

A Self-Administered Rating Scale for Pubertal Development

Introduction: The next questions are about changes that may be happening to your body. These changes normally happen to different young people at different ages. Since they may have something to do with your sleep patterns, do your best to answer carefully. If you do not understand a question or do not know the answer, just mark "I don't know."

Question	Response Options	Point Value
1. Would you say that your growth in height:	has not yet begun to spurt ²	1
	has barely started	2
	is definitely underway	3
	seems completed	4
	I don't know	
2. And how about the growth of your body hair? (“Body hair” means hair any place other than your head, such as under your arms.)		
Would you say that your body hair growth:	has not yet begun to grow	1
	has barely started to grow	2
	is definitely underway	3
	seems completed	4
	I don't know	
3. Have you noticed any skin changes, especially pimples?		
	skin has not yet started changing	1
	skin has barely started changing	2
	skin changes are definitely underway	3
	skin changes seem complete	4
	I don't know	
FORM FOR BOYS:		
4. Have you noticed a deepening of your voice?		
	voice has not yet started changing	1
	voice has barely started changing	2
	voice changes are definitely underway	3
	voice changes seem complete	4
	I don't know	
5. Have you begun to grow hair on your face?		
	facial hair has not yet started growing	1
	facial hair has barely started growing	2

facial hair growth has definitely started 3
facial hair growth seems complete 4
I don't know

FORM FOR GIRLS:

4. Have you noticed that your breasts have begun to grow?

have not yet started growing 1
have barely started growing 2
breast growth is definitely underway 3
breast growth seems complete 4
I don't know

5a. Have you begun to menstruate (started to have your period)?

yes 4
no 1

5b. If yes, how old were you when you started to menstruate?

age in years