

Shift and Persist (Teen, Adult)

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: Teen, Adult

Duration: < 3 minutes

Reading Level: < 6th grade

Number of items: 14

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

Scoring:

Q6, Q7, Q9, Q10, Q12, and Q13 are filler questions and should not be used to calculate a final score.

Q4 should be reverse-scored. Reverse-scored items are worded in the opposite direction of what the scale is measuring. The formula for reverse-scoring an item is:

$$((\text{Number of scale points}) + 1) - (\text{Respondent's answer})$$

For example, Q4 is a 4-point scale. If a respondent answered 1 on Q4, you would re-code their answer as: $(4 + 1) - 1 = 4$.

In other words, you would enter a 4 for this respondent's answer to Q4.

To calculate the shift score, sum Q5, Q8, Q11, and Q14. To calculate the persist score, sum Q1-Q4 with Q4 reverse scored.

Sources: Chen, E., McLean, K. C., & Miller, G. E. (2015). Shift-and-Persist strategies: Associations With socioeconomic status and the regulation of inflammation among adolescents and their parents. *Psychosomatic Medicine*, 77(4), 371–382.

Instructions: Please rate how well the following statements describe you:

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

Not at all A little Some A lot

2. My life feels worthwhile.

Not at all A little Some A lot

3. I believe that there is a larger reason or purpose for my life.

Not at all A little Some A lot

4. I feel my life is going nowhere.

Not at all A little Some A lot

Instructions: Next you will see a list of things that people sometimes do, think, or feel when something stressful happens. Everybody deals with problems in their own way. Please rate how much you do each of the following things when something stressful happens in your life.

When something stressful happens in my life...

5. I think about what I can learn from the situation.

Not at all A little Some A lot

6. I work to change or fix the problem.

Not at all A little Some A lot

7. I try not to think about it, to forget about it.

Not at all A little Some A lot

8. I think about the positive aspects, or the good that can come from the situation.

Not at all A little Some A lot

9. I start to act without thinking.

Not at all A little Some A lot

Instructions: In life, things don't always go the way that we want. Everyone has different preferences for how they deal with situations in which something doesn't turn out the way that they want, and they are not able to change it. Please rate how much you do each of the following.

When something doesn't turn out the way that I want...

10. Little things upset me easily.

Not at all A little Some A lot

11. I think about what good things could come from the situation.

Not at all A little Some A lot

12. I find it hard to stop thinking about what happened.

Not at all A little Some A lot

13. I start working on other new goals.

Not at all

A little

Some

A lot

14. I think about what I can learn from the situation.

Not at all

A little

Some

A lot