APPENDIX

* Health Modernity Scale
  (English version)

* Occupational Status
APPENDIX - I

HEALTH MODERNITY SCALE

*English Version*

<table>
<thead>
<tr>
<th>No.</th>
<th>Code</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>01.</td>
<td>SSPH-1</td>
<td>Life and death depends on God; medical treatment cannot do anything. (1-5)</td>
</tr>
<tr>
<td>02.</td>
<td>SUMH-1</td>
<td>Once insane, one can never become a completely normal person. (1-5)</td>
</tr>
<tr>
<td>03.</td>
<td>ND - 1</td>
<td>It is better to take an injection for getting vitamins than milk, egg, other foods. (1-5)</td>
</tr>
<tr>
<td>04.</td>
<td>BF - 1</td>
<td>The first breast-milk after child birth is harmful to the newborn infant. (1-5)</td>
</tr>
<tr>
<td>05.</td>
<td>FP - 1</td>
<td>If a woman gives birth repeatedly to daughters she should allow her husband to marry another woman. (1-5)</td>
</tr>
<tr>
<td>06.</td>
<td>CC - 4</td>
<td>The infant does not need any additional food except mother's milk till four months. (1-5)</td>
</tr>
<tr>
<td>07.</td>
<td>MR - 1</td>
<td>Children with epilepsy are generally mentally retarded. (1-5)</td>
</tr>
<tr>
<td>08.</td>
<td>AF - 1</td>
<td>Women should not get high posts in the Government. (1-5)</td>
</tr>
<tr>
<td>09.</td>
<td>SSMH-1</td>
<td>Insanity is caused by evil spirits. (1-5)</td>
</tr>
</tbody>
</table>
10. SUPH-1 Women also need physical exercise as much as men do. (5-1)
11. GN-1 Cigarette smoking and chewing tobacco and betel leads to lung cancer (5-1)
12. ADS-1 A person can get AIDS by sharing or reusing needles/syringes used by people who have AIDS. (5-1)
13. ND-2 Smoking reduces tension and therefore is good for the health of the persons. (1-5)
14. BF-2 The mother should not breast-feed her child when she is ill as it may harm the child. (1-5)
15. FP-2 One needs a son to do the last rites/rituals so that the soul may rest in peace. (1-5)
16. MR-2 Most children who fail their examinations are mentally retarded. (1-5)
17. CC-5 At birth the child is only a bundle of bones and flesh; the development of the brain actually starts after birth. (1-5)
18. AF-2 Working women cannot make a happy family (1-5)
19. SSPH-2 Great saints can cure such diseases which cannot be cured by doctors. (1-5)
20. **SUMH-2** Disorder of menstruation causes insanity in women (1-5)

21. **CN-2** Excessive consumption of alcoholic beverages may lead to oral, LARYNGEAL and oesophageal cancer. (5-1)

22. **ADS-2** A pregnant woman who has AIDS can pass it on to her baby (5-1).

23. **ND-3** Drinking alcohol openly in public is not decent, but one may drink as he wants in his house. (1-5)

24. **BF-3** Vegetarian mothers cannot produce enough milk for their children. (1-5)

25. **FP-3** Children born after three-four years of interval have much better chances of survival than those born within one or two years. (5-1)

26. **CC-8** Diarrhoea is a common disease among children and one need not be panicky about it. (1-5)

27. **MR-3** All children with speech or language problems are mentally retarded. (1-5)

28. **AF-3** The wife should give her husband better food than she has herself. (1-5)

29. **SSMH-2** Insanity is the result of the sins of past lives. (1-5)
30. SUPH-2 Good or bad health depends on the constitution of the body. If the constitution of a person is good he will keep good health even if he does not care for it. (1-5)

31. BF-4 Bottle-feeding is better than breast-feeding because tinned milk has extra strength. (1-5)

32. CN - 3 Early marriage leading to sexual intercourse at a very young age and having multiple sex partners may lead to cervical cancer in Females.(5-1)

