

**DEVELOPING A QUALITY OF LIFE SURVEY IN A TRAUMA-AFFECTED
COMMUNITY**

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Kimberly A. Peterson, PhD
University of Pittsburgh, 2017

This research project was conducted as part of a larger project called imHealthy: A Comprehensive Health Status Evaluation System developed by researchers at the University of Pittsburgh Health Information Management department and FOCUS Pittsburgh. ImHealthy will develop an integrated system consisting of an electronic health record to collect and manage patients' information; a comprehensive health status evaluation system; a quality of life survey available via mobile apps to collect data relevant to the patient; and sophisticated data analysis programs to integrate and analyze collected data to generate personalized interventions for the individual.

The imHealthy system is being initiated at FOCUS Pittsburgh Free Health Center (FPFHC), a free health care clinic in the Hill District of Pittsburgh providing medical and behavioral health care services to its residents. FPFHC has a goal of reducing community trauma within the Hill District by identifying and addressing quality of life deficiencies existing because of a trauma-related disconnect within the individual of the Hill District community.

This dissertation focused on the development of a survey called the Well-being, Relational, Stability, Competency Index (WRSC-I) developed to measure the quality of life constructs in five domains: physical, behavioral, relational, spiritual and socioeconomic. The final survey contains 101 items dispersed within the five domains. A total of 60 items (60%) came from 17 quality of life surveys exhibiting psychometric evidence. The remaining 41 items (41%) were developed by the content experts in the study.

A pilot study using psychometric quantitative methods was conducted on a sample of people living in the Pittsburgh Hill's district. Additionally, descriptive statistics were performed on several subdomains of the WRSC-I.

Results of this study show that the WRSC-I survey exhibits psychometric qualities and can be used to measure quality of life constructs.

The survey is one tool within the imHealthy project that will be used within the Hill District of Pittsburgh to help individuals measure well-being, trauma, and resilience and begin to restore and promote healthy lives and relationships.

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PREFACE

It is with much gratitude that I complete the journey of obtaining my PhD. The process has been incredibly fulfilling. As always, no journey is taken alone. I have been surrounded with the most cohesive dissertation committee. They were continuously energized, positive, helpful, and funny!

I'd like to thank my advisor, Dr. Valerie Watzlaf, whose constant guidance, care and compassion for this project helped me achieve this goal. Your unwavering support of me and my work is appreciated beyond words. Dr. Zhou and Dr. Terhorst provided me with the statistical guidance and expertise to produce a quality of life survey, Dr. Walsh provided his mental health expertise to help me write pertinent questions to address quality of life in individuals as well as to help me better understand the challenges and hardships of the people living in the Hill District of Pittsburgh. Lastly, I would like to thank Reverend Paul Abernathy and his wife Kristina for the vision to think that this was possible and the patience and willpower to help us carry it out. Their abundance of faith and graciousness have made it possible for this special endeavor to come to fruition. Their endless pursuit in improving the lives of the people in their community have motivated me to be a part of a cause far greater than myself. I hope that our efforts will help a community of people identify and improve their quality of life.

Finally, I am eternally thankful to my family. My parents, Raymond and Cecelia Peterson, have continuously supported and enriched my life and endeavors. I am indebted to them for the endless love and support. To my daughters, Olivia and Ava, who bring me such joy and love, your faith and support has meant everything to me. I hope to make you proud and show you that perseverance, hard work, and passion makes anything possible; at any age! I love you both so much.

1.0 INTRODUCTION

Health Care in America has been transformed by the implementation of the Affordable Care Act (ACA). The ACA has created a two-pronged approach to providing health insurance to as many Americans as possible. In addition to employer-sponsored health care programs, state-based marketplaces have been created to provide individuals with access to a new array of health insurance options (National Association of Free & Charitable Clinics [NAFC], 2014). Additionally, the Medicaid program, the largest health care insurer in the United States, has expanded its coverage to include more Americans and cover persons not eligible for the Marketplace insurance programs. Stipulations that have been in place for years, such as “pre-existing conditions” and “gender rating” have been eliminated, making more Americans eligible to receive health insurance.

The problem, however, is that there exists a gap between the Marketplace programs and the expansion of the Medicaid program since the Supreme Court ruled that states could choose to expand Medicaid services or not. To date, only 32 states have expanded coverage. Additionally, other people may qualify for insurance under the ACA but face obstacles in obtaining coverage due to language barriers, transportation issues, physician shortages and health literacy, which affects more than 90 million Americans net (NAFC, 2014). Currently many of the uninsured live

in states that have not chosen to expand Medicaid coverage. It becomes evident that the ACA is not, or was never, meant to be a universal health care coverage option in this country.

1.1 FREE HEALTH CARE CLINICS

One of the biggest fallacies regarding the implementation of the ACA is that there will no longer be a demand for Free and Charitable Clinics to provide charity services in the United States (NAFC, 2014). This could not be further from the truth. A recent report released from NAFC reveals that, despite the full implementation of the ACA, the nation's 1,200 Free and Charitable Clinics have seen a 40 percent increase in patient demand, (NAFC, 2014).

Founded in 2001, NAFC is a proponent for Free and Charitable Clinics that provide medical, dental, pharmacy, vision and mental health services to financially disadvantaged Americans who fall through the cracks of the nation's health care system, helping to reduce the burden of the country's emergency departments that act as a primary care office for the uninsured or underinsured (NAFC, 2014). The statistics vary, but as many as 29 million Americans have no health insurance after the implementation of ACA (Cooper, 2016).

The need for Free Health Care Clinics to act as a community health provider through the generosity of their volunteer staff will continue to exist under the ACA.

1.2 FOCUS PITTSBURGH

FOCUS North America is an organization of Orthodox Christians with a goal of providing sustainable solutions through action-oriented methods to address poverty in communities across America (FOCUS North America, 2014). The need arose due to staggering statistics showing that one in 30 children in the U.S. are homeless (The National Center on Family Homelessness, 2015), 46 million people needed assistance with obtaining food (Feeding America, 2014), and 4.9% were unemployed as of October 2016 (Bureau of Labor Statistics, 2016).

FOCUS is an acronym for two things. Primarily it stands for Fellowship of Orthodox Christians United to Serve (FOCUS North America, 2014). Additionally, it represents the various activities that it hopes to provide: Food, Occupation, Clothing, Understanding and Shelter (FOCUS North America, 2014).

FOCUS North America's goal is to create FOCUS centers in socioeconomically poor communities around the United States and Canada that demonstrate the greatest need. The services provided are based on the needs of that area and may include community meals, food pantries, job training and placement, housing, clothing closets, medical clinics as well as other human services to the homeless and working poor of the community. Currently, there are nine FOCUS Centers in the United States including Centers in Pittsburgh, West Central Pennsylvania, Indianapolis, St. Louis, Cleveland, Orange County, Minnesota, Detroit, and San Diego.

FOCUS North America and its partners are serving 425,000 meals a year as well as providing other basic services to the socioeconomic-challenged people in North America (FOCUS North America, 2014). The goal is to have FOCUS centers in 50 communities and roughly 10,000

volunteers per month to sustain the needed services to the communities that they serve (FOCUS North America, 2014).

FOCUS Pittsburgh is one of the service centers that opened its doors in the Pittsburgh's Hill District in 2011. This area was picked because it is one of the poorest socioeconomic areas in the county. Currently, there are 16,717 people who live in the community, 60% of whom are African American and 40% of whom live below poverty level (Allegheny County Department of Human Services [ACDHS], 2016).

In 2014, FOCUS Pittsburgh opened FOCUS Pittsburgh Free Health Center (FPFHC) with an objective of addressing health-related disparities in the Hill District, fostering a primary goal of using a trauma-affected approach to well-being. The theory of FPFHC is that well-being, within an individual, family and community, cannot occur unless and until traumatic history is addressed, measured and improved with appropriate interventions.

In addition to providing the services that FOCUS North America provides, FPFHC provides medical/dental/psychosocial services in their clinic to promote physical and behavioral health services to the partially insured and uninsured. Additional services are provided to holistically meet the needs of the community, including employment counseling, document recovery, transportation assistance, food and clothing programs.

Headed by Reverend Paul Abernathy, Chief Executive Officer, FOCUS Pittsburgh and Kristina Abernathy, MS, FPFHC Clinic Administrator, and Dr. Rocco Adams, Medical Director, FPFHC they have a team of health-related volunteers who provide the following adult health care services:

- Primary care
- Diagnosis and management of chronic diseases of moderate severity

- Disease screening for hypertension and diabetes
- Medication reviews
- Behavioral Health Care
- Dental care referrals

FPFHC is pleased with its holistic approach to patient care. As Rev. Paul Abernathy states, “Our model is a patient-centered care model allowing us to treat the economic (social), body (physical), mind (mental) and heart (spiritual) of every person seeking our services.”

With the establishment of the free care clinic, FOCUS Pittsburgh decided to expand its outreach services into the community as part of their trauma-affected community initiative. In 2013, Rev. Abernathy and Duquesne University Researcher Dr. Mathew Walsh created the Trauma-affected Community Development initiative after facilitating a consultative workshop with community members in the Hill District. It was realized that the individuals within the Hill District were suffering from the effects of years of overwhelming community trauma, which in turn, stunted opportunities for personal and community growth. These gentlemen realized that people must be healthy enough to sustain opportunities presented to them in order to benefit from community outreach programs. As a result, Rev. Abernathy and Dr. Walsh developed a community outreach plan with the goal of healing its residents through a well-being initiative to promote health and well-being. Figure 1 shows the steps taken and goals developed to achieve the desired outcome.

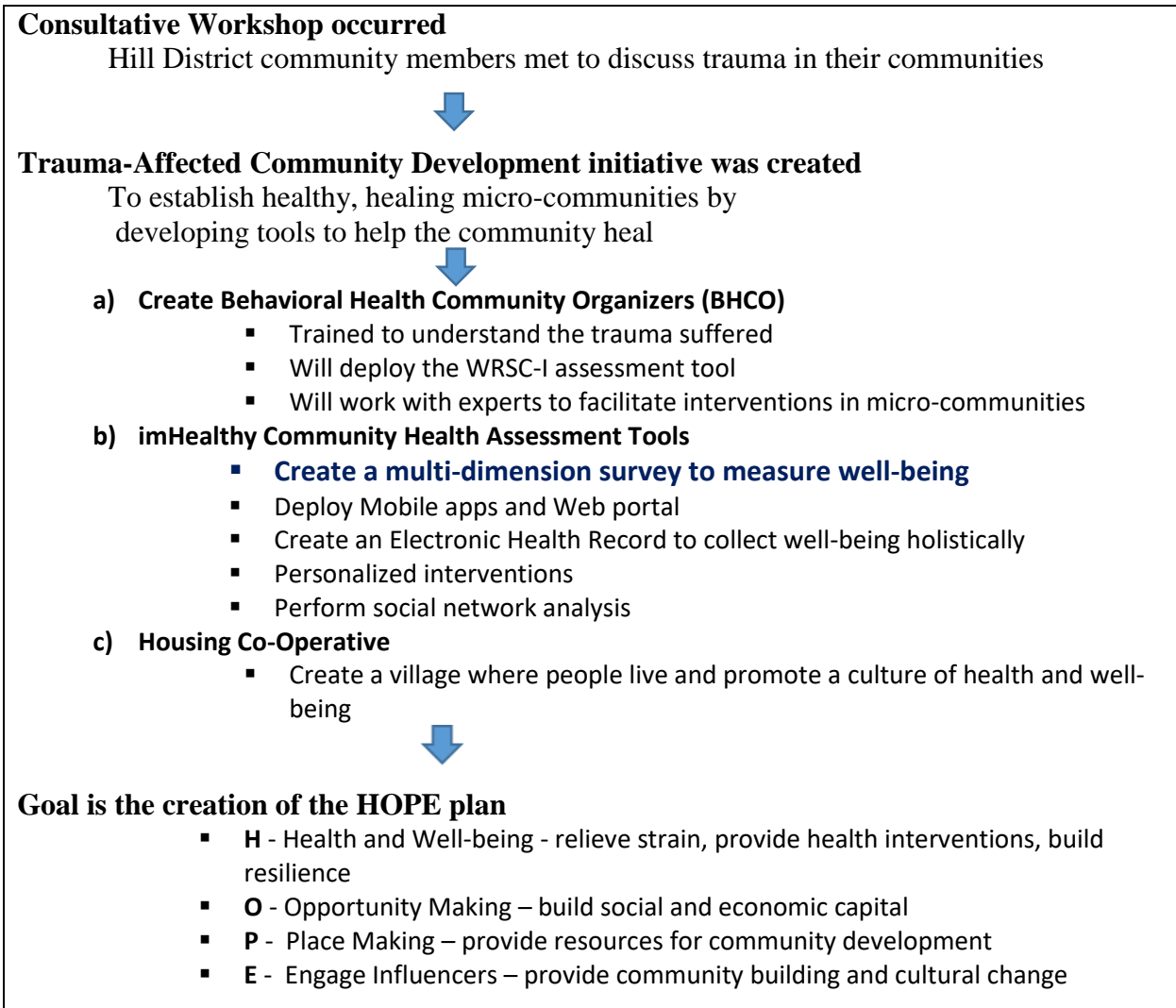


Figure 1. Trauma-Affected Community Development Plan

FOCUS Pittsburgh feels that healing within the individual must occur before the Hill District community can prosper. They also believe that the environment in which the Hill District residents live plays a role in the healing of the individual. The Trauma-Affected Community Development Plan hopes to address these issues within the individual and community.

The goal of this research is to develop a multidimensional measurement tool used to obtain measurements (baseline and ongoing) of health and well-being of people living in the Hill District (Figure 1, section b highlighted above). The survey is an integral part of the imHealthy project, a comprehensive health assessment and personalized intervention system for people in medically underserved areas. Also included in the imHealthy project is the creation of an open electronic health record (EHR), mobile apps to administer the survey, data integration capabilities and a web portal to produce meaningful summary reports so that personalized interventions can be developed and deployed. The imHealthy project plays a major role in the Trauma-affected Community initiative.

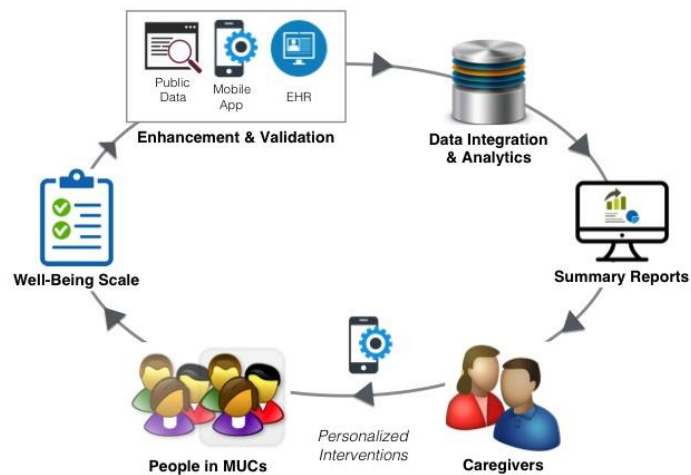


Figure 2. imHealthy: A Comprehensive Health Assessment

The survey has been named the Well-Being, Relational, Stability, and Competency Index (WRSC-I), to encompass all aspects of well-being within an individual and measure major variables associated with trauma and the community. The survey will include five domains, including physical, behavioral, relational, spiritual and socioeconomic constructs. Each domain will include sub-domains that measure levels of childhood/adult-level trauma and resilience. The goal of this research is to create a quality of life survey with psychometric properties that can be used in this population and generalized beyond, to other populations across the US and the world.

2.0 COMMUNITY TRAUMA

The history of the Hill District includes a dynamic and cultured past. In the 1800s it was home to runaway slaves and later became home to African Americans migrating from the South. Between the 1930s and 1950s the Hill District flourished. It was a cultured neighborhood influenced by Jazz music, art and literature. At the time, it was considered one of the most prominent black communities in the country. Despite its cultural vibrancy, urban renewal occurred in the 1950s, and as a result, razed 1,300 homes and business on 95 acres to make way for a sports and entertainment complex formerly known as the Civic arena, and in the process, displaced over 8,000 families (Clemetson, 2002). The decline of the Hill continued in the 1960s with race riots corresponding to the Civil Rights Movement as well as the assassination of Dr. Martin Luther King, Jr. Many middle-class African Americans moved to other neighborhoods. The 1980s brought the crack epidemic, and by the 1990s the Hill's population declined from more than 50,000 in the 1950s to 15,000 (Clemetson, 2002).

Like other urban minority neighborhoods throughout the country, the Hill suffers from a poor infrastructure, poverty, homelessness, a lower social and economic status (SES), chronic community violence, high unemployment, and higher high school dropout rates, all of which contribute to a community that is isolated and distressed (Walsh, 2015).

The Hill District became the epicenter of study for Dr. Walsh, as he and Rev. Abernathy explored how community trauma affects individual and social recovery in a community setting. The consultative workshop held with key stakeholders from the Hill District revealed the pain from trauma that continues to exist within the community. The findings suggest that there are multiple

layers of contributing risk factors to community trauma, all of which can act like a barrier to prevent healing and wellbeing within the individual and the community. There also exist protective factors revealed by participants in the workshop that aid in building resilience within the individual. Spirituality was identified as a protective factor and, as a result, will be a part of the WRSC-I survey due to its importance in health and well-being within this community.

2.1 AFRICAN AMERICAN COMMUNITIES AND MENTAL HEALTH

Historically, non-Caucasian communities experience substantial challenges in accessing behavioral health services, according to the U.S. Department of Health and Human Services Offices of Minority Health, [OMH], (2015). Additionally, they offer these facts:

- African Americans are 20% more likely to report serious psychological distress than adult Whites.
- African Americans, living below poverty, are two to three times more likely to report serious psychological distress than those living above poverty.
- African Americans are more likely to have feelings of sadness, hopelessness, and worthlessness than are adult Whites.
- African Americans of all ages are more likely to be victims of serious violent crime than are non-Hispanic Whites, making them more likely to meet the diagnostic criteria for post-traumatic stress disorder (PTSD).

The research literature clearly indicates that disparities exist within the current behavioral health care system for racial/ethnic minorities (OMG, 2015). It also suggests that social determinants

may influence disparities (Primm, et al., 2010). Social determinants may include poverty, access to resources, education, institutionalization, and housing status (Primm, et al., 2010). All of these issues contribute to barriers of treatment along with adverse experiences, such as interpersonal violence, victimization, mistrust, and racism, and help to shape the idea of trauma-affected community (Walsh, 2015).

2.1.1 Chronic Community Violence

Outcomes in the medically underserved community are also complicated by the level of trauma that exists within its perimeters. Research indicates that poorer African Americans residing in urban settings are at a greater risk of experiencing traumatic events and have symptoms of PTSD (Liebschutz, 2007; Alim, et al., 2006; Breslau, et al., 1998). In urban settings, common traumatic experiences tend to be assaultive traumas, such as sexual assault and friends or a family member(s) murdered, and can lead to greater risk of symptoms of PTSD (Breslau, et al., 1998). African Americans were found to have a “65% rate of lifetime trauma exposure and a 33% rate of PTSD” (Alim, et al., 2006, p. 802). Statistics like these reflect lower quality of life health outcomes in this population.

Traumatic experiences are associated with negative health outcomes, problems with alcohol and drug abuse, other mental health diagnoses (such as depression) and an increased need for health care services, which are not readily available in their community (Magruder, et al., 2005). Additionally, PTSD is often under-diagnosed and untreated in racial and ethnic minority populations (Magruder, et al., 2005).

2.1.2 Defining Childhood Trauma

Trauma is defined as an episode or reoccurring event where the individual's ability to encapsulate his/her emotional experience is overwhelmed and the individual experiences (either objectively or subjectively) a threat to his/her life, body, or someone important such as a family member (Saakvitne, et al., 2000).

The term complex trauma describes both the child's exposure to traumatic events, often invasive, and of an interpersonal nature, and the lasting impact of this exposure (National Child Traumatic Stress Network, [NCTSN], 2015). These events are harsh and inescapable such as abuse or profound neglect. They usually begin in early life and can disrupt the child's development, including the development of "self". They develop in the relationship between a child and a caregiver. As a result, they prevent the child from forming a secure attachment bond. A child's physical and emotional development depend on safety and stability (National Child Traumatic Stress Network, [NCTSN], 2015).

Children with complex traumatic histories experience a range of traumatic events, such as physical, emotional and sexual abuse, witnessing violence in the home and neighborhood, separation from family members, and re-victimization by others (NCTSN, 2015). It can have an overwhelming effect on a child's cognitive and emotional abilities, as well as their relationships with others. As they become adults, complex trauma is correlated with an array of chronic physical problems as well as emotional problems including addiction (Felitti, et.al., 1998).

Consequences of complex trauma to society are evident and carry a high cost. Children who cannot learn may not be able to work. Children who cannot trust may find it hard to have relationships with others.

Fang, et. al., (2012) states, “The estimated lifetime cost per death is \$1,272,900, including \$14,100 in medical costs and \$1,258,800 in productivity losses” and in “2008 alone, the total lifetime financial cost from new cases of fatal and nonfatal child abuse in this country, was approximately \$124 billion” (p. 161).

The repercussion of child maltreatment is significant and demonstrates the need of preventative methods to address the lifelong issues encountered by child maltreatment.

2.1.3 Trauma-affected Community

A trauma-affected community can be described as a “shared experience of suffering that characterizes the personal experiences of many in the community. Chronic unemployment, crime, drugs, homelessness, hunger, abuse, poverty and most profoundly brokenness and radical isolation have all created a culture informed first and foremost by trauma. Therefore, trauma is the foundation upon which the community worldview is laid” (Abernathy, 2013).

Research has demonstrated that traumatic life experiences have a negative impact on Health Related Quality of Life (HRQoL), such as physical and sexual assault (Sadler, et al., 2000), exposure to domestic violence (Alsaker, et al., 2006), traffic-related injuries (Wang, et al., 2005), critical illness (Deja, et al., 2006), sexual abuse (Dickinson, et al., 1999) and military combat (Schnurr, et al., 2006, Richardson, et al., 2008, Sennesth, et al., 2012). In four of these studies (Wang, et al., 2005, Deja, et al., 2006, Schnurr, et al., 2006, Richardson, et al., 2008), poor HRQoL is associated with post-traumatic stress disorder (PTSD); (Sennesth, et al., 2012).

Other life events such as the end of a relationship, or exposure to violence have also been associated with reduced Quality of Life, (QoL) (Sennesth, et al., 2012). Trauma can lead to disconnection within the community, family and within oneself (Herman, 1997).

The research suggests that healing can be accomplished through reconnection within the individual and with the family and community. As a result, constructs relating to trauma will be included within the survey.

2.1.4 Adverse Childhood Experiences (ACE Study)

Adverse childhood experiences (ACEs) include several types of abuse such as verbal, physical, or sexual abuse, as well as family dysfunction including incarceration, mental illness, substance abuse and domestic violence among family members, or absence of a parent due to divorce or separation (U.S. Department of Health and Human Services (HHS, 2010) An increase in ACEs have been associated with a variety of poor health outcomes in adulthood, including depression, substance abuse, cardiovascular disease, diabetes, cancer and early death (Felitti, et.al., 1998, Brown, et.al., 2009, Anda, et.al, 2006).

One of the most prominent examples of a survey to measure the individual effects of trauma is the Adverse Childhood Experiences (ACE) study, originally conducted on 17,337 patients at the San Diego Kaiser Permanente's Health Appraisal Clinic between 1995 and 1997. The majority of the patients were Caucasian, middle-class, college-educated with medical insurance. A 10-question survey linked to ten types of childhood trauma was given to the random sample of patients, asking questions about the individual's childhood history in regards to traumatic events as well as their current health status and behaviors (Appendix A).

The ACE study results were arranged into several groups, abuse, neglect and family/household challenges. (Table 1)

Table 1. ACE Results

ACE Results CDC-Kaiser Permanente 1975-77		N=17,337
Family/Household dysfunction:		
Substance Abuse		27%
Parental separation/divorce		23%
Mental Illness		19%
Battered mother		13%
Criminal behavior		5%
Abuse:		
Psychological		11%
Physical		28%
Sexual		21%
Neglect:		
Emotional		15%
Physical		10%

The study found that nearly two-thirds of all participants had one ACE and more than one in five had three or more ACEs (Felitti, et.al., 1998).

There was a strong and graded correlation between the amount of ACEs and many risk factors that affect the quality of life and/or life expectancy. Risk factors include alcoholism,

depression, drug use, intimate partner violence, cigarette use/abuse, chronic obstructive pulmonary disease and suicide attempts. Interestingly enough, unhealthy risk factors such as alcohol or drug abuse were not the only reason for the propensity of chronic disease in adults. Children with ACE scores of 7 or higher, who did not engage in the above-mentioned risk factors and were otherwise healthy, had a 360% higher risk of heart disease than those with an ACE score of zero (Brown, et. al.).

The results were astonishing to the researchers. They never expected the findings to be so prevalent in this population. The question arose as to what would the results look like in a poorer socioeconomic environment. The results showed that ACEs can harm a child's developing brain so profoundly that the effects of the trauma will appear in adulthood, and cause chronic disease, mental illness, and are the root of most violence (Felitti, et al., 1998).

The adversity that a child experiences does not have to be severe abuse to cause strong biophysical changes that will lead to chronic behavioral and physical impairments in adulthood (Nakazawa, 2015). According to Dr. Felitti the findings of the ACE study showed that the ten different types of adversity examined were almost equal in the damage that they caused. Interestingly, recurrent humiliation by a parent caused a slightly more detrimental impact and was marginally correlated to a greater likelihood of adult illness and depression than being sexually or physically abused (Felitti, et, al, 1998). According to the research performed by Donna Jackson Nakazawa and documented in her book, *Childhood Disrupted: How Your Biography Becomes your Biology, and How You Can Heal*, "Living with a parent who puts you down and humiliates you, or who is alcoholic or depressed, can leave you with a profoundly hurtful ACE footprint and alter the brain and immunologic functioning for life" (p. 25).

Scientists are calling the correlation between childhood trauma, brain architecture, and adult well-being the new psychobiological “theory of everything” (Nakazawa, 2015). The research surrounding the ACE study shows that both physical and emotional suffering are rooted in the complex workings of the human immune system (Nakazawa, 2015). The experiences of childhood affect the development of the immune system for life, and therefore, the emotional biography becomes the physical biology (Nakazawa, 2015). In other words, the early childhood experiences script a person’s biology and that biology affects the life of the adult.

Chronic stress leads to a dysregulation of our stress hormones and can lead to inflammation, and chronic inflammation leads to physical and emotional symptoms and diseases (Nakazawa, 2015). A young child, repeatedly thrust into a state of fight or flight develops a chronic stress response preventing the brain from properly regulating its responses for the rest of his/her life. Once the stress system is damaged, a person will over respond to future occurrences of stress and eventually lose the ability to recover naturally to a resting state.

The brain reacts to different types of trauma and degrees of trauma similarly because all the categories of ACE stressors have a common denominator – they are unpredictable (Nakazawa, 2015). This unpredictability is called Chronic Unpredictable Stress because the child does not know when, why or where the next traumatic experience is coming from. Researchers believe the unpredictability of stress is very damaging to the human brain. Dr. Nakazawa sites Dr. Margaret M. McCarthy, who has studied the predictable and unpredictable effects of stress on the brain, “the brain can tolerate severely stressful events if they are predictable, but cannot tolerate even mild stressful events if they are unpredictable” (p.42).

Traumatic experiences in childhood can lead to anxiety and depression in adulthood (Nakazawa, 2015). A correlation between childhood ACEs and emotional disorders in adulthood exists showing that adults with an ACE score of 1 had an 18% chance of suffering from clinical depression (Anda, 2009). A score of 3 ACEs showed a 30% chance, and an ACE score of 4 or more showed a 50% chance of suffering chronic depression in adulthood (Anda, 2009).

These findings were extraordinary and resulted in more studies being performed using the ACE questionnaire. In 2009, a follow-up study was performed by the Centers for Disease Control and Prevention (CDC) and the ACE questionnaire was included as part of the Behavioral Risk Factor Surveillance System (BRFSS) survey. The BRFSS is a surveillance system operated by state health departments in collaboration with the CDC. The ACE module was conducted on a random 26,229 adults via telephone interviews in five states including Tennessee, Louisiana, New Mexico, Arkansas and Washington. Overall, 59.4% of respondents reported having one ACE, and 8.7% reported five ACEs or more (CDC, 2010). Since 2009, a total of 32 states have included ACE questions in their survey (CDC, 2010).

The CDC concluded that the significant prevalence of ACEs reinforces the urgency for increased support at both state and local levels to help reduce and prevent child abuse and further the development of programs to identify and treat diseases associated with ACEs (CDC, 2010). The CDC has reported that international interest in using the ACE study is increasing in countries such as Canada, China, Jordan, Norway and the Philippines. Additionally, the World Health Organization (WHO) has attached the ACE questionnaire to several of its articles on childhood abuse and encourages its use to the public.

As a result of these findings in large random samples of people, the content experts, in this study, have decided that ACE scores need to be collected in this socioeconomically challenged population of residents living in the Hill District and have decided that ACE questionnaire will be used as part of the WRSC-I.

2.1.5 Resilience

The survey will also include questions on the trait of resilience. Resilience appears to be the antidote to the effects of the trauma experienced by individuals. Dr. Dennis Charney, Dean of Icahn School of Medicine at Mount Sinai in New York, states, “Resilience is essentially a set of skills as opposed to a disposition or personality type, that make it possible for people not only to get through hard times but to thrive during and after them” (p.38). He further explains that resilience can improve the quality of life in adults with traumatic histories. Resilience training (which will vary by individual), such as yoga, mindfulness exercises, etc., can help people with the life’s stressful situations (Charney, 2015).

One of the largest longitudinal resilience studies to ever be performed was done by Emmy E. Werner, a developmental psychologist and pioneer in resilience research, over a 40-year period on almost 700 children in Hawaii, many of whom had alcoholic parents. Her research showed that one third of the children adapted exceedingly well over time (Werner, 1993). Several types of protective factors were identified that empowered most these high-risk children to become capable and caring adults. The study found protective factors, like having a close community, a strong person to emulate, and the ability to solve problems, helped children survive (Werner, 1993).

Karen Bogenschneider, a family policy specialist at the University of Wisconsin, describes protective factors as specific behaviors that decrease the likelihood of negative outcomes such as individual skills as well as family resources. Protective factors can affect child outcomes by insulating children from stressful situations--not necessarily by preventing the stress, but acting as a modifier to the stressful situation (Bogenschneider, 1996).

Resilience skills can be taught to individuals. A person does not need to have been born with these skills. Resilience can develop over time as people gain improved reasoning and self-management skills. It is possible for resilience to be seen in a variety of behaviors and actions that can be practiced throughout life. The Substance Abuse and Mental Health Services Administration (SAMHA, 2014) has published factors that can contribute to resilience and they include:

- A secure connection with family and friends
- Confidence in your abilities
- Developing coping strategies
- Making good decisions
- A positive self-image
- Seeking help when needed
- Seeing yourself as resilient
- Avoiding harmful coping strategies (substance abuse)
- Being of service to others
- Having a positive outlook in all circumstances

As a result of the importance of resilience in a person's life, seven items have been added to the WRSC-I survey as a subdomain of the Behavioral domain (see Appendix J).

As literature suggests and content experts discovered by interviewing residents in the medically underserved and trauma-affected community; well-being within an individual, family and community cannot occur unless and until traumatic history is addressed, measured and improved with necessary interventions such as building resilience. These endeavors will be the

cornerstone of their strategy; to revitalize the community by establishing and promoting healthy, healing micro-communities within the underserved community.

2.1.6 Quality of Life/Health-Related Quality of Life

Life expectancy and causes of death are typically used as key assessments of population health. These indicators certainly provide important information about the population; however, they do not offer any information about the quality of the physical, mental and social domains of life (Healthy People 2020, 2010). The quality versus the length of the years lived has been identified as of equal importance to the well-being of society.

The concept of quality of life is referred to health-related quality of life (HRQoL) when it is defined in the context of health and disease. HRQoL is a multidimensional concept, including physical, mental, emotional and social functioning, which serves to concentrate on the quality of life consequences of health status. It also includes the measurement of well-being, which examines life satisfaction.

