

APPENDIX

Relational Health Indices (RHI)

(R) indicates that the item should be reverse scored prior to calculation of a mean score.

PEER (RHI-P)

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

1 = Never; 2 = Seldom; 3 = Sometimes; 4 = Often;
5 = Always

1. Even when I have difficult things to share, I can be honest and real with my friend.
2. After a conversation with my friend, I feel uplifted.
3. The more time I spend with my friend, the closer I feel to him/her.
4. I feel understood by my friend.
5. It is important to us to make our friendship grow.
6. I can talk to my friend about our disagreements without feeling judged.
7. My friendship inspires me to seek other friendships like this one.
8. I am uncomfortable sharing my deepest feelings and thoughts with my friend. (R)
9. I have a greater sense of self-worth through my relationship with my friend.
10. I feel positively changed by my friend.
11. I can tell my friend when he/she has hurt my feelings.
12. My friendship causes me to grow in important ways.

MENTOR (RHI-M)

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

1 = Never; 2 = Seldom; 3 = Sometimes; 4 = Often;
5 = Always

1. I can be genuinely myself with my mentor.
2. I believe my mentor values me as a whole person (e.g., professionally/academically and personally).
3. My mentor's commitment to and involvement in our relationship exceeds that required by his/her social/professional role.
4. My mentor shares stories about his/her own experiences with me in a way that enhances my life.
5. I feel as though I know myself better because of my mentor.
6. My mentor gives me emotional support and encouragement.
7. I try to emulate the values of my mentor (such as social, academic, religious, physical/athletic).
8. I feel uplifted and energized by interactions with my mentor.

9. My mentor tries hard to understand my feelings and goals (academic, personal, or whatever is relevant).
10. My relationship with my mentor inspires me to seek other relationships like this one.
11. I feel comfortable expressing my deepest concerns to my mentor.

COMMUNITY (RHI-C)

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

1 = Never; 2 = Seldom; 3 = Sometimes; 4 = Often;
5 = Always

1. I feel a sense of belonging to this community.
2. I feel better about myself after my interactions with this community.
3. If members of this community know something is bothering me, they ask me about it.
4. Members of this community are not free to just be themselves. (R)
5. I feel understood by members of this community.
6. I feel mobilized to personal action after meetings within this community.
7. There are parts of myself I feel I must hide from this community. (R)
8. It seems as if people in this community really like me as a person.
9. There is a lot of backbiting and gossiping in this community. (R)
10. Members of this community are very competitive with each other. (R)
11. I have a greater sense of self-worth through my connection with this community.
12. My connections with this community are so inspiring that they motivate me to pursue relationships with other people outside this community.
13. This community has shaped my identity in many ways.
14. This community provides me with emotional support.

Note: Empowerment/Zest subscales

RHI-P items: 2, 7, 9, 10

RHI-M items: 5, 7, 8, 10

RHI-C items: 2, 6, 11, 12, 13

Engagement subscales

RHI-P items: 3, 4, 5, 12

RHI-M items: 3, 6, 9

RHI-C items: 1, 3, 5, 8, 14

Authenticity subscales

RHI-P items: 1, 6, 8, 11

RHI-M items: 1, 2, 4, 11

RHI-C items: 4, 7, 9, 10