

# The Adolescent Time Inventory

## Technical Manual

Version 3.1

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Version 3.0  
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## **Adolescent Time Inventory**

The Adolescent Time Inventory (ATI; Mello & Worrell, 2007) was developed to measure how adolescents' think and feel about the past, the present, and the future. The ATI is based on a conceptual model of time perspective in adolescence articulated in Mello and Worrell (2015). The ATI consists of five components, including time meaning, time frequency, time orientation, time relation, and time attitudes. Each component can be used separately. The ATI has been translated into *Albanian* (Mello, Worrell, Laghi, Baiocco, & Lonigro, 2011), *Chinese* (Mello, Worrell, Ling, & Xu, 2013), *Farsi* (Mello, Worrell, Rashid, & Fathi, 2013), *Hindi* (Mello, Worrell, & Kaur, 2016), *German* (Mello, Worrell, & Buhl 2008; Buhl & Lindner, 2009), *Italian* (Mello et al., 2011), *Japanese* (Mello, Worrell, & Chisima, 2014), *Spanish* (Mello, Worrell, Anguiano, & Mendoza-Denton, 2010), and *Swedish* (Mello, Z. R., Worrell, F. C., Åström, E., & Carelli, 2014). There are also Polish, Portuguese, and Turkish versions in development.

### **Time Meaning**

Time meaning (ATI-TM) refers to individuals' definitions of the past, the present, and the future. Time meaning is the first section of the ATI and is assessed with three open-ended questions. This section results in data that are analyzed qualitatively. Preliminary evidence suggests adolescents vary in how they define the time periods and that they use analogies, affect, and relationships among the time periods to conceptualize time (Andretta et al., 2010; Mello, Bhadare et al., 2009).

### **Time Frequency**

Time frequency (ATI-TF) refers to how often adolescents think about the past, the present, and the future. Time frequency is the second section of the ATI and is assessed with three questions on the frequency with which individuals think about the past, the present, and the future. Originally scored with a four-response option (see Mello, Worrell, & Andretta, 2009), the updated version of ATI-TF questions use 5-point Likert scales with options ranging from *never* to *often*. Research has shown that time frequency is associated with academic achievement (Mello, Worrell et al., 2009).

### **Time Orientation**

Time orientation (ATI-TO) refers to the relative emphasis an individual places on each time period. It is the third section of the ATI and is assessed with sets of circle configurations, with circle size indicating importance or relative orientation among time periods. There are seven configurations from which respondents choose one. Studies indicate that time orientation is related to psychological outcomes and risky behaviors in adolescents (Mello, Finan, & Worrell, 2013; Mello, Worrell, & Bhadare, 2008).

### **Time Relation**

Time relation (ATI-TR) refers to the degree that individuals perceive the past, the present, and the future to be related. It is the fourth section of the ATI and is also assessed with sets of circle configurations. There are four configurations from which respondents choose one. The amount of overlap among the circles indicates how individuals perceive the relationship among time periods. Time relation has been associated with academic outcomes, psychological outcomes, and risky behaviors in adolescents (Mello et al., 2008, 2013).

## Time Attitudes

Time attitudes (ATI-TA) refer to positive and negative attitudes toward the past, the present, and the future. Referred to as the ATAS in early studies, the ATI-TA subscales consist of six 5-item subscales: Past Positive, Past Negative, Present Positive, Present Negative, Future Positive, and Future Negative. Descriptive statistics and preliminary evidence for the psychometric properties of ATI-TA scores are presented below. Psychometric data are taken from published studies (i.e., Andretta, Worrell, & Mello, 2013, 2014; McKay, Cole, Percy, Worrell, & Mello, 2015; Worrell et al., 2013) and from presentations at national and international conferences (Finan et al., 2012; Ling, Xu, Worrell, & Mello, 2014; Mello, Rashid, Worrell, & Fathi, 2014; Worrell, Mello, & International Collaborators, 2015; Worrell, Mello, & Oladipo, 2012).

**Subscales.** Means and standard deviations of ATI-TA scores typically are between 1.5 and 4.5, with standard deviations in the 0.6 to 0.7 range. Subscale distributions are neither skewed nor kurtotic, and correlations among the subscales were in keeping with theory. For example, correlations between positive and negative subscales are negative, and correlations within valence grouping (i.e., negative/negative, positive/positive) are positive. Correlations are in the medium to high range, with the highest correlations occurring between items in the same time period (e.g., Past Positive & Past Negative). Additionally, correlations between proximal time periods (i.e., Past and Present scores and Present and Future scores) are generally higher than correlations between more distal periods (i.e., Past and Future scores).

**Internal consistency.** Cronbach's alpha has been used to examine the internal consistency estimates of ATI-TA scores on the six subscales in samples in several different countries (see Table 1 below). These reliability estimates have generally been acceptable, and MacDonald's omega estimates have been similar. With some exceptions for the two future-oriented subscales on which work continues, most items contribute substantially to the reliability of the scores across countries.

