

## Evaluation Tools

It is left to the discretion of the facilitator and/or organization implementing the program to decide the best method to evaluate the program for effectiveness and change. The evaluation tools presented here are provided for your convenience. They were designed specifically for researching the program in Hillsborough County, Florida and change periodically. For the most up-to-date, free tools, visit your online Spark Curriculum Membership Platform.

### What the Evaluation Tools Measure:

The SPARK Mentoring Programs are designed to affect 7 domains of change. Each of which, if changed in a positive manner, leads to an increase of protective factors that have been proven to reduce the effect of risk factors in young people. The evaluation tools described below measure each domain. The first domain is a measurement of knowledge change, and the remaining 5 domains represent measurements of behavioral change.

#### These domains include:

1. Knowledge of the Curriculum
  - ♥ Understanding of the Mind and Human Experience
2. Resilience – Three Areas
  - ♥ Sense of Relatedness
  - ♥ Sense of Mastery
  - ♥ Sense of Optimism
3. Communication Skills
4. Decision Making Skills
5. Problem-Solving Skills
6. Self-Efficacy
7. Emotional Regulation
  - ♥ Impulse Control
  - ♥ Clarity of Mind

#### Protective Factors:

- ♥ Resilience
  - ♥ Increased positive outlook
  - ♥ Greater sense of well-being
- ♥ Self- Confidence and Self-Worth
- ♥ Emotional Competency and Self-Efficacy Skills
  - ♥ Communication Skills
  - ♥ Decision Making Skills
  - ♥ Problem-Solving Skills
  - ♥ Conflict-Resolution Skills
  - ♥ Self- Regulation, Inhibition and Impulse Control
- ♥ Connectedness to Peers, Family, School and Community
  - ♥ Engagement in positive relationships
  - ♥ Acceptance in differences in others
  - ♥ Engagement in pro-social behaviors

## How to Use the Evaluation Tools

### Pre and Post SPARK Survey

The 84-question SPARK Survey is designed to be given to each participant both before and after teaching the SPARK curriculum. This questionnaire was designed for quantitative-data purposes. Therefore, for best results, it is suggested that you give it to a control group in addition to the group receiving the instruction from the curriculum.

### The Post Program Questionnaire

The Post Program Questionnaire is designed to be given to each participant after teaching the SPARK curriculum. This questionnaire was designed for qualitative-data purposes. Therefore, there is no scoring process.

### Calculating the Pre and Post SPARK Survey – Per Domain

#### 1. Knowledge of the Curriculum - Understanding of the Mind and Human Experience

The youths' level of knowledge of the curriculum is measured using 11 items from the *Three Principles Inventory* (3PI) developed by Kelley, T.M. (2011).

##### Items 23-33

Three Principles Inventory (Understanding of the Mind)

The item score should be added together.

Responses to the 3PI items range from 1 “Strongly Disagree” to 5 “Strongly Agree.”

One item (26) from the 3PI should be reverse scored.

The range of total scores possible on the 3PI is 11- 55. Higher scores indicate more knowledge of the curriculum and, therefore, higher scores are more desirable.

#### 2. Resiliency

The Resiliency (ARQ) scale is made up of 6 subscales in three domains including Individual, Peers and School. *The Adolescent Resilience Questionnaire (ARQ)* make up 43 items on the SPARK Survey.

##### Items 42-48

Connectedness to Peers (ARQ) Subscale

The item scores should be added together.

Scores can range from 7 – 35 with higher scores considered more desirable.

##### Items 49 – 56

Confidence (ARQ) Subscale

The item scores are added together.

Scores can range from 8 – 40 with higher scores considered more desirable.

##### Items 57 - 64

Negative Cognition (ARQ) Subscale

All items are reversed scored.

The item scores are added together.

Scores can range from 8 – 40 with higher scores considered more desirable.



#### Items 65 - 72

##### Social Skills (ARQ) Subscale

Five items (65, 66, 68, 69 and 71) are reversed scored.

The item scores are added together.

Scores can range from 8 – 40 with higher scores considered more desirable.



#### Items 73 - 76

##### Supportive School Environment (ARQ) Subscale

The item scores are added together.

Scores can range from 4 – 20 with higher scores considered more desirable.



#### Items 77 - 84

##### Connectedness to School (ARQ) Subscale

Three items (77, 78 and 80) are reversed scored.

The item scores are added together.

Scores can range from 8 – 40 with higher scores considered more desirable.

### **3-5. Communication, Decision-Making, Problem-Solving Skills (CDP)**

The Communication, Decision Making and Problem Solving (CDP) scale has 16 items and was developed by SPARK program staff.



#### Items 1-5

##### Problem-solving Skills Scale

Item scores are added together

Scores range from 5 to 25 with higher scores being more desirable.



#### Items 6-10

##### Decision-making Skills Scale

Item scores are added together

Scores range from 5 to 25 with higher scores being more desirable.



#### Items 11-16

##### Communication Skills Scale

Item scores are added together

Scores range from 6 to 30 with higher scores being more desirable.

While scores are calculated for the three subscales by simply totaling the values for the items, those total scores should be divided by the number of items in the subscale so that the results for all 3 subscales can be presented on the same range of values.

**6. General Self Efficacy (GSE)** The General Self Efficacy (GSE) scale has 8 items from the Stanford University SPARQtools website.



#### Items 34 - 41

##### General Self Efficacy (GSE) Scale

All items are reversed scored.

The item scores are added together.

Overall score is obtained by taking the average. Higher scores considered more desirable.

## 7. Emotional Regulation

Two subscales of the short form of the *Difficulties in Emotional Regulation Scale* (DERS-SF) were included - the Impulse scale and the Clarity scale.

### 💚 Items 17-19

#### Impulse Scale

Item scores are added together.

The score is the total of the item values which range from 1 “Almost Never” to 5 “Almost Always.” The range of scores is 3 - 15 for the subscales. Lower scores are considered more desirable.

### 💚 Items 20-22

#### Clarity Scale

Item scores are added together.

The score is the total of the item values which range from 1 “Almost Never” to 5 “Almost Always.” The range of scores is 3 - 15 for the subscales. Lower scores are considered more desirable.

An overall score is obtained by adding the two subscale scores. The range for both sub scales is 6 - 30. Lower scores are considered more desirable.

### Point Values:

|  |  |
|--|--|
| <b>Questions 1-16</b><br>Almost Always = 5<br>Often = 4<br>Sometimes = 3<br>Rarely = 2<br>Never = 1<br><br><b>Questions 23-33, 34-41</b><br>Strongly Agree = 5<br>Agree = 4<br>Neither Agree nor Disagree = 3<br>Disagree = 2<br>Strongly Disagree = 1 | <b>Questions 17-22</b><br>Almost Always = 5<br>Most of the Time = 4<br>About Half the Time = 3<br>Sometimes = 2<br>Almost Never = 1<br><br><b>Questions 42-84</b><br>Almost Always = 5<br>Most of the Time = 4<br>Sometimes = 3<br>Not Often = 2<br>Almost Never = 1 |
|--|--|

### Calculating the Total Survey Score

Calculate the average score by adding the point values of all the responses and dividing by the number of responses given. Blank items are not to be counted in the number of responses.

### Calculating the Scores per the 6 Main Domains and/or the Sub Domains

Calculate the average score by adding the sum of the point values of all the responses of each category and dividing by the number of responses given in each category. Blank items are not to be counted in the number of responses.