Quality of Life and Health-related Quality of Life are often used interchangeably, but the two definitions refer to different concepts. QoL is a broad concept covering all aspects of human life, and HRQoL focuses on the effects of illness and specifically on the impact of treatment on QoL (Lin, et al., 2013). QoL includes the evaluation of non-health related aspects of life. HRQoL is defined as the quality of life connected to the individual's health or disease status. Malkina-Pykh, et al., (2008) consider QoL as a measure of how positively or negatively individuals perceive their lives and is affected by three domains, built environment QoL, social environment

QoL and economic environment QoL. The built QoL includes one's home and surroundings. The social environment QoL pertains to one's involvement with family and friends, as well as their health and education levels. The economic environment QoL pertains to one's money and how they manage it as well as their employment status. QoL must include all areas of life and exists when one's hopes are matched by the situation (Calman, 1984). If this does not occur, a lower QoL occurs.

HRQoL can be considered the impact of a person's disease and treatment on the emotional, physical and social functioning of everyday life. It is important to acknowledge that HRQoL does not depend only on one's physical health. An individual with poor physical health may evaluate their HRQoL as good because other dimensions of his/her life, such as experiences, beliefs, or expectations, are perceived by the person to be going well.

HRQoL is generally considered as subjective or value-based, dynamic in the sense that it will vary over time, and multidimensional because an individual can refer to different characteristics of their life, i.e., physical, psychological, social and spiritual when evaluating their HRQoL.

2.1.7 Well-Being

While many HRQoL indicators measure when people feel sad or ill or are limited in the ability to complete their activities of daily living, well-being indicators measure when people feel healthy and satisfied or content with life measuring constructs, such as their positive emotions, resilience, the quality of their relationships and realization of their potential (Healthy People 2020, 2010). Attributes of well-being are associated with many benefits related to work, family, health and

economics. People with high levels of well-being are likely to contribute more in their communities, have better relationships, and be more productive in their lives. High levels of well-being and quality of life have also been seen in people with chronic medical conditions, so a high QoL does not necessarily mean that the person is physically healthy.

Well-being is a combination of behavioral, physical and social domains and is associated with benefits to health, family, employment and financial status (Lyubomirsky, et al., 2005). Individuals with increased levels of well-being are healthier and more accomplished at work, earn more money, have satisfied relationships, and are more willing to be of service in their communities (Tov, et al., 2005).

Efforts have been underway for years to create national measures of well-being for policy purposes. The Centers for Disease and Prevention (CDC) has created a working definition of well-being: “A dynamic and relative state where one maximizes his or her physical, mental and social functioning in the context of supportive environments to live a full, satisfying and productive life” (CDC, 2005, p. 985). This definition of well-being is compatible with the World Health Organization (WHO, 1949, 1995) definition of health where a complementary relationship between individuals and environment exists and both sides have an obligation for population well-being (Breslow, 1999; Institute of Medicine, 2009; WHO, 1995).

2.1.8 Instruments used to Measure QoL and HRQoL

While there are many measurement instruments developed by various groups to measure HRQoL, such as the National Institute of Health (PROMIS), World Health Organization (WHOQoL), Centers for Disease Control and Prevention (CDC), many of these measures are being used to

measure the effects of both short and long term disabilities as well as quality of life when living with a chronic illness. They are focused on a certain population of people who have the disability or disease of interest.

The literature does not show that they have been used in medically underserved communities to measure well-being as a holistic and healing approach from traumatic life events. Likewise, the domains of HRQoL may differ when studying a specific population. In addition to studying the behavioral, social and physical domains of life, other domains such as spiritual and relational (the ability to form and keep relationships) will be of importance when looking at the medically underserved population and trauma-affected communities.

Three categories of instruments exist to measure QoL outcomes.

- Generic health status-used by individuals of all populations both with and without medical issues
- Generic illness –populations with medical issues or conditions
- Disease-specific – for individuals with specific illnesses or treatments

A review of the literature to look for surveys developed to measure quality of life and the effects of community trauma in a socioeconomically challenged population produced no such instruments, so a literature review of surveys was conducted to look for appropriate constructs that could be used to create a new survey appropriate for this population (see Appendix B).

The researcher will develop their own measurement tool designed for the trauma-affected, socioeconomically-challenged population in the Hill District and will include the following domains:

Physical domain – defined as pertaining to the physical health of the individual, including concepts of mobility, sleep, exercise, dietary, and adverse behaviors such as smoking cigarettes, drinking alcohol, and taking drugs.

Behavioral domain – defined as the mental characteristics possessed by the individual, such as positive and negative emotions, traumatic life events, and resilience characteristics.

Relational domain – defined as one’s social characteristics characterized by the quality of their relationships, interpersonal skills, social networks, ability to get along with others and rely on others when needed.

Spiritual domain – defined by the Hill District residents as a protective factor to life’s adversities and includes concepts of a connection to a spiritual being, the ability to rely on inner spiritual strength for acceptance of life’s circumstances, and participation in a faith community.

Socioeconomic domain – defined as the economic environment of the individual including one’s financial situation, transportation, housing, and educational and work environments.

These domains are similar to domains used in other QoL surveys including the World Health Organization Quality of Life survey (WHOQoL-100). The structure of the WHOQoL-100 reflects the issues scientific experts and lay people considered important to quality of life (The WHOQoL Group, 1997). Originally, they had six domains of quality of life, the sixth domain being Level of Independence (mobility, etc.). The WRSC-I has incorporated those concepts into the physical domain.

2.2 SURVEYS

Measurement surveys are the tools used in the social sciences to measure an underlying phenomenon or construct, called the latent variable (DeVellis, 2003). A latent variable cannot be directly observed and changes over time, by location/place and with people. Examples of latent

variables are feelings, attitudes, wellness, quality of life, etc. Since the latent variable cannot be directly observed or quantified, it takes on a specific value under certain circumstances (DeVellis, 2003). A survey is an appropriate way to measure such phenomena not visible but nonetheless important to quantify.

The summated rating survey is a widely-used tool in the social sciences to do just that. It was originally developed by Renis Likert to measure attitudes. Since then, summated rating surveys have been used to measure constructs such as opinions, feelings (happiness, sadness), health, environment, social economic status, etc.

Summated rating surveys consist of four characteristics. First, it must contain multiple items that will be combined or summed. Dichotomous responses of “yes” and “no” are insufficient, as they limit measurement to only two levels and constructs such as feelings and opinions cannot be accurately described with a yes/no answer. Next, each construct must measure something that can be answered using a continuum of quantitative measures. Third, there is no correct/incorrect answer to the items (unlike a multiple-choice exam). Lastly, each item should be written as a statement and offer between four and seven response choices (Spector, 1992). The pros and cons of their use are summarized in Figure 3.

Advantages:	Disadvantages:
Can exhibit psychometric properties	Subjects must have an adequate level of literacy
Inexpensive to develop	Some level of expertise in psychometrics is necessary
Writing of items is straightforward	Some degree of error will occur
Easy for respondents to complete	

Figure 3. Summated Rating Survey Advantages and Disadvantages

Currently summated surveys are the best measurement tool for quantifying theoretical constructs. The construct of quality of life and wellness are perfect examples of why we use a summated survey, as it allows scientists to quantify their results into something meaningful and relevant for the individual, family and community. Individual scores can be combined to get a family score, and family scores combined to get a community score. This aggregation of scores shows areas where improvements can be made and where individuals, families and the community are performing well.

2.2.1 Choosing a Survey

Deciding what type of survey to use to conduct a study is one of the most important decisions for the success of the study. There are advantages and disadvantages to consider when deciding on a survey.

A variety of scales have been used to measure HRQoL in various settings, and they are classified as either disease-specific or generic. Generic HRQoL measures are utilized in larger populations to measure a broad concept of the construct being measured. The advantages of

generic instruments include their suitability in a variety of circumstances (Sebaratnam, et. al., 2012). Additionally, an important characteristic of an instrument is its ability to capture even small changes, which may influence a person's general well-being. Generic QoL instruments may lack responsiveness to these changes but are used because they provide an acceptable way to compare certain cohorts across greater communities (Skirko, et al., 2013).

Disease-specific QoL instruments are more sensitive to change than are generic instruments (Coons, et.al., 2000). They are designed to measure the concerns that are most important to a given population, such as people with a medical condition like diabetes or cancer. The disadvantage is that they are narrow in focus, usually centered on a disease or medical condition, and, therefore, cannot be used across diverse populations. Thus, the combination of the generic and disease-specific instruments is often used in research.

The population being measured is one of the biggest determining factors as to what type of measurement survey to use. When deciding on a survey to use for a medically underserved population, one would want to determine if a QoL assessment tool already exists that could be used in this cohort. This will prevent the researcher from having to reinvent the wheel thus saving time and resources.

Another advantage to using an established survey is that it facilitates the comparison and combination of study results with those obtained by other investigators using the same measures. As a result, larger sample sizes can be accrued by relating similar studies and their interventions which can be used to compare groups.

Alternatively, customizing a survey containing relatively distinctive QoL constructs in a specific population such as the medically underserved population will provide specific and pertinent questions that are necessary to produce meaningful results. In these situations, an

investigator identifies the established measures that most closely reflect their experimental interests. They can supplement the established measures with a specific group if items directly reflecting their concerns.

Regardless of the type (generic or specific) or existent or newly created questions, all surveys must include the following five basic steps:

- The construct of interest must be clearly and precisely defined
- The survey must be designed by deciding on the exact format of questions, response choices and written instructions
- The survey should be pilot-tested on a small number of respondents who will critique it so revisions can be made prior to implementation
- The survey should be administered to the sample
- The survey should be psychometrically validated (Spector, 1992).

3.0 SIGNIFICANCE OF THE STUDY

This study will involve the design and validation of a Quality of Life assessment instrument to be used in a trauma-affected, medically underserved community. Research shows that exposure to community and domestic violence leads to psychological trauma from childhood through adulthood (Horowitz, et al., 1995). It also shows that urban adolescents as opposed to non-urban adolescents are more often the victims of and witnesses to violent acts not only in the streets of the community but also in the home (Horowitz, et al., 1995).

A review of the literature demonstrates that currently there is no assessment tool developed to measure this population. Therefore, the purpose of this study will be to develop a psychometrically sound assessment tool to quantify the levels of trauma, resilience and well-being in the Hill District community.

3.1 SPECIFIC AIMS OF THE STUDY

This research aims to conduct a thorough review of literature to develop a generic quality of life instrument to measure well-being (medical, behavioral, relational, spiritual, and socioeconomic) constructs in a trauma-affected, and medically underserved population.

Specific Aim 1: Perform quantitative measures, through reliability analysis, on the survey to validate its use.

Hypothesis 1: The WRSC-I will demonstrate evidence of test-retest and internal consistency reliability.

Specific Aim 2: Perform quantitative measures, through construct validity analysis, on the survey to validate its use.

Hypothesis 2: The WRSC-I emotional, relational and spiritual domains will be moderately to strongly related to one another (convergent validity) but less strongly related to the physical and socioeconomic domains (discriminant validity).

Specific Aim 3: Perform quantitative measures, through criterion validity analysis, on the survey to validate its use.

Hypothesis 3: The WRSC-I will exhibit criterion-related validity evidence.

Figure 4 shows how each hypothesis will be tested:

Validation of Hypothesis/Aims	Hypothesis 1	Hypothesis 2	Hypothesis 3
Test-Retest Reliability	X		
Internal Consistency Reliability	X		
Construct Validity		X	
(convergent & discriminant)			
Criterion-related Validity (concurrent)			X

Figure 4. Validation of Hypotheses

3.2 STUDY DESIGN

A cross-sectional pilot study was conducted on people living in the Hill District of Pittsburgh. This area is known to have a poor, minority population of medically underserved individuals. A generic quality of life instrument was developed and included constructs in five domains that are important to measure to achieve desirable outcomes in this cohort. The domains are physical, behavioral, social, spiritual and socioeconomic. Several sub-domains were included to appropriately group like concepts. The emotional domain included two key sub-domains of trauma and resilience. It was paramount to measure these characteristics, as they can determine one's ability to thrive and prosper as an individual - in their family and in community.

The instrument was named the Well-being, Relational, Stability, Competency Index (WRSC-I), with the goal of achieving these traits within the individual. The constructs or domains were formed in conjunction with this goal.

FPFHC has created a new position for a Behavioral Health Community Organizer (BHCO). The BHCOs have undergone training by Dr. Walsh, Professional Counselor and Community Engagement Coordinator at FPFHC. The BHCOs have interviewed the participants using the WRSC-I in the pilot study and will interview participants in the community once the survey is validated.

3.2.1 Content Experts of the Study

The WRSC-I survey was developed by the principle investigator and the content experts including Chief Executive Officer of FPFHC Reverend Paul Abernathy; Clinic Administrator of FPFHC

Kristina Abernathy; Professional Counselor/Community Engagement Coordinator at Duquesne University Matthew J Walsh, PhD, LPC; Associate Professor at the University of Pittsburgh and consultant to FOCUS Pittsburgh Valerie Watzlaf, PhD; and Assistant Professor at the University of Pittsburgh and consultant to FOCUS Pittsburgh Leming Zhou, PhD. They were the content experts for this study because of their experience with this population as well as survey development experience. Additionally, Associate Professor at the University of Pittsburgh Lauren Terhorst, PhD was consulted as the survey construction and psychometric analysis expert.

3.2.2 Survey Development

The items/questions that were selected and developed for the WSCR-I represented the physical, behavioral, relational, spiritual, and socioeconomic constructs and the additional constructs of trauma and resilience. The researcher kept in mind certain factors when selecting and developing the items:

- Redundancy – Redundancy was acceptable during survey construction, so the phenomenon of interest can be expressed in different ways. Stating a concept differently allowed the test developer to determine if the respondents had a preference as to how the concept was asked. The initial item pool contained more redundancy than the final survey; however, some redundancy is acceptable in the final survey. A statement may need to be asked more than once (and differently) to capture the underlying construct.
- Number of Items – The initial pool of items was larger than the number of items used in the final survey. Since it was unknown how the WSCR-I items would correlate with one

another initially, having more items guarded against low internal consistency reliability. Extremely lengthy items were avoided, since it increases complexity and reduces clarity.

- Reading level of respondents – The Flesh-Kincaid Grade level test was used to determine the reading level needed to understand the level of writing of the survey. The average aim is for 7-8th grade reading levels. The WRSC-I tested at a 6th grade reading level, which was the aim for this population.
- Double barreled items – items that convey two or more ideas in one statement, were avoided.
- A combination of positive and negatively worded items was used to avoid an agreement bias from the respondent.
- Sensitivity – the sensitivity content of the measure was one of the most important factors in the development of the survey in this population. The wording and relevancy of the items to the population was considered; otherwise, the responder may not have answered the questions truthfully potentially causing an agreement bias, which is a source of error in survey development (DeVellis, 2003).

The concept of quality of life was broken down by the content experts into five areas of constructs/ domains including physical, behavioral, spiritual, relational and socioeconomic. Sub-domains of the five domains were created to group similar questions together.

A thorough literature review was performed to look for QoL surveys that exhibited the proper psychometric properties of reliability and validity evidence and that contained items that measure the domains and subdomains of interest. A total of 57 surveys that contained items pertinent to well-being in the five domains in this population were chosen. There was no need to

look at additional surveys as redundancy of the items were found in additional surveys. (Appendix B)

Questions from 21 surveys, demonstrating validity and reliability evidence, were selected for use in the development of the WRSC-I, as they were written to capture responses important to our constructs of interest (Appendix B). Duplicate items from the 21 surveys were eliminated and the remaining items were placed into the appropriate subdomains, yielding a total of 557 questions. (Appendix C)

A Likert survey response format was used since it is the most widely used format for measuring items such as opinions, beliefs and attitudes regardless of the population (DeVellis, 2003). The items within the survey were written as declarative sentences with ordinal or ranked response options that display varying degrees of agreement and disagreement in the sentence. An even number (four) response options were used to avoid a neutral midpoint to force respondents to take a position (either positive or negative) in their response. Most the response options were the same within each construct but sometimes varied between constructs depending on the items asked. A total of eight different response options were used in the WRSC-I. (See Appendix J.)

3.2.3 Face Validity

Next the content experts participated in face validity analysis to look for the appropriateness, duplication and ambiguity of items. They were also asked to point out items that may have been excluded from the survey, which could negatively affect content validity.

The results of face validity found that the content experts approved of the items selected for each domain. They stated that there were too many items but decided that performing content

validity would eliminate non-relevant items. Thus, all 557 items were retained in the survey at this point.

The administrator from FPFHC asked to add 63 items to the survey. These items are currently used in the clinic and were relevant to the survey. The items were added into the appropriate domain and can be found in Appendix D in red print.

At this point in the face validity process, all 10 items from the Adverse Childhood Experiences (ACE) study (Felitti, V. J., 1998) were added in their entirety as a sub-domain under the behavioral domain of the WRSC-I entitled “ACE Questionnaire”. The ACE study was the first study to measure the individual effects of childhood trauma in adults (see Section 2.1.4 Adverse Childhood Experiences). Permission to use the ACE survey was not needed, as the Centers for Disease Control and Prevention (CDC) encourages the use of the survey. All items added to the study are bolded in Attachment D. There are currently 630 total items in the WRSC-I.

3.2.4 Content Validity

Content validity analysis was then performed on the survey to determine if the items were relevant to the population of study. Content validity depends on expert judgements of whether the selected items are representative of the concepts they are intended to reflect. Efforts to eliminate item bias (items that do not match the population being tested) occurred here. The content experts of this population have played a large role in eliminating item bias by making sure item relevancy was achieved for this population.

The experts reviewed each item in the survey for relevancy to establish content validity. They rated each item using a four-point response scale of *1= not relevant, 2= somewhat relevant, 3= quite relevant, and 4= highly relevant*. A four-point response option was chosen to avoid a neutral midpoint.

Four of the five content experts (Rev. Abernathy, Mrs. Abernathy, Dr. Watzlaf, Dr. Zhou) who were familiar with FPFHC and the community performed content validity on the survey. The number of experts was more than the recommended minimum number of three experts needed to provide a decent level of certainty against chance agreement (Lynn, 1986).

The content validity ratio (CVR) was determined using the following formula:

$$\frac{CVR = (Ne - (N/2))}{(N/2)}$$

where CVR is the content validity ratio, *Ne* is the number of experts indicating an item “essential,” and *N* is the number of experts (Ayre, 2014). The CVR values range between perfect disagreement (-1) and perfect agreement (+1). However, one must be certain that the level of agreement did not occur by chance so C. H. Lawshe created a list of critical CVR values where CRV critical is the lowest level of CVR not occurring by chance (Lawshe, 1975).

CVR critical values have been used to equate the number of experts needed to agree to retain the item(s) in the final survey. We have determined that each CVR must equal 1.0 for the item to be retained based on the number of experts (4) involved. The scores for content relevance are listed in Appendix E.

After the items were scored, all items with a CVR of one (1) were kept and included in the survey. Next, the content validity index (CVI) was calculated for the entire test. The CVI is simply

the average of all the CVR values (Lawshe, 1975). The CVI for the WRSC-I is 1.0. After content validity occurred the number of items in the survey were reduced from 630 items to 89 items (Appendix F).

3.2.5 Qualitative Review of Survey Items

Next, the content experts reconvened to review items retained as well as the deleted items in the content validity analysis. Dr. Mathew Walsh, LPC, Professional Counselor/Community Engagement Coordinator, Duquesne University Counseling and Well-being Center, was asked to participate in this review due to his behavioral health background and strong familiarity with the residents of the Hill District community.

The five content experts met weekly for three months and reviewed all 630 items. The 541 items that were eliminated in the content validity process were added back into the survey if all five (5) content experts agreed on their importance to the study. Several items were re-worded to more accurately reflect the intent of the construct. As a result of this review, the survey was revised from 89 items (after content validity) to 283 items (Appendix G).

3.3 PRE-PILOT STUDY

3.3.1 Pre-pilot Study Methodology

A pre-pilot study was conducted, after Institutional Review Board (IRB) exempt approval, to determine if the items selected for the QoL survey were relevant, complete, clear and length-appropriate for the population in which it was to be used.

CEO of FPFHC Paul Abernathy asked five volunteer community residents, familiar with FPFHC, to participate as reviewers in the pre-pilot study. The community residents reviewed the survey and response options for clarity, simplicity of items, possible misinterpretation of items or response options. They were asked to eyeball the length of the survey (without completing it) and state their opinion on its length.

The reviewers met with the researcher at the clinic (FPFHC) and evaluated each item in the five domains. Each reviewer was given a worksheet with instructions (Figure 5) to use as they reviewed the survey.

Pre-Pilot Worksheet
Jan 25, 2016
The researcher will meet with the five respondents and review the survey.

Instructions: Please review the survey for the following:

Directions for Completion of the Survey:
Are they clear?

Content:
Easy to read
Easy to understand
Awkward phrasing
Sensitivity of question

Variety of responses:
Are the responses appropriate and inclusive?

Length of Survey:
Do you like the length?

Suggestions:
Ways to improve the survey.
Questions to add or delete

Figure 5. Pre-Pilot Study Instructions

Each reviewer was also given a worksheet to complete during the review (Appendix H). They stated to the researcher that they preferred to give their comments verbally and the researcher used the worksheet to take notes. The researcher complied with their wishes to ensure their comfortability with the process and the review proceeded. The participants were forthright and honest with their opinions and performed a thorough and thoughtful review of the survey.

3.3.2 Pre-pilot Study Findings

Their findings were entered onto the WRSC-I by item and are found in Appendix I. Overall, all five reviewers believed that there were too many questions and that the questionnaire would take too long to complete. Interviewees would get tired and lose interest in completing the questionnaire. They also agreed that several of the questions were too sensitive. For example, within the behavioral domain there is a subdomain titled, Sex Life, which consisted of three questions, that all reviewers believed needed to be removed. The reviewers felt that culturally one's sex life is not discussed with strangers, so this line of questions could be offensive and affect the integrity of their responses in the overall study.

3.3.3 Pre-pilot Study Results

The results of the pre-pilot study (Appendix I) were shared with the content experts. As a result, the survey was revisited by the content experts and the number of items were reduced. Items were eliminated if there were a large number of items measuring one construct or if the item(s) were not worded well or easily understood. The subdomain items were reduced to 1-10 items per domain as it was agreed that well-being could be captured with a smaller amount of items and responder fatigue would be reduced or eliminated. Items were also eliminated if they were too sensitive, (sex life questions).

The results of the Pre-Pilot study and input from the content experts resulted in the final WRSC-I survey consisting of 101 items. Sixty items came from 17 quality of life surveys found during the literature review process and 41 items were developed by the WRSC-I content experts

(Appendix K). The final version of the WRSC-I will be used for the pilot study. (Appendix J). The outline of the finalized survey with domains and subdomains are listed in Figure 6.

WRSC-I	
Physical Domain – 28 items	
Subdomains:	Item(s) per domain
• Overall Health	1
• Pain	1
• Fatigue/Tired	1
• Medications	2
• Sleep	3
• Stress	1
• Mobility and Exercise	7
• Drug/Alcohol Use	10
• Food/Water intake	2
Behavioral Domain – 40 items	
Subdomains:	
• Positive Reactions	4
• Negative Reactions	5
• Traumatic Event – ACE questionnaire	10
• Trauma – experienced/witnessed/effects of trauma	14
• Resilience	7
Relational Domain – 11 items	
Spiritual Domain – 6 items	
Socioeconomic Domain - 16 items	
Subdomains:	
• Financial	1
• Transportation	2
• Environment (including home and safety)	8
• Work	4
• Education	1
Total = 101 items	

Figure 6. Outline of WRSC-I Domains and Subdomains

A step-by-step outline of the WRSC-I survey development and refinement process can be seen in Figure 7.

Literature review done on 57 quality of life surveys exhibiting psychometrics

- surveys contained items conducive to WRSC-I domains



21 surveys met inclusion criteria and retained in the WRSC-I survey containing 557 items

- Duplicate items were removed



Face validity performed resulting in WRSC-I containing 630 items

- 63 items added to the WRSC-I from FPFHC
- 10 ACE study items added



Content validity performed resulting in WRSC-I containing 89 items

- 630 items reduced to 89 items remain



Qualitative review performed resulting in WRSC-I containing 283 items

- Five content experts over 3-month period
- Items removed in content validity were added back into survey if all five content experts agreed
- New items created if construct was not fully represented



Pre-Pilot study performed resulting in WRSC-I containing 101 items from

- Five participants from the community critiqued the survey
- Goal to reduce the amount of items
- Remove items deemed too sensitive or awkwardly worded



WRSC-I Final Survey

- Comprised of 60 items from 17 quality of life surveys
- 40 items created by content experts

Figure 7. Steps in WRSC-I Development

3.4 PILOT STUDY

Once the survey was finalized and approved by the content experts, the pilot study was conducted. Its purpose was to obtain questionnaire scores to perform psychometric analysis. This process was performed to determine if the survey demonstrated preliminary reliability and validity evidence.

3.4.1 Pilot Study Sample

The administrator of FPFHC recruited 28 people from the community (≥ 18 years old and not recruited for the pre-pilot study) who were familiar with FPFHC, to participate in the pilot study. The sample size for each item varies as not all participants chose to answer every item.

The demographics of the sample include 61% females; 70% of the sample are not married, and 96% are African American. The majority (71%) do not own a home, and 56% are not employed, however, 100% are between the ages of 18-59 years old. The majority of the sample, 63% earn below \$20,000 per year. See Table 2.

Table 2. Sample Demographics

Demographics	Percent & (Total number)
Gender	n= 28
Male	39 (11)
Female	61 (17)
Marital Status	n= 27
Single	63 (17)
Married	30 (8)
Separated	7 (2)
Race	n = 28
African American	96 (27)
Caucasian	4 (1)
Age	n = 23
18-29	30 (7)
30-39	26 (6)
40-49	13 (3)
50-59	30 (7)
Number of Children	n= 28
0	21 (6)
1-2	46 (13)
3-4	25 (7)
5-6	4 (1)
≥7	4 (1)
Home Ownership	n = 27
Own	29 (8)
Rent	56 (15)
Neither	15 (4)
Employed	n = 27
Yes	44 (12)
No	56 (15)
Hours Worked Per Week	n = 28
0	57 (16)
≤20	7 (2)
21-39	14 (4)

Table 2 (continued)

≥ 40	21 (6)
High School Graduation	n=28
Yes	86 (24)
No	14 (4)
Income level	n = 24
\$1000-9999	46 (11)
10k-19999	17 (4)
20k-29999	8 (2)
40k-49999	8 (2)
50k-59999	17 (4)
60k-69999	4 (1)

3.4.2 Pilot Study Methods

The pilot-study participants completed the survey twice; two weeks apart. The researcher was not present during the survey process to ensure anonymity of the participants. The survey was administered by three Behavioral Health Community Organizers (BHCO) on both occasions. The survey was conducted using pencil and paper for the baseline study.

During the first administration of the survey, there were 12 items added to the end from the Short Form-12 (SF-12). The Medical Outcomes Study's 12-Item Short-Form Survey Instrument (SF-12) is widely used to monitor health-related quality of life. The SF-12 measures eight concepts of functional health status: general health and overall pain, physical functioning and limitations, energy and fatigue, social functioning, emotional health and well-being (Larson,

et al., 2008). It is a psychometrically valid quality of life survey that has been used to measure quality of life constructs in all populations including low-income African American populations. It contains constructs similar to the WRSC-I, however, none of the items from the SR-12 were used in the WRSC-I.

A retest of the survey was administered 14 days later. A total of 25 participants returned for the retest study. The BHCO's used the Qualtrics software system to electronically enter responses during the retest part of the survey.

The researcher developed a cover letter that contained the intent and instructions for completing the survey. It was given to each participant. (Appendix L)

The completed surveys from the baseline interview were entered in Qualtrics and all completed surveys were given to the survey developer to perform psychometric analysis of reliability and validity on the instrument. The surveys were identified by number only to the survey developer to ensure confidentiality of the participant.

A small quality assurance check was performed on five paper interview results to insure that the surveys done on paper were correctly entered into Qualtrics. The results showed 100% data entry accuracy.

Additionally, the BHCO's were asked if they felt that the sample of study participants were truthful with their answers to survey questions and they all felt that they were truthful and honest with their replies. They felt that the private environment at the clinic provided a safe place where they felt comfortable and therefore, they took the survey seriously and responded honestly.

The BHCO's felt the length of the survey was acceptable. They received zero complaints from the participants about the length of the interview. They reported the first interview averaged 40 minutes and the second interview averaged 25 minutes for an average completion time of 33

minutes. Likewise, the BHCO's felt that the survey was not too sensitive for the participants' comfort level. Lastly, they like the fact that when this process goes live, they will use tablets to interview the participants in their homes. The tablet app will be programmed to skip follow-up questions when the answer is no to the first question. This will make the process more efficient and eliminate 12 questions from having to be answered in the WRSC-I.

3.4.3 WRSC-I Feedback from Sample

The BHCO's and researcher met after the study was completed and they shared their feedback of the pilot study. Their feedback and suggestions can be found in Figure 8.

Domain/Subdomain	Item	Issue	Suggestions
Behavioral Domain Positive Reactions Subdomain	How <i>optimistic</i> do you feel	Did not understand the word <i>optimistic</i>	Replace optimistic with positive
Behavioral Domain Traumatic Events Subdomain	Have you ever experienced the following: <i>Natural disaster</i>	<i>Natural disaster</i> needed explained	Give examples. Have you ever experienced a disaster such as a flood, tornado, fire
Behavior Domain Negative Reactions Subdomain	When bad things happen to me, I feel no emotion	Needs reworded	When bad things happen to me, how much emotion do you feel
SEC Domain Transportation Subdomain	How satisfied are you with public transportation	Needs a N/A response option	Review with content experts
SEC Domain Work Subdomain	To what extent are you actively looking for a job	Needs a N/A response option	Review with content experts

Figure 8. WRSC-I Feedback

Figure 8 (continued)			
SEC Domain Work Subdomain	How much do you believe that having a criminal record prevents you from getting a job	Not appropriate to have in the survey as it wasn't like other subdomain items	Review with content experts
Physical Domain Mobility and Exercise Subdomain	Do you have difficulty performing daily tasks	Vaguely worded item	Review with content experts
Physical Domain Mobility and Exercise Subdomain	Have you found that you are doing tasks less frequently	Vaguely worded item	Review with content experts
Physical Domain Mobility and Exercise Subdomain	Have you found that you are doing tasks in a different way than you used to do them	Vaguely worded item	Review with content experts
Physical Domain Drug/Alcohol Use Subdomain		There are no questions about recovery	Review with content experts
SEC Domain Environment Subdomain	Do you feel safe where you live	Vaguely worded item. Should be reworded	Do you feel safe in your home
SEC Domain Environment Subdomain	How satisfied are you with the following regarding the place where you live: Noise/disruption	Vaguely worded item. Should be reworded	Noise levels/disruption levels

All results will be returned to the content experts for discussion, and if revisions are warranted, they will be included into the final survey.

From here the data was examined by the researcher and reverse coding was performed on negatively worded items so that their scores would reflect the appropriate response scores. The data was exported into SPSS so that reliability and validity analysis could be performed.

3.5 PSYCHOMETRIC RESULTS

Psychometric analysis for WRSC-I survey was computed using Statistical Package for the Social Science (SPSS), a statistical package that performs complex data manipulation and analysis with easy instructions (Cronk, 2012).

3.5.1 Test- Retest Reliability

Hypothesis 1: The questionnaire will demonstrate evidence of reliability by performing test-retest reliability and internal consistency using Cronbach's alpha.

Intraclass correlation coefficients (ICC, 3,1) were used to calculate the test-retest reliability for each domain and the total score of the WRSC-I. The ICC was used rather than Pearson's correlation because it reflects both the degree of consistency and agreement among ratings (Portney & Watkins, 2009). ICC, model 3 was used since the raters are considered a fixed effect (not randomly chosen) and the subjects as a random effect (Portney & Watkins, 2009). According to Portney & Watkins (2009) test-retest reliability values below 0.75 show moderate to poor reliability, and values > 0.75 indicate good reliability, with values approaching 1.0 representing the strongest reliability. The average time between the test (28 participants) and retest (25

participants) was 14.2 days. Three participants did not return to complete the second test. Test-Retest reliability yielded the strongest results in the physical domain (0.94) and behavioral domain (0.92). The spiritual (0.88) and SEC (0.88) both exhibited good reliability. The relational domain (0.75) had the lowest score but still yield good reliability. Overall, the WRSC-I yielded a 0.83 reliability for the entire survey which is interrupted as good reliability.