**Table 1. ATI-TA Reliability Estimates by Subscale and Country**

Alpha ( $\alpha$ ) Estimates by Country ( <i>N</i> )	Past Pos	Past Neg	Pres Pos	Pres Neg	Fut Pos	Fut Neg
US 1	.80	.79	.77	.77	.83	.81
US 2	.87	.81	.81	.83	.89	.77
US 3	.88	.90	.89	.87	.92	.84
Germany	.88	.84	.87	.77	.84	.81
New Zealand	.85	.89	.90	.86	.90	.82
Iran	.80	.83	.84	.84	.64	.70
China	.77	.76	.75	.80	.75	.76
Northern Ireland (UK)	.82	.83	.83	.80	.82	.69
Scotland (UK)	.74	.81	.81	.80	.78	.72
Nigeria	.74	.80	.75	.70	.73	.65
Albania	.80	.78	.80	.72	.61	.39
Italy	.88	.85	.91	.87	.84	.43
Peru	.81	.85	.82	.71	.82	.62
Sweden	.92	.89	.95	.85	.94	.83

**Structural validity.** Confirmatory factor analyses (CFA) results for the six-factor ATI-TA model are presented in Table 2 for several countries, with sample sizes ranging from 190 to 2,395. In most instances, the 30-item six-factor structure had the best fit, with all of the indices within the recommended ranges. Standardized coefficients for the items are also typically  $> .50$ . However, as reported for the reliability coefficients, a few future-oriented items have been eliminated to achieve acceptable fit. Re-translations of these items are an ongoing priority. In general, these results suggest that the ATI-TA is best described as a six-factor model of time attitudes with subscales of positive and negative valence representing the three time periods.

**Table 2. Fit Indices by Country**

Fit Indices by Country	$\chi^2/df$	NNFI > .90	CFI > .90	SRMR < .08	RMSEA < .05	95% C.I.
US 1	1.40	.937	.944	.059	.037	.029, .044
US 2	1.75	.959	.963	.045	.032	.028, .036
US 3	2.83	.946	.952	.038	.041	.038, .044
Germany	1.34	.960	.965	.050	.033	.025, .040
New Zealand	1.97	.950	.955	.045	.041	.037, .045
Iran	3.23	.926	.935	.061	.043	.040, .046
China	1.46	.902	.912	.065	.042	.034, .049
Northern Ireland	2.86	.938	.944	.038	.034	.032, .037
Scotland	2.07	.927	.935	.044	.036	.033, .040
Nigeria (28 items)	1.32	.895	.907	.074	.040	.029, .050
Albania (28 items)	1.49	.944	.951	.050	.045	.036, .053
Italy (28 items)	1.42	.911	.921	.054	.037	.029, .044

**Convergent and discriminant validity.** Time attitude scores in the American sample were not meaningfully related to age (within the adolescent years), academic achievement, or academic self-concept ( $\alpha = .87$ ). However, time attitudes were related other constructs assessing time, including hope (Snyder et al., 1997;  $\alpha = .82$ ), optimism (Scheier & Carver, 1984;  $\alpha = .74$ ), and perceived life chances (Jessor, Donovan, & Costa, 1990;  $\alpha = .87$ ). Time attitudes were also related to constructs assessing psychological well-being, including global self-esteem (Rosenberg, 1965;  $\alpha = .83$ ) and perceived stress (Cohen, Kamarck, & Mermelstein, 1983;  $\alpha = .71$ ). Moreover, the pattern of relationships those ATI-TA scores had with these variables is consistent with their theoretical underpinnings (see Worrell & Mello, 2009)

# Scoring the ATI

## **Time Meaning (ATI-TM)**

Time meaning questions are open-ended and generate qualitative data.

## **Time Frequency (ATI-TF)**

Time frequency has five values— Almost Never, Seldom, Sometimes, Often, Almost Always—for each of the three time periods.

## **Time Orientation (ATI-TO)**

Time orientation has seven values that correspond to the item numbering: Figure 1 (*Past Oriented*), Figure 2 (*Present Oriented*), Figure 3 (*Future Oriented*), Figure 4 (*Past-Future Oriented*), Figure 5 (*Past-Present Oriented*), Figure 6 (*Present-Future Oriented*), and Figure 7 (*Balanced*).

## **Time Relation (ATI-TR)**

Time relation has four values that correspond to the item numbering: Figure 1 (*Unrelated*), Figure 2 (*Present-Future Related*), Figure 3 (*Linearly Related*), and Figure 4 (*Interrelated*).

## **Time Attitude (ATI-TA)**

Time attitude includes six subscales that correspond to the following listed items. Subscale scores are generated by calculating the average responses of the five items making up each subscale. Given the high intercorrelations among subscales assessing the same time period, researchers should check for multicollinearity when conducting analyses using positive and negative subscales.

**Past Positive:** 3, 9, 21, 24, 30

**Past Negative:** 6, 12, 15, 18, 27

**Present Positive:** 5, 11, 14, 17, 26

**Present Negative:** 2, 8, 20, 23, 29

**Future Positive:** 1, 7, 13, 19, 28

**Future Negative:** 4, 10, 16, 22, 25



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## Contact Information

Questions about the *Adolescent Time Inventory* can be directed to either Zena R. Mello or Frank C. Worrell. Contact information is provided below. Information may also be found at the following web page: <https://faculty.sfsu.edu/~zmello/content/adolescent-time-inventory>.

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## Suggested Citations for Manual and Inventories

*Versions not in the Appendices are currently being validated and may be available from the authors.*

### Manual

Mello, Z. R., & Worrell, F. C. (2016). *The Adolescent Time Inventory: Technical manual (Version 3)*. San Francisco, CA: Authors.

### Inventories and Validity Studies

#### Albanian

Mello, Z. R., Worrell, F. C., Laghi, F., Baiocco, R., & Lonigro, A. (2011). *The Adolescent Time Inventory-Albanian*. Unpublished scale. The University of Colorado, Colorado Springs and Sapienza University of Rome.

#### Chinese

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### **Japanese**

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# Appendix A

The Adolescent Time Inventory- English

Zena R. Mello & Frank C. Worrell (2007)

# The Adolescent Time Inventory – English

Write a response to each question below.

1. How do you define the past?

---

---

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2. How do you define the present?

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3. How do you define the future?

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Select one response for each question.

	Almost Never	Seldom	Some- times	Often	Almost Always
1. How often do you think about the <u>past</u> ?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. How often do you think about the <u>present</u> ?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. How often do you think about the <u>future</u> ?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Instructions:** Select one figure below that shows how **important** the past, the present, and the future are to you, with larger circles being more important to you.

