

heiQ Domains and Questions

V3.0

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1. Health directed behaviour		6. Skill and technique acquisition	
Keywords: healthful behaviours including prevention, diet, exercise, relaxation; tangible change This scale is similar to the first in that it relates to a change in lifestyle, however this change is tangible and specifically related to healthful behaviors. Activities may include changes in diet, exercise and relaxation routines aimed at either disease prevention and/or health promotion.		Key words: symptom relief, skills and techniques to manage This scale was developed to capture the knowledge-based skills and techniques (including the use of aids) that help participants manage disease-related symptoms and health problems more effectively.	
19	I walk for exercise, for at least 15 minutes per day, most days of the week	When I have symptoms, I have skills that help me cope	26
9	I do at least one type of physical activity every day for at least 30 minutes (e.g., walking, gardening, housework, golf, bowls, dancing, Tai Chi, swimming)	I have a good understanding of equipment that could make my life easier	30
1	On most days of the week, I do at least one activity to improve my health (e.g., walking, relaxation, exercise)	I have a very good idea of how to manage my health problems	25
13	On most days of the week, I set aside time for healthy activities (e.g. walking, relaxation, exercise)	I have effective ways to prevent my symptoms (e.g., discomfort, pain and stress) from limiting what I can do in my life	23
2. Positive and active engagement in life		7. Social integration and support	
Keywords: get engaged in life, intent for actions, indicators of now being engaged and involved in life. This scale assesses motivation to be active and embodies the notion of participants in self-management/patient education programs engaging or re-engaging in life-fulfilling activities as a result of program involvement. Items in this construct aim to measure the individuals' activities to convert intention into positive outcomes, and <i>implies</i> a change of lifestyle and life activities.		Keywords: social interaction, feelings of social isolation as a result of the illness, "kinship" in group leading to sense of support, seeking support from others This scale aims to capture the positive impact of social engagement and support that evolves through interaction with others and the impact that may arise from interaction with others sharing similar health-related life experiences. This 'shift' also involves the confidence to seek support within interpersonal relationships as well as community-based organisations on an ongoing basis.	
8	I am doing interesting things in my life	I have enough friends who help me cope with my health problems	28
2	Most days I am doing some of the things I really enjoy	I get enough chances to talk about my health problems with people who understand	37
5	I try to make the most of my life	If I need help, I have plenty of people I can rely on	22
10	I have plans to do enjoyable thing for myself during the next few days	Overall, I feel well looked after by friends or family	35
15	I feel like I am actively involved in life	When I feel ill, my family and carers really understand what I am going through	31
3. Emotional wellbeing - negative affect		8. Health services navigation	
Keywords: overall health-related negative affect; attitude to life; anxiety, stress, anger and depression This scale measures overall negative affective responses to illness, including anxiety, anger and depression attributed to the illness.		Keywords: communication, decision processes, relationships, understanding; interaction with and negotiation of the healthcare system, including the confidence to talk with healthcare professionals; the understanding of ways to access healthcare to get needs met This scale covers an individual's understanding of and ability to interact with a range of health organisations and health professionals. It also measures the confidence and ability to communicate and negotiate with healthcare providers to get needs met.	
21	If I think about my health, I get depressed	I communicate very confidently with my doctor about my healthcare needs	29
18	I get upset when I think about my health	I have very positive relationships with my healthcare professionals	24
12	I often feel angry when I think about my health	I confidently give healthcare professionals the information they need to help me	32
7	My health problems make me very dissatisfied with my life	I get my needs met from available healthcare resources (e.g., doctors, hospitals and community services)	33
4	I often worry about my health	I work in a team with my doctors and other healthcare professionals	38
14	I feel hopeless because of my health	9. Program (course) evaluation	
4. Self monitoring and insight		I intend to tell other people that the program is very worthwhile	
Keywords: self monitoring of (sub)clinical indicators, self management, setting reasonable limits or targets, and insight into living with a health problem This scale captures the individuals' ability to monitor their condition, and their physical and/or emotional responses that lead to insight and appropriate action/s to self manage. An important component of this construct is the individuals' acknowledgement of realistic disease-related limitations, and the ability and confidence to adhere to these limits. This may also relate to the monitoring of specific sub-clinical indicators of disease status.		The program has helped me set goals that are reasonable and within reach	
20	With my health in mind, I have realistic expectations of what I can and cannot do	I trust the information and advice I was given in the program	42
3	As well as seeing my doctor, I regularly monitor changes in my health	Course leaders were very well organised	43
6	I know what things can trigger my health problems and make them worse	I feel it was worth my time and effort to take part in the program	44
16	When I have health problems, I have a clear understanding of what I need to do to control them	Difficult topics and discussions were handled well by my program leaders	45
11	I have a very good understanding of when and why I am supposed to take my medication	I thought the program content was very relevant to my situation	46
17	I carefully watch my health and do what is necessary to keep as healthy as possible	I feel that everyone in the program had the chance to speak if they wanted	47
5. Constructive attitudes and approaches		The people in the group worked very well together	
Keywords: minimising the illness – "I am not going to let this disease control my life" This scale is embodied by the statement "I am not going to let this disease control my life" and measures a shift in how the individual views the impact of their condition(s) on their life.		49	
40	If others can cope with problems like mine, I can too	All sections and different versions of the heiQ™, including the heiQ-Core, heiQ-Program, heiQ-Perspectives, heiQ V1.2 and heiQ V2.0 are copyright and may only be used upon provision of an executed license agreement in the name of the study, project or program for which the heiQ is intended to be used. A database of licensed users is maintained to ensure that copyright is not breached. Please email hei-q@unimelb.edu.au for more information.	
27	I try not to let my health problems stop me from enjoying life		
39	I do not let my health problems control my life		
34	My health problems do not ruin my life		
36	I feel I have a very good life even when I have health problems		