Table 3. Test-Retest Reliability

Test-Retest Reliability of the WRSC-I (n=25)	
	ICC [CI]
Physical domain	0.94 [0.84-0.98]
Behavioral Domain	0.92 [0.82-0.97]
Relational Domain	0.75 [0.40-0.89]
Spiritual Domain	0.88 [0.72-0.95]
SEC Domain	0.88 [0.66-0.96]
WRSC-I overall reliability	0.83 [0.61-0.96]

3.5.2 Internal Consistency Reliability

Internal consistency reliability or Cronbach's alpha was computed for each of the five domains of the WRSC-I. If the items in the WRSC-I have a strong relationship to the latent variable, they will have a strong relationship with each other, therefore, a survey is considered internally consistent and its items are highly inter-correlated (DeVellis, 2003). Interpreting Cronbach's alpha will occur using conventional guidelines whereby a lenient cut-off $\alpha = 0.60$ is considered common in exploratory research, $\alpha = 0.70$ or higher to retain an item in an "adequate" survey and $\alpha = 0.80$ for a "good survey" (Nunnally, 1994). An overall alpha for the WRSC-I was not computed as each domain measured different constructs, so alpha should be computed to look at the homogeneity of each of the constructs rather than for the entire test (Tavakol, et. el., 2011).

Table 4. Cronbach's Alpha

Physical Domain				
	Mean	Std. Deviation	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted
overall health	2.64	0.73	0.43	0.83
extent pain	3.32	0.84	0.64	0.82
enough energy	2.59	0.73	0.71	0.82
prescribed meds	2.55	0.67	0.35	0.84
do not take meds when you should	3.73	0.63	0.20	0.84
rested upon awakening	2.27	0.77	0.44	0.83
Is your sleep interrupted	3.05	0.84	0.13	0.85
nightmares	3.64	0.73	0.65	0.82
stress level	2.59	1.01	0.36	0.84

Table 4 (continued)				
daily tasks	3.59	0.67	0.40	0.83
tasks less often	3.41	0.85	0.64	0.82
tasks differently	3.09	0.81	0.66	0.82
ambulate	3.05	0.95	0.62	0.82
run errands	3.27	0.88	0.39	0.83
exercise moderately	2.41	1.01	0.35	0.84
exercise vigorously	1.68	0.84	0.26	0.84
meals	2.27	0.63	0.44	0.83
water/day (reverse coded)	2.23	0.92	0.26	0.84
Cronbach's Alpha Physical Domain = .84				
Behavioral Domain				
	Mean	Std. Deviation	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted
enjoy life	3.28	0.54	0.33	0.84
confidence in self	3.24	0.83	0.22	0.85
satisfied with quality of life	2.68	0.85	0.14	0.85
optimistic	2.64	0.76	0.28	0.84
negative feelings	3.00	0.50	0.70	0.83
depression	3.24	0.83	0.45	0.84
trusting others	2.76	1.09	0.42	0.84
control strong feelings/impulses	2.68	0.75	0.52	0.84
no emotion when bad things happen	3.36	0.86	0.20	0.85
ace 1 swear, insult, humiliate you	1.40	0.50	0.64	0.84
ace 2 physical abuse by adult	1.44	0.51	0.67	0.83
ace 3 sexual abuse by adult	1.72	0.46	0.35	0.84
ace 4 neglected/not loved	1.48	0.51	0.46	0.84
ace 5 neglected, no food, clothes	1.76	0.44	0.38	0.84
ace 6 parent lost to you or divorced	1.24	0.44	0.34	0.84
ace 7 parent abused	1.64	0.49	0.48	0.84
ace_8 (reverse coded)	1.68	0.48	0.05	0.85
ace 9 household member depressed/mentally ill	1.68	0.48	0.16	0.85
ace 10 household member go to prison	1.56	0.51	0.25	0.84
reminded of it	3.12	0.67	0.38	0.84
images pop into head	2.88	0.83	0.39	0.84
talk about it	3.12	0.93	0.32	0.84

Table 4 (continued)				
never loose sense of who I am	2.40	1.12	0.03	0.86
new opportunities	2.72	0.79	0.51	0.84
change things	2.80	0.82	0.60	0.83
Accept the way things work out	2.48	0.82	0.26	0.84
stable under stress	2.12	0.78	0.45	0.84
overcome problems	2.92	0.76	0.70	0.83
expect bad things (reverse coded)	3.52	0.77	0.67	0.83
Cronbach's Alpha Behavioral Domain = .85				
Relational Domain				
	Mean	Std. Deviation	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted
satisfied relationships	2.64	1.03	0.66	0.75
effort into relationships	3.18	0.75	0.06	0.81
care about me	3.27	0.79	0.43	0.78
distance myself	2.82	1.08	0.32	0.79
losing independence	3.55	0.93	0.78	0.74
parent guardian	2.55	1.13	0.75	0.73
family member	2.36	1.12	0.77	0.73
child children	1.55	0.93	0.26	0.79
friend	1.82	0.75	0.36	0.78
other	2.36	0.92	0.67	0.75
spouse/partner (reverse coded)	3.73	1.27	0.01	0.83
Cronbach's Alpha Relational Domain = .79				
Spiritual Domain				
	Mean	Std. Deviation	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted
spiritual beliefs	3.48	0.64	0.72	0.83
connection to spiritual	3.19	0.79	0.81	0.80
inner spiritual strength	2.89	0.97	0.52	0.86
accept life circumstances	3.15	0.82	0.72	0.82
satisfied faith community	2.93	0.87	0.67	0.82
participate faith community	2.59	1.12	0.55	0.86
Cronbach's Alpha Spiritual Domain = .85				

Table 4 (continued)				
Socioeconomic Domain				
	Mean	Std. Deviation	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted
satisfied financial situation	1.68	0.75	0.39	0.74
satisfied transportation	1.89	0.81	0.06	0.76
problems transportation	3.11	0.99	0.34	0.74
rent affordable	2.53	0.84	0.38	0.73
safe live	2.89	1.05	0.34	0.74
safety block	2.68	1.00	0.75	0.70
safety community	2.53	1.07	0.61	0.71
physical condition	2.68	1.00	0.37	0.73
noise	2.11	0.88	0.45	0.73
violence	2.11	0.88	0.23	0.75
neighbors	2.58	0.90	0.31	0.74
hours work week	2.11	1.10	0.42	0.73
able to work	3.00	1.11	0.43	0.73
looking for job	1.79	1.13	-0.02	0.77
satisfied with your education	2.47	0.90	0.08	0.76
criminal record work (reverse coded)	2.42	1.26	0.40	0.73
Cronbach's Alpha Socioeconomic Domain = .75				

The alpha scores for each domain ranged from $\alpha = 0.75$ (SEC domain) to $\alpha = 0.85$ (Behavioral and Spiritual domains). Overall, the scores for each of the 5 domains indicated fair to strong internal consistency and were well above the $\alpha = 0.60$ cutoff which is considered common in exploratory research. Five items were reverse coded as their original correlations produced a negative number (see table 4). The scores highlighted in blue indicate the item's corrected item-total correlation, (the correlation of the item designated with the summated score of all other items), are lower than desired $r = 0.30$ (Gliem & Gliem, 2003). The content experts will need to review these items by

looking at the column titled *Cronbach's Alpha if Item Deleted* to see how the alpha would change if this item is deleted. If there is little change in the alpha, the retention of the item may be warranted even though its correlation is lower than the other items in the domain (Spector, 1992).

3.5.3 Validity

A measuring device is valid if it measures what it is intended to measure. Validity is a matter of degree as it is impossible to obtain a perfectly valid indicator. Validity measures the accuracy of the score interpretations. Three types of validity were conducted on the WRSC-I survey content validity, which has been previously discussed, (See section, 3.2.4) construct validity (convergent and discriminant) and criterion validity (concurrent) were also conducted on the survey.

3.5.4 Construct Validity

Construct validity is an assessment of the quality of an instrument or experimental design. Construct validity tests if the hypothesis between the survey measure and a measure of the same concept (convergent validity) or a different concept (discriminant validity) is confirmed (Aday, et al., 2006).

Hypothesis 2: The behavioral, relational and spiritual domains of the WRSC-I will be moderately to strongly related to one another (convergent validity) but less strongly related to the WRSC-I physical and socioeconomic domains (discriminant validity).

The behavioral, relational, and social domains were picked to have convergent validity because of the literature that states the influence of spirituality on mental health has a positive,

beneficial effect (Seybold, et.al., 2001). Additionally, research investigating mental health indicates that spirituality has a protective effect on mental health (Larson, et. al., 1992) as well as a social impact by providing opportunities for fellowship, social programs and companionship which reduce psychological stressors and improve mental health (Hill, et. al., 1995).

Pearson correlation coefficient was used to perform convergent and discriminant validity between the five domains of the WRSC-I. A strong, positive correlation between the behavioral and relational domains ($r(18) = 0.71, p = 0.015$) exists indicating a significant linear relationship between the two domains, and a weak, positive, correlation between behavioral and spiritual domains ($r(18) = 0.23, p = 0.285$). The relational and spiritual domains have a weak, positive correlation that was not significant ($r(6) = 0.16, p = 0.659$). The behavioral and physical domain show a moderate, positive correlation ($r(20) = 0.57, p = 0.009$). These results were somewhat contradictory to hypothesis 2.

Table 5. Construct and Criterion Validity Results using Pearson Correlation

Domain	Physical	Behavioral	Relational	Spiritual	Socioeconomic	SF-12
Physical	1	.57**	.79*	-.07	.08	.89**
Behavioral		1	.71*	.23	.46	.57**
Relational			1	.16	.16	.61
Spiritual				1	.41	-.09
Socioeconomic					1	.35

** Correlation is significant at the 0.01 level (2-tailed).

* Correlation is significant at the 0.05 level (2-tailed).

3.5.5 Criterion Validity

Criterion validity (concurrent validity) refers to the extent that the survey measure agrees with some criterion of the “true” value (or gold standard) for the measure (Aday, et al., 2006).

Criterion validity was used to compare scores of the WRSC-I and the SF-12, (Short Form-12). The SF-12 provides a shorter, yet valid alternative to the Medical Outcomes Study 36 item short form (SF-36) and measures eight concepts of functional health including general health and overall pain, physical functioning and limitations, energy and fatigue, social functioning, emotional health and well-being (Larson, et al., 2008). The SF-12 was developed for and has demonstrated validity in homogeneous, predominantly white populations as well as in minority populations as seen the Racial and Ethnic Approaches to Community Health (REACH) 2010 initiative conducted in Nashville (Larson, et al., 2008).

Hypothesis 3: The WRSC-I will exhibit concurrent validity evidence by moderately to strongly correlating with the Short Form-12 (SF-12) survey in the physical and behavioral domains.

The WRSC-I physical domain exhibited a positive, strong correlation with the SF-12 ($r(20) = .89, p < .01$) indicating a significant relationship between the two variables. A positive, moderate, and significant correlation also exists between the behavioral domain and SF-12 ($r(18) = .57, p = 0.004$) validating this hypothesis that the WRSC-I is measuring similar concepts to a nationally psychometric survey.

3.6 DESCRIPTIVE STATISTICS

3.6.1 Drug and Alcohol Subdomain

Certain items in the WRSC-I were analyzed using descriptive statistics because they could not be analyzed in the psychometric analysis due to the large number of missing responses. Results from the Drug and Alcohol subsection located in the physical domain are included in Table 6.

Table 6. Drug and Alcohol Subdomain

Category	Percent (Volume)
Smokes Cigarettes	n=28
Not at all	54 (15)
Sometimes	4 (1)
Everyday	43 (12)
How much do you smoke in a day?	n=13
6-10	38 (5)
11-19	23 (3)
≥20	38 (5)
Chews Tobacco	n=27
Not at All	96 (26)
Everyday	4 (1)
Drinks Alcohol	n=28
Sometimes	61 (17)
Everyday	39 (11)
How much do you drink at one time?	n=11
1-2 drinks	64 (7)
3-4	36 (4)
How much do you drink per week?	n=11
0-5 drinks	100 (11)
Smoke Marijuana	n=25
Sometimes	88 (22)
Everyday	12 (3)
How much do you smoke per week?	n=3
Not at All	67 (2)
Sometimes	33 (1)

Table 6 (continued)	
Recreational Drugs (including those prescribed for other people)	n=26
Somedays	100 (26)
How many times/week do you use recreational drugs?	n=0

The results show that the majority of the sample (54%) do not smoke. Of the 13 respondents that state how much they smoke in a day, 5 or 38% smoke 20 or more cigarettes a day.

The majority of the sample (61%) drink alcohol somedays only. Of the 11 respondents that stated they drank, 7 or 64% only have 1-2 drinks at a time and 100% said they have 0-5 drinks in a week. The majority of the people 25 out of the 28 respondents state that they smoke marijuana, however, only 3 respondents followed-up to the frequency per week. Recreational drugs were used by 26-28 people somedays, however, no one responded how often they use recreational drugs.

3.6.2 ACE Scores Subdomain

The ACE survey scores from the WRSC-I were compared with the ACE scores from the original study performed at Kaiser Permanente Medical Clinic in San Diego in 1995-97, the 2009 Behavioral Risk Factor Surveillance System (BRFSS) five state (Arkansas, California, Louisiana, New Mexico, Tennessee, Washington) annual random digit-dial telephone survey that collects

data from adults regarding health and risk factors, and the Philadelphia Urban ACE survey performed in 2013 to look at ACE scores in poor urban communities in Philadelphia.

The difference in sample demographics between studies is evident in the following table. The Kaiser Permanente ACE study surveyed predominately white, middle class Americans all of whom had health insurance. Likewise, the BRFSS study included a sample of 75% white, and 62% college educated participants. The Philadelphia Urban study includes a sample more similar to the Hill District pilot study sample with a larger percentage of African Americans (43%). However, the Hill District sample includes the largest percentage of African Americans (96%). The Hill District sample had the highest percentage (14%) of people who did not complete high school. Unfortunately, the participants in the Hill District were not asked if they attended college therefore a comparison cannot be made for those items.

Table 7. ACE Study Demographic Comparison

	WRSC-I n=28 %	Kaiser Study n=17,337 %	BRFSS 5 state n=26,229 %	Philadelphia Study n=1784 %
Race				
White	4	75	75	44
Black	96	5	10	43
Other		20	15	12
Education				
< High School	14	7	10	10
HS graduate	86	18	28	31
Some college		36	62 > high school	23
College graduate		39		36

The ACE study results were compared between the five samples. The percentage of the ACE scores is much higher in every category in the sample in the Hill District. For example, the percentage of people suffering from emotional abuse in the Hill District is (57%) which is much higher than in the other studies. The same is true for physical abuse (54%) which is much higher than in the other samples. The percentage of occurrence is higher in every ACE question in the Hill District sample than the other samples. The Hill District 's most prevalent question is #6, parental separation or divorce. (See number listed after the ACE question). The second most prevalent question is #8, substance abuse occurring in the home. The 3rd (emotional abuse), 4th (physical abuse), 5th (emotional neglect), 6th (incarcerated family member), 7th (a tie between witness of domestic violence, and mental illness in the home), 8th (sexual abuse), 9th (physical neglect) are the order ACE results in the Hill District sample. The BRFSS surveys does not collect information on neglect ACEs 4 and 5. See table 8 for additional results.

Table 8. ACE Study Results

Number and type of ACE	ACE questions	Hill District Pilot Study %	Kaiser Permanente ACE Study %	Arkansas 2009 %	Louisiana 2009 %	New Mexico 2009 %	Tennessee 2009 %	Washington 2009 %	PHILADELPHIA URBAN ACE SURVEY 2013 %
	number is order of occurrence in Hill District	n = 28	n = 17,337	n = 26,229 for all five states					n=1,784
1 Emotional Abuse	Did a parent or other adult in the household often or very often swear at you, insult you, put you down, or humiliate you, or act in a way that made you afraid that you might be physically hurt? 3	57	11	24	21	28	19	35	33
2 Physical Abuse	Did a parent or other adult in the household often or very often push, grab, slap, or throw something at you, or ever hit you so hard that you had marks or were injured? 4	54	28	14	11	20	13	18	35
3 Sexual Abuse	Did an adult or person at least 5 years older than you ever touch or fondle you, or have you touch their body in a sexual way, or attempt, or actually have oral, anal, or vaginal intercourse with you? 8	25	21	11	10	13	13	14	16
4 Neglect	Did you often or very often feel that no one in your family loved you, or thought you were important, or special, or your family didn't look out for each other, feel close to each other, or support each other? 5	46	15	N/A	N/A	N/A	N/A	N/A	N/A
5 Neglect	Did you often or very often feel that you didn't have enough to eat, had to wear dirty clothes, and had no one to protect you, or your parents were too drunk or high to take care of you, or take you to the doctor if you needed it? 9	21	10	N/A	N/A	N/A	N/A	N/A	N/A
6 Separation/divorce	Was a biological parent ever lost to you through divorce, abandonment, or other reason? 1	68	23	23	27	24	29	26	N/A
7 Witness Domestic violence	Was your parent or guardian, often or very often pushed, grabbed, slapped, or had something thrown at them, or sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard, or ever repeatedly hit over at least a few minutes, or threatened with a gun or knife? 7	32	13	15	15	19	17	17	18
8 Substance abuse in home	Did you live with anyone who was a problem drinker, or alcoholic, or who used street drugs? 2	64	27	26	27	30	28	33	35
9 mental illness in household	Was a household member depressed or mentally ill, or did a household member attempt suicide? 7	32	19	17	17	19	17	24	24
10 Incarcerated family member	Did a household member go to prison? 6	43	5	6	7	7	9	7	13

Finally, the prevalence of ACEs by number can be seen in Table 9. The literature from the Kaiser study states that almost two-thirds of study participants report at least one ACE, and more than one in five reported three or more ACEs (Felitti, et.al., 1998). The participants in the Hill District highest prevalence of ACEs was 18% of the sample had experienced five ACEs as opposed to Kaiser Permanente where the highest percentage (36%) of the sample experienced 0 ACEs, the BRFSS highest percentage was 41% had experienced 0 ACEs, and The Philadelphia Urban study showed that 48% of the sample experienced between 1-3 ACEs. The median and mode ACE scores in our sample is 5.

The high prevalence of ACEs in the Hill District community has been speculated by the content experts of this study. The results from the pilot study seem to show this to be the case.

Table 9. ACE Study Prevalence

ACE Prevalence	Hill District sample n=28 %	Kaiser Permanente n=17,337 %	BRFSS 5 state n=26,000 %	Philadelphia Urban n=1784 %
0	11	36	41	30
1	11	26	22	
2	7	16	22 2+3	
3	11	10		
1-3 total	29	52		48
4 or more	61	13	15	22
4	7			
5	18			
6	11			
7	7			
8	11			
9	4			
10	4			

3.6.3 Trauma Subdomain

The trauma subdomain is part of the behavioral domain. The scores were analyzed to examine traumatic events that may have occurred in the respondents' life. Respondents are asked how much the traumatic event affected them and how they currently feel about the experience. The most

frequent items showed that 61% of respondents have thought about hurting someone else, 57% have witnessed a death, 54% have experienced a physical assault, 54% have felt that their life was in danger, and 54% have had someone close to them experience one of these traumatic experiences. The traumatic event item with the lowest frequency was the natural disaster event with a 14% response rate. See Table 10.

Table 10. Trauma Subdomain Results

		How are you affected by the trauma?				
Have you experienced/witnessed the following?	Yes n=28 % (N)	not at all % (N)	moderately % (N)	very much % (N)	extremely % (N)	Affected by trauma sample size (N)
	<i>percent/volume</i>					
a disaster such as flood, tornado, fire	14 (4)			33 (1)	67 (2)	3
serious accident at home, work, car	46 (13)			17 (1)	83 (5)	6
a physical assault	54 (15)	14 (1)	43 (3)		43 (3)	7
a sexual assault	21 (6)				100 (2)	2
a life-threatening illness	43 (12)		29 (2)		71 (5)	7
witness a death	57 (16)		33 (3)	11 (1)	56 (5)	9
Did you ever harm or seriously injure someone?	36 (10)	17 (1)	50 (3)		33 (2)	6
Did you ever feel that your life is in danger?	54 (15)		44 (4)	11 (1)	44 (4)	9
Did you ever have thoughts of hurting yourself?	32 (9)	17 (1)	33 (2)	17 (1)	33 (2)	6
Did you ever have thoughts of hurting someone else?	61 (17)	22 (2)	22 (2)	22 (2)	33 (3)	9
Did anyone close to you ever experience any of the above-mentioned situations? If so, how did it affect you?	54 (15)	9 (1)	9 (1)	36 (4)	46 (5)	11
<i>If you answered yes to any of the traumatic experiences mentioned above, please answer the following three questions as to how are you currently feeling about the experience?</i>						
How often are you reminded of it?	n=28	32 (9)	54 (15)	14 (4)		
How often do images related to it pop into your mind?	n=28	29 (8)	50 (14)	14 (4)	7 (2)	
How often do you talk about it?	n=28	43 (12)	39 (11)	11 (3)	7 (2)	

3.7 DISCUSSION

The goal of this study was to develop a quality of life survey used to measure the constructs of physical, behavioral, relational, spiritual and socioeconomic as well as childhood and adult levels of trauma and resilience. Spiritual as well as resilience constructs are known to be protective factors for trauma (Charney, 2015). It was important to measure, not only the type of trauma experienced, but antidotes to help one thrive despite the effects of the trauma experienced.

The research showed that there is an abundance of quality of life surveys already developed, however, none that measured quality of life in conjunction with trauma experienced as a child and in adulthood as well as resilience. A thorough literature review was performed and identified 57 psychometrically sound quality of life survey containing items pertinent to our domains. Next, items were reviewed from the survey and 557 items from 21 surveys were identified for use in the first draft of the WRSC-I. Face validity, content validity, and several qualitative review sessions were conducted with the content experts to select the most appropriate items to include in the WRSC-I. Lastly, a pre-pilot study was conducted with 5 participants from the community who reviewed the survey and response options for clarity, simplicity of items, possible misinterpretation of items/response options. The results were reviewed by the content experts and the items in the survey were revised for the final time. The final version of the WRSC-I consisted of 101 items.

The survey was then piloted on a sample of 28 people living within the Hill District community for the purposes of obtaining reliability and validity evidence. The demographics of the sample show that the majority (96%) are African-American. The majority (71%) do not own a home, and 56% are not employed, however, 100% are between the ages of 18-59 years old which means the sample is old enough to work and too young (typically) to retire. The majority of the sample, 63% earn below \$20,000 per year. These statistics match the demographics of the type of patient seen at FPFHC.

Test-Retest reliability for the overall WRSC-I yielded a strong reliability $ICC = 0.83$ with the physical $ICC = 0.94$ and behavioral $ICC = 0.92$ domains exhibiting the highest values. The relational domain yielded the lowest value $ICC = 0.75$ but is still considered good reliability. There was some variation in answers from test to retest in this domain particularly with the items that ask how likely you would go to a parent, spouse, child, friend, for support. The content experts will need to review these items with the BHCOs to determine why the variation occurred in this domain.

Cronbach's alpha internal consistency reliability showed that the survey demonstrated good reliability evidence with scores per domain ranging from $\alpha = 0.75 - 0.85$. Several items (9) had low item-total correlations and will be returned to the content experts to decide if they should be retained or eliminated from the survey. This may lead to another version of the WRSCI-to be used for future administrations.

Criterion validity was examined by comparing the WRSC-I and the SF-12, (Short Form-12). The WRSC-I physical domain exhibited a positive, strong and significant correlation ($r = .89$) with the SF-12 and a positive, moderate and significant correlation ($r = .57$) between the

behavioral domain and SF-12 validating this hypothesis that the WRSC-I is measuring similar concepts to a national quality of life survey exhibiting psychometric evidence.

Convergent and discriminant validity results were somewhat contradictory to hypothesis 2 regarding construct validity. The physical and behavioral domain ($r = .57$), physical and relational domain ($r = .79$), and the behavioral and relational domain ($r = .71$) all had strong to medium significant relationships.

Therefore, as physical health improves so does emotional health and social health. This comports with the World Health Organization (WHO, 2001) who defines health as a state of complete physical, mental, and social well-being. The WHO goes on to state that mental, physical, and social functioning are interdependent. The spiritual and socioeconomic domains exhibited discriminant validity with the other domains. This may be because the spiritual domain contains several constructs such as religious, (participation in worship activities), and spiritual constructs, (personal transformation) which may or may not correlate strongly to the other domains (Seybold, et. al., 2001). So a person that participates in a faith community may not encounter social or behavioral connectedness because of unhealthy associations (such as conflicts in beliefs, tension between community members, etc.) which can diminish social connectedness with others as well as cause stress, anxiety, etc. The results for hypothesis 2 were not realized, however, they did complement the literature that has proven the relationship between the physical, behavioral, and social domains are necessary for well-being to occur (WHO, 2001).

Descriptive statistical information revealed that the prevalence of ACEs was higher in the Hill District sample compared to ACE scores in 3 other predominant studies. Chi Square test of independence was performed on the ten ACE scores in the Hill District and Kaiser Permanente samples. All items were significant except ACE 3 sexual abuse and ACE 9 mental illness in the

home. The demographics differed between the samples with race and education. The Hill District sample was predominately African American which wasn't the case in the other studies including the study in Philadelphia's urban population. The average number of ACEs for the Hill District sample was 4.4 with a median prevalence level of 5. This is much larger than the other samples where the percentages go down with more ACEs. These results comport with the content experts' theory that the ACE scores would be higher in this socioeconomic, trauma-affected community.

Drug and alcohol statistics were reported by the majority of the respondents, however, they did not respond as well to the follow-up items; particularly the frequency of use of the substances mentioned. Because of the sensitivity of this information, we do not know if the respondents did not want to say just how much or how often they engaged in these activities or if the BHCO's did not consistently ask the follow-up items. The content experts will need to review these items and re-educate the BHCOs as well as decide to keep or remove the follow-up items due to sensitivity.

The trauma subdomain showed moderate to high exposure to various types of trauma, however, like the drug and alcohol subdomain, the respondents did not respond as well to the follow-up items; how did the traumatic experience affect you. Because of the sensitivity of this information, it is not known if the respondents did not want to say how the traumatic events affected them or if the BHCO's did not consistently ask the follow-up items. The content experts will need to review these items and re-educate the BHCOs as well as decide to keep or remove the follow-up items.

These findings also comport with the content experts' theory that this community suffers from higher levels of trauma exposure which makes it a trauma-affected community.

3.7.1 Limitations

This study has several limitations. First, the data is self-reported so the truthfulness in responses cannot be assured (Harrell, et. al.,1997). The BHCO's familiarity with the respondents felt that honest responses were achieved but 100% certainty cannot be assumed.

Second, a number of the items asked sensitive information in regards to trauma experienced throughout one's life. The nature of this information is so personal that an unwillingness to share the information may have occurred. The same is true for the alcohol and drug sub-domain. Follow-up responses on substance use per week/day dropped sharply. The content experts will have to review these items to determine if they are worth retaining despite their sensitivity.

Finally, there was some confusion by the BHCO interviewers when asking questions in the Trauma subdomain. The subdomain asked 11 two-part questions, and if the first question was answered "yes", the second question regarding degree of the traumatic effect had to be asked. This situation will be corrected when the WRSC-I is answered in the mobile application on the tablets as a requirement to answer the follow-up question before going on will be used. Additionally, additional training will occur with the BHCO's to ensure their understanding how to complete this subdomain.

3.8 FUTURE DIRECTION

FOCUS Pittsburgh and the FPFHC believe that well-being within the individual, family and community may not occur unless and until traumatic history is addressed, measured and improved with appropriate interventions.

Future research is occurring to make the WRSC-I available on-line via a mobile app and tablet. BHCO's will conduct the survey's within the person's home to promote comfortability and confidentiality with the respondent. A systematic approach of sampling will be used to interview residents of the Hill District. Interviews will be conducted; scores will be achieved and appropriate interventions will be introduced to improve the quality of life for the residents living within the Hill District.

In addition, the imHealthy project is progressing to include the creation of an electronic health record (EHR). The data collected from the EHR and Mobile App will be integrated and analyzed to produce summary reports to allow the FPFHC to provide interventions to improve health and well-being to the residents within the Hill District community. The content experts of this study firmly believe that these endeavors will help to revitalize the Hill District community by establishing and promoting healthy, healing micro-communities within the medically underserved community.

The WRSC-I has proven to have psychometric properties. As a result, this survey can be used in other communities as well as in health care clinics. Its use is not limited to socioeconomically poor communities or trauma-affected communities. The hope is that the use of the WRSC-I helps to measure levels of childhood/adult-level trauma, resilience, and well-being within the individual so that interventions can occur to improve the quality of life.

APPENDIX A

1. Did a parent or other adult in the household often or very often Swear at you, insult you, put you down, or humiliate you or Act in a way that made you afraid that you might be physically hurt? No If Yes, enter 1
2. Did a parent or other adult in the household often or very often Push, grab, slap, or throw something at you or Ever hit you so hard that you had marks or were injured?
3. Did an adult or person at least 5 years older than you ever Touch or fondle you or have you touch their body in a sexual way or Attempt or actually have oral, anal, or vaginal intercourse with you? No If Yes, enter 1
4. Did you often or very often feel that no one in your family loved you or thought you were important or special your family didn't look out for each other, feel close to each other, or support each other? No If Yes, enter 1
5. Did you often or very often feel that You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you or Your parents were too drunk or high to take care of you or take you to the doctor if you needed it? No If Yes, enter 1
6. Was a biological parent ever lost to you through divorce, abandonment, or other reason?
No If Yes, enter 1
7. Was your mother or stepmother:
Often or very often pushed, grabbed, slapped, or had something thrown at her or Sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard or Ever repeatedly hit over at least a few minutes or threatened with a gun or knife?
No If Yes, enter 1
8. Did you live with anyone who was a problem drinker or alcoholic, or who used street drugs?
No If Yes, enter 1
9. Was a household member depressed or mentally ill, or did a household member attempt suicide? No If Yes, enter 1
10. Did a household member go to prison?
No If Yes, enter 1
Now add up your 'Yes' answers: This is your ACE Score

Felitti, et. al., (1998)

APPENDIX B

Surveys reviewed	Surveys Chosen	Reason for Inclusion
WHOQOL-100 WHO-BREF – a subset of 26 items taken from WHOQOL-100 (Power, et al., 1999)	X X	Perceptions of their position in life in context to culture and value systems in which they live and in relation to their goals, expectations, standards and concerns. Items of the survey can be found in the Physical, Emotional, Relational, Socioeconomic and spiritual domains of the WRSC-I
WHOQOL – SRPB (Spirituality, Religiousness and Personal) WHOQOL SRPB Group. (2002) (Skevington, 2013)		
DSM-5 PTSD Life Events Checklist (LEC-5), National Center for PTSD (Weathers, et al., 2014)	X	Measures trauma
National Institute of Health (NIH), Patient-Reported Outcome Measurement Information System (PROMIS) Global Health Scale www.assessmentcenter.net	X	Measures well-being, physical and mental health
Centers for Disease Control and Prevention (CDC) Healthy Days Measures (Barile, 2013)	X	Measures general self-rated health, physically unhealthy days, mentally unhealthy days, and activity limitation days.
Impact of Event Scale: A Measure of Subjective Stress (Horowitz, 1979)	X	Used to measure PTSD symptoms. Appears in the Traumatic Event Subdomain
Differentiation of Self Inventory –Revised, (DSI-R) (Jankowski, 2012)	X	Assessment of your thoughts and feelings about yourself and others
PROMIS Item Bank v2.0 – Satisfaction with Social Roles and Activities www.assessmentcenter.net	X	Items pertinent to use in the emotional domain
PROMIS Item Bank-Social Isolation www.assessmentcenter.net	X	Items pertinent used in relational domain
PROMIS Item Bank-Companionship www.assessmentcenter.net	X	Items pertinent to use in the relational domain

PROMIS Item Bank-Physical Function www.assessmentcenter.net	X	Items pertinent to use in the physical domain
Quality of Life Scale (Walsh, M., 2009)	X	Items appropriate for several domains
Basic Psychological Needs Scale in General (Ilardi, 1993)	X	Need satisfaction in specific areas of one's life such as interpersonal relations
The Basic Need Satisfaction at Work Scale (Ilardi, 1993)	X	Used because it addresses feelings about work
Emotion and Regulation Beliefs Scale (ERBS) (Veilleux, 2015)	X	Measures emotions and beliefs
Urban Poor Quality of Life (UPQOL) (Surit, 2008)	X	QOL scale developed to measure urban poor of Thailand
McGill Quality of Life Questionnaire (Cohen, 1997)	X	QOL covering physical, emotional and relational domains
Life Orientation Test (LOT-R) (Burke, 2000)	X	Measuring traits of optimism and pessimism
FOCUS Questionnaires (FOCUS Pittsburgh, 2014)	X	Items felt to be important to include in various domains of the scale
Resiliency Questionnaire – Integrative Bodywork, Inc. www.jimfazioib.com	X	Scale to measure resilience
Adverse Childhood Experiences Questionnaire (ACE) http://www.cdc.gov/violenceprevention/ace_study http://www.acestudy.org/ace_score	X	Childhood trauma questionnaire
Emotional Quotient Inventory (EQ-I 2.0) (Bar-On, 1997)		Measures emotional intelligence. Items overlapped with items already used.
Quality of Life Questionnaire (QLQ) (Long, 2015)		Measures emotional intelligence, self-perception, self-expression, decision making. Items overlapped with items already used.
Friedman Well-Being Scale (Friedman, 1994).		Measures adult levels of well-being. Items overlapped with items already used.
Multidimensional Health Profile (MHP) (Ruehlman, et al., 1999)		Used for patients in primary care settings. Items not relevant to this study.
Trauma and Attachment Belief Scale (TABS) (Pearlman, 2003)		Measures areas related to trauma-self safety, self-trust, self-esteem, self-control. Items not relevant to this study.