Figure 1. **O**

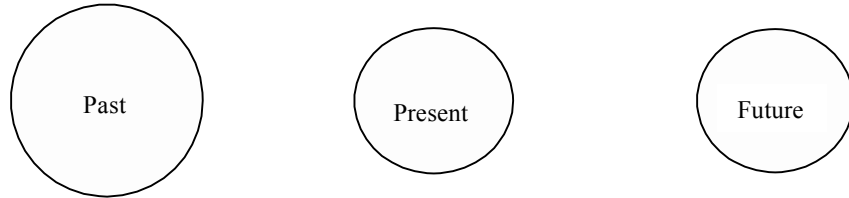


Figure 2. **O**

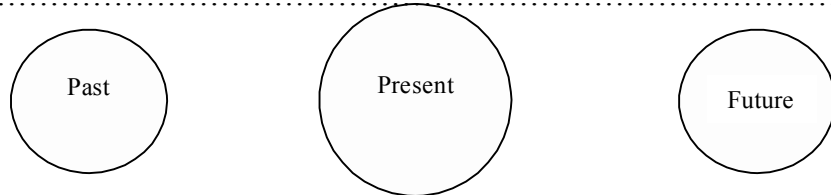


Figure 3. **O**

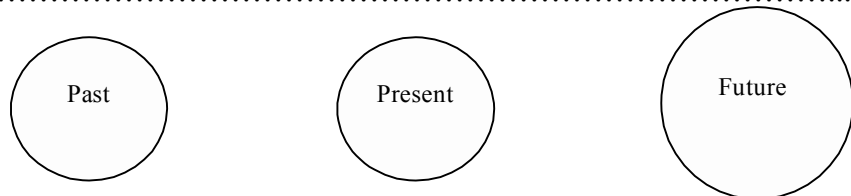


Figure 4. **O**

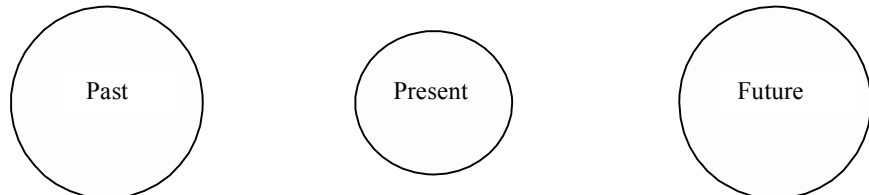


Figure 5. **O**

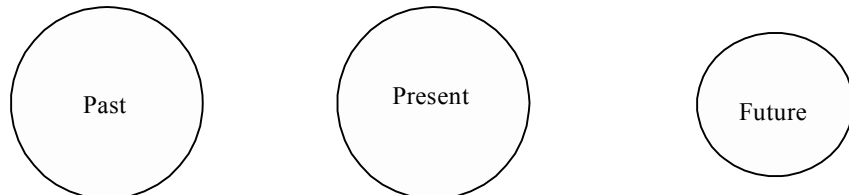


Figure 6. **O**

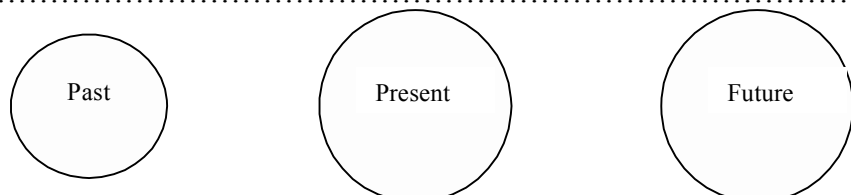
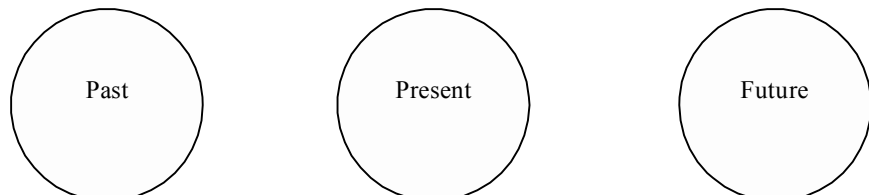


Figure 7. **O**





**Instructions:** Select one figure below that shows how you view the **relationship** among the past, the present, and the future.