33. ADS - 3 A person can get AIDS by wearing clothes used by an AIDS patient.(1-5)

34. ND -4 Our traditional habit of eating more rice and less of vegetables and lentil makes a proper meal. (1-5)

35. FP-4 It is proper to have only two or three children, but they should be born in the first three or four years after marriage so that they can be brought up together. (1-5)

36. CC - 9 During diarrhoea the child should not be allowed to eat and drink; fasting is the best medicine for it.(1-5)
37. MR - 4 Every child is born with equal amount of intelligence. (1-5)

38. AF - 4 It is not proper for the wife to marry a second time after the death of her husband. (1-5)

39. SSPH-3 The wife of a man was very ill. He got her treated in a hospital. He also offered prayers and got her treated by witchcraft. She was cured. Some persons say that she was cured by the medical treatment in the hospital; prayers and witchcraft did not help her at all. (5-1)

40. SUMH-3 Loss of semen causes insanity. (1-5)

41. CN - 4 VIRAL infections of the genitalia due to unhygienic menstrual and child-birth practices may lead to cervical cancer in females. (5-1)

42. ADS - 4 A person can get AIDS by being bitten by a mosquito which has already fed on a person with AIDS. (1-5)

43. ND - 5 The fresh raw milk of Cow is healthier than boiled milk. (1-5)

44. BF - 5 Breast-feeding helps avoid pregnancy. (5-1)
45. **FP - 5** The sex of the child is determined entirely by the sperm of the father; the mother has no role in it. (5-1)

46. **MR - 5** A child is likely to be mentally retarded if he does not talk by two years. (5-1)

47. **AF - 5** God has made women such that they can never equal men. (1-5)

48. **SSMH-3** One becomes insane if one breaks a religious vow. (1-5)

49. **SUPH-3** Cancer is a contagious disease. (1-5)

50. **ND - 6** All the worries in life are due to hunger and food, therefore, there should not be any restriction on eating. (1-5)

51. **CN - 5** Thickening or a painless lump in the breast is a vital symptom of Breast Cancer. (5-1)

52. **ADS-5** A person can get AIDS by blood transfusion/receiving blood from a person who has AIDS. (5-1)

53. **BF - 6** Breast-feeding spoils the figure of the mother. (1-5)

54. **FP - 6** If necessary, it is right to abort, either by operation or by taking medicines, the foetus in the womb. (5-1)
55. CC - 6  Children who stammer continue to do so as adults.(1-5)

56. MR - 6  If a child does not walk by 18 months (1 1/2 years) he may be mentally retarded.(5-1)

57. AF - 6  It is the women who destroy the peace of the family.(1-5)

58. SSMH-4 Pilgrimage can cure mental illness.(1-5)

59. SUMH-4 Too many abortions causes insanity in woman (1-5)

60. ND - 7  Over eating makes a man ill as does undereating.(5-1)

61. CN - 6  Cancer is a contagious disease.(1-5)

62. ADS- 6  Use of a condom during sexual intercourse prevents the spread of AIDS.(5-1)

63. BF - 7  Mothers with Caesarean operation should not breast-feed the child.(1-5)

64. CC - 7  Diarrhoea in children can be prevented by clean and good water and food.(5-1)

65. FP - 7  Children are a blessing from God; hence their birth should not be prevented irrespective of the number of children in the family.(1-5)

66. MR - 7  Mothers over 35 years are likely to give birth to mentally retarded children.(5-1)

67. AF - 7  The son has more claim than the daughter on his parents because he will look after them in their old age.(1-5)
68. SSPH-4 Suppose a woman has been married for several years. But she has no child. Some persons advise her that medical treatment will not help her; she should take an amulet from a saint (Sadhu/Fakir) and should pray with ritual obedience. (1-5)

69. SUPH-4 Unless there is some emergency or helplessness, one should try to keep away from a hospital. (1-5)

70. ND - 8 One should eat to his fullest satisfaction the food he likes. (1-5)

71. CN - 7 Cancer may grow in any organ or tissue of the body. (5-1)

72. ADS-7 Having sex with prostitutes increases the risk of contracting AIDS. (5-1)

73. BR - 8 Breast-feeding the child during its illness may harm the child as well as the mother. (1-5)

74. FP - 8 One needs a son to keep the continuity of the family. Hence even after having many girls, child birth should not be prevented until one has a son. (1-5)