Quality of life Enjoyment and Satisfaction Questionnaire Short Form (Q-LES-Q-SF) (Endicott, et al., 1993)		Assessment of degree of enjoyment/satisfaction. Items already used in WRSC-I.
The Basic Need Satisfaction in Relationships Scale (Ilardi, 1993)		Used to address certain types of relationships, spouse, mother, etc. Items already used in WRSC-I.
Medical Outcomes Study 12-Item Short Form Survey Instrument (SF-12) (Patel, 2007)		Scale used to assess and measure HRQOL. Items overlapped with items already used
Veterans SF-12 (Jones et al., 2001)		Used to assess health changes. Items overlapped with items already used
Optimism/Pessimism Scale (OPS) (Burke, et al., 2000)		Measuring the state of optimism and pessimism in individuals. Items overlapped with items already used
Physical Component score (PCS-12)		Two subscales of the SF-12 to study health-related quality of life. Items overlap our scale.
Mental Component score (MCS-12) (Jayasinghe, et al., 2009)		
PHQ-9 Internal State scale (Bajor, 2013)		Assesses nine DSM-IV criteria for diagnosing major depressive disorder. Items not relevant to this study
The SF-36 (Ware, et al., 1992).		
Resilience Appraisal Scale (RAS) (Johnson, et.al., 2010)		Positive self-appraisal tool. Items overlapped with items already used
Conner-Davidson Resilience Scale (CD-RISC) (Conner,2003)		Brief self-rated assessment to quantify resilience in the general population. Items already exist in WRSC-I.
Resilience Scale for Adults (RSA) (Friborg, et al., 2003)		Scale based on protective factors. Items already exist in WRSC-I.
The Brief Resilience Scale (Smith, et al., 2008)		Designed as an outcome measure to access the ability to bounce back from stress. . Items already exist in WRSC-I.
The Resilience Scale (Wagnild, et. al., 1993)		Identify degree of individual resilience to enhance adaption. Not as applicable to needs of this study.
Ego Resiliency (Klohn, 1996)		Assess components of ego-resiliency. Items not relevant to this study

The Dispositional Resilience Scale (Bartone, 1989)		Designed to measure psychological hardiness. Has been applied to evaluate change over time. Items already exist in WRSC-I.
The ER 89 (Block, et al., 1996)		Measures ego-resiliency. Items not as relevant to this study
The Lehman Brief Quality of Life Interview (QOLI) (Lancon, 2000)		Instruments designed to assess the recent and current life circumstances of individuals. Items already exist in WRSC-I.
EuroQOL (EQ-5D) (Krabbe, et. al., 2003)		Health-related quality of life instrument. Items already exist in WRSC-I.
Quality of Life Interview Scales (Lehmian, 1998)		Scale for chronically mentally ill. Items not appropriate.
The Suicidal Behaviors Questionnaire revised (SBQ-R) (Osman, et al., 2001)		Measures past suicide behavior. Items not appropriate.
The Beck Hopelessness Scale (BHS) (Beck, et al., 1974)		Measures severity of suicidal ideation. Items not appropriate.
Kentucky Inventory of Mindfulness Skills (KIMS) (Baer, et al, 2004)		Measures the practice of mindfulness. Items not entirely appropriate.
Five Facet Mindfulness Questionnaire (FFMQ) (Veehof, 2010)		Measures five facets of mindfulness. Items not entirely appropriate.
Acceptance and Action Questionnaire-II (AAQ-II) (Jacobs, et al., 2008)		Used to assess the ability to accept aversive internal experiences. Items not entirely appropriate.
Internet Mental Health – QOL scale www.mentalhealth.com		General QOL items used to rate the respondents feelings over past 7 days. Could not find validation studies.
Brief Symptom Checklist-18 (Derogatis, 2001)		Provides a measure for anxiety and depression. Items not entirely appropriate.
My Mood Monitor (M-3) (Gaynes, et al., 2010)		Screening for multiple common psychiatric illnesses in primary care. Items not entirely appropriate.
Social and Occupational Functioning Assessment Scale (SOFAS). American Psychiatric Association, 2014)		Assessment of patient functioning. Items not appropriate.
PROMIS - Alcohol Use Inventory www.assessmentcenter.net		Assessment of alcohol use. Items already exist in WRSC-I.

PROMIS – Sexual Function and Satisfaction Inventory www.assessmentcenter.net		Assessment of sexual satisfaction. Items already exist in WRSC-I.

APPENDIX C

PHYSICAL DOMAIN	Referen ce number
To what extent do you feel that physical pain prevents you from doing what you need to do?	1
How much do you need any medical treatment to function in your daily life?	1
Do you have enough energy for everyday life?	1
How well are you able to get around?	1
How satisfied are you with your sleep?	1
How satisfied are you with your ability to perform your daily living activities?	1
How satisfied are you with you capacity for work?	1
In general, would you say your health is?	3
In general, how would you rate your physical health?	3
To what extent are you able to carry out your everyday physical activities such as walking, climbing stairs, carrying groceries, or moving a chair?	3
In the last 7 days, how would you rate your fatigue on average?	3
Now thinking about your physical health, which includes physical illness and injuries, for how many days during the past 30 days was your physical health not good?	4
Do you worry about pain or discomfort?	6
How difficult is it for you to handle any pain or discomfort?	6
To what extent do you feel that physical pain prevents you from doing what you need to do?	6
How easily do you get tired?	6
How much are you bothered by fatigue?	6
Do you have any difficulties with sleeping?	6
How much do sleep problems worry you?	6
How much do you need any medication to function in your daily life?	6
How much do you need any medical treatment to function in your daily life?	6
To what extent does your quality of life depend on the use of medical substances or medical aids?	6
How dependent are you on medications?	6
How often do you suffer physical pain	6
How much do difficulties in mobility bother you	6
To what extent do any difficulties in movement affect your way of life	6
How satisfied are you with your ability to move around?	6
Are you able to stand for one hour	12
Are you able to do chores such as vacuuming or yard work	12
Are you able to push open a heavy door	12
Are you able to exercise for an hour	12

Are you able to carry a heavy object (over 10 pounds/5 kg)	12
Are you able to stand up from an armless straight chair	12
Are you able to dress yourself, including tying shoelaces and buttoning up your clothes	12
Are you able to reach into a high cupboard?	12
Are you able to use a hammer to pound a nail?	12
Are you able to run or jog for two miles (3km)	12
Are you able to cut your food using eating utensils	12
Are you able to go up and down stairs at a normal pace	12
Are you able to open previously opened jars	12
Are you able to go for a walk of at least 15 minutes	12
Are you able to do yard work like raking leaves, weeding, or pushing a lawn mower	12
Are you able to open a can with a hand can opener	12
Are you able to pull heavy objects (10 pounds/ 5kg) towards yourself	12
Are you able to step up and down curbs	12
Are you able to get up from the floor from lying on your back without help	12
Are you able to stand with your knees straight	12
Are you able to exercise hard for half an hour	12
Are you able to wash your back	12
Are you able to open and close a zipper	12
Are you able to put on and take off a coat or jacket	12
Are you able to stand for short periods of time	12
Are you able to dry your back with a towel	12
Are you able to run at a fast pace for two miles (3 km)	12
Are you able to turn a key in a lock	12
Are you able to squat and get up	12
Are you able to carry a laundry basket up a flight of stairs	12
Are you able to write with a pen or pencil	12
Are you able to put on a shirt or blouse	12
Are you able to get out of bed into a chair	12
Are you able to pull on trousers	12
Are you able to peel fruit	12
Are you able to bend or twist your back	12
Are you able to brush your teeth	12
Are you able to sit on the edge of a bed	12
Are you able to tie your shoelaces	12
Are you able to run errands and shop?.....	12
Are you able to button your shirt?.....	12
Are you able to wash and dry your body?.....	12
Are you able to get in and out of a car?.....	12

Are you able to move a chair from one room to another?.....	12
Are you able to bend down and pick up clothing from the floor?.....	12
Are you able to climb up five steps?.....	12
Are you able to wash dishes, pots, and utensils by hand while standing at a sink?.....	12
Are you able to make a bed, including spreading and tucking in bed sheets?.....	12
Are you able to carry a shopping bag or briefcase?.....	12
Are you able to take a tub bath?.....	12
Are you able to change the bulb in a table lamp?.....	12
Are you able to press with your index finger (for example ringing a doorbell)?.....	12
Are you able to put on and take off your socks?....	12
Are you able to shave your face or apply makeup?.....	12
Are you able to squeeze a new tube of toothpaste?.....	12
Are you able to cut a piece of paper with scissors?.....	12
Are you able to pick up coins from a table top?.....	12
Are you able to hold a plate full of food?.....	12
Are you able to pour liquid from a bottle into a glass?.....	12
Are you able to run a short distance, such as to catch a bus?	12
Are you able to push open a door after turning the knob?.....	12
Are you able to shampoo your hair?.....	12
Are you able to tie a knot or a bow?.....	12
Are you able to lift 10 pounds (5 kg) above your shoulder?.....	12
Are you able to lift a full cup or glass to your mouth?.....	12
Are you able to open a new milk carton?.....	12
Are you able to open car doors?.....	12
Are you able to stand unsupported for 10 minutes?.....	12
Are you able to remove something from your back pocket?.....	12
Are you able to change a light bulb overhead?.....	12
Are you able to put on a pullover sweater?.....	12
Are you able to turn faucets on and off?.....	12
Are you able to reach and get down a 5 pound (2 kg) object from above your head?	12
Are you able to stand up on tiptoes?.....	12

Are you able to trim your fingernails?.....	12
Are you able to stand unsupported for 30 minutes?.....	12
Are you able to lift one pound (0.5 kg) to shoulder level without bending your elbow?.....	12
Are you able to carry two bags filled with groceries 100 yards (100 m)?	12
Are you able to jump up and down?.....	12
Are you able to run 100 yards (100 m)?.....	12
Are you able to walk up and down two steps?	12
Are you able to reach into a low cupboard?.....	12
Are you able to climb up 5 flights of stairs?.....	12
Are you able to run ten miles (16 km)?	12
Are you able to walk at a normal speed?.....	12
Are you able to stand without losing your balance for several minutes?.....	12
Are you able to kneel on the floor?	12
Are you able to sit down in and stand up from a low, soft couch?	12
Are you able to use your hands, such as for turning faucets, using kitchen gadgets, or sewing?	12
Are you able to sit on and get up from the toilet?	12
Are you able to transfer from a bed to a chair and back?	12
Are you able to be out of bed most of the day?	12
Are you able to water a house plant?	12
Are you able to wipe yourself after using the toilet?	12
Are you able to turn from side to side in bed?	12
Are you able to get in and out of bed?	12
Are you able to walk a block (100 m) on flat ground?	12
Are you able to run five miles (8 km)?	12
Does your health now limit you in doing vigorous activities, such as running, lifting heavy objects, participating in strenuous sports?	12
Does your health now limit you in bending, kneeling, or stooping?	12
Does your health now limit you in doing heavy work around the house like scrubbing floors, or lifting or moving heavy furniture	12
Does your health now limit you in lifting or carrying groceries?	12
Does your health now limit you in bathing or dressing yourself?	12
Does your health now limit you in doing moderate work around the house like vacuuming, sweeping floors or carrying in groceries	12
Does your health now limit you in putting a trash bag outside?	12
Does your health now limit you in taking care of your personal needs (dress, comb hair, toilet, eat, bathe)?	12

Does your health now limit you in doing moderate activities, such as moving a table, pushing a vacuum cleaner, bowling, or playing golf?	12
Does your health now limit you in taking a shower	12
Does your health now limit you in going for a short walk (less than 15 minutes)	12
Does your health now limit you in hiking a couple of miles (3 km) on uneven surfaces, including hills?	12
Does your health now limit you in participating in active sports such as swimming, tennis, or basketball	12
Does your health now limit you in going OUTSIDE the home, for example to shop or visit a doctor's office	12
Does your health now limit you in doing strenuous activities such as backpacking, skiing, playing tennis, bicycling or jogging	12
Does your health now limit you in climbing several flights of stairs	12
Does your health now limit you in doing two hours of physical labor	12
Does your health now limit you in doing eight hours of physical labor	12
Does your health now limit you in walking more than a mile (1.6 km)?	12
Does your health now limit you in climbing one flight of stairs	12
Does your health now limit you in getting in and out of the bathtub	12
Does your health now limit you in walking about the house	12
How much difficulty do you have doing your daily physical activities, because of your health?	12
Have you ever experienced a life-threatening accident	8
Have you ever experienced a life-threatening natural or human-made disaster	8
Have you ever experienced a physical attack (including combat)	8
Have you ever experienced unwanted sexual contact under force or threat of force	8
Have you ever experienced a life threatening illness	8
Energetic for daily life	17
Having enough food or nutrient for daily life	17
Regular exercise	17
Have concentration	17
Enough sleep	17
Satisfied with one's health	17
Over the past two days, one troublesome symptom has been _____	18
I seem to get sick a little easier than other people	20
EMOTIONAL/MENTAL DOMAIN	
How much do you enjoy life?	1

To what extent do you feel our life to be meaningful?	1
How well are you able to concentrate?	1
How satisfied are you with yourself?	1
How often do you have negative feelings such as blue mood, despair, anxiety, depression?	1
How satisfied are you with your personal relationships?	1
How satisfied are you with your sex life?	1
How satisfied are you with the support you get from your friends?	1
How did your parents get along?	2
How was discipline handled?	2
Were you ever treated in a cold, unemotional way?	2
Did you ever feel rejected by someone that you grew up with?	2
Were you ever criticized unfairly or told that you were no good or worthless?	2
Were you ever made to feel ashamed or humiliated?	2
Were you neglected or left to fend for yourself (e.g., left alone, left without food, kept out of the home)?	2
Did you ever witness/experience/learn about a natural disaster?	2
Did you ever witness/experience/learn about a fire or explosion?	2
Did you ever witness/experience/learn about a transportation accident?	2
Did you ever witness/experience/learn about a serious accident at home or work?	2
Did you ever witness/experience/learn about an exposure to a toxic substance?	2
Did you ever witness/experience/learn about a physical assault?	2
Did you ever witness/experience/learn about an assault with a weapon?	2
Did you ever witness/experience/learn about a sexual assault?	2
Did you ever witness/experience/learn about other unwanted or uncomfortable sexual experience?	2
Did you ever witness/experience/learn about combat or experience to a war-zone?	2
Did you ever witness/experience/learn about captivity?	2
Did you ever witness/experience/learn about a life-threatening illness or injury?	2
Did you ever witness/experience/learn about severe human suffering?	2
Did you ever witness/experience/learn about a sudden violent death?	2
Did you ever witness/experience/learn about a sudden accidental death?	2
Did you ever experience a serious injury, harm or death you caused to someone else?	2
Did you ever witness/experience/learn another very stressful event or experience?	2
Did you ever witness/experience/learn about a sudden accidental death?	2
In general, how would you say your quality of life is?	3
In general how would you rate your mental health, including your mood and your ability to think?	3
In general, how would you rate satisfaction with your social activities and relationship?	3
In the past 7 days, how often have you been bothered by emotional problems such as feeling anxious, depressed or irritable?	3

Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?	4
How much do you experience positive feelings in your life?	6
How much do you enjoy life?	6
How positive do you feel about the future?	6
How well are you able to concentrate?	6
How much do you value yourself?	6
How much confidence do you have in yourself?	6
Do you feel inhibited by your looks?	6
Is there any part of your appearance which makes you feel uncomfortable?	6
How worried do you feel?	6
How much do any feelings of sadness or depression interfere with your everyday functioning?	6
How much do any feelings of depression bother you?	6
To what extent do you have difficulty in performing your routine activities?	6
How much are you bothered by any limitations in performing everyday living activities?	6
How alone do you feel in your life?	6
Do you have enough energy for everyday life?	6
Are you able to accept your bodily appearance?	6
How satisfied are you with the quality of your life?	6
In general, how satisfied are you with your life?	6
How satisfied are you with your health?	6
How satisfied are you with the energy that you have?	6
How satisfied are you with your sleep?	6
How satisfied are you with your ability to learn new information?	6
How satisfied are you with your ability to make decisions?	6
How satisfied are you with yourself?	6
How satisfied are you with your abilities?	6
How satisfied are you with the way your body looks?	6
How satisfied are you with your ability to perform your daily living activities?	6
How would you rate your quality of life?	6
How well do you sleep?	6
How would you rate your memory?	6
Do you generally feel content?	6
The following questions are used to assess current subjective distress for any life events	7
I had waves of strong feelings about it.	7
Things I saw or heard suddenly reminded me of it.	7
I thought about it when I didn't mean to.	7
Images related to it popped into my mind.	7
Any reminder brought back emotions related to it.	7

I have difficulty falling asleep because of images or thoughts related to the event.	7
I had bad dreams related to the event.	7
I knew that a lot of unresolved feelings were still there, but I kept them under wraps.	7
I avoided letting myself get emotional when I thought about it or was reminded of it.	7
I wished to banish it from my store of memories.	7
I made an effort to avoid talking about it.	7
My emotions related to it were kind of numb.	7
I felt unrealistic about it, as if it hadn't happened or as if it wasn't real.	7
I stayed away from things or situations that might remind me of it.	7
I didn't let myself have thoughts related to it.	7
I kept wondering why it had to happen to me or to persons near me and not someone else.	7
I used alcohol, drugs, or a lot of activity to help me forget.	7
It seemed to me that I was reacting less than would be expected.	7
I found myself almost waiting for something like that to happen again.	7
I found myself making plans and decisions which were inappropriate in light of the event.	7
People have remarked that I'm overly emotional.	8
I have difficulty expressing my feelings to people I care for.	8
I often feel inhibited around my family.	8
I tend to remain pretty calm even under stress.	8
I usually need a lot of encouragement from others when starting a big job or task.	8
When someone close to me disappoints me, I withdraw from him/her for a time.	8
No matter what happens in my life, I know that I'll never lose my sense of who I am.	8
I tend to distance myself when people get too close to me.	8
I want to live up to my parents' expectations of me.	8
I wish that I weren't so emotional.	8
I usually do not change my behavior simply to please another person.	8
My spouse/partner could not tolerate it if I were to express to him/her my true feelings about some things	8
When my spouse/partner criticizes me, it bothers me for days.	8
At times my feelings get the best of me and I have trouble thinking clearly.	8
When I am having an argument with someone, I can separate my thoughts about the issue from my	8
Feelings about the person.	8
I'm often uncomfortable when people get too close to me.	8
I feel a need for approval from virtually everyone in my life.	8
At times I feel as if I'm riding an emotional roller-coaster.	8
There's no point in getting upset about things I cannot change.	8
I'm concerned about losing my independence in intimate relationships.	8
I'm overly sensitive to criticism	8
I try to live up to my parents' expectations.	8

I'm fairly self-accepting.	8
I often feel that my spouse/partner wants too much from me	8
I often agree with others just to appease them.	8
If I have had an argument with my spouse/partner, I tend to think about it all day.	8
I am able to say "no" to others even when I feel pressured by them.	8
When one of my relationships becomes very intense, I feel the urge to run away from it.	8
Arguments with my parent(s) or sibling(s) can still make me feel awful.	8
If someone is upset with me, I can't seem to let it go easily.	8
I'm less concerned that others approve of me than I am in doing what I think is right.	8
I would never consider turning to any of my family members for emotional support.	8
I often feel unsure when others are not around to help me make a decision.	8
I'm very sensitive to being hurt by others.	8
My self-esteem really depends on how others think of me.	8
When I'm with my spouse/partner, I often feel smothered.	8
When making decisions, I seldom worry about what others will think.	8
I often wonder about the kind of impression I create.	8
When things go wrong, talking about them usually makes it worse.	8
I feel things more intensely than others do.	8
I usually do what I believe is right regardless of what others say.	8
Our relationship might be better if my spouse/partner would give me the space I need.	8
I tend to feel pretty stable under stress.	8
Sometimes I feel sick after arguing with my spouse/partner.	8
I feel it's important to hear my parents' opinions before making decisions.	8
I worry about people close to me getting sick, hurt, or upset.	8
I get excited about new interests	13
I look forward to my life in the future.	13
I can do better things with my life.	13
I can see that new opportunities are available when my first plan does not work out.	13
I am likely to try to change things, when they are in need of changing.	13
I am self-resilient.	13
I can handle difficulties	13
I can accept the way things work out	13
I know that in times of stress I am stronger than I think I am.	13
I feel like I am free to decide for myself how to live my life.	14
I feel pressured in my life.	14
I generally feel free to express my ideas and opinions.	14
In my daily life, I frequently have to do what I am told.	14
People I interact with on a daily basis tend to take my feelings into consideration.	14
I feel like I can pretty much be myself in my daily situations.	14
There is not much opportunity for me to decide for myself how to do things in my daily life.	14

Often, I do not feel very competent	14
I have been able to learn interesting new skills recently.	14
Most days I feel a sense of accomplishment from what I do	14
In my life I do not get much of a chance to show how capable I am.	14
I often do not feel very capable.	14
When people acknowledge their emotions, the emotions will completely take them over.	16
When a person feels really angry, it's virtually impossible to not take the anger out on people or objects nearby.	16
When people are feeling down, they have to wait for a better mood to arrive before they can be productive.	16
When a person has a strong emotional reaction to another person, they will always feel that way about that other person.	16
When feelings of sadness take over, a person can't really do anything but wallow in the misery.	16
It's virtually impossible for people to act opposite to the way they feel	16
Emotions can either be expressed entirely or hidden from others—it isn't possible to share only part of an emotional response.	16
When an emotion comes along, it will continue unless there is a change in the environment.	16
Emotions operate like a floodgate that is either open or closed. In other words, emotions are either "on" or "off"	16
Learning how to alter strong emotions is a worthwhile pursuit.	16
People benefit from learning how to regulate their feelings.	16
People would be better off if they took time to figure out where their emotions come from.	16
Putting forth effort to alter emotional experience is valuable.	16
People would be better off if they spent more time learning how to control their emotions.	16
It is possible, with effort, to alter strong feelings in any situation.	16
People can learn to control/regulate their emotions.	16
When strong emotions are present, they dictate what a person says or does.	16
People are slaves to their emotions.	16
People are ruled by their emotions.	16
Strong emotions will make people do things they wouldn't normally do.	16
Emotions make people lose control.	16
Having hope for the future	17
Over the past two days, I have been depressed:_____	18
Over the past two days, I have been nervous or worried:_____	18
Over the past two days, how much of the time did you feel sad? _____	18
Over the past two days, when I thought of the future, I was:_____	18
Over the past two days, my life has been:_____	18
Over the past two days, when I thought about my whole life, I felt that in achieving life goals I have:_____	18

Over the past two days, when I thought about my life, I felt that my life to this point has been:	18
over the past two days, I have felt that I have:	18
Over the past two days, I feel good about myself as a person?	18
To me, the past two days were:	18
Over the past two days, the world has been	18
In uncertain times, I usually expect the best?	19
It's easy for me to relax?	19
If something can go wrong for me, it will?	19
I hardly ever expect things to go my way?	19
Overall, I expect more good things to happen to me than bad?	19
RELATIONAL DOMAIN	
How well are your sexual needs fulfilled?	6
Are you bothered by any difficulties in your sex life?	6
Do you get the kind of support from others that you need?	6
To what extent can you count on your friends when you need them?	6
How satisfied are you with your personal relationships?	6
How satisfied are you with your sex life?	6
How satisfied are you with the support you get from your family?	6
How satisfied are you with the support you get from your friends?	6
How satisfied are you with your ability to provide for or support others?	6
Do you feel happy about the relationship with your family members?	6
I find that friends or relatives have difficulty talking with me about my health	10
I feel isolated even when I am not alone	10
I feel that people avoid talking to me	10
I feel detached from other people	10
I feel like a stranger to those around me	10
People get the wrong idea about my situation	10
I feel that some of my friends avoid me	10
I feel that some of my family members avoid me	10
I feel left out	10
I feel that people barely know me	10
I feel isolated from others	10
I feel that people are around me but not with me	10
I feel that I am no longer close to anyone.	10
I feel that I am alone in my interests and ideas	10

Do you have someone with whom to have fun?	11
Do you have someone with whom to relax?	11
Do you have someone with whom you can do something enjoyable?	11
Can you find companionship when you want it?	11
Do you have someone to keep you company at home?	11
Do you have someone to go with you to an event?	11
Do you have someone to help you get your mind off things if you need it?	11
Do you have someone you can call when you want to chat?	11
Do you have someone with whom you can celebrate holidays?	11
Do you have someone with whom you can celebrate special occasions?	11
Do you have someone to call if you are bored?	11
Do you get invitations to go out and do things with other people?	11
I have a priority in my life.	8
I have an appreciation for the value of my own life.	8
I appreciate each day	8
I can count on other people for support or help when needed.	13
I have a sense of closeness with others	13
I can express my emotions in times of trouble.	13
I have compassion for others	13
I put effort into my relationships	13
I can trust others.	13
I know I need others.	13
I really like the people I interact with.	14
People I know tell me I am good at what I do.	14
I get along with people I come into contact with.	14
I pretty much keep to myself and don't have a lot of social contacts.	14
I consider the people I regularly interact with to be my friends.	14
People in my life care about me.	14
There are not many people that I am close to.	14
The people I interact with regularly do not seem to like me much.	14
People are generally pretty friendly towards me	14
Being useful for self and others	17
Over the past two days, I have felt supported	18
I enjoy my friends a lot	19
SPIRITUAL DOMAIN	
All questions refer to the last two weeks: (for reference 5)	
To what extent does any connection to a spiritual being help you to get through hard times?	5

To what extent does any connection to a spiritual being help you to tolerate stress?	5
To what extent does any connection to a spiritual being help you to understand others?	5
To what extent does any connection to a spiritual being provide you with comfort/reassurance?	5
To what extent do you find meaning in life?	5
To what extent does taking care of other people provide meaning of life for you?	5
To what extent do you feel your life has a purpose?	5
To what extent do you feel that you are here for a reason?	5
To what extent do you feel inner spiritual strength in difficult times?	5
To what extent does faith contribute to your well-being?	5
To what extent does faith give you comfort in daily life?	5
To what extent does faith give you strength in daily life?	5
To what extent do you feel spiritually touched by beauty?	5
To what extent do you have feelings of inspiration/excitement in your life?	5
To what extent are you grateful for the things in nature that you can enjoy?	5
How hopeful do you feel?	5
To what extent are you hopeful about your life?	5
To what extent are you able to experience awe from your surroundings? (e.g., nature, art, music)	5
To what extent do you feel any connection between your mind, body, and soul?	5
To what extent do you feel the way you live is consistent with what you feel and think?	5
How much do your beliefs help you to create coherence between what you do, think, and feel?	5
How much does spiritual strength help you to live better?	5
To what extent does your spiritual strength help you to feel happy in life?	5
To what extent do you feel peaceful within yourself?	5
To what extent do you have inner peace?	5
How much are you able to feel a sense of harmony in your life?	5
To what extent does being optimistic improve your quality of life?	5
How able are you to remain optimistic in times of uncertainty?	5
To what extent does faith help you to enjoy life?	5
How satisfied are you that you have a balance between mind, body, and soul?	5
How much are you able to feel peaceful when you need to?	5
To what extent do you consider yourself to be a religious person?	5
To what extent do you consider yourself to be part of a religious community?	5
If so, which religious community are you a part of?	5
To what extent do you have spiritual beliefs?	5
To what extent do you have strong personal beliefs?	5
Do your personal beliefs give meaning to your life?	6
To what extent do you feel your life to be meaningful?	6
To what extent do your personal beliefs give you the strength to face difficulties?	6

To what extent do your personal beliefs help you to understand difficulties in life?	6
I am a spiritual person	13
I have a strong religious faith.	13
SOCIO-ECONOMIC DOMAIN	
How safe do you feel in your daily life?	1
How healthy is your physical environment?	1
Have you enough money to meet your needs? *	1
How available to you is the information that you need in your day-to-day life? *	1
To what extent do you have the opportunity for leisure activities? *	1
How satisfied are you with your access to health services? *	1
How satisfied are you with your transport?	1
In most ways, my life is close to my ideal?	3
The conditions of my life are excellent?	3
I am satisfied with my life?	3
So far I have gotten the important things that I want in life?	3
How safe do you feel in your daily life?	6
Do you feel you are living in a safe and secure environment?	6
How much do you worry about your safety and security?	6
How comfortable is the place where you live?	6
Do you have financial difficulties?	6
How much do you worry about money?	6
How healthy is your physical environment?	6
How concerned are you with the noise in the area you live in?	6
To what extent do you have problems with transport?	6
How much do difficulties with transport restrict your life?	6
How easily are you able to get good medical care?	6
How much do you enjoy your free time?	6
To what degree does the quality of your home meet your needs?	6
Have you enough money to meet your needs? *	6
How available to you is the information that you need in your day-to-day life?	6
To what extent do you have opportunities for acquiring the information that you feel you need?	6
To what extent do you have the opportunity for leisure activities? *	6
How much are you able to relax and enjoy yourself?	6
To what extent do you have adequate means of transport?	6
How satisfied are you with your physical safety and security?	6
How satisfied are you with the conditions of your living place?	6

How satisfied are you with your financial situation?	6
How satisfied are you with your access to health services? *	6
How satisfied are you with the social care services?	6
How satisfied are you with your opportunities for acquiring new skills?	6
How satisfied are you with your opportunities to learn new information?	6
How satisfied are you with the way you spend your spare time?	6
How satisfied are you with your physical environment? (pollution, climate, noise, attractiveness)	6
How satisfied are you with the climate of the place where you live?	6
How satisfied are you with your transport?	6
Are you able to work?	6
Do you feel able to carry out your duties?	6
How satisfied are you with your capacity for work?	6
How would you rate your ability to work?	6
I am satisfied with the extent of my social activities outside my home	9
I am satisfied with my current level of family activities	9
I am satisfied with my ability to maintain friendships	9
I am satisfied with how often I go out for entertainment	9
I am satisfied with my ability to socialize with friends	9
I am satisfied with the amount of time I spend doing leisure activities	9
I am satisfied with the amount of time I spend doing leisure activities with others	9
I am satisfied with my ability to do things for my family	9
I am satisfied with how much work I can do (include work at home)	9
I feel good about my ability to do things for my family	9
I am satisfied with my ability to do the work that is really important to me (include work at home)	9
I am satisfied with my current level of social activity	9
I feel like I can make a lot of inputs to deciding how my job gets done.	15
I really like the people I work with.	15
I do not feel very competent when I am at work.	15
People at work tell me I am good at what I do.	15
I feel pressured at work.	15
I get along with people at work.	15
I pretty much keep to myself when I am at work.	15
I am free to express my ideas and opinions on the job.	15
I consider the people I work with to be my friends.	15
I have been able to learn interesting new skills on my job.	15
When I am at work, I have to do what I am told.	15
Most days I feel a sense of accomplishment from working.	15
My feelings are taken into consideration at work.	15
On my job I do not get much of a chance to show how capable I am.	15