Figure 1. **O**

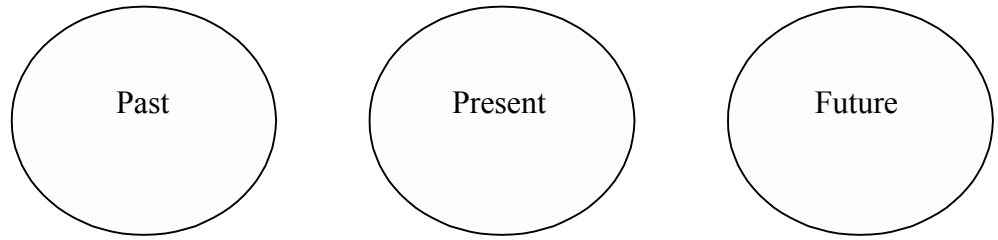


Figure 2. **O**

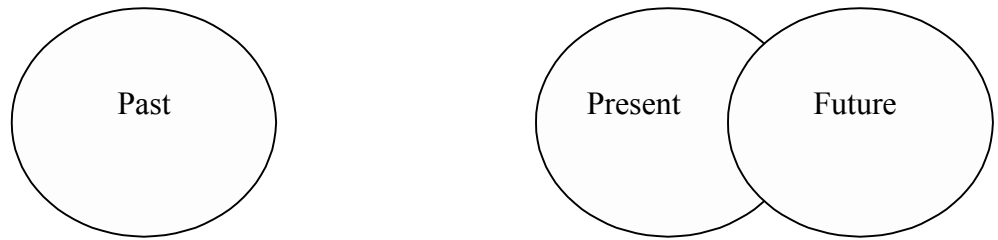


Figure 3. **O**

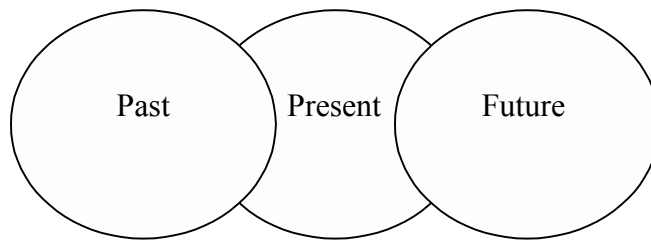
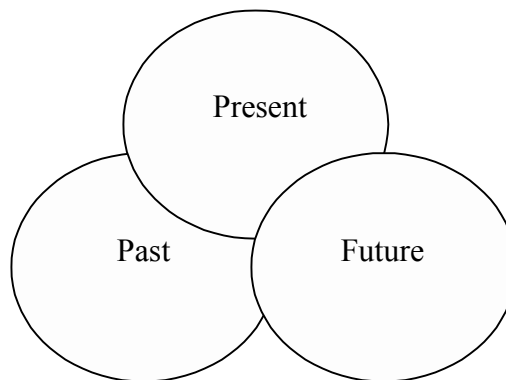


Figure 4. **O**



Select one response for each question.

Totally Disagree	Disagree	Neutral	Agree	Totally Agree
------------------	----------	---------	-------	---------------

- |  |                       |                       |                       |                       |                       |
|--|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 1. I look forward to my future.....  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 2. I am not satisfied with my life right now.....                              | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 3. I have very happy memories of my childhood.....                             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 4. I doubt I will make something of myself.....                                | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 5. I am happy with my current life.....  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 6. My past is a time in my life that I would like to forget.....               | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 7. My future makes me happy.....   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 8. I have negative feelings about my current situation.....                    | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 9. I have good memories about growing up.....                                  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 10. I don't think I'll amount to much when I grow up...                        | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 11. I am pleased with the present.....   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 12. I am not satisfied with my past.....                                       | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 13. My future makes me smile.....  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 14. I am content with the present.....   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 15. My past makes me sad.....  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 16. Thinking about my future makes me sad.....                                 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 17. Overall, I feel happy about what I am doing right now.....                 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 18. I wish that I did not have the past that I had.....                        | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 19. I am excited about my future.....  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 20. I am not satisfied with my present.....                                    | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 21. I have happy thoughts about my past.....                                   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 22. I don't like to think about my future.....                                 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 23. I am not happy with my present life.....                                   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 24. I like to think about my past because it was such a happy time for me..... | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 25. Thinking ahead is pointless.....   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 26. Overall, I feel happy with my life right now.....                          | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 27. I have unpleasant thoughts about my past.....                              | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 28. Thinking about my future excites me.....                                   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 29. My current life worries me.....  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 30. My past is full of happy memories.....                                     | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

# Appendix B

The Adolescent Time Inventory- German

Zena R. Mello, Frank C. Worrell, & Monika Buhl (2008)

## The Adolescent Time Inventory – German

Schreibe eine Antwort unter jede Frage.

*Was ist für dich Vergangenheit?*

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*Was ist für dich Gegenwart?*

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*Was ist für dich Zukunft?*

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*Wähle eine Antwort auf jede Frage.*

	Fast Nie	Selten	Manchmal	Häufig	Sehr Häufig
Wie oft denkst du über <u>Vergangenes</u> nach?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wie oft denkst du über <u>Gegenwärtiges</u> nach?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wie oft denkst du über <u>Zukünftiges</u> nach?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Anleitung:** Wähle unten **eine** Abbildung (Abb.) aus, wie **wichtig** die Vergangenheit, die Gegenwart und die Zukunft für dich sind. Große Kreise bedeuten hohe Wichtigkeit für dich.

Abb. 1	<input type="checkbox"/>			
Abb. 2	<input type="checkbox"/>			
Abb. 3	<input type="checkbox"/>			
Abb. 4	<input type="checkbox"/>			
Abb. 5	<input type="checkbox"/>			
Abb. 6	<input type="checkbox"/>			
Abb. 7	<input type="checkbox"/>			

**Anleitung:** Wähle unten **eine** Abbildung (Abb.) aus, die ausdrückt, wie du die Beziehung zwischen der Vergangenheit, der Gegenwart und der Zukunft betrachtest.

Abb. 1



Abb. 2

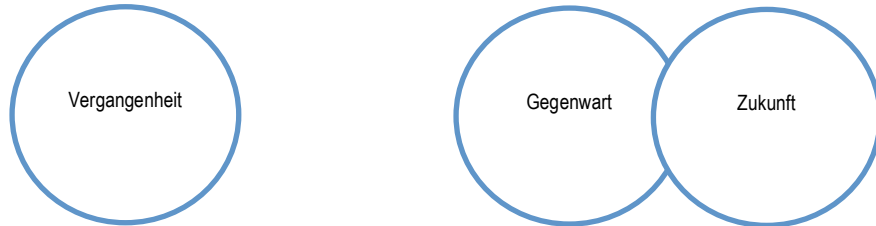


Abb. 3

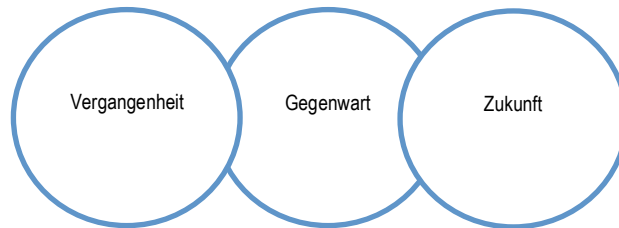
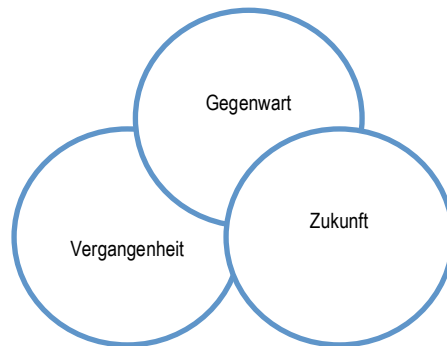


