

# INTERGENERATIONAL PROGRAMS

## Start, Implement and Evaluate

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### FREQUENTLY USED OUTCOMES MEASURES

#### *Measures for Older Adults*

- **Generativity:** This 20-item assessment measures concern about guiding the next generation. It has been validated in adult populations.
- **Attitudes Toward Youth:** This survey was originally designed to gauge perceptions of youth by mentors, but it can be administered to adults more broadly.
- **Mental Wellness:** The Patient Health Questionnaire (PHQ) is a self-administered, two-item questionnaire that helps identify the frequency of a depressed mood.

#### *Measures for Older Adults and Youth*

- **Empathy:** This seven-item scale gauges self-reported feelings of empathy, which is the ability to understand and share the feelings of another.
- **Loneliness:** This three-item scale is used to assess feelings of loneliness or social isolation in adults 18 years and older. Although it has not been validated in younger populations, the questions could be administered to older youth.
- **Self-esteem:** This 10-item scale gauges self-worth by measuring both positive and negative appraisals about the self.
- **Civic Responsibility:** This eight-item survey gauges the extent to which participants believe they have obligations and duties to their communities.
- **Resilience:** The 6-item Brief Resilience Scale (BRS) assesses the ability to bounce back or recover from stress.
- **Satisfaction Survey:** Use this survey after a program or activity has concluded to better understand what participants liked or didn't like about the program, and what you might change moving forward.

#### *Measures for Youth*

- **Attitudes about Older Adults/Aging Scales:** These three surveys are designed to understand the perceptions of aging and older adults held by youth.

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### LOYOLA GENERATIVITY SCALE

Instructions: For each of the following statements, indicate how often the statement applies to you by marking the appropriate number in the space in front of each statement.

Scoring:

Add up the 20 items. The higher the score, the greater the sense of generativity.

- Mark "0" if the statement never applies to you.
- Mark "1" if the statement only occasionally or seldom applies to you.
- Mark "2" if the statement applies to you fairly often.
- Mark "3" if the statement applies to you very often or nearly always.

- \_\_\_ Try to pass along the knowledge I have gained through my experiences.
- \_\_\_ I feel that other people need me.
- \_\_\_ I think I would like the work of a teacher.
- \_\_\_ I feel as though I have made a difference to many people.
- \_\_\_ I volunteer to work for a charity.
- \_\_\_ I have made and created things that have had an impact on other people.
- \_\_\_ I try to be creative in most things that I do.
- \_\_\_ I think that I will be remembered for a long time after I die.
- \_\_\_ I believe that society should be responsible for providing food and shelter for all homeless people.
- \_\_\_ Others would say that I have made unique contributions to society.
- \_\_\_ If I were unable to have children of my own, I would like to adopt children.
- \_\_\_ I have important skills that I try to teach others.
- \_\_\_ I feel that things I have done in my life will survive after I die.
- \_\_\_ In general, my actions have a positive effect on other people.
- \_\_\_ I feel as though I have done a lot to contribute to others.
- \_\_\_ I have made many commitments to many different kinds of people, groups, and activities in my life.
- \_\_\_ Other people say that I am a very productive person.
- \_\_\_ I have a responsibility to improve the neighborhood in which I live.
- \_\_\_ People come to me for advice.
- \_\_\_ I feel as though my contributions will exist after I die.

Source: McAdams, D.P., & de St. Aubin, E. (1992). A theory of generativity and its assessment through self-report, behavioral acts, and narrative themes in autobiography. *Journal of Personality and Social Psychology*, 62, 1003-1015

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### ATTITUDES ABOUT YOUTH

Please rate how many of the youth in your community can be characterized by the following statements.

Circle your response for each item.

	None	Very Few	Some	Many	All or Almost All
1. They expect things to be handed to them.	5	4	3	2	1
2. They respect adults.	1	2	3	4	5
3. They are trouble-makers.	5	4	3	2	1
4. They are fun to be around.	1	2	3	4	5
5. They work hard at school.	1	2	3	4	5
6. They try to do their best.	1	2	3	4	5
7. They are interested in learning.	1	2	3	4	5

Scoring:

Add up the 7 items. Higher scores indicate more positive attitudes about youth.

Source: Raposa, Elizabeth B., Jean E. Rhodes, and Carla Herrera. "The Impact of Youth Risk on Mentoring Relationship Quality: Do Mentor Characteristics Matter?" *American Journal of Community Psychology* 57.3-4 (2016): 320-29.