People at work care about me.	15
There are not many people at work that I am close to.	15
I feel like I can pretty much be myself at work.	15
The people I work with do not seem to like me much.	15
When I am working I often do not feel very capable.	15
There is not much opportunity for me to decide for myself how to go about my work.	15
People at work are pretty friendly towards me.	15
Satisfied with job	17
able to work	17
satisfied with income	17
satisfied with economic status	17
living in a safe and secure environment	17
Free from being taken advantage of	17
Secure with security and safety system of the community	17
secure with housing situation	17
secure with education system	17
secure with family and community	17
secure with health delivery system	17
comfortable with housing condition	17
satisfied with one's house	17
safety living in one's house	17
Harmony among household members	17
satisfy with family support	17
Willing to participate in community activities	17
Happy to join community activities	17
Good relationship with community members	17
satisfied with educational attainment	17
worries about education	17
equal chance to access education	17
education is important for one's and one's family	17
557 Items	
References	
1. WHOQOL-BREF	
2. DSM-5 PTSD Life Events Checklist (LEC-5)	
3. PROMIS Measures of well-being, physical health and mental health	
4. CDC Healthy Days Items	

5. WHOQOL-SRPB(Spirituality, Religiousness and Personal)	
6. WHOQOL-100 (questions refer to the last two weeks)	
7. Impact of Event Scale (subjective distress for any life events)	
8. DSI-R Bowen Theory	
9. PROMIS Item Bank v2.0 - Satisfaction with Social Roles and Activities	
10. PROMIS Item Bank - Social Isolation	
11. PROMIS Item Bank – Companionship	
12. PROMIS Item Bank - Physical Function	
13. Quality of Life Inventory, Matt Walsh, 2009	
14. Basic Psychological needs Scale The Basic Need Satisfaction - General	
15. Basic need Satisfaction at Work	
16. ERBS - emotion and Regulation Beliefs Scale	
17. UPQOL - Urban poor QOL	
18. McGill Quality of Life Questionnaire	
19. Revised Life Orientation Test (LOT-R) Optimism indicators	
20. Medical Outcomes Study: 36 item Short Form Survey Instrument	

APPENDIX D

WRSC_I		
Name:	ID Number:	
Address:		
Phone number:		
Gender:		
Race:		
Age:		
Marital Status:		
How many children do you have?	List ages	
How many children live with you?		
How many people do you currently live with?		
Do you have health insurance?		
PHYSICAL DOMAIN		Referenc e number
Subdomain: Pain		
To what extent do you feel that physical pain prevents you from doing what you need to do?		1
How much do you need any medical treatment to function in your daily life?		1
Do you worry about pain or discomfort?		6
How difficult is it for you to handle any pain or discomfort?		6
How often do you suffer physical pain?		6
Subdomain: Fatigue/Tired		
Do you have enough energy for everyday life?		1
In the last 7 days, how would you rate your fatigue on average?		3
How easily do you get tired?		6
How much are you bothered by fatigue?		6
Energetic for daily life		17
Subdomain: Medications		
How much do you need any medication to function in your daily life?		6
To what extent does your quality of life depend on the use of medical substances or medical aids?		6
How dependent are you on medications?		6
Subdomain: Sleep		
How satisfied are you with your sleep?		1
Do you have any difficulties with sleeping?		6
How much do sleep problems worry you?		6
Subdomain: Mobility		
How many times a week do you exercise?		FOCUS
How well are you able to get around?		1

How much do difficulties in mobility bother you?	6
To what extent do any difficulties in movement affect your way of life?	6
How satisfied are you with your ability to move around?	6
Are you able to stand for one hour?	12
Are you able to do chores such as vacuuming or yard work?	12
Are you able to push open a heavy door?.....	12
Are you able to exercise for an hour?.....	12
Are you able to carry a heavy object (over 10 pounds/5 kg)?	12
Are you able to stand up from an armless straight chair?	12
Are you able to reach into a high cupboard?.....	12
Are you able to use a hammer to pound a nail?.....	12
Are you able to run or jog for two miles (3km)?...	12
Are you able to go up and down stairs at a normal pace?.....	12
Are you able to go for a walk of at least 15 minutes?.....	12
Are you able to do yard work like raking leaves, weeding, or pushing a lawn mower?	12
Are you able to open a can with a hand can opener?.....	12
Are you able to pull heavy objects (10 pounds/ 5kg) towards yourself?	12
Are you able to step up and down curbs?.....	12
Are you able to get up from the floor from lying on your back without help?	12
Are you able to stand with your knees straight?.....	12
Are you able to squat and get up?.....	12
Are you able to carry a laundry basket up a flight of stairs?.....	12
Are you able to get out of bed into a chair?.....	12
Are you able to run errands and shop?.....	12
Are you able to move a chair from one room to another?.....	12
Are you able to bend down and pick up clothing from the floor?.....	12
Are you able to climb up five steps?.....	12
Are you able to run a short distance, such as to catch a bus?	12
Are you able to lift 10 pounds (5 kg) above your shoulder?.....	12
Are you able to reach and get down a 5 pound (2 kg) object from above your head?	12
Are you able to stand up on tiptoes?.....	12
Are you able to stand unsupported for 30 minutes?.....	12
Are you able to lift one pound (0.5 kg) to shoulder level without bending your elbow?.....	12
Are you able to carry two bags filled with groceries 100 yards (100 m)?	12
Are you able to jump up and down?.....	12
Are you able to run 100 yards (100 m)?.....	12
Are you able to walk up and down two steps?	12
Are you able to reach into a low cupboard?.....	12
Are you able to climb up 5 flights of stairs?.....	12
Are you able to run ten miles (16 km)?	12
Are you able to walk at a normal speed?.....	12
Are you able to stand without losing your balance for several minutes?.....	12
Are you able to kneel on the floor?.....	12
Are you able to sit down in and stand up from a low, soft couch?.....	12
Are you able to walk a block (100 m) on flat ground?.....	12
Are you able to run five miles (8 km)?	12
Does your health now limit you in doing vigorous activities, such as running, lifting heavy objects, participating in strenuous sports?.....	12
Does your health now limit you in bending, kneeling, or stooping?	12

Does your health now limit you in doing heavy work around the house like scrubbing floors, or lifting or moving heavy furniture?	12
Does your health now limit you in lifting or carrying groceries?	12
Does your health now limit you in bathing or dressing yourself?.....	12
Does your health now limit you in doing moderate work around the house like vacuuming, sweeping floors or carrying in groceries?	12
Does your health now limit you in putting a trash bag outside?.....	12
Does your health now limit you in taking care of your personal needs (dress, comb hair, toilet, eat, bathe)?	12
Does your health now limit you in doing moderate activities, such as moving a table, pushing a vacuum cleaner, bowling, or playing golf?	12
Does your health now limit you in taking a shower?.....	12
Does your health now limit you in going for a short walk (less than 15 minutes)?.....	12
Does your health now limit you in hiking a couple of miles (3 km) on uneven surfaces, including hills?	12
Does your health now limit you in participating in active sports such as swimming, tennis, or basketball?.....	12
Does your health now limit you in going OUTSIDE the home, for example to shop or visit a doctor's office?.....	12
Does your health now limit you in doing strenuous activities such as backpacking, skiing, playing tennis, bicycling or jogging?.....	12
Does your health now limit you in climbing several flights of stairs?.....	12
Does your health now limit you in doing two hours of physical labor?.....	12
Does your health now limit you in doing eight hours of physical labor?.....	12
Does your health now limit you in walking more than a mile (1.6 km)?	12
Does your health now limit you in climbing one flight of stairs	12
Are you able to exercise hard for half an hour?	12
Subdomin: Activities of Daily Living (ADL's)	
Do you require assistance with any of the following activities of daily living? (select all that apply)	FOCUS
Bathing	
Dressing	
Getting to the bathroom	
Walking	
Meal preparation	
household chores	
medication administration	
managing money	
I do not require assistance	
<input type="checkbox"/>	
<div> <div> 10 </div> <div> what extent are you able to carry out your everyday physical activities such as walking, climbing stairs, carrying groceries, or moving a chair? </div> </div>	
How satisfied are you with your ability to perform your daily living activities?	1
Are you able to dress yourself, including tying shoelaces and buttoning up your clothes?	12
Are you able to cut your food using eating utensils?.....	12
Are you able to open previously opened jars?.....	12
Are you able to wash your back?.....	12
Are you able to open and close a zipper?.....	12
Are you able to put on and take off a coat or jacket?.....	12
Are you able to stand for short periods of time?.....	12

Are you able to dry your back with a towel?.....	12
Are you able to turn a key in a lock?.....	12
Are you able to write with a pen or pencil?.....	12
Are you able to put on a shirt or blouse?.....	12
Are you able to button your shirt?.....	12
Are you able to wash and dry your body?.....	12
Are you able to get in and out of a car?.....	12
Are you able to pull on trousers?.....	12
Are you able to peel fruit?.....	12
Are you able to bend or twist your back?.....	12
Are you able to brush your teeth?.....	12
Are you able to sit on the edge of a bed?.....	12
Are you able to tie your shoelaces?.....	12
Are you able to wash dishes, pots, and utensils by hand while standing at a sink?.....	12
Are you able to make a bed, including spreading and tucking in bed sheets?.....	12
Are you able to carry a shopping bag or briefcase?.....	12
Are you able to take a tub bath?.....	12
Are you able to change the bulb in a table lamp?.....	12
Are you able to press with your index finger (for example ringing a doorbell)?.....	12
Are you able to put on and take off your socks?	12
Are you able to shave your face or apply makeup?.....	12
Are you able to squeeze a new tube of toothpaste?.....	12
Are you able to cut a piece of paper with scissors?.....	12
Are you able to pick up coins from a table top?.....	12
Are you able to hold a plate full of food?.....	12
Are you able to pour liquid from a bottle into a glass?.....	12
Are you able to push open a door after turning the knob?.....	12
Are you able to shampoo your hair?.....	12
Are you able to tie a knot or a bow?.....	12
Are you able to lift a full cup or glass to your mouth?.....	12
Are you able to open a new milk carton?.....	12
Are you able to open car doors?.....	12
Are you able to stand unsupported for 10 minutes?.....	12
Are you able to remove something from your back pocket?.....	12
Are you able to change a light bulb overhead?.....	12
Are you able to put on a pullover sweater?.....	12
Are you able to use your hands, such as for turning faucets, using kitchen gadgets, or sewing?.....	12
Are you able to sit on and get up from the toilet?.....	12
Are you able to transfer from a bed to a chair and back?.....	12
Are you able to be out of bed most of the day?.....	12
Are you able to water a house plant?.....	12
Are you able to wipe yourself after using the toilet?.....	12
Are you able to turn from side to side in bed?.....	12
Are you able to get in and out of bed?.....	12
Does your health now limit you in getting in and out of the bathtub?.....	12
Does your health now limit you in walking about the house?.....	12
How much difficulty do you have doing your daily physical activities, because of your health?.....	12

Are you able to trim your fingernails?.....	12
Subdomain: Health	
How long has it been since your most recent visit to a health care provider?	FOCUS
In general, would you say your health is?	3
In general, how would you rate your physical health?	3
Now thinking about your physical health, which includes physical illness and injuries, for how many days during the past 30 days was your physical health not good?	4
How much do you need any medical treatment to function in your daily life?	6
Have you ever experienced a life-threatening accident _____	8
Have you ever experienced a life-threatening natural or human-made disaster _____	8
Have you ever experienced a physical attack (including combat) _____	8
Have you ever experienced unwanted sexual contact under force or threat of force _____	8
Have you ever experienced a life threatening illness _____	8
Over the past two days, one troublesome symptom has been _____	18
I seem to get sick a little easier than other people	20
Regular exercise	17
Have concentration	17
Enough sleep	17
Satisfied with one's health	17
Subdomain: Drug/Alcohol Abuse	
Do you smoke cigarettes, cigars, or pipes?	FOCUS
About how many cigarettes do you smoke in a day?	FOCUS
At what age did you start smoking?	FOCUS
Do you drink alcohol?	FOCUS
What type of alcoholic beverage(s) do you consume?	FOCUS
How many drinks do you consume in a week?	FOCUS
How many years have you been drinking alcoholic beverages?	FOCUS
Do you use any recreational drugs, drugs prescribed for someone else, or prescription drugs for purposes other than their intended use?	FOCUS
Have you ever used IV drugs?	FOCUS
Do you have a desire to quit?	FOCUS
Have you ever been in a drug or alcohol rehab program?	FOCUS
Subdomain: Food	
Having enough food or nutrient for daily life	17
How many servings of fruits and vegetables do you eat a day?	FOCUS
EMOTIONAL/MENTAL DOMAIN	
Subdomain: Positive Reactions	
How much do you experience positive feelings in your life?	6
How much do you enjoy life?	6
How positive do you feel about the future?	6
How well are you able to concentrate?	6
How much do you value yourself?	6
How much confidence do you have in yourself?	6
How satisfied are you with the quality of your life?	6
In general, how satisfied are you with your life?	6
How satisfied are you with your health?	6

How satisfied are you with the energy that you have?	6
How satisfied are you with your sleep?	6
How satisfied are you with your ability to learn new information?	6
How satisfied are you with your ability to make decisions?	6
How satisfied are you with yourself?	6
How satisfied are you with your abilities?	6
How satisfied are you with the way your body looks?	6
How satisfied are you with your ability to perform your daily living activities?	6
How would you rate your quality of life?	6
How well do you sleep?	6
How would you rate your memory?	6
Do you generally feel content?	6
No matter what happens in my life, I know that I'll never lose my sense of who I am.	8
I usually do what I believe is right regardless of what others say.	8
I tend to feel pretty stable under stress.	8
I get excited about new interests	13
I look forward to my life in the future.	13
I can do better things with my life.	13
I can see that new opportunities are available when my first plan does not work out.	13
I am likely to try to change things, when they are in need of changing.	13
I am self-resilient.	13
I can handle difficulties	13
I can accept the way things work out	13
I know that in times of stress I am stronger than I think I am.	13
I feel like I am free to decide for myself how to live my life.	14
I generally feel free to express my ideas and opinions.	14
I have been able to learn interesting new skills recently.	14
Most days I feel a sense of accomplishment from what I do	14
Learning how to alter strong emotions is a worthwhile pursuit.	16
People benefit from learning how to regulate their feelings.	16
People would be better off if they took time to figure out where their emotions come from.	16
Putting forth effort to alter emotional experience is valuable.	16
People would be better off if they spent more time learning how to control their emotions.	16
It is possible, with effort, to alter strong feelings in any situation.	16
People can learn to control/regulate their emotions.	16
Having hope for the future	17
In uncertain times, I usually expect the best?	19
It's easy for me to relax?	19
Overall, I expect more good things to happen to me than bad?	19
In most ways, my life is close to my ideal?	3
The conditions of my life are excellent?	3
I am satisfied with my life?	3
So far I have gotten the important things that I want in life?	3
Subdomain: Negative Reactions	
How often do you have negative feelings such as blue mood, despair, anxiety, depression?	1
In the past 7 days, how often have you been bothered by emotional problems such as feeling anxious, depressed or irritable?	3
Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?	4

How much do you enjoy life?	1
To what extent do you feel our life to be meaningful?	1
How satisfied are you with yourself?	1
In general, how would you say your quality of life is?	3
In general, how would you rate your mental health, including your mood and your ability to think?	3
do you feel inhibited by your looks?	6
Is there any part of your appearance which makes you feel uncomfortable?	6
How worried do you feel?	6
How much do any feelings of sadness or depression interfere with your everyday functioning?	6
How much do any feelings of depression bother you?	6
to what extent do you have difficulty in performing your routine activities?	6
How much are you bothered by any limitations in performing everyday living activities?	6
How alone do you feel in your life?	6
Do you have enough energy for everyday life?	6
Are you able to accept your bodily appearance?	6
People have remarked that I'm overly emotional.	8
I tend to remain pretty calm even under stress.	8
I usually need a lot of encouragement from others when starting a big job or task.	8
When someone close to me disappoints me, I withdraw from him/her for a time.	8
I wish that I weren't so emotional.	8
At times my feelings get the best of me and I have trouble thinking clearly.	8
At times I feel as if I'm riding an emotional roller-coaster.	8
There's no point in getting upset about things I cannot change.	8
I'm overly sensitive to criticism	8
I'm fairly self-accepting.	8
When things go wrong, talking about them usually makes it worse.	8
I feel things more intensely than others do.	8
I feel pressured in my life.	14
In my daily life, I frequently have to do what I am told.	14
People I interact with on a daily basis tend to take my feelings into consideration.	14
I feel like I can pretty much be myself in my daily situations.	14
There is not much opportunity for me to decide for myself how to do things in my daily life.	14
Often, I do not feel very competent	14
In my life I do not get much of a chance to show how capable I am.	14
I often do not feel very capable.	14
When people acknowledge their emotions, the emotions will completely take them over.	16
When a person feels really angry, it's virtually impossible to not take the anger out on people or objects nearby.	16
When people are feeling down, they have to wait for a better mood to arrive before they can be productive.	16
When a person has a strong emotional reaction to another person, they will always feel that way about that other person.	16
When feelings of sadness take over, a person can't really do anything but wallow in the misery.	16
It's virtually impossible for people to act opposite to the way they feel	16
Emotions can either be expressed entirely or hidden from others—it isn't possible to share only part of an emotional response.	16
When an emotion comes along, it will continue unless there is a change in the environment.	16
Emotions operate like a floodgate that is either open or closed. In other words, emotions are either "on" or "off"	16
When strong emotions are present, they dictate what a person says or does.	16
People are slaves to their emotions.	16
People are ruled by their emotions.	16
Strong emotions will make people do things they wouldn't normally do.	16

Emotions make people lose control.	16
Over the past two days, I have been depressed: _____	18
Over the past two days, I have been nervous or worried: _____	18
Over the past two days, how much of the time did you feel sad? _____	18
Over the past two days, when I thought of the future, I was: _____	18
Over the past two days, my life has been: _____	18
Over the past two days, when I thought about my whole life, I felt that in achieving life goals I have: made no progress----progressed	18
Over the past two days, when I thought about my life, I felt that my life to this point has been: completely worthless-----very worthwhile	18
over the past two days, I have felt that I have: no control over my life---complete control	18
Over the past two days, I feel good about myself as a person? disagree-----agree	18
To me, the past two days were: a burden-----a gift	18
Over the past two days, the world has been: an impersonal unfeeling place-----caring and responsive	18
If something can go wrong for me, it will?	19
I hardly ever expect things to go my way?	19
Subdomain: Sex Life	
How satisfied are you with your sex life?	1
How well are your sexual needs fulfilled?	6
Are you bothered by any difficulties in your sex life?	6
Subdomain: Concentration	
How well are you able to concentrate?	1
Subdomain: Personal Relationships	
How satisfied are you with your personal relationships?	1
How satisfied are you with the support you get from your friends?	1
How did your parents get along?	2
How was discipline handled?	2
Were you ever treated in a cold, unemotional way?	2
Did you ever feel rejected by someone that you grew up with?	2
Were you ever criticized unfairly or told that you were no good or worthless?	2
Were you ever made to feel ashamed or humiliated?	2
Were you neglected or left to fend for yourself (e.g., left alone, left without food, kept out of the home)?	2
In general, how would you rate satisfaction with your social activities and relationship?	3
I have difficulty expressing my feelings to people I care for.	8
I often feel inhibited around my family.	8
I tend to distance myself when people get too close to me.	8
I want to live up to my parents' expectations of me.	8
I usually do not change my behavior simply to please another person.	8
My spouse/partner could not tolerate it if I were to express to him/her my true feelings about some things.	8
When my spouse/partner criticizes me, it bothers me for days.	8
When I am having an argument with someone, I can separate my thoughts about the issue from my feelings about the person.	8
I'm often uncomfortable when people get too close to me.	8
I feel a need for approval from virtually everyone in my life.	8
I'm concerned about losing my independence in intimate relationships.	8
I try to live up to my parents' expectations.	8

I often feel that my spouse/partner wants too much from me	8
I often agree with others just to appease them.	8
If I have had an argument with my spouse/partner, I tend to think about it all day.	8
I am able to say "no" to others even when I feel pressured by them.	8
When one of my relationships becomes very intense, I feel the urge to run away from it.	8
Arguments with my parent(s) or sibling(s) can still make me feel awful.	8
If someone is upset with me, I can't seem to let it go easily.	8
I'm less concerned that others approve of me than I am in doing what I think is right.	8
I would never consider turning to any of my family members for emotional support.	8
I often feel unsure when others are not around to help me make a decision.	8
I'm very sensitive to being hurt by others.	8
My self-esteem really depends on how others think of me.	8
When I'm with my spouse/partner, I often feel smothered.	8
When making decisions, I seldom worry about what others will think.	8
I often wonder about the kind of impression I create.	8
Our relationship might be better if my spouse/partner would give me the space I need.	8
Sometimes I feel sick after arguing with my spouse/partner.	8
I feel it's important to hear my parents' opinions before making decisions.	8
I worry about people close to me getting sick, hurt, or upset.	8
Subdomain: Traumatic Event-- ACE Questionnaire	
1. Did a parent or other adult in the household often or very often... Swear at you, insult you, put you down, or humiliate you? or Act in a way that made you afraid that you might be physically hurt? No___If Yes, enter 1 ___	
2. Did a parent or other adult in the household often or very often... Push, grab, slap, or throw something at you? or Ever hit you so hard that you had marks or were injured? No___If Yes, enter 1 _	
3. Did an adult or person at least 5 years older than you ever... Touch or fondle you or have you touch their body in a sexual way? or Attempt or actually have oral, anal, or vaginal intercourse with you? No___If Yes, enter 1 ___	
4. Did you often or very often feel that ... No one in your family loved you or thought you were important or special? or Your family didn't look out for each other, feel close to each other, or support each other? No___If Yes, enter 1 ___	
5. Did you often or very often feel that ... You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you? or Your parents were too drunk or high to take care of you or take you to the doctor if you needed it? No___If Yes, enter 1 ___	
6. Was a biological parent ever lost to you through divorce, abandonment, or other reason? No___If Yes, enter 1 _	
7. Was your mother or stepmother: Often or very often pushed, grabbed, slapped, or had something thrown at her? or Sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard? or Ever repeatedly hit over at least a few minutes or threatened with a gun or knife? No___If Yes, enter 1 ___	
8. Did you live with anyone who was a problem drinker or alcoholic, or who used street drugs?	

No ____ If Yes, enter 1 ____	
9. Was a household member depressed or mentally ill, or did a household member attempt suicide? No ____ If Yes, enter 1 ____	
10. Did a household member go to prison? No ____ If Yes, enter 1 ____	
Now add up your "Yes" answers: ____ This is your ACE Score	
Subdomain: Resilience Questionnaire	
Please circle the most accurate answer under each statement:	
1. I believe that my mother loved me when I was little.	
Definitely true Probably true Not sure Probably Not True Definitely Not True	
2. I believe that my father loved me when I was little.	
Definitely true Probably true Not sure Probably Not True Definitely Not True	
3. When I was little, other people helped my mother and father take care of me and they seemed to love me.	
Definitely true Probably true Not sure Probably Not True Definitely Not True	
4. I've heard that when I was an infant someone in my family enjoyed playing with me, and I enjoyed it, too.	
Definitely true Probably true Not sure Probably Not True Definitely Not True	
5. When I was a child, there were relatives in my family who made me feel better if I was sad or worried.	
Definitely true Probably true Not sure Probably Not True Definitely Not True	
6. When I was a child, neighbors or my friends' parents seemed to like me.	
Definitely true Probably true Not sure Probably Not True Definitely Not True	
7. When I was a child, teachers, coaches, youth leaders or ministers were there to help me.	
Definitely true Probably true Not sure Probably Not True Definitely Not True	
8. Someone in my family cared about how I was doing in school.	
Definitely true Probably true Not sure Probably Not True Definitely Not True	
9. My family, neighbors and friends talked often about making our lives better.	
Definitely true Probably true Not sure Probably Not True Definitely Not True	
10. We had rules in our house and were expected to keep them.	
Definitely true Probably true Not sure Probably Not True Definitely Not True	
11. When I felt really bad, I could almost always find someone I trusted to talk to.	
Definitely true Probably true Not sure Probably Not True Definitely Not True	
12. As a youth, people noticed that I was capable and could get things done.	
Definitely true Probably true Not sure Probably Not True Definitely Not True	
13. I was independent and a go-getter.	
Definitely true Probably true Not sure Probably Not True Definitely Not True	
14. I believed that life is what you make it.	
Definitely true Probably true Not sure Probably Not True Definitely Not True	
How many of these 14 protective factors did I have as a child and youth? (How many of the 14 were circled "Definitely True" or "Probably True"?) _____	
Of these circled, how many are still true for me? _____	
Subdomain: Traumatic Event (original questions)	
Did you ever witness/experience/learn about a natural disaster?	2
Did you ever witness/experience/learn about a fire or explosion?	2

Do you have someone to keep you company at home?	11
Do you have someone to go with you to an event?	11
Do you have someone to help you get your mind off things if you need it?	11
Do you have someone you can call when you want to chat?	11
Do you have someone with whom you can celebrate holidays?	11
Do you have someone with whom you can celebrate special occasions?	11
Do you have someone to call if you are bored?	11
Do you get invitations to go out and do things with other people?	11
I have a priority in my life.	8
I have an appreciation for the value of my own life.	8
I appreciate each day	8
I can count on other people for support or help when needed.	13
I have a sense of closeness with others	13
I can express my emotions in times of trouble.	13
I have compassion for others	13
I put effort into my relationships	13
I can trust others.	13
I know I need others.	13
I really like the people I interact with.	14
People I know tell me I am good at what I do.	14
I get along with people I come into contact with.	14
I consider the people I regularly interact with to be my friends.	14
People in my life care about me.	14
People are generally pretty friendly towards me	14
Being useful for self and others	17
I enjoy my friends a lot	19
Subdomain: Negative Relationships	
I find that friends or relatives have difficulty talking with me about my health	10
I feel isolated even when I am not alone	10
I feel that people avoid talking to me	10
I feel detached from other people	10
I feel like a stranger to those around me	10
People get the wrong idea about my situation	10
I feel left out	10
I feel that people barely know me	10
I feel isolated from others	10
I feel that people are around me but not with me	10
I feel that I am no longer close to anyone.	10
I feel that I am alone in my interests and ideas ..	10
I pretty much keep to myself and don't have a lot of social contacts.	14
There are not many people that I am close to.	14
The people I interact with regularly do not seem to like me much.	14
Subdomain: Support	
Do you have a support system?	FOCUS
Do you get the kind of support from others that you need?	6
To what extent can you count on your friends when you need them?	6
How satisfied are you with your ability to provide for or support others?	6

Over the past two days, I have felt supported? not at all-----completely	18
Subdomain: Family	
How satisfied are you with the support you get from your family?	6
Do you feel happy about the relationship with your family members?	6
I feel that some of my family members avoid me	10
I am satisfied with my current level of family activities	9
I am satisfied with my ability to do things for my family	9
I feel good about my ability to do things for my family	9
Subdomain: Friends	
How satisfied are you with the support you get from your friends?	6
I feel that some of my friends avoid me	10
I am satisfied with my ability to maintain friendships	9
SPIRITUAL DOMAIN	
Do you practice any kind of spirituality or religion?	FOCUS
What church, if any, do you attend?	FOCUS
Do you attend church on a regular basis?	FOCUS
Would you like to speak to a spiritual adviser from our clinic?	FOCUS
All questions refer to the last two weeks: (for reference 5)	
To what extent does any connection to a spiritual being help you to get through hard times?	5
To what extent does any connection to a spiritual being help you to tolerate stress?	5
To what extent does any connection to a spiritual being help you to understand others?	5
To what extent does any connection to a spiritual being provide you with comfort/reassurance?	5
To what extent do you find meaning in life?	5
To what extent does taking care of other people provide meaning of life for you?	5
To what extent do you feel your life has a purpose?	5
To what extent do you feel that you are here for a reason?	5
To what extent do you feel inner spiritual strength in difficult times?	5
To what extent does faith contribute to your well-being?	5
To what extent does faith give you comfort in daily life?	5
To what extent does faith give you strength in daily life?	5
To what extent do you feel spiritually touched by beauty?	5
To what extent do you have feelings of inspiration/excitement in your life?	5
To what extent are you grateful for the things in nature that you can enjoy?	5
How hopeful do you feel?	5
To what extent are you hopeful about your life?	5
To what extent are you able to experience awe from your surroundings? (e.g., nature, art, music)	5
To what extent do you feel any connection between your mind, body, and soul?	5
To what extent do you feel the way you live is consistent with what you feel and think?	5
How much do your beliefs help you to create coherence between what you do, think, and feel?	5
How much does spiritual strength help you to live better?	5
To what extent does your spiritual strength help you to feel happy in life?	5
To what extent do you feel peaceful within yourself?	5
To what extent do you have inner peace?	5
How much are you able to feel a sense of harmony in your life?	5
To what extent does being optimistic improve your quality of life?	5

How able are you to remain optimistic in times of uncertainty?	5
To what extent does faith help you to enjoy life?	5
How satisfied are you that you have a balance between mind, body, soul?	5
How much are you able to feel peaceful when you need to?	5
To what extent do you consider yourself to be a religious person?	5
To what extent do you consider yourself to be part of a religious community?	5
If so, which religious community are you a part of?	5
To what extent do you have spiritual beliefs?	5
To what extent do you have strong personal beliefs?	5
Do your personal beliefs give meaning to your life?	6
To what extent do you feel your life to be meaningful?	6
To what extent do your personal beliefs give you the strength to face difficulties?	6
To what extent do your personal beliefs help you to understand difficulties in life?	6
I am a spiritual person	13
I have a strong religious faith.	13
SOCIO-ECONOMIC DOMAIN	
Subdomain: Ability to obtain Information	
How available to you is the information that you need in your day-to-day life? *	1
How available to you is the information that you need in your day-to-day life? *	6
To what extent do you have opportunities for acquiring the information that you feel you need?	6
How satisfied are you with your opportunities to learn new information?	6
Subdomain: Inquiring New Skills	
How satisfied are you with your opportunities for acquiring new skills?	6
Subdomain: Safety	
How safe do you feel in your daily life?	1
How safe do you feel in your daily life?	6
Do you feel you are living in a safe and secure environment?	6
How much do you worry about your safety and security?	6
How satisfied are you with your physical safety and security?	6
living in a safe and secure environment	17
Free from being taken advantage of	17
Secure with security and safety system of the community	17
secure with housing situation	17
Subdomain: Environment	
How healthy is your physical environment?	1
How concerned are you with the noise in the area you live in?	6
How satisfied are you with your physical environment? (pollution, climate, noise, attractiveness)	6
Subdomain: Financial	
Are you currently receiving any assistance from any government or state program(s)?	FOCUS
If so, please list all assistance received: _____	
Have you enough money to meet your needs? *	1
Do you have financial difficulties?	6
How much do you worry about money?	6

How satisfied are you with your financial situation?	6
satisfied with income	17
satisfied with economic status	17
Subdomain: Transportation	
Do you have a driver's license?	FOCUS
What method of transportation do you use?	FOCUS
How satisfied are you with your transport?	1
To what extent do you have problems with transport?	6
how much do difficulties with transport restrict your life?	6
To what extent do you have adequate means of transport?	6
Subdomain: Home/Living place	
Are you homeless?	FOCUS
Do you feel safe at home?	FOCUS
How comfortable is the place where you live?	6
To what degree does the quality of your home meet your needs?	6
How satisfied are you with the conditions of your living place?	6
How satisfied are you with the climate of the place where you live?	6
comfortable with housing condition	17
satisfied with one's house	17
safety living in one's house	17
Harmony among household members	17
satisfy with family support	17
Subdomain: Access to Health Services	
How satisfied are you with your access to health services?	1
How easily are you able to get good medical care?	6
secure with health delivery system	17
Subdomain: Leisure Activities/Free Time	
To what extent do you have the opportunity for leisure activities? *	1
How much do you enjoy your free time?	6
How much are you able to relax and enjoy yourself?	6
How satisfied are you with the way you spend your spare time?	6
I am satisfied with the extent of my social activities outside my home	9
I am satisfied with how often I go out for entertainment	9
I am satisfied with my ability to socialize with friends	9
I am satisfied with the amount of time I spend doing leisure activities	9
I am satisfied with the amount of time I spend doing leisure activities with others	9
I am satisfied with my current level of social activity	9
Subdomain: Social Services	
How satisfied are you with the social care services?	6
Do you need to see the Human Services Coordinator for any non-medical issue?	FOCUS
If so, what service do you need assistance with?	FOCUS
Subdomain: Work	
Are you employed?	FOCUS
Have you served in the Armed Forces?	FOCUS