Abb. 4



Jetzt interessiert uns, wie du über Vergangenes und Zukünftiges denkst.	gar nicht	eher nicht	teils teils	eher	völlig
1. Ich freue mich auf meine Zukunft.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Ich bin unzufrieden mit meinem derzeitigen Leben.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Ich habe sehr glückliche Erinnerungen an meine Kindheit.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Ich denke nicht, dass aus mir einmal etwas wird.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Ich bin glückliche mit meinem derzeitigen Leben.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Meine Vergangenheit ist ein Abschnitt in meinem Leben, den ich gerne vergessen würde.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. Meine Zukunft macht mich glücklich.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. Ich habe ein schlechtes Gefühl bei meiner momentanen Situation.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. Ich habe gute Erinnerungen an mein Aufwachsen.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. Ich denke nicht, dass ich es einmal zu etwas bringen werde.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. Ich bin über meine Gegenwart erfreut.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. Ich bin unzufrieden mit meiner Vergangenheit.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. Ich freue mich wenn ich an meine Zukunft denke.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. Ich bin zufrieden mit der Gegenwart.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. Meine Vergangenheit macht mich unglücklich.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16. Wenn ich an meine Zukunft denke, werde ich traurig.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17. Im Großen and Ganzen bin ich glücklich mit dem, was ich momentan tue.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18. Ich wünschte, ich hätte eine andere Vergangenheit gehabt.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19. Ich bin gespannt auf meine Zukunft.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20. Mit meiner Gegenwart bin ich nicht zufrieden.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
21. Ich habe glückliche Gedanken an meine Vergangenheit.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22. Ich denke nur ungern an meine Zukunft.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
23. Ich bin unglücklich mit meinem momentanen Leben.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
24. Ich denke gern an meine Vergangenheit, weil es eine so schöne Zeit war.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
25. Es ist nutzlos voraus zu denken.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
26. Alles in allem bin ich derzeit glücklich.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
27. Ich habe unangenehme Gedanken über meine Vergangenheit.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
28. Ich finde es spannend, an meine Zukunft zu denken.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
29. Mein derzeitiges Leben beunruhigt mich.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
30. Meine Vergangenheit ist voller glücklicher Erinnerungen.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# Appendix C

## The Adolescent Time Inventory- Italian

Zena R. Mello, Frank C. Worrell, Fiorenzo Laghi, Roberto Baiocco, & Antonia Lonigro (2011)



# The Adolescent Time Inventory – Italian

Scrivi una risposta per ognuna delle seguenti domande.

1. Come definisci il **Passato**?

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2. Come definisci il **Presente**?

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3. Come definisci il **Futuro**?

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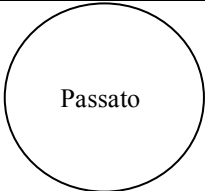

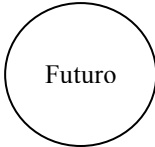
Quanto spesso pensi al ...

	Quasi Mai	Raramente	A volte	Spesso	Quasi Sempre
... <u>Passato</u> ?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
... <u>Presente</u> ?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
... <u>Futuro</u> ?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>


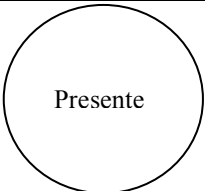
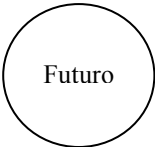
Seleziona una delle figure riportate qui sotto; segna la figura che mostra quanto sia importante per te il passato, il presente e il futuro. Più i cerchi sono grandi più vuol dire che quella dimensione per te risulta importante.

**Ricorda che devi soltanto segnare una delle sette figure.**


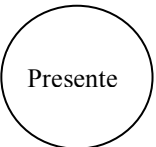
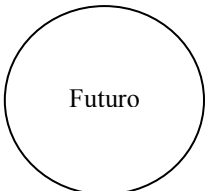
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Figura 1. <input type="radio"/>			
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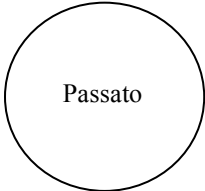
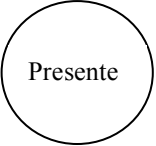
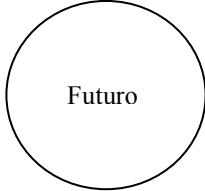
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Figura 2. <input type="radio"/>			
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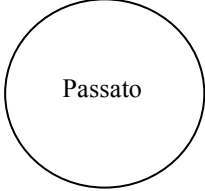
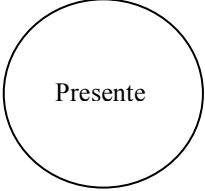
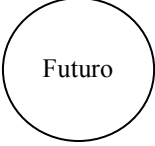
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Figura 3. <input type="radio"/>			
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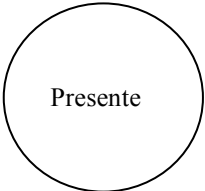
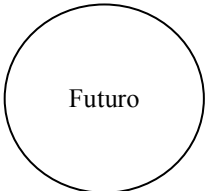
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Figura 4. <input type="radio"/>			
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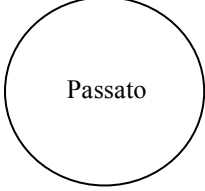
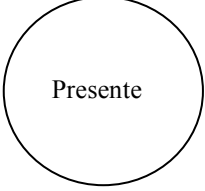
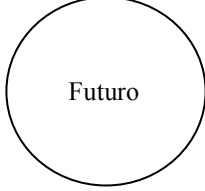
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Figura 5. <input type="radio"/>			
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Figura 6. <input type="radio"/>			
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Figura 7. <input type="radio"/>			
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**Seleziona una delle figure riportate qui sotto; segna la figura che per te mostra la relazione tra passato, presente e futuro. Anche per questa sezione ricorda che devi segnare soltanto una delle quattro figure.**