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### WELLNESS SURVEY (PHQ-2)

Choose the answer that best describes your experience over the past two weeks.

Scoring:

Add up the corresponding score for each item. A PHQ-2 score ranges from 0-6. If the score is 3 or greater, you may want to follow up to connect the resident with appropriate assistance.

1. OVER THE PAST 2 WEEKS how often have you been bothered by little interest or pleasure in doing things?

- Over half of the days in the past 2 weeks (2)
- Never every day (3)
- Several days (1)
- Not at all (0)

2. OVER THE PAST 2 WEEKS how often have you been bothered by feeling down, depressed, or hopeless?

- Over half of the days in the past 2 weeks (2)
- Never every day (3)
- Several days (1)
- Not at all (0)

Scoring:

Add up the corresponding score for each item. A PHQ-2 score ranges from 0-6. If the score is 3 or greater, you may want to follow up to connect the resident with appropriate assistance.

Source: Kroenke, K., Spitzer, R.L., Williams, J.B. (2003). The Patient Health Questionnaire-2: validity of a two-item depression screener. *Medical Care*, 41:1284–92.

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### EMPATHY QUESTIONNAIRE

Please describe how frequently you feel or act in the manner described.

	Never	Rarely	Some- times	Often	Always
1. It is easy for me to see things from an older person's (or younger person's) point of view.	1	2	3	4	5
2. I try to look at everybody's side of a disagreement before I make a decision.	1	2	3	4	5
3. I sometimes try to understand older people (or younger people) by imagining how things look from their perspective.	1	2	3	4	5
4. Even if I am right about something, I still listen to other people's opinions.	1	2	3	4	5
5. I believe that there are two sides to every question and try to look at them both.	1	2	3	4	5
6. When I am bothered by someone, I usually try to "put myself in his/her shoes" for a while.	1	2	3	4	5
7. Before criticizing somebody, I try to imagine how I would feel if I were in his or her place.	1	2	3	4	5

Scoring: Add up the 7 items. Higher scores indicate greater levels of empathy.

Source: Adapted from Interpersonal Reactivity Index (Davis, M. H. (1980). A multidimensional approach to individual differences in empathy. JSAS Catalog of Selected Documents in Psychology, 10, 85.

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### UCLA LONELINESS SCALE

Please answer the following questions to the best of your ability.

Write the corresponding number (in parentheses) in the box.

1. How often do you feel that you lack companionship /friendship?	Hardly Ever (1)	Some of the time (2)	Often (3)
2. How often do you feel left out?	Hardly Ever (1)	Some of the time (2)	Often (3)
3. How often do you feel isolated from others?	Hardly Ever (1)	Some of the time (2)	Often (3)

Scoring:

Add up all the responses.

A score of 3-6 indicates the person is not at risk for loneliness.

A score 7-9 indicates that the person is at risk for loneliness.

Source: Hughes, Mary E., Linda J. Waite, Louise C. Hawkey, and John T. Cacioppo. 2004. "A Short Scale for Measuring Loneliness in Large Surveys: Results from Two Population-Based Studies." *Research on Aging* 26:655-72.

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### SELF-ESTEEM (BACHMAN REVISION OF ROSENBERG'S SELF-ESTEEM SCALE)

Directions: Circle how often each statement is true for you.

	Never True	Rarely True	Sometimes True	Often True	Always Agree
1. I feel that I'm a person of worth, I feel equal to others	1	2	3	4	5
2. I feel that I have a good number of qualities.	1	2	3	4	5
3. I am able to do things as well as most other people.	1	2	3	4	5
4. I feel that I have much to be proud of.	1	2	3	4	5
5. I have a positive attitude toward myself.	1	2	3	4	5
6. I think I am a good person.	1	2	3	4	5
7. I am a useful person to have around.	1	2	3	4	5
8. I feel I do a lot of things right.	1	2	3	4	5
9. When I do a job, I do it well.	1	2	3	4	5
10. I feel that I am useful.	1	2	3	4	5

Scoring: Add up all of the items. Higher scores indicate higher self-esteem.

Source: Bachman, J.G. (1970). Youth in Transition II. The impact of family background and intelligence on tenth-grade boys. Ann Arbor, MI. The Institute for Social Research.

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### CIVIC RESPONSIBILITY

How much do you agree with the following statements?

