

Interviewer ID _____

PUBERTAL DEVELOPMENT SCALE: ADOLESCENT REPORT (FEMALE VERSION)

Because some of the following questions are very personal, students often ask us why we are interested in their physical development. Our reasons are quite simple. Physical development is one of the more important, if not the most important change, a teenager will experience.

To answer each question, please circle the letter in front of the answer that best describes what is happening to you right now. Please choose only one answer for each question.

1. Would you say that your growth in height (getting taller)
 - (1) has not yet begun to spurt (“spurt” means more growth than usual)
 - (2) has barely started to spurt
 - (3) has definitely started to happen, but is not finished
 - (4) seems completed (you're about as tall as you're going to get)

- 1_a. How tall are you now? _____ meters OR _____ cm OR ___ft___in
- 1_b. How much do you weigh now? _____ kg OR _____ lb

2. How about the growth of body hair (e.g., under your arms)? Would you say that your body hair has:
 - (1). not started growing
 - (2) barely started growing
 - (3) definitely started growing, but is not finished
 - (4) seems completed (you have as much body hair as you're going to get)

3. Have you noticed any skin changes, especially pimples?
 - (1) not yet started showing changes
 - (2) have barely started showing changes
 - (3) skin changes have definitely started but are not finished
 - (4) skin changes seem completed

4. Have your breasts begun to grow?
 - (1) not yet started growing
 - (2) have barely started growing
 - (3) breast growth has definitely started but is not finished
 - (4) breast growth seems completed

5. Have you begun to menstruate? (“menstruate” means to get your period)
 - (0) no
 - (1) yes

- 5a. If you answered “yes”, how old were you when you first got your period?
_____ years old. (data entry: please enter “99” if answer to questions #5 = no)

6. Would you say your health in general is...

Interviewer ID _____

Excellent	Very good	Good	Fair	Poor
1	2	3	4	5

Interviewer ID _____

PUBERTAL DEVELOPMENT SCALE: ADOLESCENT REPORT (MALE VERSION)

Because some of the following questions are very personal, students often ask us why we are interested in their physical development. Our reasons are quite simple. Physical development is one of the more important, if not the most important change, a teenager will experience.

To answer each question, please circle the letter in front of the answer that best describes what is happening to you right now. Please choose only one answer for each question.

1. Would you say that your growth in height (getting taller)
- (1) has not yet begun to spurt (“spurt” means more growth than usual)
 - (2) has barely started to spurt
 - (3) has definitely started to happen but is not finished
 - (4) seems completed (you’re about as tall as you’re going to get)

1_a. How tall are you now? _____meters OR _____cm OR ___ft___in
1_b. How much do you weigh now? _____kg OR _____lb

2. How about the growth of body hair (e.g., under your arms)? Would you say that your body hair:
- (1) not started growing
 - (2) barely started growing
 - (3) definitely started growing, but is not finished
 - (4) seems completed (you have as much body hair as you’re going to get)

3. Have you noticed any skin changes, especially pimples?
- (1) not yet started showing changes
 - (2) have barely started showing changes
 - (3) skin changes have definitely started but are not finished
 - (4) skin changes seem completed

4. Has your voice started to change?
- (1) not yet started changing
 - (2) has barely started changing
 - (3) voice change is definitely happening but is not finished
 - (4) voice change seems completed

5. Have you started to grow facial hair (beard or mustache)?
- (1) not yet started growing facial hair
 - (2) have barely started growing facial hair
 - (3) hair growth has definitely started (enough to shave)
 - (4) probably grows now as fast as it will ever grow

6. Would you say your health in general is...

Excellent	Very good	Good	Fair	Poor
-----------	-----------	------	------	------

Interviewer ID

1	2	3	4	5
---	---	---	---	---