



Idaho Youth Well-being Survey, IDE: At-A-Glance
2025-2026

Subscale/Construct/Topic	Item Total
Demographics <ul style="list-style-type: none"> School, gender, grade, age, race, SES, foster 	7
Well-being Outcomes <ul style="list-style-type: none"> Average health ratings (2) Chronic Illness (2) Physical activity(1) Sleep(1) Clinical depression screen (10) Perceived stress scale (4) Help seeking/sources of help (9) 	29
School <ul style="list-style-type: none"> School as a protective factor(17) Grades (1) Absences (1) 	19
Family <ul style="list-style-type: none"> Parental monitoring (7) Social support from family (6) 	13
Peers/Friends <ul style="list-style-type: none"> Friend social support (4) Peer influence/norms (6) Bullying & discrimination (3) Peer depression/Contagion (1) -Sexual harassment/violence (2) 	17
Individual level factors <ul style="list-style-type: none"> Problem Focused Coping (5) Resilience; empathy, self efficacy, self awareness (9) Substance Use (7) 	21
Community <ul style="list-style-type: none"> Community connectedness (4) Trusted adult social support (4) Mattering (9) Loneliness/isolation (6) 	23
Leisure Time <ul style="list-style-type: none"> Supervised extracurricular activities (6) Social media (5) 	17

Total items in Survey (146)

Total Questions in Survey (41)

[Estimated time needed per survey: one class period]