

## Shift and Persist (Child)

*This survey accompanies a measure in the SPARQTools.org [Measuring Mobility toolkit](#), which provides practitioners curated instruments for assessing mobility from poverty and tools for selecting the most appropriate measures for their programs.*

**Age:** Child

**Duration:** < 3 minutes

**Reading Level:** < 6th grade

**Number of items:** 5

**Answer Format:** 1 = not at all; 2 = a little; 3 = some; 4 = a lot.

### **Scoring:**

Q1-Q3 are shift questions; Q4-Q5 are persist measures. To calculate the total score for each participant, sum all responses for a score ranging from 0 to 20.

### **Sources:**

Kallem, S., Carroll-Scott, A., Rosenthal, L., Chen, E., Peters, S. M., McCaslin, C., & Ickovics, J. R. (2013). Shift and persist: A protective factor for elevated BMI among low-socioeconomic-status children. *Obesity*, 21(9), 1759-1763.

**Instructions:** Here is a list of things that people sometimes do, think, or feel when something stressful happens. Please rate how much you do the following things.

1. I think about the things I can learn from a situation, or about something good that can come from it.

Not at all

A little

Some

A lot

2. I tell myself that everything will be all right.

Not at all

A little

Some

A lot

3. I do something to calm myself down.

Not at all

A little

Some

A lot

**Instructions:** How much do the following statements describe you.

4. I think that things will get better in the future.

Not at all

A little

Some

A lot

5. I feel my life has a sense of purpose.

Not at all

A little

Some

A lot