

HEALTHY Study Form ST4 Student Self Pubertal Development Scale

Standard survey:

- School ID: ____
- Student ID: ____ - ____ - ____
- Grade: ☐ 6th ☐ 8th

SCHOOLID

STUDENTID

GRADE

Boy's Version—English.

Instructions: Please answer each question as best as you can. At your age, boys usually begin to experience many physical changes. Please indicate any changes you have experienced.

1. Have you noticed any skin changes like oily skin, pimples, or acne?

- ☐₁ My skin has not yet started showing changes.
☐₂ My skin has barely started showing changes.
☐₃ My skin changes are definitely underway.
☐₄ My skin changes are completed.

SKIN

2. Boys your age often experience a sudden increase in their height called a "growth spurt". Have you noticed a growth spurt?

- ☐₁ My growth spurt has not yet begun.
☐₂ My growth spurt has barely started.
☐₃ My growth spurt is definitely underway.
☐₄ My growth spurt seems completed.

GROWTH

3. Have you noticed a deepening of your voice?

- ☐₁ My voice has not yet started changing.
☐₂ My voice has barely started changing.
☐₃ My voice change is definitely underway.
☐₄ My voice change has been completed.

VOICE

4. And how about the growth of underarm and pubic hair?

- ☐₁ My underarm or pubic hair has not started growing yet.
☐₂ My underarm or pubic hair has barely started.
☐₃ Underarm or pubic hair growth is definitely underway.
☐₄ Underarm or pubic hair growth seems completed.

HAIR

5. Have you noticed an increase in your weight over the last few months?

- ☐₁ I have not noticed an increase in weight over the last few months.
☐₂ I have barely noticed an increase in weight over the last few months.
☐₃ An increase in my body weight is definitely underway over the last few months.
☐₄ My body weight seems to have increased as much as it's going to.

WTINC

6. Have you begun to grow hair on your face?

- ☐₁ I have not yet started growing hair on my face.
☐₂ I have barely started growing hair on my face.
☐₃ Growth of hair on my face is definitely underway.
☐₄ Growth of hair on my face is completed.

HAIRFACE

HEALTHY Study Form ST4 Student Self Pubertal Development Scale

Girl's Version—English.

Instructions: Please answer each question as best as you can. At your age, girls usually begin to experience many physical changes. Please indicate any changes you have experienced.

1. Have you noticed any skin changes like oily skin, pimples, or acne?

- ☐₁ My skin has not yet started showing changes.
☐₂ My skin has barely started showing changes.
☐₃ My skin changes are definitely underway.
☐₄ My skin changes are completed.

SKIN

2. Girls your age often experience a sudden increase in their height called a "growth spurt". Have you noticed a growth spurt?

- ☐₁ My growth spurt has not yet begun.
☐₂ My growth spurt has barely started.
☐₃ My growth spurt is definitely underway.
☐₄ My growth spurt seems completed.

GROWTH

3. Have you noticed an increase in your weight over the last few months?

- ☐₁ I have not noticed an increase in weight over the last few months.
☐₂ I have barely noticed an increase in weight over the last few months.
☐₃ An increase in my body weight is definitely underway over the last few months.
☐₄ My body weight seems to have increased as much as it's going to.

WTINC

4. And how about the growth of underarm and pubic hair?

- ☐₁ My underarm or pubic hair has not started growing yet.
☐₂ My underarm or pubic hair has barely started.
☐₃ Underarm or pubic hair growth is definitely underway.
☐₄ Underarm or pubic hair growth seems completed.

HAIR

5. Have your breasts begun to develop?

- ☐₁ I have not yet started breast development.
☐₂ I have barely started breast development.
☐₃ Breast development is definitely underway.
☐₄ Breast development is completed.

BREAST

6. Have you started getting your monthly period yet?

- ☐₀ No
☐₁ Yes ⇒

PERIOD

How old were you when you had your first menstrual period? ____ years old

PERAGE