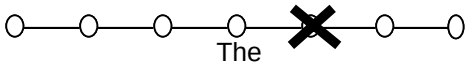
heiQ Perspective™

Instructions

The following questions ask you to think about whether or not you have changed in the way you view things since you first took part in a health education program. Please indicate by crossing a circle if you have any new perspectives on the way you view things or if you view things the same way as before the program.

Example

Ms. Jane Citizen attended a health education course and answered this question in the following way:

I now realise that before the course I walked **much less** than I thought I did	 The same	I now realise that before the course I walked **much more** than I thought I did

For this question Jane indicates that she now realises that, before the course, she walked slightly more than she thought she did.

1	I now realise that before the course I was **much less** engaged in life than I thought I was	The same	I now realise that before the course I was **much more** engaged in life than I thought I was
2	I now realise that before the course my understanding of my health was **much poorer** than I thought it was	The same	I now realise that before the course my understanding of my health was **much better** than I thought it was
3	I now realise that before the course I had **much less** social support than I thought I did	The same	I now realise that before the course I had **much more** social support than I thought I did
4	I now realise that before the course I did **fewer** healthy activities than I thought I did	The same	I now realise that before the course I did **more** healthy activities than I thought I did
5	I now realise that before the course I let my health problems affect my life **much more** than I thought I did	The same	I now realise that before the course I let my health problems affect my life **much less** than I thought I did
6	I now realise that before the course I was **much more** anxious, worried or depressed than I thought I was	The same	I now realise that before the course I was **much less** anxious, worried or depressed than I thought I was
7	I now realise that before the course I had **fewer** skills and techniques to keep myself healthy than I thought I had	The same	I now realise that before the course I had **more** skills and techniques to keep myself healthy than I thought I had
8	I now realise that before the course my understanding of how to get the best out of the health system was **much poorer** than I thought it was	The same	I now realise that before the course my understanding of how to get the best out of the health system was **much better** than I thought it was
9	I now realise that before the course I had a **much poorer** relationship with my health professionals than I thought I did	The same	I now realise that before the course I had a **much better** relationship with my health professionals than I thought I did

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