Figura 1.

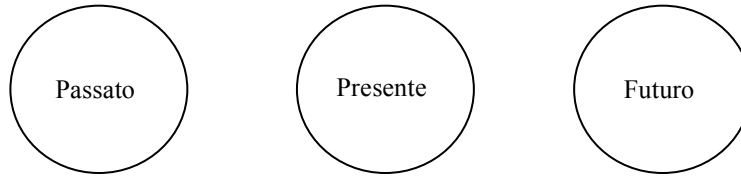


Figura 2.



Figura 3.

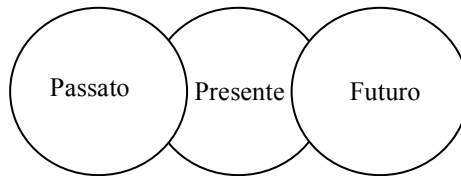
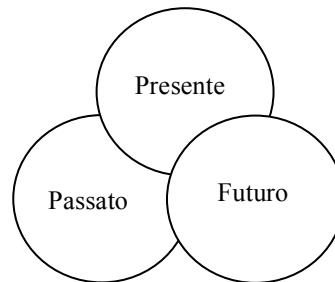


Figura 4.



**Rispondi alle seguenti domande.**

	Completamente in disaccordo	In disaccordo	Né d'accordo né in disaccordo	D'accordo	Completamente d'accordo
1. Sono proiettato nel futuro.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Attualmente non sono soddisfatto della mia vita.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Ho ricordi molto felici della mia infanzia.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Dubito che farò qualcosa per me stesso.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Sono felice della mia vita attuale.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Il passato è un periodo della mia vita che vorrei dimenticare.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Il futuro mi rende felice.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Ho sentimenti negativi rispetto alla mia situazione attuale.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Ho bei ricordi di quando ero piccolo.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Non penso di dare molta importanza al periodo della mia infanzia.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Sono felice del presente.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Non sono soddisfatto del mio passato.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Il futuro mi rende sereno.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. Sono contento del presente.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. Il mio passato mi rende triste.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. Pensare al mio futuro mi rattrista.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. Complessivamente mi sento felice di quello che sto facendo ora.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. Desidererei non avere il passato che ho avuto.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. Sono eccitato rispetto al mio futuro.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. Non sono soddisfatto del mio presente.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21. Ho pensieri felici riguardo al mio passato.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22. Non mi piace pensare al futuro.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23. Non sono felice della mia vita attuale.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24. Mi piace pensare al passato perché è stato un periodo felice per me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25. Pianificare il futuro è inutile.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
26. Complessivamente sono felice della mia vita attuale.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
27. Ho pensieri spiacevoli sul mio passato.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
28. Pensare al mio futuro mi eccita.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
29. La mia vita attuale mi preoccupa.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
30. Il mio passato è pieno di ricordi felici.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

# Appendix D

## The Adolescent Time Inventory- Spanish

Zena R. Mello, Frank C. Worrell, Rebecca M. Anguiano, & Rodolfo Mendoza-Denton (2010)

# The Adolescent Time Inventory - Spanish

**Escribe una respuesta para cada pregunta abajo.**

1. ¿Cómo defines el pasado?

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2. ¿Cómo defines el presente?

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3. ¿Cómo defines el futuro?

