

Brief Life Skills Scale for Adolescents (EHV-A)

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Respondents rate statements on a four-point Likert scale: 1 = never, 2 = rarely, 3 = often, 4 = always (the higher the score, the greater the skill)

Planning for the future

1. I try to achieve the goals I set for myself.
2. I strive to achieve what I really want.
3. I have defined goals in life.

Resistance to peer pressure

1. I refuse to drink alcohol at parties or gatherings with my friends when I don't want to.
2. I tell my friends not to insist when they push me to drink alcohol.
3. I would say no if my best friend asked me to get drunk and I didn't want to.
4. I would drink soda at a party even if most people were drinking alcohol.
5. I can refuse a drink when I don't want one.
6. I wouldn't drink if I didn't want to even if my friends were drinking alcohol.

Decision making

1. I think about the possible consequences before making a decision.
2. I look for as much information as possible to make a decision.
3. I think carefully about what I am going to do when I have to make a decision.
4. I think about different ways to solve a problem.
5. I think about the advantages and disadvantages of my decisions.
6. When I make a decision, I evaluate the results.

Expression of emotions

1. I express what I feel.
2. I am a person who shows affection.
3. I show my happiness.

Assertiveness

1. I can express my ideas clearly and openly.
2. I give my point of view, even if it is not the same as that of other people.
3. I defend my opinions to my friends.

Taking responsibility

1. I arrive at appointments on time.
2. I arrive at classes on time.
3. I fulfill my commitments.

Full Article: González-Forteza, C., Fuentes, P.M., Cortés, E.R., Castro, J.C.F., Benjamin, R.G., & Tapia, A.J. (2023). Psychometric Properties of the Brief Life Skills Scale for Adolescents (EHV-A).