Are you able to work?	6
Do you feel able to carry out your duties?	6
How satisfied are you with your capacity for work?	6
How would you rate your ability to work?	6
I am satisfied with my ability to do the work that is really important to me (include work at home)	9
I feel like I can make a lot of inputs to deciding how my job gets done.	15
I really like the people I work with.	15
I do not feel very competent when I am at work.	15
People at work tell me I am good at what I do.	15
I feel pressured at work.	15
I get along with people at work.	15
I pretty much keep to myself when I am at work.	15
I am free to express my ideas and opinions on the job.	15
I consider the people I work with to be my friends.	15
I am satisfied with how much work I can do (include work at home)	9
I have been able to learn interesting new skills on my job.	15
When I am at work, I have to do what I am told.	15
Most days I feel a sense of accomplishment from working.	15
My feelings are taken into consideration at work.	15
On my job I do not get much of a chance to show how capable I am.	15
People at work care about me.	15
There are not many people at work that I am close to.	15
I feel like I can pretty much be myself at work.	15
The people I work with do not seem to like me much.	15
When I am working I often do not feel very capable.	15
There is not much opportunity for me to decide for myself how to go about my work.	15
People at work are pretty friendly towards me.	15
Satisfied with job	17
able to work	17
Subdomain: Education	
Did you graduate from high school?	FOCUS
If you did not graduate from high school, do you have your GED?	FOCUS
If not, what is the highest grade completed?	FOCUS
Have you received any other educational training?	FOCUS
If yes, when and where?	FOCUS
Are you employed?	FOCUS
Do you need help gaining employment?	FOCUS
If yes, what area of the City are you willing to work?	FOCUS
Please list referrals?	FOCUS
Do you have a resume?	FOCUS
If yes, may we have a copy to enter into our computer?	FOCUS
Please tell us what areas of employment are you interested in?	FOCUS
What areas are you not willing to work in?	FOCUS
Do you have any employment restrictions?	FOCUS
Please list current job leads?	FOCUS
secure with education system	17
satisfied with educational attainment	17

worries about education	17
equal chance to access education	17
education is important for one's and one's family	17
Subdomain: Community	
secure with family and community	17
Willing to participate in community activities	17
Happy to join community activities	17
Good relationship with community members	
Subdomain: Jail	FOCUS
Have you ever been arrested or jailed?	FOCUS
If so, please list offenses and dates?	FOCUS
Are you on probation currently?	FOCUS
If so, when did it start? _____ When does it end? _____	FOCUS
Who is your probation officer?	FOCUS
What is their address and phone number?	FOCUS
Do you believe you are receiving the most help that they can provide?	FOCUS
Do you have any legal restrictions to working?	FOCUS
Do you have any time deadlines for employment?	FOCUS
References	
1. WHOQOL-BREF	
2. DSM-5 PTSD Life Events Checklist (LEC-5)	
3. PROMIS Measures of well-being, physical health and mental health	
4. CDC Healthy Days Items	
5. WHOQOL-SRPB (Spirituality, Religiousness and Personal)	
6. WHOQOL-100 (questions refer to the last two weeks)	
7. Impact of Event Scale (subjective distress for any life events)	
8. DSI-R Bowen Theory	
9. PROMIS Item Bank v2.0 - Satisfaction with Social Roles and Activities	
10. PROMIS Item Bank - Social Isolation	
11. PROMIS Item Bank - Companionship	
12. PROMIS Item Bank - Physical Function	
13. Quality of Life Inventory, Matt Walsh, 2009	
14. Basic Psychological Needs Scale (the Basic Need Satisfaction) - General	
15. Basic need Satisfaction at Work	
16. ERBS - emotion and Regulation Beliefs Scale	
17. UPQOL - Urban poor QOL	
18. McGill Quality of Life Questionnaire	
19. Revised Life Orientation Test (LOT-R) Optimism indicators	
20. Medical Outcomes Study: 36 item Short Form Survey Instrument	
21. FOCUS Survey Questions	

APPENDIX E

[illegible]

How often do you suffer physical pain?	0. 5	4	3	4	4
Subdomain: Fatigue/Tired					
Do you have enough energy for everyday life?	0. 5	4	2	4	4
In the last 7 days, how would you rate your fatigue on average?	0	1	2	4	4
How easily do you get tired?	0	1	2	4	4
How much are you bothered by fatigue?	0. 5	1	4	4	4
Energetic for daily life	0	1	1	4	4
Subdomain: Medications					
How much do you need any medication to function in your daily life?	1	4	4	4	4
To what extent does your quality of life depend on the use of medical substances or medical aids?	0	1	3	4	4
How dependent are you on medications?	0	1	2	4	4
Subdomain: Sleep					
How satisfied are you with your sleep?	- 0. 5	1	4	3	3
Do you have any difficulties with sleeping?	0. 5	4	3	4	4
How much do sleep problems worry you?	0	1	3	4	4
Subdomain: Mobility					
How many times a week do you exercise?	1	4	4	4	4
How well are you able to get around?	0	1	2	4	4
How much do difficulties in mobility bother you?	0	1	2	4	4
To what extent do any difficulties in movement affect your way of life?	0. 5	1	4	4	4
How satisfied are you with your ability to move around?	0. 5	4	2	4	4
Are you able to stand for one hour?	0	1	2	4	4
Are you able to do chores such as vacuuming or yard work?	0. 5	4	2	4	4
Are you able to push open a heavy door?.....	0	1	3	4	4
Are you able to exercise for an hour?.....	0. 5	1	4	4	4
Are you able to carry a heavy object (over 10 pounds/5 kg)?	0	1	2	4	4

Are you able to stand up from an armless straight chair?	0. 5	4	1	4	4
Are you able to reach into a high cupboard?.....	0. 5	4	1	4	4
Are you able to use a hammer to pound a nail?.....	0	1	1	4	4
Are you able to run or jog for two miles (3km)?...	0. 5	4	3	4	4
Are you able to go up and down stairs at a normal pace?.....	0. 5	4	2	4	4
Are you able to go for a walk of at least 15 minutes?.....	0. 5	4	3	4	4
Are you able to do yard work like raking leaves, weeding, or pushing a lawn mower?	0	1	3	4	4
Are you able to open a can with a hand can opener?.....	0	1	2	4	4
Are you able to pull heavy objects (10 pounds/ 5kg) towards yourself?	0	1	2	4	4
Are you able to step up and down curbs?.....	0. 5	4	2	4	4
Are you able to get up from the floor from lying on your back without help?	0. 5	4	3	4	4
Are you able to stand with your knees straight?.....	0	1	2	4	4
Are you able to squat and get up?.....	0	1	2	4	4
Are you able to carry a laundry basket up a flight of stairs?.....	0	1	3	4	4
Are you able to get out of bed into a chair?.....	0	1	2	4	4
Are you able to run errands and shop?.....	1	4	4	4	4
Are you able to move a chair from one room to another?.....	0	1	3	4	4
Are you able to bend down and pick up clothing from the floor?.....	0. 5	4	2	4	4
Are you able to climb up five steps?.....	0. 5	4	1	4	4
Are you able to run a short distance, such as to catch a bus?	0. 5	4	3	4	4
Are you able to lift 10 pounds (5 kg) above your shoulder?.....	0	1	2 repeated	4	4
Are you able to reach and get down a 5 pound (2 kg) object from above your head?	0	1	2	4	4
Are you able to stand up on tiptoes?.....	0	1	3	4	4
Are you able to stand unsupported for 30 minutes?.....	0	1	2	4	4

Are you able to lift one pound (0.5 kg) to shoulder level without bending your elbow?.....	0	1	3	4	4
Are you able to carry two bags filled with groceries 100 yards (100 m)?	0	1	3	4	4
Are you able to jump up and down?.....	0	1	2	4	4
Are you able to run 100 yards (100 m)?.....	0	1	3	4	4
Are you able to walk up and down two steps?	0	1	1	4	4
Are you able to reach into a low cupboard?.....	0	1	1	4	4
Are you able to climb up 5 flights of stairs?.....	0	1	3	4	4
Are you able to run ten miles (16 km)?	0	1	1	4	4
Are you able to walk at a normal speed?.....	0	1	3	4	4
Are you able to stand without losing your balance for several minutes?.....	0.5	4	2	4	4
Are you able to kneel on the floor?.....	0	1	2	4	4
Are you able to sit down in and stand up from a low, soft couch?.....	0	1	2	4	4
Are you able to walk a block (100 m) on flat ground?.....	0	1	2	4	4
Are you able to run five miles (8 km)?	0	1	1	4	4
Does your health now limit you in doing vigorous activities, such as running, lifting heavy objects, participating in strenuous sports?.....	0	4	4	3	3
Does your health now limit you in bending, kneeling, or stooping?	0	1	3	4	4
Does your health now limit you in doing heavy work around the house like scrubbing floors, or lifting or moving heavy furniture?	0.5	1	4	4	4
Does your health now limit you in lifting or carrying groceries?	0.5	4	1	4	4
Does your health now limit you in bathing or dressing yourself?.....	0.5	4	1	4	4
Does your health now limit you in doing moderate work around the house like vacuuming, sweeping floors or carrying in groceries?	0	1	3	4	4
Does your health now limit you in putting a trash bag outside?.....	0.5	4	1	4	4
Does your health now limit you in taking care of your personal needs (dress, comb hair, toilet, eat, bathe)?	0.5	4	1	4	4
Does your health now limit you in doing moderate activities, such as moving a table, pushing a vacuum cleaner, bowling, or playing golf?	0	1	1	4	4
Does your health now limit you in taking a shower?.....	0.5	4	1	4	4
Does your health now limit you in going for a short walk (less than 15 minutes)?.....	0.5	4	1	4	4

Does your health now limit you in hiking a couple of miles (3 km) on uneven surfaces, including hills?	-1	1	3	3	3
Does your health now limit you in participating in active sports such as swimming, tennis, or basketball?.....	-0.5	1	4	3	3
Does your health now limit you in going OUTSIDE the home, for example to shop or visit a doctor's office?.....	0.5	4	3	4	4
Does your health now limit you in doing strenuous activities such as backpacking, skiing, playing tennis, bicycling or jogging?.....	-0.5	1	4	3	3
Does your health now limit you in climbing several flights of stairs?.....	0	1	3	4	4
Does your health now limit you in doing two hours of physical labor?.....	0.5	1	4	4	4
Does your health now limit you in doing eight hours of physical labor?.....	0	1	1	4	4
Does your health now limit you in walking more than a mile (1.6 km)?	0	1	3	4	4
Does your health now limit you in climbing one flight of stairs	0	1	1	4	4
Are you able to exercise hard for half an hour?.....	-1	1	3	3	3
Subdomain: Activities of Daily Living (ADL's)					
Do you require assistance with any of the following activities of daily living? (select all that apply)	1	4	4	4	4
Bathing					
Dressing					
Getting to the bathroom					
Walking					
Meal preparation					
household chores					
medication administration					
managing money					
I do not require assistance					
To what extent are you able to carry out your everyday physical activities such as walking, climbing stairs, carrying groceries, or moving a chair?	0.5	1	4	4	4
How satisfied are you with your ability to perform your daily living activities?	0.5	4	3	4	4
Are you able to dress yourself, including tying shoelaces and buttoning up your clothes?	0	1	1	4	4
Are you able to cut your food using eating utensils?.....	0.5	4	1	4	4
Are you able to open previously opened jars?.....	0.5	4	1	4	4

Are you able to wash your back?.....	0	1	1	4	4
Are you able to open and close a zipper?.....	0	1	1	4	4
Are you able to put on and take off a coat or jacket?.....	0	1	1	4	4
Are you able to stand for short periods of time?.....	0	1	1	4	4
Are you able to dry your back with a towel?.....	-1	1	1	3	3
Are you able to turn a key in a lock?.....	0	1	1	4	4
Are you able to write with a pen or pencil?.....	0.5	4	1	4	4
Are you able to put on a shirt or blouse?.....	0	1	1	4	4
Are you able to button your shirt?.....	0	1	1	4	4
Are you able to wash and dry your body?.....	0	1	1	4	4
Are you able to get in and out of a car?.....	0	1	1	4	4
Are you able to pull on trousers?.....	0	1	1	4	4
Are you able to peel fruit?.....	0	1	1	4	4
Are you able to bend or twist your back?.....	0	1	1	4	4
Are you able to brush your teeth?.....	0	1	1	4	4
Are you able to sit on the edge of a bed?.....	-1	1	1	2	2
Are you able to tie your shoelaces?.....	0	1	1	4	4
Are you able to wash dishes, pots, and utensils by hand while standing at a sink?.....	0	1	2	4	4
Are you able to make a bed, including spreading and tucking in bed sheets?.....	0	1	2	4	4
Are you able to carry a shopping bag or briefcase?.....	0	1	2	4	4
Are you able to take a tub bath?.....	0	1	1	4	4
Are you able to change the bulb in a table lamp?.....	0	1	1	4	4
Are you able to press with your index finger (for example ringing a doorbell)?.....	0	1	1	4	4
Are you able to put on and take off your socks?....	0	1	1	4	4
Are you able to shave your face or apply makeup?.....	0	1	1	4	4
Are you able to squeeze a new tube of toothpaste?.....	0	1	1	4	4
Are you able to cut a piece of paper with scissors?.....	0	1	1	4	4
Are you able to pick up coins from a table top?.....	0	1	1	4	4
Are you able to hold a plate full of food?.....	0	1	1	4	4

Are you able to pour liquid from a bottle into a glass?.....	-1	1	1	1 due to alcohol	1 due to alcohol
Are you able to push open a door after turning the knob?.....	0	1	1	4	4
Are you able to shampoo your hair?.....	0	1	1	4	4
Are you able to tie a knot or a bow?.....	0	1	1	4	4
Are you able to lift a full cup or glass to your mouth?.....	0	1	1	4	4
Are you able to open a new milk carton?.....	0	1	1	4	4
Are you able to open car doors?.....	0	1	1	4	4
Are you able to stand unsupported for 10 minutes?.....	0	1	2	4	4
Are you able to remove something from your back pocket?.....	0	1	1	4	4
Are you able to change a light bulb overhead?.....	0	1	1	4	4
Are you able to put on a pullover sweater?.....	0	1	1	4	4
Are you able to use your hands, such as for turning faucets, using kitchen gadgets, or sewing?.....	0	1	1	4	4
Are you able to sit on and get up from the toilet?.....	0.5	4	1	4	4
Are you able to transfer from a bed to a chair and back?.....	0.5	4	1	4	4
Are you able to be out of bed most of the day?.....	0.5	4	1	4	4
Are you able to water a house plant?.....	0	1	1	4	4
Are you able to wipe yourself after using the toilet?.....	0	1	1	4	4
Are you able to turn from side to side in bed?.....	0	1	1	4	4
Are you able to get in and out of bed?.....	0	1	1 use one action only	4	4
Does your health now limit you in getting in and out of the bathtub?.....	1	4	4	4	4
Does your health now limit you in walking about the house?.....	0.5	4	1	4	4
How much difficulty do you have doing your daily physical activities, because of your health?.....	1	4	4	4	4
Are you able to trim your fingernails?.....	0	1	1	4	4

Subdomain: Health					
How long has it been since your most recent visit to a health care provider?	1	4	4	4	4
In general, would you say your health is?	0	1	1	4	4
In general, how would you rate your physical health?	0.5	1	4	4	4
Now thinking about your physical health, which includes physical illness and injuries, for how many days during the past 30 days was your physical health not good?	0.5	4	1	4	4
How much do you need any medical treatment to function in your daily life?	0	1	3	4 repea t	4 repea t
Have you ever experienced a life-threatening accident	0.5	4	1	4	4
Have you ever experienced a life-threatening natural or human-made disaster	1	4	4	4 huma n disast er, large scale ?	4 huma n disast er, large scale ?
Have you ever experienced a physical attack (including combat)	1	4	4	4	4
Have you ever experienced unwanted sexual contact under force or threat of force	0.5	4	3	4	4
Have you ever experienced a life threatening illness	0.5	4	2	4	4
Over the past two days, one troublesome symptom has been	-1	1	3	2	2
I seem to get sick a little easier than other people	0.5	4	2	4	4
Regular exercise	0.5	1	4	4	4
Have concentration	0.5	1	4	4	4
Enough sleep	0.5	1	4	4	4
Satisfied with one's health	0.5	1	4	4	4
Subdomain: Drug/Alcohol Abuse					
Do you smoke cigarettes, cigars, or pipes?	1	4	4	4	4
About how many cigarettes do you smoke in a day?	0.5	4	3	4	4
At what age did you start smoking?	1	4	4	4	4
Do you drink alcohol?	1	4	4	4	4

	- 0. 5				
What type of alcoholic beverages(s) do you consume?	4	3	2	2	
How many drinks do you consume in a week?	0. 5	4	3	4	4
How many years have you been drinking alcoholic beverages?	1	4	4	4	4
Do you use any recreational drugs, drugs prescribed for someone else, or prescription drugs for purposes other than their intended use?	1	4	4	4	4
Have you ever used IV drugs?	0. 5	4	3	4	4
Do you have a desire to quit? (Per C &P, Any of the above?)	0	2	2	4	4
Have you ever been in a drug or alcohol rehab program?	0. 5	4	2	4	4
Subdomain: Food					
Having enough food or nutrient for daily life	1	4	4	4	4
How many servings of fruits and vegetables do you eat a day?	0. 5	4	2	4	4
EMOTIONAL/MENTAL DOMAIN					
Subdomain: Positive Reactions					
How much do you experience positive feelings in your life?	0. 5	1	4	4	4
How much do you enjoy life?	0. 5	1	4	4	4
How positive do you feel about the future?	0. 5	1	4	4	4
How well are you able to concentrate?	1	4	4	4	4
How much do you value yourself?	1	4	4	4	4
How much confidence do you have in yourself?	0. 5	4	3	4	4
How satisfied are you with the quality of your life?	0. 5	4	3	4	4
In general, how satisfied are you with your life?	0	1	3	4	4
How satisfied are you with your health?	0	1	2	4	4
How satisfied are you with the energy that you have?	0	1	2	4	4
How satisfied are you with your sleep?	0	1	2	4	4
How satisfied are you with your ability to learn new information?	0. 5	4	2	4	4
How satisfied are you with your ability to make decisions?	0. 5	4	2	4	4

How satisfied are you with yourself?	0. 5	4	3	4	4
How satisfied are you with your abilities?	0. 5	4	3	4	4
How satisfied are you with the way your body looks?	0. 5	4	2	4	4
How satisfied are you with your ability to perform your daily living activities?	0 5	1	1	4	4
How would you rate your quality of life?	0. 5	4	3	4	4
How well do you sleep?	0 5	1	3	4	4
How would you rate your memory?	0. 5	4	3	4	4
Do you generally feel content?	0. 5	4	3	4	4
No matter what happens in my life, I know that I'll never lose my sense of who I am.	1 5	4	4	4	4
I usually do what I believe is right regardless of what others say.	0. 5	4	3	4	4
I tend to feel pretty stable under stress.	1 5	4	4	4	4
I get excited about new interests	0. 5	4	3	4	4
I look forward to my life in the future.	1 5	4	4	4	4
I can do better things with my life.	0. 5	1	4	4	4
I can see that new opportunities are available when my first plan does not work out.	0. 5	1	4	4	4
I am likely to try to change things, when they are in need of changing.	1 5	4	4	4	4
I am self-resilient.	0. 5	4	3	4	4
I can handle difficulties	0. 5	4	3	4	4
I can accept the way things work out	0. 5	4	3	4	4
I know that in times of stress I am stronger than I think I am.	0. 5	4	3	4	4
I feel like I am free to decide for myself how to live my life.	0. 5	4	3	4	4
I generally feel free to express my ideas and opinions.	0. 5	4	3	4	4
I have been able to learn interesting new skills recently.	0. 5	4	2	4	4
Most days I feel a sense of accomplishment from what I do	0. 5	4	2	4	4
Learning how to alter strong emotions is a worthwhile pursuit.	0 5	1	2	4	4

People benefit from learning how to regulate their feelings.	0	1	2	4	4
People would be better off if they took time to figure out where their emotions come from.	0	1	2	4	4
Putting forth effort to alter emotional experience is valuable.	0	1	1	4	4
People would be better off if they spent more time learning how to control their emotions.	0	1	1	4	4
It is possible, with effort, to alter strong feelings in any situation.	0.5	4	1	4	4
People can learn to control/regulate their emotions.	0	1	1	4	4
Having hope for the future	0.5	1	4	4	4
In uncertain times, I usually expect the best?	0	1	3	4	4
It's easy for me to relax?	0	1	2	4	4
Overall, I expect more good things to happen to me than bad?	0	1	2	4	4
In most ways, my life is close to my ideal?	0	1	2	4	4
The conditions of my life are excellent?	0	1	3	4	4
I am satisfied with my life?	0.5	4	2	4	4
So far I have gotten the important things that I want in life?	0.5	4	3	4	4
Subdomain: Negative Reactions					
How often do you have negative feelings such as blue mood, despair, anxiety, depression?	0.5	1	4	4	4
In the past 7 days, how often have you been bothered by emotional problems such as feeling anxious, depressed or irritable?	0	1	3	4	4
Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?	0	1	3	4	4
How much do you enjoy life?	0	1	3	4	4
To what extent do you feel our life to be meaningful?	0.5	1	4	4	4
How satisfied are you with yourself?	0	1	3	4	4
In general, how would you say your quality of life is?	0	1	3	4	4
In general how would you rate your mental health, including your mood and your ability to think?	0.5	4	2	4	4
do you feel inhibited by your looks?	0	1	2	4	4
Is there any part of your appearance which makes you feel uncomfortable?	0	1	2	4	4
How worried do you feel?	0.5	4	2	4	4
How much do any feelings of sadness or depression interfere with your everyday functioning?	0.5	4	3	4	4

How much do any feelings of depression bother you?	0	1	2	4	4
To what extent do you have difficulty in performing your routine activities?	0	1	3	4	4
How much are you bothered by any limitations in performing everyday living activities?	0	1	3	4	4
How alone do you feel in your life?	0.5	4	2	4	4
Do you have enough energy for everyday life?	0	1	2	4	4
Are you able to accept your bodily appearance?	0	1	1	4	4
People have remarked that I'm overly emotional.	0	1	1	4	4
I tend to remain pretty calm even under stress.	0	1	2	4	4
I usually need a lot of encouragement from others when starting a big job or task.	0.5	4	2	4	4
When someone close to me disappoints me, I withdraw from him/her for a time.	0.5	4	1	4	4
I wish that I weren't so emotional.	0.5	4	1	4	4
At times my feelings get the best of me and I have trouble thinking clearly.	0.5	4	1	4	4
At times I feel as if I'm riding an emotional roller-coaster.	0.5	4	1	4	4
There's no point in getting upset about things I cannot change.	0	1	1	4	4
I'm overly sensitive to criticism	0.5	4	1	4	4
I'm fairly self-accepting.	0.5	4	1	4	4
When things go wrong, talking about them usually makes it worse.	0.5	4	2	4	4
I feel things more intensely than others do.	0	1	1	4	4
I feel pressured in my life.	0	1	2	4	4
In my daily life, I frequently have to do what I am told.	0	1	2	4	4
People I interact with on a daily basis tend to take my feelings into consideration.	0.5	4	2	4	4
I feel like I can pretty much be myself in my daily situations.	0	1	3	4	4
There is not much opportunity for me to decide for myself how to do things in my daily life.	0	1	2	4	4
Often, I do not feel very competent	0	1	3	4	4
In my life I do not get much of a chance to show how capable I am.	0	1	2	4	4
I often do not feel very capable.	0	1	1	4	4
When people acknowledge their emotions, the emotions will completely take them over.	-1	1	1	3	3
When a person feels really angry, it's virtually impossible to not take the anger out on people or objects nearby.	0	1	1	4	4

When people are feeling down, they have to wait for a better mood to arrive before they can be productive.	0	1	1	4	4
When a person has a strong emotional reaction to another person, they will always feel that way about that other person.	0	1	1	4	4
When feelings of sadness take over, a person can't really do anything but wallow in the misery.	0.5	4	1	4	4
It's virtually impossible for people to act opposite to the way they feel	0.5	4	1	4	4
Emotions can either be expressed entirely or hidden from others—it isn't possible to share only part of an emotional response.	0	1	1	4	4
When an emotion comes along, it will continue unless there is a change in the environment.	0	1	1	4	4
Emotions operate like a floodgate that is either open or closed. In other words, emotions are either "on" or "off"	0	1	1	4	4
When strong emotions are present, they dictate what a person says or does.	0.75	4	1	4	4
People are slaves to their emotions.	0	1	1	4	4
People are ruled by their emotions.	0	1	1	4	4
Strong emotions will make people do things they wouldn't normally do.	0	1	1	4	4
Emotions make people lose control.	0	1	1	4	4
Over the past two days, I have been depressed: _____	0	1	3	4	4
Over the past two days, I have been nervous or worried: _____	0	1	2	4	4
Over the past two days, how much of the time did you feel sad? _____	0	1	3	4	4
Over the past two days, when I thought of the future, I was: _____	0.5	1	4	4	4
Over the past two days, my life has been: _____	0	1	2	4	4
Over the past two days, when I thought about my whole life, I felt that in achieving life goals I have: made no progress----progressed	0.5	1	4	4	4
Over the past two days, when I thought about my life, I felt that my life to this point has been: completely worthless----very worthwhile	0	1	2	4	4
over the past two days, I have felt that I have: no control over my life--complete control	0	1	1	4	4
Over the past two days, I feel good about myself as a person? disagree-----agree	0	1	1	4	4
To me, the past two days were: a burden-----a gift	0	1	1	4	4
Over the past two days, the world has been: an unfeeling place-----caring and responsive	0	1	1	4	4
If something can go wrong for me, it will?	0	1	1	4	4
I hardly ever expect things to go my way?	0	1	1	4	4

Subdomain: Sex Life					
How satisfied are you with your sex life?					
How well are your sexual needs fulfilled?	0. 5	4	3	4	4
Are you bothered by any difficulties in your sex life?	0	1	2	4	4
	0	1	1	4	4
Subdomain: Concentration					
How well are you able to concentrate?	0	1	3	4	4
Subdomain: Personal Relationships					
How satisfied are you with your personal relationships?	1	4	4	4	4
How satisfied are you with the support you get from your friends?	0. 5	4	3	4	4
How did your parents get along?	0. 5	4	2	4	4
How was discipline handled?	0. 5	4	1	4	4
Were you ever treated in a cold, unemotional way?	0	1	3	4	4
Did you ever feel rejected by someone that you grew up with?	0	1	2	4	4
Were you ever criticized unfairly or told that you were no good or worthless?	0	1	2	4	4
Were you ever made to feel ashamed or humiliated?	0	1	3	4	4
Were you neglected or left to fend for yourself (e.g., left alone, left without food, kept out of the home)?	0. 5	4	2	4	4
In general, how would you rate satisfaction with your social activities and relationship?	1	4	4	4	4
I have difficulty expressing my feelings to people I care for.	0. 5	4	3	4	4
I often feel inhibited around my family.	0. 5	4	2	4	4
I tend to distance myself when people get too close to me.	0. 5	4	3	4	4
I want to live up to my parents' expectations of me.	0. 5	4	2	4	4
I usually do not change my behavior simply to please another person.	0. 5	4	2	4	4
My spouse/partner could not tolerate it if I were to express to him/her my true feelings about some thing	0. 5	4	2	4	4
When my spouse/partner criticizes me, it bothers me for days.	0. 5	4	2	4	4
When I am having an argument with someone, I can separate my thoughts about the issue from my feelings about the person	0. 5	4	3	4	4

I'm often uncomfortable when people get too close to me.	0. 5	4	3	4	4
I feel a need for approval from virtually everyone in my life.	0. 5	4	2	4	4
I'm concerned about losing my independence in intimate relationships.	0. 5	4	2	4	4
I try to live up to my parents' expectations.	0	1	2	4	4
I often feel that my spouse/partner wants too much from me	0	1	3	4	4
I often agree with others just to appease them.	0	1	3	4	4
If I have had an argument with my spouse/partner, I tend to think about it all day.	0	1	2	4	4
I am able to say "no" to others even when I feel pressured by them.	0	1	2	4	4
When one of my relationships becomes very intense, I feel the urge to run away from it.	0	1	2	4	4
Arguments with my parent(s) or sibling(s) can still make me feel awful.	0	1	3	4	4
If someone is upset with me, I can't seem to let it go easily.	0	1	2	4	4
I'm less concerned that others approve of me than I am in doing what I think is right.	0	1	2	4	4
I would never consider turning to any of my family members for emotional support.	0. 5	1	4	4	4
I often feel unsure when others are not around to help me make a decision.	0	1	2	4	4
I'm very sensitive to being hurt by others.	0	1	3	4	4
My self-esteem really depends on how others think of me.	0	1	2	4	4
When I'm with my spouse/partner, I often feel smothered.	0	1	3	4	4
When making decisions, I seldom worry about what others will think.	0	1	2	4	4
I often wonder about the kind of impression I create.	0	1	3	4	4
Our relationship might be better if my spouse/partner would give me the space I need.	0. 5	4	2	4	4
Sometimes I feel sick after arguing with my spouse/partner.	0	1	3	4	4
I feel it's important to hear my parents' opinions before making decisions.	0. 5	4	3	4	4
I worry about people close to me getting sick, hurt, or upset.	0. 5	4	3	4	4
Subdomain: Traumatic Event-- ACE Questionnaire					
1. Did a parent or other adult in the household often or very often... Swear at you, insult you, put you down, or humiliate you or act in a way that made you afraid that you might be physically hurt? No____If Yes, enter 1 ____	1	4	4	4	4

2. Did a parent or other adult in the household often or very often... Push, grab, slap, or throw something at you or ever hit you so hard that you had marks or were injured?

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1	4	4	4	4
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3. Did an adult or person at least 5 years older than you ever... Touch or fondle you or have you touch their body in a sexual way or attempt or actually have oral, anal, or vaginal intercourse with you? No____If Yes, enter 1 ____

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1	4	4	4	4
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4. Did you often or very often feel that ... No one in your family loved you or thought you were important or special or your family didn't look out for each other, feel close to each other, or support each other? No____If Yes, enter 1 ____

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0. 5	4	3	4	4
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5. Did you often or very often feel that ... You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you or your parents were too drunk or high to take care of you or take you to the doctor if you needed it? No____If Yes, enter 1 ____

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0. 5	4	3	4	4
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6. Was a biological parent ever lost to you through divorce, abandonment, or other reason?

No____If Yes, enter 1 ____

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1	4	4	4	4
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7. Was your mother or stepmother:

Often or very often pushed, grabbed, slapped, or had something thrown at her or sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard or ever repeatedly hit over at least a few minutes or threatened with a gun or knife?

