from my appointments/hobbies on time.

2. My caregiver(s) encouraged me to develop or sustain hobbies (e.g., music, art, sports).

3. I turned to my caregiver(s) for help when I needed it.

4. My caregiver(s) engaged with me about what I was learning in school.

5. My caregiver(s) were consistently in good enough health to care for me.

6. My caregiver(s) encouraged/supported me to take part in outdoor recreational activities.

7. I typically knew which caregiver(s) would care for me at any time.

8. I felt comfortable being myself around my caregiver(s).

9. I would do fun activities (e.g., go to a park, museum, movie, live theater, music performance, etc.) with my caregiver(s).

10. I followed a consistent routine at home every school day.

11. My caregiver(s) encouraged me to read and/or instilled an enjoyment of reading in me.

12. My caregiver(s) believed in me.

**Close Friend(s):**

When you answer the following questions, **please think of any children you considered a close friend when you were a child (6-12 years) who you spent a considerable amount of time with as a child.** This could be your sibling(s), individual(s) you went to school with, your neighbor(s), or others in your community. The most important thing to remember is that we mean close friends who interacted with you on a semi-regular or regular basis. Some of these experiences are more common during certain parts of childhood than others, but try to think about your experiences with close friends across your **childhood (6-12 years)** in general.

Did you have (a) close friend(s) during this time?

* Yes
* No

If Yes:

You will choose one of these options on this scale:

1 = Not at all true;

2 = A little true;

3 = Somewhat true;

4 = Very true.

13. I felt safe sharing my feelings and problems with my close friend(s).

14. My close friend(s) treated me fairly.

15. My close friend(s) supported me emotionally.

16. I turned to my close friend(s) for help when I needed it.

17. I felt a sense of belonging with my close friends.

18. My close friends treated me the same when we were together as when we were with other children.

19. I could tell my close friends my secrets.

20. I felt safe with my close friend(s).

21. I could tell my close friend(s) anything on my mind.

22. I felt comfortable being myself around my close friend(s).

How many close friends came to mind while you were answering these questions?

* 1-2
* 3-4
* >4

Across all of your close friendship(s), how much time during childhood (ages 6-12 years) did you have at least one close friend?

* Less than half the years
* About half the years
* Most of the years
* All of the years

During this childhood (6-12 years) period, was any individual close friend present in your life throughout all of these years (ages 6-12 years)?

* Yes
* No

**Positive Adult Role Model:**

When you answer the following questions, please think of a **positive adult figure in your life who lived outside of your home and who you felt closest to when you were a child (6-12 years)**. This could be a relative who did not live with you (e.g., grandparents, aunts), a neighbor, a community or spiritual leader, a family friend, a teacher or a coach, etc. The most important thing to remember is that we mean an adult who interacted with you on a semi-regular or regular basis who did not live in your home and whom you consider to be positive influence in your life. Some of these experiences are more common during certain parts of childhood than others, but try to think about your experiences with this important adult across your **childhood (6-12 years)** in general.

Did you have a positive adult role model during this time who lived outside of your home?

* Yes
* No

If Yes:

You will choose one of these options on this scale:

1 = Not at all true;

2 = A little true;

3 = Somewhat true;

4 = Very true.

23. I could trust this positive role model.

24. I was encouraged to talk to this positive role model about anything on my mind.

25. This positive role model's day-to-day mood when interacting with me was consistent.

26. I felt safe sharing my feelings and problems with this positive role model.

27. I felt safe with this positive role model.

28. This positive role model believed in me.

29. This positive role model supported me in expressing my emotions.

How much time during childhood (ages 6-12) was this positive adult role model present?

* Less than half the years
* About half the years
* Most of the years
* All of the years

Including this positive adult role model, how many positive adult role models in total did you have during childhood (ages 6-12)?

* 1-2
* 3-4
* >4

**Adolescence (13 -18 years)**

**Primary Caregiver:**

When you answer the following questions, **please think of the adult(s) in your life who lived in your primary household(s) and who took care of you on a regular basis when you were an adolescence (13-18 years).** Some of these experiences are more common during certain parts of adolescence than others, but try to think about your experiences with this important adult(s) across your **adolescence (13-18 years)** in general.

You will choose one of these options on this scale:

1 = Not at all true;

2 = A little true;

3 = Somewhat true;

4 = Very true.

30. I felt comfortable being myself around my caregiver(s).

31. I typically knew when in the day/week/month I was going to see my caregiver(s).

32. My caregiver(s) encouraged/supported me to take part in outdoor recreational activities.

33. I could trust my caregiver(s).

34. I typically knew how to reach my caregiver(s) when they weren’t in the home.

35. My caregiver(s) checked in with me about my homework.

36. I felt safe sharing my feelings and problems with my caregiver(s).

37. My caregiver(s) encouraged me to develop or sustain hobbies (e.g., music, art, sports).

38. My caregiver(s) got me to/picked me up from my appointments/hobbies on time.

39. My caregiver(s) supported me in expressing my emotions.

40. My caregiver(s) engaged with me about what I was learning in school.

41. I turned to my caregiver(s) for help when I needed it.

42. My caregiver(s) sang songs to or with me.

43. I typically knew which caregiver(s) would care for me at any time.

44. My caregiver(s) encouraged me to read and/or instilled an enjoyment of reading in me.

45. My caregiver(s) encouraged me to be myself.

46. I would do fun activities (e.g., go to a park, museum, movie, live theater, music performance, etc.) with my caregiver(s).

