

List of draft items (WHHQ-73) for interviews

Below are some statements about your health and wellbeing. Please tick the box that best describes your experience over the last two weeks. Please make a selection for all statements.

STATEMENTS

Physical functioning

0 None of the time 1 Rarely 2 Sometimes 3 Often 4 All of the time

1 I've been physically independent 0 1 2 3 4

I've been able to read my body's signals 0 1 2 3 4 3

I've had lots of energy 0 1 2 3 4 5

I've been sleeping well 0 1 2 3 4 5

I've been in tune with my body 0 1 2 3 4 5

Symptoms

0 None of the time 1 Rarely 2 Sometimes 3 Often 4 All of the time

6 I've been in pain 0 1 2 3 4

7 My symptoms have been a problem 0 1 2 3 4

8R I've had relief from my symptoms 0 1 2 3 4

9 My health limits my daily activities 0 1 2 3 4

Everyday life

0 None of the time 1 Rarely 2 Sometimes 3 Often 4 All of the time

10 I feel satisfied by my school, work or current role in life 0 1 2 3 4

11 I feel satisfied with my work/life balance 0 1 2 3 4

12 I feel satisfied with my life overall 0 1 2 3 4

13 I have too many demands made on me 0 1 2 3 4

14 I've engaged in nurturing activities 0 1 2 3 4

15 My daily life is full of things that keep me interested 0 1 2 3 4

Mental wellbeing/mental outlook

0 Disagree strongly 1 Disagree somewhat 2 Don't know 3 Agree somewhat 4 Agree strongly

16 I live life one day at a time and don't really think about the future 0 1 2 3 4

17 I've been able to adapt to meet life's challenges 0 1 2 3 4

18 Life has been a continuous process of learning, changing and growth 0 1 2 3 4

19 I've been feeling positive about life 0 1 2 3 4

Brough N. The Warwick Holistic Health Questionnaire. The development and validation of a Patient-Reported Outcome Measure for Craniosacral Therapy: A mixed methods study. Warwick: University of Warwick; 2017.

20 I've been coping with daily life 0 1 2 3 4

21 I believe my health is linked to my daily life 0 1 2 3 4

22 The perspective I have about my condition helps me manage life 0 1 2 3 4

23 I tend to bounce back quickly after hard times 0 1 2 3 4

Self-concept

0 None of the time 1 Rarely 2 Sometimes 3 Often 4 All of the time

24 I keep on learning about myself and my body 0 1 2 3 4

25 I judge myself by what I think is important, not by the values of what others thinks is important

0 Disagree strongly 1 Disagree somewhat 2 Don't know 3 Agree somewhat 4 Agree strongly

26 I've felt in balance 0 1 2 3 4

27 I've been feeling confident 0 1 2 3 4

Responsibility for self

0 Disagree strongly 1 Disagree somewhat 2 Don't know 3 Agree somewhat 4 Agree strongly

28 Taking an active role in my own health is the most important factor in determining my wellbeing
0 1 2 3 4

29 I deal consciously with myself 0 1 2 3 4

30 I feel able to take care of myself 0 1 2 3 4

31 I've taken reflective down time 0 1 2 3 4

32 I've asked for help when I've needed it 0 1 2 3 4

33 Making sense of the past helps me figure out what to do in the present

0 None of the time 1 Rarely 2 Sometimes 3 Often 4 All of the time

34 I feel able to take care of myself 0 1 2 3 4

35 I've identified activities that I enjoy 0 1 2 3 4

Emotions and feelings

0 None of the time 1 Rarely 2 Sometimes 3 Often 4 All of the time

36 R I've been feeling anxious 0 1 2 3 4

37 I've been feeling confident 0 1 2 3 4

38 I've been able to express how I feel 0 1 2 3 4

39 I've been feeling calm 0 1 2 3 4

40 I've been feeling joyful 0 1 2 3 4

41 R I've been feeling sad 0 1 2 3 4

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Spirituality

0 None of the time 1 Rarely 2 Sometimes 3 Often 4 All of the time

42 I've felt my inner strength 0 1 2 3 4

43 I've trusted others 0 1 2 3 4

44 I've been compassionate to myself 0 1 2 3 4

45 I've been compassionate towards others 0 1 2 3 4

46 I've had faith in life's journey 0 1 2 3 4

47 I reflect on the meaning of life 0 1 2 3 4

48 I've been feeling connected to God or the divine 0 1 2 3 4

49 I've felt connected to nature 0 1 2 3 4

50 I have a spiritual orientation in life 0 1 2 3 4

Social Wellbeing

0 None of the time 1 Rarely 2 Sometimes 3 Often 4 All of the time

51 I interact consciously with others 0 1 2 3 4

52 I interact consciously with my environment 0 1 2 3 4

53 I've been feeling engaged in life 0 1 2 3 4

54 I've felt connected to my friends and family 0 1 2 3 4

55 I've identified people who help me take care of myself 0 1 2 3 4

56 I have some meaningful relationships Disagree strongly Disagree somewhat Don't know Agree somewhat Agree strongly

Holistic wellbeing

0 None of the time 1 Rarely 2 Sometimes 3 Often 4 All of the time

57 I've had a sense of wellbeing 0 1 2 3 4

58 I've been aware of the connection between mind, body and spirit 0 1 2 3 4

59 I trust my intuition 0 1 2 3 4

60 I'm self-aware 0 1 2 3 4

61 I strive for more broad awareness 0 1 2 3 4

62 I'm living authentically 0 1 2 3 4

63 I've been feeling well 0 1 2 3 4

To what extent do these statements reflect your recent experience?

0 Does not apply 1 Disagree strongly 2 Disagree somewhat 3 Agree somewhat 4 Agree strongly

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64 I feel more connected to my body 0 1 2 3 4

65 I feel more aware of the way my mind and body work together 0 1 2 3 4

66 I feel more aware of the way my mind and body are affected by my physical environment 0 1 2 3 4

67 I feel more aware of the way my mind and body are affected by my social environment 0 1 2 3 4

68 I am more aware of what my body needs to stay healthy 0 1 2 3 4

69 I can read my body signals better 0 1 2 3 4

70 I can trust my body to tell me what it needs 0 1 2 3 4

71 I feel less rejecting of my body and its symptoms 0 1 2 3 4

72 I feel less ashamed of the way my body is currently working 0 1 2 3 4

73 I feel less angry at my situation now 0 1 2 3 4