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
1. I believe I have responsibilities to my community.	4	3	2	1	0
2. I give time to making a difference for someone else.	4	3	2	1	0
3. I work with others to make my communities better places.	4	3	2	1	0
4. I have the power to make a difference in my community.	4	3	2	1	0
5. I am willing to act for the rights of others.	4	3	2	1	0
6. I participate in activities that contribute to the common good.	4	3	2	1	0
7. I believe I have a civic responsibility to the greater public.	4	3	2	1	0
8. I value opportunities that allow me to contribute to my community.	4	3	2	1	0

Scoring:

Add up all responses. Higher scores indicate greater perceptions of civic responsibility.

Source: Adapted from The Civic Responsibility Survey (1998). A. Furco, P. Muller, and M.S. Ammon at the Service-Learning Research & Development Center, University of California, Berkeley.



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### BRIEF RESILIENCE SCALE (BRS)

How much do you agree with the following statements?

Please respond to each item by marking one box per row.

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I tend to bounce back quickly after hard times.	1	2	3	4	5
I have a hard time making it through stressful events.	5	4	3	2	1
It does not take me long to recover from a stressful event.	1	2	3	4	5
It is hard for me to snap back when something bad happens.	5	4	3	2	1
I usually come through difficult times with little trouble.	1	2	3	4	5
I tend to take a long time to get over set-backs in my life.	5	4	3	2	1

Scoring:

Add the responses for all six items. Scores will range from 6-30. Divide the sum by 6 (or however many questions were answered by the participant) to get the individual's score. Higher scores indicate greater levels of resilience.

BRS Score	Interpretation
1.00 - 2.99	Low resilience
3.00 - 4.30	Normal resilience
4.31 - 5.00	High resilience

Source: Smith, B. W., Dalen, J., Wiggins, K., Tooley, E., Christopher, P., & Bernard, J. (2008). The brief resilience scale: assessing the ability to bounce back. *International journal of behavioral medicine*, 15(3), 194-200.

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### ATTITUDES ABOUT OLDER ADULTS 1

How much do you agree with the following statements?

	Strongly Disagree	Somewhat Disagree	Somewhat Agree	Strongly Agree
1. Most older people are set in their ways and unable to change.	1	2	3	4
2. Most older people are isolated.	1	2	3	4
3. Older people tend to complain.	1	2	3	4
4. Older people cannot learn new things as well as younger people can.	1	2	3	4
5. People do not become wiser with age.	1	2	3	4
6. Older people are often against needed reform in our society because they want to hang on to the past.	1	2	3	4
7. Most older people are not in good health.	1	2	3	4
8. Most older people spend too much time prying into the affairs of others.	1	2	3	4
9. In most jobs, older people cannot perform as well as younger people.	1	2	3	4

Scoring:

Add up the 9 items. High scores mean more positive attitudes toward older adults.

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### ATTITUDES ABOUT OLDER ADULTS 2

Please circle the degree to which you agree or disagree with each of the statements below.

1. I really enjoy talking with older adults.

1	2	3	4	5	6
Strongly					Strongly
Disagree					Agree

2. Older adults say things that interest me.

1	2	3	4	5	6
Strongly					Strongly
Disagree					Agree

3. I think I can learn something from older people.

1	2	3	4	5	6
Strongly					Strongly
Disagree					Agree

4. I think I have skills and talents that I can teach to older people.

1	2	3	4	5	6
Strongly					Strongly
Disagree					Agree

Scoring:

Add up the 4 items. Higher scores mean more positive attitudes toward older adults.

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### ATTITUDES ABOUT AGING

Please indicate how strongly you agree or disagree with the following statements by circling a number.

	Strongly Disagree	Somewhat Disagree	Neutral	Somewhat Agree	Strongly Agree
1. I expect to feel good about life as I get older.	1	2	3	4	5
2. I enjoy being around older people.	1	2	3	4	5
3. I like to visit with older relatives.	1	2	3	4	5
4. I feel very comfortable when I am around an older person.	1	2	3	4	5
5. I enjoy doing things for older people.	1	2	3	4	5
6. My opinions will matter to others in my older age.	1	2	3	4	5
7. People will respect me in my older age.	1	2	3	4	5
8. People will see me as competent in my older age.	1	2	3	4	5
9. People will see me as knowledgeable in my older age.	1	2	3	4	5

Scoring:

Add up all the score. Higher scores indicate more positive attitudes about aging.