47. My caregiver(s) believed in me.

48. My caregiver(s) were consistently in good enough health to care for me.

49. My caregiver(s) stood by me during difficult times.

**Close Friend(s):**

When you answer the following questions, **please think of any children/adolescents you considered a close friend when you were an adolescent (13-18 years) who you spent a considerable amount of time with as an adolescent.** This could be your sibling(s), individual(s) you went to school with, your neighbor(s), or others in your community. The most important thing to remember is that we mean close friends who interacted with you on a semi-regular or regular basis. Some of these experiences are more common during certain parts of adolescence than others, but try to think about your experiences with close friends across your **adolescence (13-18 years)** in general.

Did you have (a) close friend(s) during this time?

* Yes
* No

If Yes:

You will choose one of these options on this scale:

1 = Not at all true;

2 = A little true;

3 = Somewhat true;

4 = Very true.

50. I felt a sense of belonging with my close friends.

51. My close friend(s) regularly made plans to spend time with me.

52. I felt safe sharing my feelings and problems with my close friend(s).

53. I typically knew when I was going to see my close friend(s).

54. I trusted my close friend(s).

55. I could tell my close friend(s) anything on my mind.

56. I typically talked to the same close friend(s) every day.

57. I felt comfortable being myself around my close friend(s).

58. My close friend(s) treated me fairly.

59. I felt safe with my close friend(s).

60. I typically knew how to reach my close friends when I wasn’t with them.

61. My close friends believed in me.

62. I could tell my close friends my secrets.

63. My close friends treated me the same when we were together as when we were with other children.

64. I turned to my close friend(s) for help when I needed it.

How many close friends came to mind while you were answering these questions?

* 1-2
* 3-4
* >4

Across all of your close friendship(s), how much time during adolescence (ages 13-18 years) did you have at least one close friend?

* Less than half the years
* About half the years
* Most of the years
* All of the years

During this adolescent (13-18 years) period, was any individual close friend present in your life throughout all of these years (ages 13-18 years)?

* Yes
* No

**Positive Adult Role Model:**

When you answer the following questions, please think of a positive adult figure in your life who lived outside of your home and who you felt closest to when you were an adolescent (13-18 years). This could be a relative who did not live with you (e.g., grandparents, aunts), a neighbor, a community or spiritual leader, a family friend, a teacher or a coach, etc. The most important thing to remember is that we mean an adult who interacted with you on a semi-regular or regular basis who did not live in your home and whom you consider to be positive influence in your life. Some of these experiences are more common during certain parts of adolescence than others, but try to think about your experiences with this important adult across your adolescence (13-18 years) in general.

Did you have a positive adult role model during this time who lived outside of your home?

* Yes
* No

If Yes:

You will choose one of these options on this scale:

1 = Not at all true;

2 = A little true;

3 = Somewhat true;

4 = Very true.

65. This positive role model supported me in expressing my emotions.

66. I felt safe with this positive role model.

67. I was encouraged to talk to this positive role model about anything on my mind.

68. I felt safe sharing my feelings and problems with this positive role model.

69. I could trust this positive role model.

70. This positive role model believed in me.

How much time during childhood (ages 6-12) was this positive adult role model present?

* Less than half the years
* About half the years
* Most of the years
* All of the years

Including this positive adult role model, how many positive adult role models in total did you have during childhood (ages 5-12)?

* 1-2
* 3-4
* >4

**Scoring Information:**

Higher scores indicate more positive experiences in childhood and adolescence. There are no reverse scored items on this scale.

Childhood and adolescent scales can be administered independently or can be combined into a general developmental score between 6 – 18 years.

If participants indicate no to the following questions:

Did you have (a) close friend(s) during this time?

Did you have a positive adult role model during this time?

They receive a score of 0 for all questions in that scale.

Non-numbered prompts, e.g. “How many close friends came to mind while you were answering these questions?” are not scored in the current version of the scale but provide important context for interpreting scores and may be incorporated into analyses.

= Close Friend

Score

= Positive Role Model

Score

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Predictability** | **Opportunity** | **Safety** |
| **Caregiver** | Childhood:  1 + 5 + 7 + 10  = Overall  Adolescence:  31 + 34 + 38 + 43 + 48 | Childhood:  2 + 4 + 6 + 9 + 11  = Overall  Adolescence:  32 + 35 + 37 + 40 + 42 + 44 + 46 | Childhood:  3 + 8 + 12  = Caregiver Score  = Overall  Adolescence:  30 + 33 + 36 + 39 + 41 + 45 + 47 + 49 |
| **Close Friend** | Childhood:  N/A    Adolescence:  51 + 53 + 56 + 60 | Childhood:  13 + 15 + 16 +19 + 21  = Overall  Adolescence:  52 + 55 + 62 + 64 | Childhood:  14 + 17 + 18 + 20 + 22  = Overall  Adolescence:  50 + 54 + 57 + 58 + 59 + 61 + 63 |
| **Positive Role Model** | Childhood:  N/A    Adolescence:  N/A | Childhood:  24 + 26 + 29  = Overall  Adolescence:  65 + 67 + 68 | Childhood:  23 + 25 + 27  = Overall  Adolescence:  66 + 69 + 70 |

= Opportunity

Score

= Predictability Score

= Safety

Score

**= Sum all items for total score overall**

**Feel free to reach out with any questions or comments!**

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