

HEALTH AND WELLNESS QUESTIONNAIRE*Barker Ray University of South California (2001)*

Name _____ Class/Dept _____

Sex = Male/ Female

Sports Person/ Non Sports Person

Age/ D.O.B (____) _____ Date _____

S. No		Al wa ys	Occ asio nall y	Ne ve r
1	I am able to identify the situation and factors that overstress me.	3	2	1
2	I eat only when I am hungry	3	2	1
3	I don't take tranquilizers (medicinal drug to reduce tension) or other drugs to relax	3	2	1
4	I support efforts in my community to reduce environmental pollution	3	2	1
5	I avoid buying food with trans-fats	3	2	1
6	I rarely have problems concentrating on what I'm doing because of worrying about other things.	3	2	1
7	My employer takes measure to ensure that my work place is safe	3	2	1
8	I try not to use medication when I feel unwell	3	2	1
9	I am able to identify certain bodily responses and illness as my reaction of stress	3	2	1
10	I consider the necessity of diagnostic X- rays	3	2	1
11	I try to change personal habits that are risk factors for heart disease, cancer and other lifestyle disease	3	2	1
12	I avoid to taking sleeping pills to help me sleep	3	2	1
13	I try not to eat foods with refined sugar and corn sugar as ingredients	3	2	1
14	I accomplish goals I set for myself	3	2	1
15	I stretch or bend for several minutes each day to keep my body flexible	3	2	1
16	I support immunization of all children for common childhood disease	3	2	1
17	I try to prevent friends from driving after they drink alcohol	3	2	1
18	I minimize my salt intake	3	2	1
19	I don't mind when other people and situations make me wait or lose time	3	2	1
20	I climb four or fewer flights of stairs rather than take the elevator	3	2	1
21	I eat fresh fruits and vegetables	3	2	1
22	I use dental floss at least once a day	3	2	1
23	I read product label on food to determine their ingredients	3	2	1
24	I try to maintain a normal body weight	3	2	1
25	I record my feeling and thoughts in a journal or diary	3	2	1
26	I have no difficulty falling asleep	3	2	1
27	I engage in some form of vigorous physical activity at least three times a week	3	2	1
28	I take time each day to quite my mind and relax	3	2	1
29	I want to make sustain close friendships and intimate relationships	3	2	1
30	I obtain an adequate daily supply of vitamins from my food or vitamin supplements	3	2	1
31	I rarely have tension or migraine headaches or pain in the neck or shoulders	3	2	1
32	I wear safety belt when driving	3	2	1
33	I am aware of emotional and situational factors that lead me to overeat	3	2	1
34	I avoid driving my car after drinking alcohol	3	2	1
35	I am aware of the side effects of medicines I take	3	2	1
36	I am able to accept feeling of sadness, depression and anxiety, realizing that they are almost always transient	3	2	1

Appendix-D

37	I would seek several additional professional opinions if my doctor recommended surgery for me	3	2	1
38	I agree that non smokers should not breathe the smoke from cigarettes in public places	3	2	1
39	I agree that pregnant women who smoke harm their baby	3	2	1
40	I feel if I get enough sleep	3	2	1
41	I ask my doctor why a certain medication is being prescribed and inquire about alternatives	3	2	1
42	I am aware of the calories expended in my activities	3	2	1
43	I am willing to give priority to my own needs, time and psychological space by saying 'no' to other's request	3	2	1
44	I walk instead of driving where feasible	3	2	1
45	I eat a breakfast that contains about one third of my daily need for calories, protein and vitamins	3	2	1
46	I prohibit smoking at my home	3	2	1
47	I remember and think about my dreams	3	2	1
48	I seek medical attention only at that time when I have symptoms or feel that some conditions needs checking rather than having routine yearly checkups	3	2	1
49	I endeavour to make my home accident free	3	2	1
50	I ask my doctor to explain the diagnosis of my problem until understand all that I care to	3	2	1
51	I try to include fiber or roughage (whole grains, fresh fruits, vegetables) in my daily diet	3	2	1
52	I can deal with my emotional problems without alcohol or other mood altering drugs	3	2	1
53	I am satisfied with my job	3	2	1
54	I require children riding in my car to be in infant seats or in shoulder harnesses	3	2	1
55	I try to associate with the peoples who have a positive attitude about life	3	2	1
56	I try not to eat snacks, candies, pastries and other junk foods	3	2	1
57	I avoid people who are down all the time and who bring down those around them	3	2	1
58	I am aware of the calorie content of the foods I eat	3	2	1
59	I brush my teeth after meal	3	2	1
60	I examine my private parts on routine basis	3	2	1

FOR RESEARCHER'S USE ONLY

Emotional Health	Fitness and Body Care	Environmental Health	Stress	Nutrition	Medical Self Responsibility
06 _____	15 _____	04 _____	01 _____	02 _____	08 _____
12 _____	20 _____	07 _____	03 _____	05 _____	10 _____
25 _____	22 _____	17 _____	09 _____	13 _____	11 _____
26 _____	24 _____	32 _____	14 _____	18 _____	16 _____
36 _____	27 _____	34 _____	19 _____	21 _____	35 _____
40 _____	33 _____	38 _____	28 _____	23 _____	37 _____
47 _____	42 _____	39 _____	29 _____	30 _____	41 _____
52 _____	44 _____	46 _____	31 _____	45 _____	48 _____
55 _____	58 _____	49 _____	43 _____	51 _____	50 _____
57 _____	59 _____	54 _____	53 _____	56 _____	60 _____
Total _____	Total _____	Total _____	Total _____	Total _____	Total _____

My wellness status

To access your status in each of the six categories, compare your total score in each column to the following key. 0-22 score denote needs improvement; 23-27 scores denote good; and 28-30 score denote excellent.