

Health Education Impact Questionnaire (heiQ™):

heiQ™ Measurement and Evaluation System

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Explanation of the heiQ domains

The 40 questions on the heiQ™ questionnaire are grouped into 8 different domains such as "Constructive attitudes and approaches", "Emotional well-being", etc. In order to understand the constructs of the domains a little bit better, please find below keywords, which describe them in detail:

Domain 1 - Health-directed behaviour

Keywords: *healthful behaviours including prevention, diet, exercise, relaxation; tangible change*

This construct is similar to the first in that it relates to a change in lifestyle; however this change is tangible and specifically related to healthful behaviours.

Activities may include changes in diet, exercise and relaxation routines.

These activities may be aimed at either disease prevention and/or health promotion.

Domain 2 - Positive and active engagement in life

Keywords: *getting engaged in life, intent for actions, indicators of now being engaged and involved in life*

This construct covers motivation to be active and embodies the notion of participants in self-management /health 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 imply a change of lifestyle and life activities.

Domain 3 - Emotional well-being

Keywords: *overall health-related negative affect; attitude to life; anxiety, stress, anger and depression*

This construct measures overall negative affective responses to illness, including anxiety, anger and depression (which are attributed to the illness).

These indicators give a sense of individuals' general emotional well-being and satisfaction with life.

Domain 4 - Self-monitoring and insight

Keywords: *self monitoring of (sub)clinical indicators, self management, setting reasonable limits or targets, and insight into living with a health problem*

This construct captures the individuals' ability to monitor their condition, and their physical and/or emotional responses that lead to insight and appropriate actions to self manage.

An important component of this construct is the individuals' acknowledgment 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.

Domain 5 - Constructive attitudes and approaches

Keywords: *minimising the illness – "I am not going to let this disease control my life"*

This construct is embodied by the statement "I am not going to let this disease control my life" and includes a shift in how individuals view the impact of their condition(s) on their life.

Domain 6 - Skill and technique acquisition

Keywords: *symptom relief skills, skills and techniques to manage own health*

This construct aims to capture the knowledge-based skills and techniques (including the use of aids) that participants acquire or re-learn to help them manage and cope with disease-related symptoms and health problems.

Domain 7 - Social integration and support

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 construct aims to capture the positive impact of social engagement and support that evolves through interaction with others.

This impact may arise from interaction with others sharing similar health-related life experiences.

This 'shift' also involves the confidence to seek support from interpersonal relationships as well as from community-based organizations.

Domain 8 - Health service navigation

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 construct is concerned with an individual's understanding of and ability to confidently interact with a range of health organizations and health professionals.

Further, it measures the confidence and ability to communicate and negotiate with health care providers to get needs met.