



Brief Universal Prevention Program Survey

For ages 12+

Thank you for taking the time to complete this voluntary survey. Your responses are valuable in making decisions about the programming we provide. Please complete the questions **below and on the back of this survey**. Please select the response which best represents your opinion. There are no right or wrong answers. All responses are anonymous.

Today's Date: _____ **Your initials:** _____ **Last four digits of phone number:** _____

BUPPS Protective Factors Subscale

Please indicate how much you currently agree with each of the statements:						
		Not at all (1)	A little (2)	Somewhat (3)	Quite a bit (4)	A lot (5)
1.	<i>I feel hopeful about the future.</i>	1	2	3	4	5
2.	<i>I feel like part of a community.</i>	1	2	3	4	5
3.	<i>I know at least one thing I can do to deal with uncomfortable feelings.</i>	1	2	3	4	5
4.	<i>I know at least one thing I can do to deal with difficult thoughts.</i>	1	2	3	4	5
5.	<i>I know at least one thing I can do to deal with challenging behaviors.</i>	1	2	3	4	5
6.	<i>I know about resources that might be helpful for me or someone I care about.</i>	1	2	3	4	5

WHO Wellbeing Subscale (your facilitator will inform you if this is applicable)

Please indicate how you have been feeling over the last two weeks:							
Over the last two weeks...		At no time (0)	Some of the time (1)	Less than half of the time (2)	More than half of the time (3)	Most of the time (4)	All of the time (5)
7.	<i>I have felt cheerful and in good spirits.</i>	0	1	2	3	4	5
8.	<i>I have felt calm and relaxed.</i>	0	1	2	3	4	5
9.	<i>I have felt active and energetic.</i>	0	1	2	3	4	5
10.	<i>I woke up feeling fresh and rested.</i>	0	1	2	3	4	5
11.	<i>My daily life has been filled with things that interest me.</i>	0	1	2	3	4	5

Parenting Subscale (your facilitator will inform you if this is applicable)

Please indicate how much you currently agree with each of the statements:						
		Not at all (1)	A little (2)	Somewhat (3)	Quite a bit (4)	A lot (5)
12.	<i>I take good care of my children even when I have personal problems.</i>	1	2	3	4	5
13.	<i>In my family, we take time to listen to each other.</i>	1	2	3	4	5
14.	<i>I help my children calm down when they are upset.</i>	1	2	3	4	5
15.	<i>I am happy when I am with my children.</i>	1	2	3	4	5

Please complete page 2 on reverse →

For DMH Staff/Contractor Use:

Provider / Agency / Facilitator: Name of Program:	<input type="checkbox"/> Single Event <input type="checkbox"/> Pre <input type="checkbox"/> Update <input type="checkbox"/> Post	Number of sessions: Matching Code:	BUPPS Protective Factors Score (1-6): WHO Wellbeing Score (7-11): Parenting Score (12-15):
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Demographic Information

If you prefer not to answer any of the questions, please mark "decline to answer" or leave the question blank.

What is your race? (Check only one box)	
American Indian or Alaska Native	
Asian	
Black or African American	
Native Hawaiian or other Pacific Islander	
White	
Other: _____	
More than one race	
Decline to answer	

What language do you most often speak at home? (Check only one box)	
Arabic	
Armenian	
Cambodian	
Cantonese	
English	
Farsi	
Hmong	
Korean	
Mandarin	
Other Chinese	
Russian	
Spanish	
Tagalog	
Vietnamese	
American Sign Language	
Other: _____	
Decline to answer	

What is your current gender identity? (You may check more than one box)	
Man	
Woman	
Transgender man/Transmasculine	
Transgender woman/Transfeminine	
Non-Binary (e.g. genderqueer or gender expansive):	

Another category (e.g. Two-spirit): _____	
Undecided/unknown at this time	
Not sure what this question means	
Prefer not to answer	

Do you think of yourself as: (You may check more than one box)	
Heterosexual/Straight	
Gay or Lesbian	
Bisexual or pansexual	
Something else (e.g. queer, asexual): _____	
Undecided/unknown at this time	
Not sure what this question means	
Prefer not to answer/prefer no labels	

Are you a veteran? (Check only one box)	
Yes	
No	
Decline to answer	

What is your ethnicity? (Check only one box. If you are multi-ethnic, please check "more than one ethnicity")	
Hispanic or Latino ethnicities:	
Caribbean	
Central American	
Mexican/Mexican-American/Chicano	
Puerto Rican	
South American	
Other: _____	
Non-Hispanic ethnicities:	
African	
Asian Indian/South Asian	
Cambodian	
Chinese	
Eastern European	
European	
Filipino	
Japanese	
Korean	
Middle Eastern	
Vietnamese	
Other: _____	
More than one ethnicity	
Decline to answer	

What is your age? (Check only one box)	
Age 15 and under	
Between 16 and 25	
Between 26 and 59	
Older than 60	
Decline to answer	

Do you have a disability?*	
Yes	
No	
Decline to answer	

If Yes, what type of disability do you have? (You may check more than one box)	
A mental disability	
A physical/mobility disability	
A chronic health condition, such as chronic pain	
Difficulty seeing	
Difficulty hearing	
Another communication disability: _____	
Another type of disability: _____	
Decline to answer	

* For this questionnaire, disability is defined as a mental or physical impairment lasting more than 6 months and limiting major life activity but is not the result of a severe mental illness.

What was your sex designated or listed at birth? (Check only one box)	
Male	
Female	
X	
Another category (e.g. Intersex): _____	
Prefer not to answer	