

Brennen Wellness Questionnaires

These questionnaires are designed to measure the happiness of teenagers sexual and spiritual life. Answer each item carefully by placing a number beside each one as follows:

- 1 = Yes
- 2 = No
- 3 = Occasionally

- Male
- Female
- Ages 13 - 20
- Ages 10 - 12

Teenage Spiritual Wellness Questionnaire - TSWQ

1. ____ The teenagers in my church really care about each other.
2. ____ I'm enjoying being an Adventist teenager
3. ____ I enjoy going to church with my family members.
4. ____ I enjoy reading my Bible everyday.
5. ____ I eagerly participate in the discussion of the Sabbath School lesson study.
6. ____ When I pray to God I know he hears and understands me.
7. ____ I enjoy praying everyday.
8. ____ Family devotions are great times in my home.
9. ____ I enjoy leading out during family devotions.
10. ____ I am worried about the future.
11. ____ I enjoy sharing my faith with others.
12. ____ I feel that the Adventist teachings are relevant to today's active teenager.

Teenage Sexual Happiness Questionnaire - TSHQ

1. ____ I'm happy with my sexual identity.
2. ____ I'm happy living a sexually pure life.
3. ____ I avoid being in situations that will tempt me sexually.
4. ____ I can resist temptations to engage in premarital sexual activity.
5. ____ Masturbation is a healthy activity for Adventist teenagers.
6. ____ It okay to have sexual feelings as a teenager.
7. ____ Parental attitudes toward sex can greatly influence the sex life of teenagers.
8. ____ I avoid watching or listening to programs that would negatively influence my sexual life.
9. ____ Virginity is a gift from God all Christian teenagers can claim until they get married or until Christ returns.
10. ____ It's okay for Adventist teenagers to have sex as long as they use protection to prevent pregnancy and sexually transmitted diseases.
12. ____ If my boyfriend/girlfriend asks me to have sex I am disappointed in him/her.