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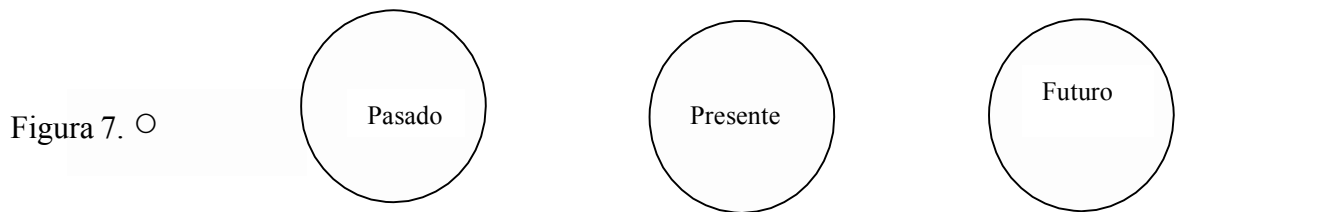
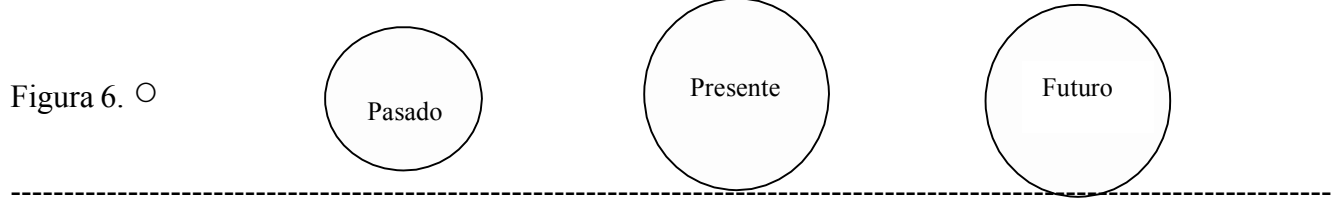
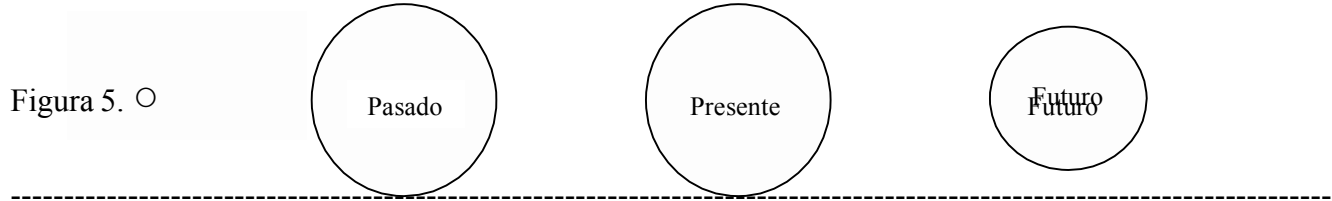
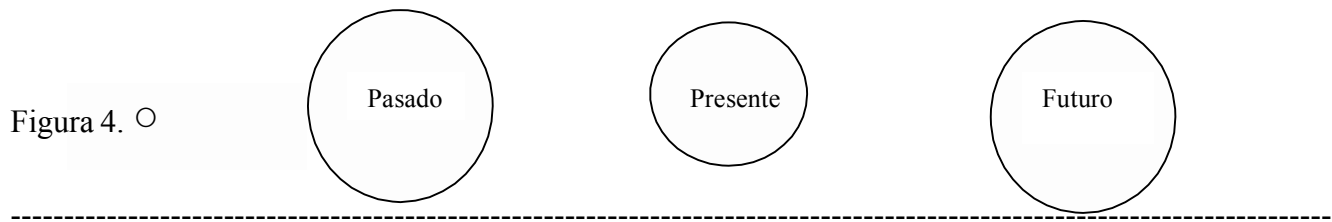
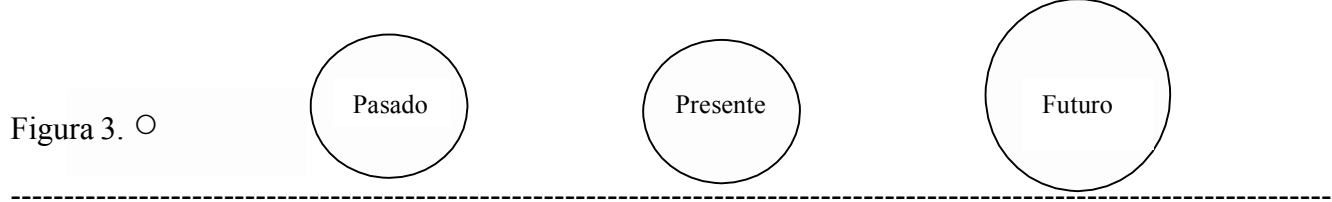
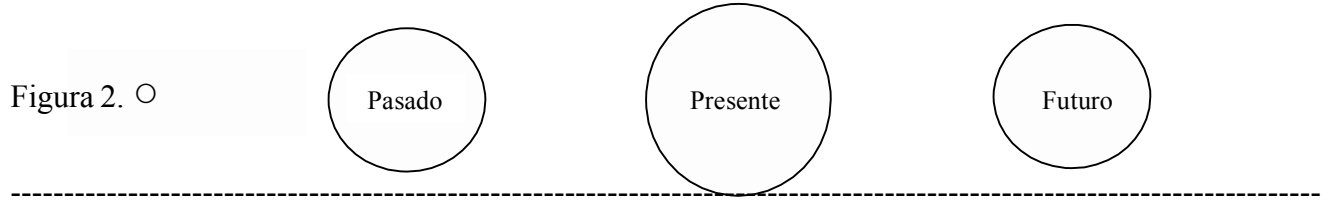
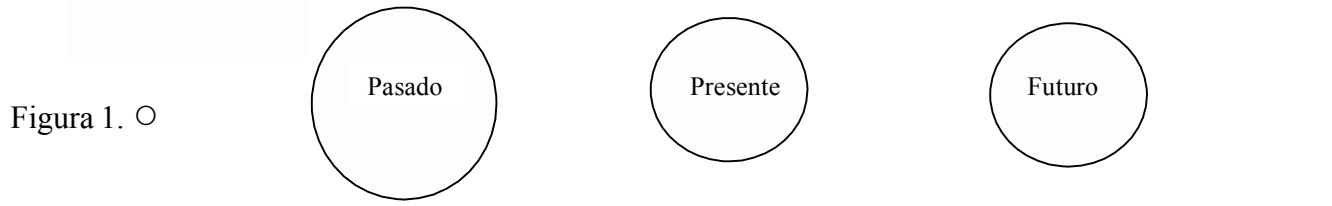
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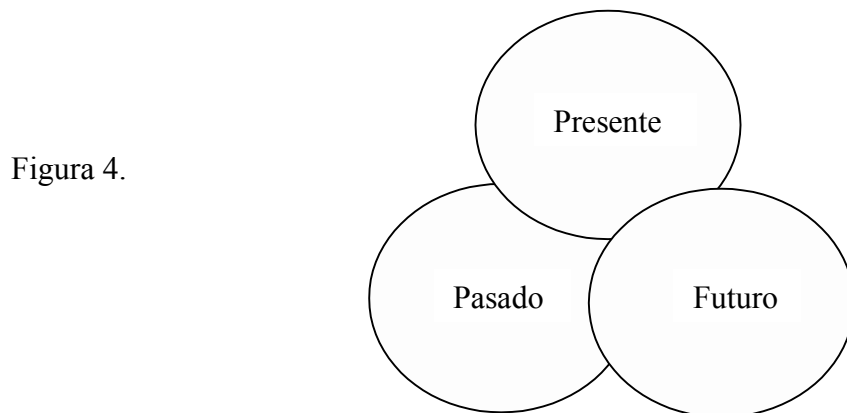
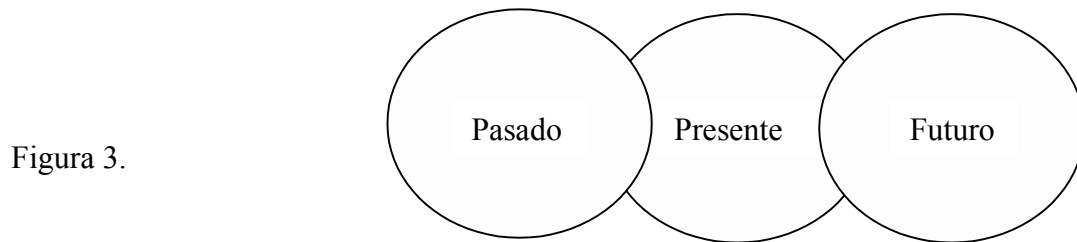
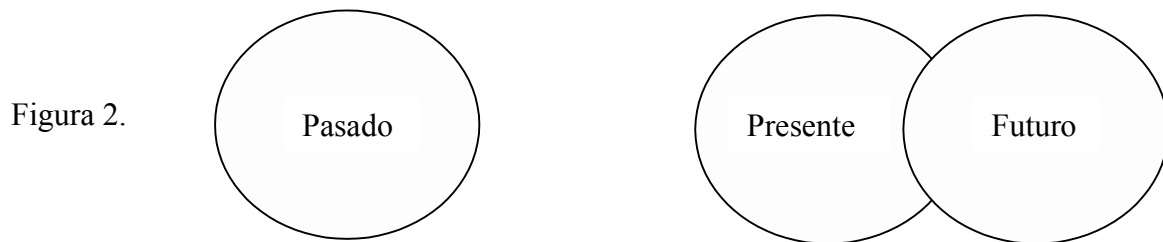
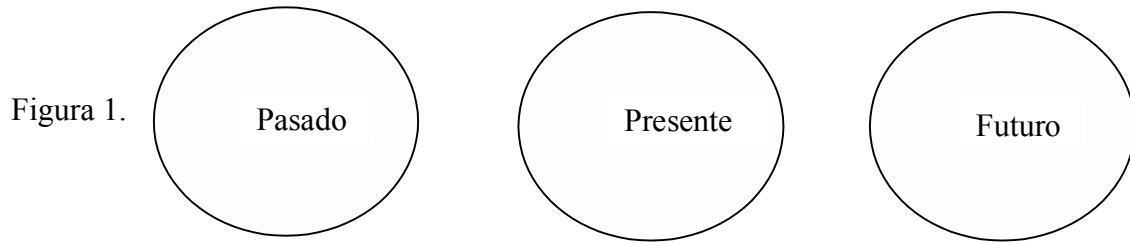
**Elige una respuesta para cada pregunta abajo.**