75. MR - 8 Mental retardation can be caused by certain incidents during pregnancy such as severe illness of the mother. (5-1)
76. AF - 8  Parents should give more education to their sons than to their daughter. (1-5)

77. SSPH-5  Disease can be avoided by pacifying the planets by prayers. (1-5)

78. SUPH-5  Some types of leprosy do not spread by contagion. (5-1)

79. ND-9  Adding extra salt to food is not necessary for health. (5-1)

80. BF -9  The infant does not need any other food except mother's milk till four months. (5-1)

81. CN-8  Cancer is curable if detected at an early stage. (5-1)

82. ADS-8  If a member of the family is infected with AIDS, he/she may pass the infection to other members by living in the same house with them. (1-5)

83. FP-9  The use of nirodh or other contraceptive devices for family planning puts an end to the joys of marital life. (1-5)

84. MR-9  Mental retardation can be caused by the malnourishment of the mother and the child. (5-1)

85. AF-9  Women should have the same right to work outside home as men have. (5-1)

86. SSMH-5  Some persons become insane under the influence of bad stars. (1-5)
87. SUMH-5 Persons who have been once insane should never be entrusted with a responsible job. (1-5)

88. ND-10 A pregnant woman does not need any special diet; she should eat regularly and in time her usual daily meals. (1-5)

89. BF-10 Many bottle-fed babies fall ill because the powder milk is not dissolved in clean water. (5-1)

90. FP-10 Vasectomy makes a man impotent. (1-5)

91. CN-9 Abstinence from tobacco and alcohol is the easiest way to prevent cancer. (5-1)

92. ADS-9 Having unprotected sex with any partners increases a person's risk of getting infected with AIDS. (5-1)

93. CC-10 Many diseases emerge slowly at the age of forties and fifties because of the neglect of health in childhood. (5-1)

94. MR-10 Mental retardation may be caused by difficult labour/child birth. (5-1)

95. AF-10 Men are more intelligent than women. (1-5)
96. CC-3 (a) Should the pregnant women get immunization against any diseases?

1. No___________ 2. Yes___________

(b) If yes, against which disease?

(c) During what time of pregnancy?

___ to ___ months

___ to ___ months

97. CC-1 What should be the proper weight of a normal healthy child?

<table>
<thead>
<tr>
<th>Age</th>
<th>Proper weight in Kgs.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Weight</td>
</tr>
<tr>
<td>a) at birth</td>
<td>______</td>
</tr>
<tr>
<td>b) at six months</td>
<td>______</td>
</tr>
<tr>
<td>c) at one year</td>
<td>______</td>
</tr>
<tr>
<td>d) at two years</td>
<td>______</td>
</tr>
<tr>
<td>e) at three years</td>
<td>______</td>
</tr>
</tbody>
</table>
98. CC-2 At what age the infant should be immunized against common diseases?

<table>
<thead>
<tr>
<th>Immunization</th>
<th>Age</th>
<th>Don't know</th>
</tr>
</thead>
<tbody>
<tr>
<td>a) B.C.G. vaccine</td>
<td></td>
<td></td>
</tr>
<tr>
<td>b) D.P.T. and Polio vaccine</td>
<td></td>
<td></td>
</tr>
<tr>
<td>against Diptheria, Whooping cough, Titanus and poliomyelitis.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>c) Measles vaccine</td>
<td></td>
<td></td>
</tr>
<tr>
<td>against measles.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>d) First Booster for DPT and Polio.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>e) DT booster</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Note: Code for CC 1, 2 and 3: Correct answer - 1 and Incorrect/Don't know - 0

99. CN-10 Those who chew tobacco should rinse their mouth frequently and should avoid sleeping with the tobacco quid in the mouth as a precautionary measure against Cancer. (5-1)

100. ADS-10 Breast feeding by the mother who has AIDS can cause AIDS in the child also. (5-1)