No____If Yes, enter 1 ____

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1	4	4	4	4
---	---	---	---	---

8. Did you live with anyone who was a problem drinker or alcoholic, or who used street drugs?

No____If Yes, enter 1 ____

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1	4	4	4	4
---	---	---	---	---

9. Was a household member depressed or mentally ill, or did a household member attempt suicide? No____If Yes, enter 1 ____

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1	4	4	4	4
---	---	---	---	---

10. Did a household member go to prison?

No____If Yes, enter 1 ____

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0. 5	4	3	4	4
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Now add up your “Yes” answers: ____ This is your ACE Score

Subdomain: Resilience Questionnaire

Please circle the most accurate answer under each statement:

1. I believe that my mother loved me when I was little.

Definitely true Probably true Not sure Probably
Not True Definitely Not True

1 4 4 4 4

2. I believe that my father loved me when I was little.

Definitely true Probably true Not sure Probably
Not True Definitely Not True

0. 4 3 4 4
5

3. When I was little, other people helped my mother and father take care of me and they seemed to love me.

Definitely true Probably true Not sure Probably
Not True Definitely Not True

0 2 2 4 4

4. I’ve heard that when I was an infant someone in my family enjoyed playing with me, and I enjoyed it, too.

Definitely true Probably true Not sure Probably
Not True Definitely Not True

0 2 2 4 4

5. When I was a child, there were relatives in my family who made me feel better if I was sad or worried.

Definitely true Probably true Not sure Probably
Not True Definitely Not True

0 2 3 4 4

6. When I was a child, neighbors or my friends’ parents seemed to like me.

Definitely true Probably true Not sure Probably
Not True Definitely Not True

0 2 2 4 4

7. When I was a child, teachers, coaches, youth leaders or ministers were there to help me.

Definitely true Probably true Not sure Probably
Not True Definitely Not True

0 3 2 4 4

8. Someone in my family cared about how I was doing in school.

Definitely true Probably true Not sure Probably
Not True Definitely Not True

0 3 2 4 4

9. My family, neighbors and friends talked often about making our lives better.

Definitely true Probably true Not sure Probably
Not True Definitely Not True

0 3 3 4 4

10. We had rules in our house and were expected to keep them.

Definitely true Probably true Not sure Probably
Not True Definitely Not True

0 3 3 4 4

11. When I felt really bad, I could almost always find someone I trusted to talk to.					
Definitely true Probably true Not sure Probably Not True Definitely Not True	0.5	3	4	4	4
12. As a youth, people noticed that I was capable and could get things done.					
Definitely true Probably true Not sure Probably Not True Definitely Not True	0	2	3	4	4
13. I was independent and a go-getter.					
Definitely true Probably true Not sure Probably Not True Definitely Not True	0	2	2	4	4
14. I believed that life is what you make it.					
Definitely true Probably true Not sure Probably Not True Definitely Not True	0	2	2	4	4
How many of these 14 protective factors did I have as a child and youth? (How many of the 14 were circled “Definitely True” or “Probably True”?) _____					
Of these circled, how many are still true for me? _____					
Subdomain: Traumatic Event (original questions)					
Did you ever witness/experience/learn about a natural disaster?	1	4	4	4	4
Did you ever witness/experience/learn about a fire or explosion?	0.5	4	3	4	4
Did you ever witness/experience/learn about a transportation accident?	1	4	4	4	4
Did you ever witness/experience/learn about a serious accident at home or work?	1	4	4	4	4
Did you ever witness/experience/learn about an exposure to a toxic substance?	0	1	3	4	4
Did you ever witness/experience/learn about a physical assault?	0.5	4	3	4	4
Did you ever witness/experience/learn about an assault with a weapon?	0.5	4	3	4	4
Did you ever witness/experience/learn about a sexual assault?	0.5	4	3	4	4
Did you ever witness/experience/learn about other unwanted or uncomfortable sexual experience?	0.5	4	2	4	4
Did you ever witness/experience/learn about combat or experience to a war-zone?	1	4	4	4	4
Did you ever witness/experience/learn about captivity?	0	1	2	4	4
Did you ever witness/experience/learn about a life-threatening illness or injury?	1	4	4	4	4

Did you ever witness/experience/learn about severe human suffering?	0. 5	4	2	4	4
Did you ever witness/experience/learn about a sudden violent death?	0. 5	4	2	4	4
Did you ever witness/experience/learn about a sudden accidental death?	0. 5	4	2	4	4
Did you ever experience a serious injury, harm or death you caused to someone else?	0. 5	4	3	4	4
Did you ever witness/experience/learn another very stressful event or experience?	1	4	4	4	4
Did you ever witness/experience/learn about a sudden accidental death?	0. 5	4	2	4	4
The following questions are used to assess current subjective distress for any life events					
I had waves of strong feelings about it.	0. 5	4	1	4	4
Things I saw or heard suddenly reminded me of it.	0. 5	4	1	4	4
I thought about it when I didn't mean to.	0. 5	4	1	4	4
Images related to it popped into my mind.	0. 5	4	1	4	4
Any reminder brought back emotions related to it.	0	1	2	4	4
I have difficulty falling asleep because of images or thoughts related to the event.	0	1	3	4	4
I had bad dreams related to the event.	0	1	1	4	4
I knew that a lot of unresolved feelings were still there, but I kept them under wraps.	0	1	1	4	4
I avoided letting myself get emotional when I thought about it or was reminded of it.	0	1	2	4	4
I wished to banish it from my store of memories.	0. 5	4	1	4	4
I made an effort to avoid talking about it.	0. 5	4	1	4	4
My emotions related to it were kind of numb.	0	1	2	4	4
I felt unrealistic about it, as if it hadn't happened or as if it wasn't real.	0	1	1	4	4
I stayed away from things or situations that might remind me of it.	0	1	2	4	4
I didn't let myself have thoughts related to it.	0	1	3	4	4
I kept wondering why it had to happen to me or to persons near me and not someone else.	0. 5	4	3	4	4
I used alcohol, drugs, or a lot of activity to help me forget.	1	4	4	4	4
It seemed to me that I was reacting less than would be expected.	0	1	1	4	4
I found myself almost waiting for something like that to happen again.	0. 5	4	1	4	4

I found myself making plans and decisions which were inappropriate in light of the event.	0. 5	4	1	4	4
RELATIONAL DOMAIN					
Subdomain: Positive Relationships					
How satisfied are you with your personal relationships?	1	4	4	4	4
Do you have someone with whom to have fun?	0	1	2	4	4
Do you have someone with whom to relax?	0. 5	4	3	4	4
Do you have someone with whom you can do something enjoyable?	0. 5	4	2	4	4
Can you find companionship when you want it?	0. 5	4	2	4	4
Do you have someone to keep you company at home?	0	1	2	4	4
Do you have someone to go with you to an event?	0	1	1	4	4
Do you have someone to help you get your mind off things if you need it?	0	1	1	4	4
Do you have someone you can call when you want to chat?	0. 5	4	1	4	4
Do you have someone with whom you can celebrate holidays?	0. 5	4	1	4	4
Do you have someone with whom you can celebrate special occasions?	0	1	1	4	4
Do you have someone to call if you are bored?	0	1	1	4	4
Do you get invitations to go out and do things with other people?	0	1	3	4	4
I have a priority in my life.	0. 5	4	1	4	4
I have an appreciation for the value of my own life.	0. 5	4	1	4	4
I appreciate each day	0. 5	4	2	4	4
I can count on other people for support or help when needed.	0. 5	4	3	4	4
I have a sense of closeness with others	0. 5	4	3	4	4
I can express my emotions in times of trouble.	0. 5	4	3	4	4
I have compassion for others	0	1	2	4	4

I put effort into my relationships	0. 5	1	4	4	4
I can trust others.	0	1	3	4	4
I know I need others.	0	1	3	4	4
I really like the people I interact with.	0	1	2	4	4
People I know tell me I am good at what I do.	0. 5	4	1	4	4
I get along with people I come into contact with.	0	1	2	4	4
I consider the people I regularly interact with to be my friends.	0. 5	4	3	4	4
People in my life care about me.	0. 5	4	3	4	4
People are generally pretty friendly towards me	0. 5	4	1	4	4
Being useful for self and others	0	1	1	4	4
I enjoy my friends a lot	0	1	1	4	4
Subdomain: Negative Relationships					
I find that friends or relatives have difficulty talking with me about my health	0. 5	4	3	4	4
I feel isolated even when I am not alone	0. 5	4	2	4	4
I feel that people avoid talking to me	0. 5	4	2	4	4
I feel detached from other people	1	4	4	4	4
I feel like a stranger to those around me	0. 5	4	2	4	4
People get the wrong idea about my situation	0	1	2	4	4
I feel left out	0	1	2	4	4
I feel that people barely know me	0	1	1	4	4
I feel isolated from others	0	1	2	4	4
I feel that people are around me but not with me	0. 5	4	2	4	4
I feel that I am no longer close to anyone.	0. 5	4	3	4	4
I feel that I am alone in my interests and ideas.	0. 5	4	3	4	4
I pretty much keep to myself and don't have a lot of social contacts.	0. 5	4	2	4	4
There are not many people that I am close to.	1	4	4	4	4
The people I interact with regularly do not seem to like me much.	0	1	2	4	4

Subdomain: Support					
Do you have a support system?	0. 5	4	3	4	4
Do you get the kind of support from others that you need?	1	4	4	4	4
To what extent can you count on your friends when you need them?	0. 5	4	3	4	4
How satisfied are you with your ability to provide for or support others?	0	1	2	4	4
Over the past two days, I have felt supported? not at all----- completely	0. 5	4	2	4	4
Subdomain: Family					
How satisfied are you with the support you get from your family?	0. 5	4	3	4	4
Do you feel happy about the relationship with your family members?	1	4	4	4	4
I feel that some of my family members avoid me	0. 5	4	2	4	4
I am satisfied with my current level of family activities	0. 5	4	3	4	4
I am satisfied with my ability to do things for my family	0. 5	4	2	4	4
I feel good about my ability to do things for my family	0. 5	4	3	4	4
Subdomain: Friends					
How satisfied are you with the support you get from your friends?	0	1	3	4	4
I feel that some of my friends avoid me	0	1	2	4	4
I am satisfied with my ability to maintain friendships	0	1	2	4	4
SPIRITUAL DOMAIN					
Do you practice any kind of spirituality or religion?	1	4	4	4	4
What church, if any, do you attend a House of worship rather than church?	0	2	3	4	4
Do you attend church on a regular basis? House of worship rather than church?	0. 5	2	4	4	4
Would you like to speak to a spiritual adviser from our clinic	0. 5	4	2	4	4
All questions refer to the last two weeks: (for reference 5)					
To what extent does any connection to a spiritual being help you to get through hard times?	0. 5	1	4	4	4

To what extent does any connection to a spiritual being help you to tolerate stress?	0	1	2	4	4
To what extent does any connection to a spiritual being help you to understand others?	0.5	4	2	4	4
To what extent does any connection to a spiritual being provide you with comfort/reassurance?	1	4	4	4	4
To what extent do you find meaning in life?	0.5	4	2	4	4
To what extent does taking care of other people provide meaning of life for you?	0.5	4	2	4	4
To what extent do you feel your life has a purpose?	0.5	4	2	4	4
To what extent do you feel that you are here for a reason?	0.5	4	3	4	4
To what extent do you feel inner spiritual strength in difficult times?	0.5	4	3	4	4
To what extent does faith contribute to your well-being?	0.5	4	3	4	4
To what extent does faith give you comfort in daily life?	0.5	4	3	4	4
To what extent does faith give you strength in daily life?	0	1	3 repeat	4	4
To what extent do you feel spiritually touched by beauty?	0	1	2	4	4
To what extent do you have feelings of inspiration/excitement in your life?	0	1	1	4	4
To what extent are you grateful for the things in nature that you can enjoy?	0	1	3	4	4
How hopeful do you feel?	0	1	2	4	4
To what extent are you hopeful about your life?	0	1	2	4	4
To what extent are you able to experience awe from your surroundings? (e.g., nature, art, music)	0	1	2	4	4
To what extent do you feel any connection between your mind, body, and soul?	0	1	3	4	4
To what extent do you feel the way you live is consistent with what you feel and think?	0	1	2	4	4
How much do your beliefs help you to create coherence between what you do, think, and feel?	0	1	2	4	4
How much does spiritual strength help you to live better?	1	4	4	4	4
To what extent does your spiritual strength help you to feel happy in life?	0.5	4	3	4	4
To what extent do you feel peaceful within yourself?	0.5	4	3	4	4
To what extent do you have inner peace?	0	1	2	4	4

How much are you able to feel a sense of harmony in your life?	0. 5	4	2	4	4
To what extent does being optimistic improve your quality of life?	0. 5	4	2	4	4
How able are you to remain optimistic in times of uncertainty?	0. 5	4	2	4	4
To what extent does faith help you to enjoy life?	1	4	4	4	4
How satisfied are you that you have a balance between mind, body, and soul?	0	1	2	4	4
How much are you able to feel peaceful when you need to?	0	1	2	4	4
To what extent do you consider yourself to be a religious person?	0. 5	4	3	4	4
To what extent do you consider yourself to be part of a religious community?	0. 5	4	3	4	4
If so, which religious community are you a part of?	1	4	4	4	4
To what extent do you have spiritual beliefs?	0. 5	4	2	4	4
To what extent do you have strong personal beliefs?	0	1	2	4	4
Do your personal beliefs give meaning to your life?	0	1	3	4	4
To what extent do you feel your life to be meaningful?	0	1	2	4	4
To what extent do your personal beliefs give you the strength to face difficulties?	0. 5	4	3	4	4
To what extent do your personal beliefs help you to understand difficulties in life?	0	1	3	4	4
I am a spiritual person	0. 5	4	1	4	4
I have a strong religious faith.	0. 5	4	1	4	4
SOCIO-ECONOMIC DOMAIN					
Subdomain: Ability to obtain Information					
How available to you is the information that you need in your day-to-day life?	0. 5	4	3	4	4
To what extent do you have opportunities for acquiring the information that you feel you need?	0. 5	4	3	4	4
How satisfied are you with your opportunities to learn new information?	0. 5	4	2	4	4
Subdomain: Inquiring New Skills					
How satisfied are you with your opportunities for acquiring new skills?	0. 5	4	2	4	4

Subdomain: Safety					
How safe do you feel in your daily life?	1	4	4	4	4
Do you feel you are living in a safe and secure environment?	0. 5	4	3	4	4
How much do you worry about your safety and security?	0. 5	4	2	4	4
How satisfied are you with your physical safety and security?	0. 5	4	2	4	4
living in a safe and secure environment	0	1	2	4	4
Free from being taken advantage of	0	1	1	4	4
Secure with security and safety system of the community	0. 5	4	1	4	4
secure with housing situation	0. 5	4	3	4	4
Subdomain: Environment					
How healthy is your physical environment?	0. 5	4	2	4	4
How concerned are you with the noise in the area you live in?	0. 5	4	2	4	4
How satisfied are you with your physical environment? (pollution, climate, noise, attractiveness)	0. 5	4	2	4	4
Subdomain: Financial					
Are you currently receiving any assistance from any government or state program(s)?	1	4	4	4	4
If so, please list all assistance received:	1	4	4	4	4
Have you enough money to meet your needs?	0. 5	4	3	4	4
Do you have financial difficulties?	1	4	4	4	4
How much do you worry about money?	0. 5	4	2	4	4
How satisfied are you with your financial situation?	0. 5	4	2	4	4
Satisfied with income	0	1	1	4	4
Satisfied with economic status	0	1	1	4	4
Do you have a bank account?	0. 5	4	3	4	4
Subdomain: Transportation					

Do you have a driver's license?	1	4	4	4	4
What method of transportation do you use?	1	4	4	4	4
How satisfied are you with your transport?	0	1	3	4	4
To what extent do you have problems with transport?	0. 5	1	4	4	4
How much do difficulties with transport restrict your life?	0	1	2	4	4
To what extent do you have adequate means of transport?	0. 5	4	2	4	4
Subdomain: Home/Living place					
Are you homeless?	0. 5	4	3	4	4
Do you feel safe at home?	0. 5	4	3	4	4
How comfortable is the place where you live?	0. 5	4	2	4	4
To what degree does the quality of your home meet your needs?	1	4	4	4	4
How satisfied are you with the conditions of your living place?	0. 5	4	3	4	4
How satisfied are you with the climate of the place where you live?	0	1	3	4	4
comfortable with housing condition	0. 5	4	2	4	4
satisfied with one's house	0. 5	4	2	4	4
safety living in one's house	0	1	2	4	4
Harmony among household members	0. 5	4	3	4	4
satisfy with family support	0. 5	4	3	4	4
Subdomain: Access to Health Services					
How satisfied are you with your access to health services?	1	4	4	4	4
How easily are you able to get good medical care?	0. 5	4	3	4	4
secure with health delivery system	0. 5	4	1	4	4
Subdomain: Leisure Activities/Free Time					
To what extent do you have the opportunity for leisure activities?	0. 5	4	3	4	4
How much do you enjoy your free time?	0. 5	4	2	4	4

How much are you able to relax and enjoy yourself?	0. 5	4	2	4	4
How satisfied are you with the way you spend your spare time?	0. 5	4	2	4	4
I am satisfied with the extent of my social activities outside my home	0. 5	4	3	4	4
I am satisfied with how often I go out for entertainment	0. 5	4	1	4	4
I am satisfied with my ability to socialize with friends	0. 5	4	2	4	4
I am satisfied with the amount of time I spend doing leisure activities	0. 5	4	2	4	4
I am satisfied with the amount of time I spend doing leisure activities with others	0. 5	4	2	4	4
I am satisfied with my current level of social activity	0. 5	4	2	4	4
Subdomain: Social Services					
Do you need to see the Human Services Coordinator for any non-medical issue?	0. 5	4	2	4	4
If so, what service do you need assistance with?	0. 5	4	2	4	4
How satisfied are you with the social care services?	0. 5	4	2	4	4
Subdomain: Work					
Are you employed?	1	4	4	4	4
Have you served in the Armed Forces?	1	4	4	4	4
Are you able to work?	0. 5	4	3	4	4
Do you feel able to carry out your duties?	0. 5	4	2	4	4
How satisfied are you with your capacity for work?	0. 5	4	2	4	4
How would you rate your ability to work?	1	4	4	4	4
I am satisfied with my ability to do the work that is really important to me (include work at home)	0. 5	4	3	4	4
I feel like I can make a lot of inputs to deciding how my job gets done.	0. 5	4	2	4	4
I really like the people I work with.	0. 5	4	2	4	4
I do not feel very competent when I am at work.	0. 5	4	3	4	4

People at work tell me I am good at what I do.	0. 5	4	2	4	4
I feel pressured at work.	0. 5	4	2	4	4
I get along with people at work.	0. 5	4	2	4	4
I pretty much keep to myself when I am at work.	0. 5	4	3	4	4
I am free to express my ideas and opinions on the job.	0. 5	4	2	4	4
I consider the people I work with to be my friends.	0. 5	4	2	4	4
I am satisfied with how much work I can do (include work at home)	0. 5	4	2	4	4
I have been able to learn interesting new skills on my job.	0. 5	4	3	4	4
When I am at work, I have to do what I am told.	0. 5	4	2	4	4
Most days I feel a sense of accomplishment from working.	0. 5	4	3	4	4
My feelings are taken into consideration at work.	0. 5	4	2	4	4
On my job I do not get much of a chance to show how capable I am.	0. 5	4	2	4	4
People at work care about me.	0. 5	4	2	4	4
There are not many people at work that I am close to.	0. 5	4	2	4	4
I feel like I can pretty much be myself at work.	1	4	4	4	4
The people I work with do not seem to like me much.	0. 5	4	2	4	4
When I am working I often do not feel very capable.	0. 5	4	2	4	4
There is not much opportunity for me to decide for myself how to go about my work.	0. 5	4	2	4	4
People at work are pretty friendly towards me.	0. 5	4	2	4	4
Satisfied with job	0. 5	1	4	4	4
Able to work?	0	1	2	4	4
Subdomain: Education					
Did you graduate from high school?	1	4	4	4	4
If you did not graduate from high school, do you have your GED?	0. 5	4	3	4	4

If not, what is the highest grade completed?	1	4	4	4	4
Have you received any other educational training?	1	4	4	4	4
If yes, when and where?	1	4	4	4	4
Do you need help gaining employment?	0.5	4	3	4	4
If yes, what area of the City are you willing to work?	0.5	4	2	4	4
Please list referrals?	- 0.5	4	3	1	1
Do you have a resume?	0.5	4	2	4	4
If yes, may we have a copy to enter into our computer?	0.5	4	1	4	4
Please tell us what areas of employment are you interested in?	0.5	4	1	4	4
What areas are you not willing to work in?	0.5	4	1	4	4
Do you have any employment restrictions?	0.5	4	3	4	4
Please list current job leads?	0.5	4	1	4	4
secure with education system	0	1	1	4	4
satisfied with educational attainment	0.5	4	1	4	4
worries about education	0.5	4	1	4	4
equal chance to access education	0.5	4	2	4	4
education is important for one's and one's family	1	4	4	4	4
Subdomain: Community					
secure with family and community	1	4	4	4	4
Willing to participate in community activities	0.5	4	2	4	4
Happy to join community activities	0.5	4	3	4	4
Good relationship with community members	0.5	4	2	4	4
Subdomain: Jail	FOCUS				
Have you ever been arrested or jailed?	1	4	4	4	4

If so, please list offenses and dates?	0. 5	4	3	4	4
Are you on probation currently? (Per K&P, parole?)	0. 5	4	3	4	4
If so, when did it start? _____ When does it end? _____	0. 5	4	2	4	4
Who is your probation officer? (Per K&P, parole?)	0. 5	4	1	4	4
What is their address and phone number?	0	1	1	4	4
Do you believe you are receiving the most help that they can provide?	- 0. 5	4	2	1	1
Do you have any legal restrictions to working?	0. 5	4	2	4	4
Do you have any time deadlines for employment?	0. 5	4	2	4	4
References					
1. WHOQOL-BREF					
2. DSM-5 PTSD Life Events Checklist (LEC-5)					
3. PROMIS Measures of well-being, physical health and mental health					
4. CDC Healthy Days Items					
5. WHOQOL-SRPB (Spirituality, Religiousness and Personal)					
6. WHOQOL-100 (questions refer to the last two weeks)					
7. Impact of Event Scale (subjective distress for any life events)					
8. DSI-R Bowen Theory					
9. PROMIS Item Bank v2.0 - Satisfaction with Social Roles and Activities					
10. PROMIS Item Bank - Social Isolation					
11. PROMIS Item Bank – Companionship					
12. PROMIS Item Bank - Physical Function					
13. Quality of Life Inventory, Matt Walsh, 2009					
14. Basic Psychological needs Scale The Basic Need Satisfaction - General (Matt Walsh)					
15. Basic need Satisfaction at Work (Matt Walsh)					
16. ERBS - emotion and Regulation Beliefs Scale					
17. UPQOL - Urban poor QOL					
18. McGill Quality of Life Questionnaire					

19. Revised Life Orientation Test (LOT-R) Optimism indicators					
20. Medical Outcomes Study: 36 item Short Form Survey Instrument					
21. FOCUS Survey Questions					

APPENDIX F

WRSC_I	c vr	Val	Zhou	Paul	Kri sti na
Name: ID Number:					
Address:					
Phone number:					
Gender:					
Race:					
Age:					
Marital Status:					
How many children do you have? List ages					
How many children live with you?					
How many people do you currently live with?					
Do you have health insurance?					
1= not relevant 2=somewhat relevant 3= quite relevant 4= highly relevant		Relevance Rating Scale: 1-4			
PHYSICAL DOMAIN	c vr	VAL	Zhou	Paul	Kri sti na
Subdomain: Health					
How long has it been since your most recent visit to a health care provider?	1	4	4	4	4
Subdomain: Medications					
How much do you need any medication to function in your daily life?	1	4	4	4	4
Subdomain: Mobility					
How many times a week do you exercise?	1	4	4	4	4
Are you able to run errands and shop?	1	4	4	4	4
Subdomain: Activities of Daily Living (ADL's)					
Do you require assistance with any of the following activities of daily living? (select all that apply)	1	4	4	4	4
Bathing					
Dressing					
Getting to the bathroom					
Walking					
Meal preparation					

Household chores					
Medication administration					
Managing money					
I do not require assistance					
Does your health now limit you in getting in and out of the bathtub?	1	4	4	4	4
How much difficulty do you have doing your daily physical activities, because of your health?	1	4	4	4	4
Subdomain: Drug/Alcohol Abuse					
Do you smoke cigarettes, cigars, or pipes?	1	4	4	4	4
At what age did you start smoking?	1	4	4	4	4
Do you drink alcohol?	1	4	4	4	4
How many years have you been drinking alcoholic beverages?	1	4	4	4	4
Do you use any recreational drugs, drugs prescribed for someone else, or prescription drugs for purposes other than their intended use?	1	4	4	4	4
Subdomain: Food					
Having enough food or nutrient for daily life	1	4	4	4	4
EMOTIONAL/MENTAL DOMAIN					
Subdomain: Positive Reactions					
How well are you able to concentrate?	1	4	4	4	4
How much do you value yourself?	1	4	4	4	4
I look forward to my life in the future.	1	4	4	4	4
Subdomain: Personal Relationships					
How satisfied are you with your personal relationships?	1	4	4	4	4
In general, how would you rate satisfaction with your social activities and relationships?	1	4	4	4	4
Subdomain: Traumatic Event-- ACE Questionnaire					
1. Did a parent or other adult in the household often or very often Swear at you, insult you, put you down, or humiliate you or Act in a way that made you afraid that you might be physically hurt? No If Yes, enter 1	1	4	4	4	4
2. Did a parent or other adult in the household often or very often Push, grab, slap, or throw something at you or Ever hit you so hard that you had marks or were injured?					
No If Yes, enter 1	1	4	4	4	4
3. Did an adult or person at least 5 years older than you ever Touch or fondle you or have you touch their body in a sexual way or Attempt or actually have oral, anal, or vaginal intercourse with you? No If Yes, enter 1	1	4	4	4	4
6. Was a biological parent ever lost to you through divorce, abandonment, or other reason?					
No If Yes, enter 1	1	4	4	4	4
7. Was your mother or stepmother:					
Often or very often pushed, grabbed, slapped, or had something thrown at her or Sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard or Ever repeatedly hit over at least a few minutes or threatened with a gun or knife?					
No If Yes, enter 1	1	4	4	4	4
8. Did you live with anyone who was a problem drinker or alcoholic, or who used street drugs?					

No If Yes, enter 1	1	4	4	4	4
9. Was a household member depressed or mentally ill, or did a household member attempt suicide? No If Yes, enter 1	1	4	4	4	4
Now add up your 'Yes' answers: This is your ACE Score					
Have you ever experienced a physical attack (including combat)	1	4	4	4	4
Have you ever experienced a life-threatening natural or human-made disaster	1	4	4	4	4
Subdomain: Traumatic Event (original questions)					
Did you ever witness/experience/learn about a natural disaster?	1	4	4	4	4
Did you ever witness/experience/learn about a transportation accident?	1	4	4	4	4
Did you ever witness/experience/learn about a serious accident at home or work?	1	4	4	4	4
Did you ever witness/experience/learn about combat or experience to a war-zone?	1	4	4	4	4
Did you ever witness/experience/learn about a life-threatening illness or injury?	1	4	4	4	4
Did you ever witness/experience/learn another very stressful event or experience?	1	4	4	4	4
I used alcohol, drugs, or a lot of activity to help me forget.	1	4	4	4	4
Subdomain: Resilience					
No matter what happens in my life, I know that I'll never lose my sense of who I am.	1	4	4	4	4
I am likely to try to change things, when they are in need of changing.	1	4	4	4	4
I tend to feel pretty stable under stress.	1	4	4	4	4
Please circle the most accurate answer under each statement: <i>Definitely true, Probably true, Not sure, Probably Not True, Definitely Not True</i>					
I believe that my mother loved me when I was little.					
<i>Definitely true Probably true Not sure Probably Not True Definitely Not True</i>	1	4	4	4	4
	0				
	.				
I believe that my father loved me when I was little.	5	4	3	4	4
<i>Definitely true Probably true Not sure Probably Not True Definitely Not True</i>					
When I was little, other people helped my mother and father take care of me and they seemed to love me.					
I have heard that when I was an infant someone in my family enjoyed playing with me, and I enjoyed it, too.					
When I was a child, there were relatives in my family who made me feel better if I was sad or worried.					
When I was a child, neighbors or my friends, parents seemed to like me.					
When I was a child, teachers, coaches, youth leaders or ministers were there to help me.					
Someone in my family cared about how I was doing in school.					
My family, neighbors and friends talked often about making our lives better.					

We had rules in our house and were expected to keep them.					
When I felt really bad, I could almost always find someone I trusted to talk to.					
<i>Definitely true Probably true Not sure Probably Not True Definitely Not True</i>	0. 5	3	4	4	4
As a youth, people noticed that I was capable and could get things done.					
I was independent and a go-getter.					
I believed that life is what you make it.					
<i>How many of these 14 protective factors did I have as a child and youth? (How many of the 14 were circled Definitely True or Probably True?)</i>					
<i>Of these circled, how many are still true for me?</i>					
RELATIONAL DOMAIN					
Subdomain: Positive Relationships					
How satisfied are you with your personal relationships?	1	4	4	4	4
Subdomain: Negative Relationships					
I feel detached from other people	1	4	4	4	4
There are not many people that I am close to.	1	4	4	4	4
Subdomain: Support					
Do you get the kind of support from others that you need?	1	4	4	4	4
Subdomain: Family					
Do you feel happy about the relationship with your family members?	1	4	4	4	4
SPIRITUAL DOMAIN					
Do you practice any kind of spirituality or religion?	1	4	4	4	4
<i>All questions refer to the last two weeks: (for reference 5)</i>					
To what extent does any connection to a spiritual being provide you with comfort/reassurance?	1	4	4	4	4
How much does spiritual strength help you to live better?	1	4	4	4	4
To what extent does faith help you to enjoy life?	1	4	4	4	4
If so, which religious community are you a part of?	1	4	4	4	4
SOCIO-ECONOMIC DOMAIN					
Subdomain: Safety					
How safe do you feel in your daily life?	1	4	4	4	4
Subdomain: Environment					
Subdomain: Financial					
Are you currently receiving any assistance from any government or state program(s)?	1	4	4	4	4
If so please list all assistance received?	1	4	4	4	4

Do you have financial difficulties?	1	4	4	4	4
Subdomain: Transportation					
Do you have a driver's license?	1	4	4	4	4
What method of transportation do you use?	1	4	4	4	4
Subdomain: Home/Living place					
To what degree does the quality of your home meet your needs?	1	4	4	4	4
Subdomain: Access to Health Services					
How satisfied are you with your access to health services?	1	4	4	4	4
Subdomain: Work					
Are you employed?	1	4	4	4	4
Have you served in the Armed Forces?	1	4	4	4	4
How would you rate your ability to work?	1	4	4	4	4
I feel like I can pretty much be myself at work.	1	4	4	4	4
Subdomain: Education					
Did you graduate from high school?	1	4	4	4	4
If not, what is the highest grade completed?	1	4	4	4	4
Have you received any other educational training?	1	4	4	4	4
If yes, when and where?	1	4	4	4	4
Education is important for one's and one's family?	1	4	4	4	4
Subdomain: Community					
Secure with family and community?	1	4	4	4	4
Subdomain: Jail					
Have you ever been arrested or jailed?	1	4	4	4	4
89 Items					
References					
1. WHOQOL-BREF					
2. DSM-5 PTSD Life Events Checklist (LEC-5)					
3. PROMIS Measures of well-being, physical health and mental health					
4. CDC Healthy Days Items					
5. WHOQOL-SRPB(Spirituality, Religiousness and Personal)					
6. WHOQOL-100 (questions refer to the last two weeks)					
7. Impact of Event Scale (subjective distress for any life events)					
8. DSI-R Bowen Theory					
9. PROMIS Item Bank v2.0 - Satisfaction with Social Roles and Activities					
10. PROMIS Item Bank - Social Isolation					
11. PROMIS Item Bank - Companionship					
12. PROMIS Item Bank - Physical Function					
13. Quality of Life Inventory, Matt Walsh, 2009					

14. Basic Psychological needs Scale The Basic Need Satisfaction - General (Matt Walsh)					
15. Basic need Satisfaction at Work (Matt Walsh)					
16. ERBS - emotion and Regulation Beliefs Scale					
17. UPQOL - Urban poor QOL					
18. McGill Quality of Life Questionnaire					
19. Revised Life Orientation Test (LOT-R) Optimism indicators					
20. Medical Outcomes Study: 36 item Short Form Survey Instrument					
21. FOCUS Survey Questions					

APPENDIX G

WRSC_I - FINAL SURVEY AFTER QUALITATIVE ANALYSIS 11-23-2015	
Name:	ID Number:
Address:	
Phone number:	
Gender:	
Race:	
Age:	
Marital Status:	
How many children do you have?	List ages
How many children live with you?	
How many people do you currently live with?	
Do you have health insurance?	
Are you employed?	
Have you served in the Armed Forces?	
Did you graduate from high school?	
If you did not graduate from high school, do you have your GED?	
Do you have a felony?	
Are you on probation or parole?	
Are you worried/scared about anyone being released from jail?	
PHYSICAL DOMAIN	
Subdomain: Health	
How would you rate your overall health on a scale of 1(very poor health) -10 (excellent health)?	
How long has it been since your most recent visit to a health care provider outside of the Emergency Room?	
How long has it been since you have seen a dentist?	
Subdomain: Pain	
To what extent do you feel that physical pain prevents you from what you need to do? 1-10	
Subdomain: Fatigue/Tired	
Do you have enough energy for everyday activities?	
How would you rate your energy level?	