	Casi Nunca	Rara- mente	A Veces	Mucho	Casi Siempre
1. ¿Con qué frecuencia piensas en el <u>pasado</u> ?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. ¿Con qué frecuencia piensas en el <u>presente</u> ?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. ¿Con qué frecuencia piensas en el <u>futuro</u> ?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Instrucciones:** Escoge **una** figura abajo que mesutra qué tan importantes son el pasado, el presente, y el futuro para tí, con los círculos más grandes siendo más importantes que los círculos más puequeños.



**Instrucciones:** Escoge **una** figura abajo que muestra cómo tú ves la relación entre el pasado, el present, y el futuro.





**Escoge una respuesta para cada pregunta.**

	Completamente en desacuerdo	En desacuerdo	Neutral	De acuerdo	Completamente de acuerdo
1. Espero mi futuro.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. No estoy satisfecho con my vida ahora mismo.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Tengo recuerdos muy felices de mi niñez.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Dudo que llegare a ser alguien.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Estoy contento con mi vida ene este momento.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Mi pasado es un tiempo en mi vida que me gustaría olvidar.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. Mi futuro me hace feliz.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. Tengo sentimientos negativos sobre mi situación en este momento.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. Tengo buenos recuerdos sobre mi niñez.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. No creo que llegaré a ser alguien cuando crezca.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. Me alegra el presente.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. No estoy satisfecho con mi pasado.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. Mi futuro me hace sonreír.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. Estoy contento con el presente.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. Mi pasado me hace triste.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16. Pensando en mi futuro me hace triste.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17. En general, me siento feliz sobre lo que estoy hacienda ahora mismo.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18. Ojalá no tuviera el pasado que tuve.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19. Estoy emocionado sobre me future.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20. No estoy satisfecho con mi presente.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
21. Tengo pensamientos felices sobre mi pasado.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22. A mí no me gusta pensar en mi future.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
23. No estoy contento con mi vida ahora mismo.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
24. A mí me gusta pensar en mi pasado porque fue un tiempo muy feliz para mí...	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
25. Pensando en el futuro es inútil.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
26. En general, me siento contento con mi vida ahora mismo.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
27. Tengo pensamientos desagradables sobre mi pasado.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
28. Pensando en mi futuro me emociona.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
29. Mi vida actual me preocupa.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
30. Mi pasado esta llena de recuerdos felices..	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>