Subdomain: Medications
Do you take medications to function in your daily life?
Do you have access to your medications?
Subdomain: Sleep
How many hours do you sleep in a night?
Do you feel rested upon awaking?
Is your sleep interrupted? <i>No, sometimes, often, always</i>
Are awoken by noises? <i>No, sometimes, often, always</i>
Do you have nightmares?
Do you see reoccurring images whether awake or while sleeping?
Do you nap during the day? If yes, how many hours? <i><1, 2-3, <3</i>
Subdomain: Mobility
How much time a day do you spend walking?
Are you able to stand up from an armless straight chair?
Are you able to run or jog for two miles (3km)?
Are you able to go for a walk of at least 15 minutes?
Are you able to step up and down curbs?
Are you able to run errands and shop?
Are you able to climb up five steps?
Are you able to run a short distance, such as to catch a bus?
Are you able to stand without losing your balance for several minutes?
Subdomain: Activities of Daily Living
Do you require assistance with any of the following activities of daily living? (select all that apply)
I do not require assistance with any activities of daily living
Bathing <i>Rating of 1-10</i>
Dressing
Getting to the bathroom
Walking
Meal preparation
Household chores
Medication administration
Managing money
How satisfied are you with your ability to perform your daily living activities?
Subdomain: Drug/Alcohol Abuse

Do you smoke cigarettes, cigars, or pipes or e-cigarettes?	
At what age did you start smoking?	
How much do you smoke a day?	
Does your family or friends frequently smoke cigarettes, cigars, pipes, e-cigarettes?	
Do you drink alcohol?	
How many drinks do you have in a week	
At what age did you start drinking?	
Does your family or friends frequently drink alcohol?	
Do you smoke marijuana?	
How many times in a week do you smoke marijuana?	
At what age did you start smoking marijuana?	
Does your family or friends frequently smoke marijuana?	
Do you use any recreational drugs, drugs prescribed for someone else, or prescription drugs for purposes other than their intended use? If yes, what drugs/how often?	
Have you ever been in a drug or alcohol rehab program?	
Subdomain: Food	
How many meals a day do you eat?	
How many times a week do you eat fruits or vegetables?	
How many times a week do you eat fast food?	
How many glasses of water do you drink each day?	
Behavioral Domain	
Subdomain: Positive Reactions	
How much do you enjoy life?	
How positive do you feel about the future?	
How well are you able to concentrate?	
How much do you value yourself?	
How much confidence do you have in yourself?	
How satisfied are you with the quality of your life?	
How satisfied are you with your ability to make decisions?	
How satisfied are you with the way your body looks?	
How would you rate your memory?	
I stand up for what I believe in even when it differs from my peers.	
I get excited about new interests	
I can do better things with my life.	
I feel like I am free to decide for myself how to live my life.	
I generally feel free to express my ideas and opinions.	
I have been able to learn interesting new skills recently.	

Most days I feel a sense of accomplishment from what I do
Subdomain: Negative Reactions
How often do you have negative feelings?
To what extent do you feel your life to be meaningful?
How worried do you feel?
How much do any feelings of sadness or depression interfere with your everyday functioning?
How alone do you feel in your life?
I usually need a lot of encouragement from others when starting a big job or task.
When someone close to me disappoints me, I have trouble trusting people.
I wish that I weren't so emotional.
I feel free to express my emotions.
I'm overly sensitive to criticism
When things go wrong, talking about them usually makes it worse.
People I interact with on a daily basis tend to take my feelings into consideration.
When strong emotions are present, they dictate what a person says or does.
I am satisfied with the progress I have made in achieving life goals.
When bad things happen to me or anyone else, I feel no emotion.
Subdomain: Sex Life
How well are your sexual needs fulfilled? 0-10
How important is it that you have a personal attachment with your sexual partner? 0-10
In the last month, I have had _____ sexual partners? 0 - >10
Subdomain: Traumatic Event-- ACE Questionnaire (Prior to the age of 18)
1. Did a parent or other adult in the household often or very often Swear at you, insult you, put you down, or humiliate you? Or Act in a way that made you afraid that you might be physically hurt? No If Yes, enter 1
2. Did a parent or other adult in the household often or very often Push, grab, slap, or throw something at you? Or Ever hit you so hard that you had marks or were injured?
3. Did an adult or person at least 5 years older than you ever Touch or fondle you or have you touch their body in a sexual way? Or Attempt or actually have oral, anal, or vaginal intercourse with you? No If Yes, enter 1
4. Did you often or very often feel that No one in your family loved you or thought you were important or special? Or Your family didn't look out for each other, feel close to each other, or support each other? No If Yes, enter 1
5. Did you often or very often feel that You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you? Or Your parents were too drunk or high to take care of you or take you to the doctor if you needed it? No If Yes, enter 1
6. Was a biological parent ever lost to you through divorce, abandonment, or other reason?
No If Yes, enter 1
7. Was your mother or stepmother:
Often or very often pushed, grabbed, slapped, or had something thrown at her? Or Sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard? Or Ever repeatedly hit over at least a few minutes or threatened with a gun or knife?
No If Yes, enter 1
8. Did you live with anyone who was a problem drinker or alcoholic, or who used street drugs?
No If Yes, enter 1
9. Was a household member depressed or mentally ill, or did a household member attempt suicide? No If Yes, enter 1

<i>Definitely true Probably true Not sure Probably Not True Definitely Not True</i>
When I was little, other people helped my mother and father take care of me and they seemed to love me.
I have heard that when I was an infant someone in my family enjoyed playing with me, and I enjoyed it, too.
When I was a child, there were relatives in my family who made me feel better if I was sad or worried.
When I was a child, neighbors or my friends, parents seemed to like me.
When I was a child, teachers, coaches, youth leaders or ministers were there to help me.
Someone in my family cared about how I was doing in school.
My family, neighbors and friends talked often about making our lives better.
We had rules in our house and were expected to keep them.
When I felt really bad, I could almost always find someone I trusted to talk to.
<i>Definitely true Probably true Not sure Probably Not True Definitely Not True</i>
As a youth, people noticed that I was capable and could get things done.
I was independent and a go-getter.
I believed that life is what you make it.
<i>How many of these 14 protective factors did I have as a child and youth? (How many of the 14 were circled Definitely True or Probably True?)</i>
<i>Of these circled, how many are still true for me?</i>
RELATIONAL DOMAIN
Relational Domain
How satisfied are you with your personal relationships? 0 - 10
How satisfied are you with the support you get from your friends?
Who would you go to for help? How likely would it be:
Mom 0 - 10
Dad 0 - 10
Sibling 0 - 10
Grandparent 0 - 10
Spouse 0 - 10
Friend 0 - 10
Children 0 - 10
Other 0-10
How strong is your relationship with your Mom? 0 -10
How strong is your relationship with your Dad? 0 -10
In general, how would you rate satisfaction with your social activities?
Do you have someone with whom to relax?

Do you have someone with whom you can do something enjoyable?
Can you find companionship when you want it?
I can count on other people for support or help when needed.
I have a sense of closeness with others
I can express my emotions in times of trouble.
I put effort into my relationships
People I know tell me I am good at what I do.
People in my life care about me.
I feel that people avoid talking to me
I feel that I am no longer close to anyone.
How well did your guardians/primary caregivers get along?
I have difficulty expressing my feelings to people I care for.
I tend to distance myself when people get too close to me.
How much does it bother you when your spouse/partner criticizes you?
I feel a need for approval from virtually everyone in my life.
I'm concerned about losing my independence in intimate relationships.
I would never consider turning to any of my family members for emotional support.
How much do you worry about people close to you getting sick, hurt, or upset?
SPIRITUAL DOMAIN
<i>All questions refer to the last two weeks: (for reference 5)</i>
To what extent does any connection to a spiritual being provide you with comfort/reassurance?
To what extent do you feel your life has a purpose?
To what extent do you feel that you are here for a reason?
To what extent do you feel inner spiritual strength in difficult times?
How much are you able to feel a sense of peace in your life?
To what extent does being optimistic improve your quality of life?
How able are you to remain optimistic in times of uncertainty?
To what extent does faith help you to enjoy life?
To what extent do you consider yourself to be a religious person?
Do you have a church home?
If so, which church do you attend?
To what extent do you have spiritual beliefs?
To what extent do your personal beliefs give you the strength to face difficulties?
I am a spiritual person
In times of adversity, how much does faith play a part in your life?
SOCIO-ECONOMIC DOMAIN
Subdomain: Ability to obtain Information
How satisfied are you with your opportunities to learn new information?
What method do you use to get day to day information?

newspaper	Yes	No
internet	Yes	no
TV	Yes	no
phone	Yes	no
Subdomain: Financial		
How much do you worry about money?		
How satisfied are you with your financial situation?		
Do you have a bank account?		
Do you have debt?		
Have you ever had your utilities shut off because you could not pay your bill?		
Subdomain: Transportation		
Do you have a valid driver's license?		
What method of transportation do you use?		
car		
bus		
jitney		
walk		
To what extent do you have problems with transport?		
Subdomain: Environment (including home and safety)		
Are you homeless?		
Do you feel safe where you stay?		
How satisfied are you with the conditions of your living place?		
Are you satisfied with the people who live with you?		
How satisfied are you with your physical safety and security at home?		
How satisfied are you with your physical safety and security on your block?		
How satisfied are you with your physical safety and security in your community?		
How healthy is your physical environment?		
How satisfied are you with your physical environment?		
pollution		
climate		
noise		
attractiveness		
violence		
neighbors		
Subdomain: Access to Health Services		
To what extent do you trust the health delivery system?		
To what extent do you have access to medical care?		
Subdomain: Leisure Activities/Free Time		
To what extent do you value time alone?		
How satisfied are you with the way you spend your spare time?		

I am satisfied with my current level of social activity
Subdomain: Social Services
To what extent do you need help with:
Housing
Legal services
Transportation
Employment
Managing money
How satisfied are you with the social/community services?
Subdomain: Work
To what extent are you activity looking for employment?
To what extent are you able to work?
To what extent do you feel able to carry out your duties?
To what extent do you like the people you work with?
To what extent do the people at work get along with you
To what extent do you get along with people at work?
To what extent do you feel competent do you feel at work?
To what extent do you feel pressured at work?
I am free to express my ideas and opinions on the job.
I have been able to learn interesting new skills on my job.
How motivated are you to go to work?
Most days I feel a sense of accomplishment from working.
To what extent are you utilizing your full potential at work
Subdomain: Education
To what extent are you satisfied with your educational attainment?
To what degree do you feel that you have equal access to education?
To what extent do you feel that education is important for one's and one's family?
Total items = 283
COMMENTS
References
1. WHOQOL-BREF
2. DSM-5 PTSD Life Events Checklist (LEC-5)
3. PROMIS Measures of well-being, physical health and mental health
4. CDC Healthy Days Items
5. WHOQOL-SRPB(Spirituality, Religiousness and Personal)
6. WHOQOL-100 (questions refer to the last two weeks)
7. Impact of Event Scale (subjective distress for any life events)

8. DSI-R Bowen Theory
9. PROMIS Item Bank v2.0 - Satisfaction with Social Roles and Activities
10. PROMIS Item Bank - Social Isolation
11. PROMIS Item Bank - Companionship
12. PROMIS Item Bank - Physical Function
13. Quality of Life Inventory, Matt Walsh, 2009
14. Basic Psychological needs Scale The Basic Need Satisfaction - General (Matt Walsh)
15. Basic need Satisfaction at Work (Matt Walsh)
16. ERBS - emotion and Regulation Beliefs Scale
17. UPQOL - Urban poor QOL
18. McGill Quality of Life Questionnaire
19. Revised Life Orientation Test (LOT-R) Optimism indicators
20. Medical Outcomes Study: 36 item Short Form Survey Instrument
21. FOCUS Survey Questions

APPENDIX H

Pre-Pilot Worksheet

Jan 25, 2016

The researcher will meet with the five respondents to review the survey.

Instructions: Please review the survey for the following:

Directions for Completion of the Survey:

Are they clear?

Content:

Easy to read

Easy to understand

Awkward phrasing

Sensitivity of question

Variety of responses:

Are the responses appropriate and inclusive?

Length of Survey:

Do you like the length?

Suggestions:

Ways to improve the survey

Questions to add or delete

1. Demographic Section

- Is the content of the questions important to include?
- Do you like the wording of the questions?
- Did we forget any questions?
- Too many/too few questions?

2. Physical Domain

- Is the content of the questions important to include?
- Do you like the wording of the questions?

- Did we forget any questions?
- Too many/too few questions?

3. Behavioral Domain

- Is the content of the questions important to include?
- Do you like the wording of the questions?
- Did we forget any questions?
- Too many/too few questions?

4. Relational Domain

- Is the content of the questions important to include?
- Do you like the wording of the questions?
- Did we forget any questions?
- Too many/too few questions?

5. Spiritual Domain

- Is the content of the questions important to include?
- Do you like the wording of the questions?
- Did we forget any questions?
- Too many/too few questions?

6. Socio-Economic Domain

- Is the content of the questions important to include?
- Do you like the wording of the questions?

- Did we forget any questions?
- Too many/too few questions?

APPENDIX I

Well-being, Relational, Stability, Competency Index (WRSC-I) for Pre-Pilot Study - January 25, 2016	
Comments/edits from Pre-Pilot Study	
A. DEMOGRAPHIC SECTION	
Name:	ID Number:
Address:	
Phone number:	
Gender:	
Race:	
Age:	
Marital Status:	
How many children do you have?	List ages
How many children live with you?	
How many people do you currently live with?	
Do you have health insurance?	Moved to health subdomain
Are you employed?	Moved to work subdomain
Have you served in the Armed Forces?	Delete; not relevant
Did you graduate from high school?	Combine 17 and 18
If you did not graduate from high school, do you have your GED?	
Do you have a valid driver's license?	Reworded to, "Do you have access to a car"
and moved to transportation subdomain	
Do you have a felony?	Use of word, felony is too intrusive.
Moved to work subdomain and reword	
Are you on probation or parole?	delete
Do you have a bank account?	Eliminated.
Are you worried/scared about anyone being released from jail?	Not appropriate and too intrusive.
eliminate	
Please answer each question by placing a checkmark in the appropriate box on the right.	
B. PHYSICAL DOMAIN	
Subdomain: Health	
How would you rate your overall health on a scale of 1(very poor health) -4 (excellent health)?	

Delete next two questions. They cannot be scored. Do not ask here. Ask when a patient comes to the FPFHC.
How long has it been since your most recent visit to a health care provider outside of the Emergency Room?
How long has it been since you have seen a dentist?
Subdomain: Pain
To what extent do you feel that physical pain prevents you from what you need to do?
Subdomain: Fatigue/Tired
Do you have enough energy for everyday activities?
Are you satisfied with your energy level? Eliminate. Question above is sufficient.
Subdomain: Medications
Do you take medications to function in your daily life? Reword; didn't like the word "function"
Do you have access to your medications? Reword; didn't like the word "access"
Subdomain: Sleep Not a good measure for physical wellness as you could sleep >8 hours due to depression. Recommended to eliminate sleep and replace with "the amount of stress in one's life"
How many hours do you sleep in a night? (round up to the next hour)
Do you nap during the day? Eliminate. Napping isn't a bad thing.
If yes, how many hours?
Do you feel rested upon awaking?
Is your sleep interrupted?
Are awoken by noises?

Do you have nightmares?
Do you see reoccurring images whether awake or while sleeping?
Subdomain: Mobility This subdomain was too long. Revised to include only the important mobility and exercise questions.
How much time a day do you spend walking? Reword. Too vague.
Are you able to stand up from an armless straight chair? eliminate
Are you able to run or jog for two miles (3km)? eliminate
Are you able to go for a walk of at least 15 minutes? eliminate
Are you able to step up and down curbs? eliminate
Are you able to run errands and shop?
Are you able to climb up five steps? eliminate
Are you able to run a short distance, such as to catch a bus? eliminate
Are you able to stand without losing your balance for several minutes? eliminate
Subdomain: Activities of Daily Living this subdomain was eliminated or combined with other subdomains.
How much assistance do you require in the following daily activities? This subdomain was either combined with Mobility or eliminated as the questions in the mobility section will answer these questions. Ex. If they can't walk without assistance they probably can't do many of the following.
Bathing
Dressing
Getting to the bathroom
Walking
Meal preparation
Household chores
Medication administration
Managing money
How satisfied are you with your ability to perform your daily living activities? Not sure what daily living activities meant
Subdomain: Drug/Alcohol Use
Please circle the most appropriate choice to the right of the question.
Have you smoked at least 100 cigarettes in your entire life? [cigarettes only; no e-cigarettes, cigars, water pipes (hookahs) Eliminate, not important
Do you smoke cigarettes every day, some days, or not at all?

If you do smoke, how many cigarettes do you smoke in one day?	
During the past 12 months, have you stopped smoking for one day or longer because you were trying to quit? Eliminate.	
How long has it been since you last smoked a cigarette, even one or two puffs?	
Do you currently use chewing tobacco, (snuff)?	
Do you drink alcohol?	
<i>Considering that one drink equals a 10-ounce beer, a 5-ounce glass of wine, or a drink with one shot of liquor, please answer the following questions?</i>	
How many drinks do you have in a week?	
How many drinks do you have at one time?	
Do you smoke marijuana?	
How many times in a week do you smoke marijuana?	
Do you use any recreational drugs, drugs prescribed for someone else, or prescription drugs for purposes other than their intended use?	
If yes, what drug do you use? (List drugs below)	
164. Did not like the word, recreational. Additionally, the question is too long. Rephrase	
168. Eliminate since they will not divulge this information	
How often do you use/take the drug(s) in a week?	
Have you ever been in a drug or alcohol rehab program? Eliminate. Too personal	
Subdomain: Food	Please circle the correct response
How many meals a day do you eat? Eliminate. Not as important as the other 3 questions in this domain.	
How many times a week do you eat fruits or vegetables?	
How many times a week do you eat fast food?	
How many glasses of water do you drink each day? Eliminate. Not as relevant as other questions.	
C. BEHAVIORAL DOMAIN	
Please answer each question by placing a checkmark in the appropriate box on the right.	

Subdomain: Positive Reactions	
How much do you enjoy life?	
How positive do you feel about the future?	Eliminate. Covered in #212
How well are you able to concentrate?	This was questioned? Is concentration important or necessary to be positive?
How much do you value yourself?	Eliminate. Similar to next statement.
How much confidence do you have in yourself?	
How satisfied are you with the quality of your life?	
How satisfied are you with your ability to make decisions?	Eliminate.
How satisfied are you with the way your body looks?	Eliminate. Too personal.
Do you feel that you have a good memory?	Eliminate as not relevant to having a positive outlook
I stand up for what I believe in even when it differs from my peers.	
I get excited about new interests	Eliminate as it is confusing and vague
Do you feel that you can do better things with your life?	Didn't like the question. Eliminate.
I feel like I am free to decide for myself how to live my life.	Eliminate. Didn't like the question.
I generally feel free to express my ideas and opinions.	Similar to 201. Eliminate.
I have learned interesting new skills recently.	Change this question. Not as relevant to how positive one is.
Most days I feel a sense of accomplishment from what I do.	eliminate
How optimistic are you in your life?	Added this question
Subdomain: Negative Reactions	
How often do you have negative feelings?	
To what extent do you feel your life to be meaningful?	Eliminate here as it is asked elsewhere
Do you worry about things in your life?	They felt that everyone worries
How much do any feelings of sadness or depression interfere with your everyday functioning?	Removed "any"
How alone do you feel in your life?	Should go in relational domain
I usually need a lot of encouragement from others when starting something new.	Eliminate.
When someone close to me disappoints me, I have trouble trusting people.	Rephrase. confusing
I wish that I weren't so emotional.	Rephrase.
I feel free to express my emotions.	Eliminate. Similar to other items
I'm overly sensitive to criticism	eliminate. Definition of overly sensitive?
When things go wrong, talking about them usually makes it worse.	Eliminate. Didn't like the question.

People I interact with on a daily basis tend to take my feelings into consideration.
When strong emotions are present, they dictate what I say or do eliminate
I am satisfied with the progress I have made in achieving life goals. Eliminate. Addressed under positive domain
When bad things happen to me or anyone else, I feel no emotion.
How able are you to remain optimistic in times of uncertainty? Similar to other items. eliminate.
Subdomain: Sex Life Eliminate entire subdomain. These questions are very personal and culturally offensive.
How well are your sexual needs fulfilled?
How important is it that you have a personal attachment with your sexual partner?
In the last month, I have had how many sexual partners?
Subdomain: Traumatic Event-- ACE Questionnaire
Prior to the age of 18 years old, did you experience the following? Answer each yes or no question by placing an X in the box to the right. Add a column titled "Refused"
1. Did a parent or other adult in the household often or very often swear at you, insult you, put you down, or humiliate you, or act in a way that made you afraid that you might be physically hurt?
2. Did a parent or other adult in the household often or very often push, grab, slap, or throw something at you, or ever hit you so hard that you had marks or were injured?
3. Did an adult or person at least 5 years older than you ever touch or fondle you, or have you touch their body in a sexual way, or attempt, or actually have oral, anal, or vaginal intercourse with you?
4. Did you often or very often feel that no one in your family loved you, or thought you were important, or special, or your family didn't look out for each other, feel close to each other, or support each other?
5. Did you often or very often feel that you didn't have enough to eat, had to wear dirty clothes, and had no one to protect you or your parents were too drunk or high to take care of you or take you to the doctor if you needed it?
6. Was a biological parent ever lost to you through divorce, abandonment, or other reason?
7. Was your mother or stepmother , often or very often pushed, grabbed, slapped, or had something thrown at her, or sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard, or ever repeatedly hit, over at least a few minutes, or threatened with a gun or knife? Change to "Parent"
8. Did you live with anyone who was a problem drinker, or alcoholic, or who used street drugs?
9. Was a household member depressed or mentally ill, or did a household member attempt suicide?
10. Did a household member go to prison?

Subdomain: Traumatic Event
The following questions will ask you if you have <u>ever</u> experienced or witnessed certain situations. Please circle either yes or no.
If your answer is yes, please check the appropriate box on the right as to the EXTENT that it affected you at the time of the occurrence.
Have you ever experienced/witnessed the following? If so, how did it affect you?
a natural disaster such as a flood, tornado YES NO
a fire or explosion combined with above YES NO
a transportation accident combined with below YES NO
a serious accident at home or work YES NO
a physical assault combined with sexual assault YES NO
an assault with a weapon eliminated YES NO
a sexual assault YES NO
an unwanted or uncomfortable sexual experience too vague. Keep the item above YES NO
combat in a war-zone Is this regarding military or domestic, within one's community? YES NO
a life-threatening illness or injury YES NO
severe human suffering eliminate. How would you define severe human suffering? YES NO
a sudden violent death combined with below YES NO
a sudden accidental death YES NO
Did you ever harm or seriously injure someone? YES NO
Did/do you feel that your life is in danger? YES NO

Do you have thoughts of hurting/killing yourself? YES NO	Eliminate "kill"
Do you have thoughts of hurting/ killing someone else? YES NO	Eliminate "kill"
Did you ever experience racism or discrimination? YES NO	Eliminate.
Did anyone close to you ever experience any of the above mentioned situations? If so how did it affect you? YES NO	
<i>If you experienced any of the traumatic experiences mentioned above, please answer the following questions as to how you are <u>CURRENTLY</u> feeling about the experience.</i>	
How often do you have strong feelings about it?	Eliminate.
How often are you reminded of it?	
How often do you think about it when you don't mean to?	Eliminate.
How often do images related to it pop into your mind?	
How often do you talk about it?	
How often do you wonder why it had to happen to you and not someone else?	eliminate
How often do you use alcohol or drugs to help you forget?	Eliminate. Addressed under behavioral domain and too personal.
Subdomain: Resilience	
I know that I'll never lose my sense of who I am no matter what happens in my life	
I can see that new opportunities are available when my first plan does not work out.	
I am likely to try to change things, when they are in need of changing.	
I can handle difficulties	
I can accept the way things work out	
I know that in times of stress I am stronger than I think I am.	Eliminate.
I tend to feel pretty stable under stress.	
I can alter strong feelings in any situation with effort.	Eliminate.
I can usually find a way of overcoming problems	
I found myself almost waiting for something like that to happen again.	Eliminate
I often expect something bad to happen to me	
Subdomain: Resilience	Eliminate these questions. Too sensitive
<i>Please read each question and place in the X in the box to the right that best describes your answer.</i>	

I believe that my mother loved me when I was little.
I believe that my father loved me when I was little.
When I was little, other people helped my mother and father take care of me and they seemed to love me.
I have heard that when I was an infant someone in my family enjoyed playing with me, and I enjoyed it, too.
When I was a child, there were relatives in my family who made me feel better if I was sad or worried.
When I was a child, neighbors or my friends, parents seemed to like me.
When I was a child, teachers, coaches, youth leaders or ministers were there to help me.
Someone in my family cared about how I was doing in school.
My family, neighbors and friends talked often about making our lives better.
We had rules in our house and were expected to keep them.
When I felt really bad, I could almost always find someone I trusted to talk to.
As a youth, people noticed that I was capable and could get things done.
I was independent and a go-getter.
I believed that life is what you make it.
<i>Of these circled, how many are still true for you?</i>
RELATIONAL DOMAIN
D. RELATIONAL DOMAIN
Please answer each question by placing a checkmark in the appropriate box on the right.
How satisfied are you with your personal relationships?
How satisfied are you with the support you get from your friends? <i>Eliminate. Similar to item above.</i>
Who would you go to for help? How likely would it be:
Mom <i>combine with Dad to say parent/s</i>
Dad
Sibling <i>combine with grandparents to say family member</i>
Grandparent
Spouse <i>add partner</i>
Friend
Children <i>reword to child/children</i>

Other
In general, are you satisfied with your social activities? Eliminate. Vague.
Do you have someone with whom to relax? Eliminate
Do you have someone with whom you can do something enjoyable? Eliminate
Can you find companionship when you want it? Eliminate. What is companionship?
I can count on other people for support or help when needed. Eliminate. Answered above.
I have a sense of closeness with others eliminate. This is answered above
I can express my emotions in times of trouble. Eliminate. not really relational.
I put effort into my relationships
People I know tell me I am good at what I do. Eliminate
People in my life care about me.
I feel that people avoid talking to me. eliminate
I feel that I am no longer close to anyone. Eliminate.
How well did your guardians/primary caregivers get along? Addressed above.
I have difficulty expressing my feelings to people I care for. Eliminate
I tend to distance myself when people get too close to me.
How much does it bother you when your spouse/partner criticizes you? Eliminate.
I feel a need for approval from virtually everyone in my life. Eliminate. Confidence addressed elsewhere
I'm concerned about losing my independence in intimate relationships.
I would never consider turning to any of my family members for emotional support. Eliminate. Addressed above.
How much do you worry about people close to you getting sick, hurt, or upset. Eliminate. More of a behavioral issue than relational issue.
E. SPIRITUAL DOMAIN
Please answer each question by placing a checkmark in the appropriate box on the right.
To what extent does any connection to a spiritual being provide you with comfort/reassurance?
To what extent do you feel your life has a purpose? Eliminate. Addressed elsewhere.
To what extent do you feel that you are here for a reason? Eliminate.
To what extent do you feel inner spiritual strength in difficult times?
How much are you able to feel a sense of peace in your life? Eliminate. Too similar to other questions.
To what extent does being optimistic improve your quality of life? This question exists in positive subdomain. Eliminate from here.
How able are you to remain optimistic in times of uncertainty? eliminate.
To what extent does faith help you to enjoy life Reword. To what extent does spirituality help you to accept your life circumstances?
To what extent do you consider yourself to be a religious person? Eliminate. Focus on spirituality

Do you regularly go to church? Eliminate.
To what extent do you have spiritual beliefs? Move to the top of Spiritual Domain
To what extent do your personal beliefs give you the strength to face difficulties? Eliminate.
I am a spiritual person Eliminate.
What church do you attend? _____ Eliminate. Not necessary to ask.
F. SOCIO-ECONOMIC DOMAIN
Please answer each question by placing a checkmark in the appropriate box on the right.
Subdomain: Ability to obtain Information Eliminate this subdomain. Not relevant to socioeconomic status
How satisfied are you with your opportunities to learn new information?
What method do you use to get day to day information?
newspaper
internet
TV
phone
Subdomain: Financial
How much do you worry about money? Eliminate. Per the group, everyone worriers about money and the next question is more appropriate
How satisfied are you with your financial situation?
Do you have debt? Define debt? Debt that you can't afford or debt that you can afford?
Have you ever had your utilities shut off because you could not pay your bill? Too personal
Subdomain: Transportation. This subdomain was reworted.
What method of transportation do you use?
Car
Bus
Jitney
walk
To what extent do you have problems with transport?
Subdomain: Environment (including home and safety)
Are you homeless? Reword: Do you own your home? Everyone interviewed will be living in a home?

Do you feel safe where you stay ? Live
How satisfied are you with the conditions of your living place ? Merged with item above
Are you satisfied with the people who live with you? eliminate
How satisfied are you with your physical safety and security at home ? Eliminate. Similar item above
How satisfied are you with your physical safety and security on your block?
How satisfied are you with your physical safety and security in your community?
How healthy is your physical environment? Eliminate.
How satisfied are you with the following regarding your physical environment: the place where you live
pollution Eliminate.
climate Eliminate.
noise/ disruptions
Attractiveness
Violence
Neighbors
Subdomain: Access to Health Services eliminated this subdomain
To what extent do you trust the health delivery system ? Didn't like the wording. Eliminate
To what extent do you have access to medical care? Moved to physical domain
Subdomain: Leisure Activities/Free Time eliminate subdomain as it is covered in behavioral domain
To what extent do you value time alone?
How satisfied are you with the way you spend your spare time?
How satisfied with your current level of social activity.
Subdomain: Social Services Delete this subdomain. These questions are addressed in other subdomains
To what extent do you need help with:
Housing
Legal services
Transportation
Employment
Managing money
How satisfied are you with the social/community services?
Subdomain: Work

To what extent are you activity looking for employment
To what extent are you able to work
To what extent do you feel able to carry out your duties Eliminate the following items in red. addressed in other domains.
To what extent do you like the people you work with.
To what extent do the people at work get along with you
To what extent do you get along with people at work.
To what extent do you feel competent do you feel at work.
To what extent do you feel pressured at work.
I am free to express my ideas and opinions on the job.
I have been able to learn interesting new skills on my job.
How motivated are you to go to work? Eliminate.
Most days I feel a sense of accomplishment from working. Eliminate
To what extent are you utilizing your full potential at work
Subdomain: Education
To what extent are you satisfied with your educational attainment?
To what degree do you feel that you have equal access to education? Eliminate. Not as important as the other questions in education
To what extent do you feel that education is important for one's and one's family? Not a good measure of SES.
COMMENTS

APPENDIX J

Final Survey				
A. DEMOGRAPHIC SECTION				
ID Number:				
Please answer each question by placing a checkmark or circling the most appropriate answer in the box on the right.				
B. PHYSICAL DOMAIN				
	1 poor health	2 fair health	3 good health	4 excellent health
Subdomain: Health				
How would you rate your overall health on a scale of 1(very poor health) -4 (excellent health)?				
	Not at all	A Moderate amount	Very much	An extreme amount
Subdomain: Pain				
To what extent do you feel that physical pain prevents you from what you need to do?				
	Not at all	A Moderate amount	Very much	An extreme amount
Subdomain: Fatigue/Tired				
Do you have enough energy for everyday activities?				
	Not at all	A Moderate amount	Very much	An extreme amount
Subdomain: Medications				
Do you take prescribed medications? (If no, skip the next question)				
Are there times when you do not take your prescribed meds when you are supposed to? (due to cost, access, etc.)				

	Not at all	A Moderate amount	Very much	An extreme amount
Subdomain: Sleep				
Do you feel rested upon awaking?				
Is your sleep interrupted?				
Do you have nightmares?				
	Not at all	A Moderate amount	Very much	An extreme amount
Subdomain: Stress				
In the last month, how often have you felt stressed?				
	Not at all	A Moderate amount	Very much	An extreme amount
Subdomain: Mobility and Exercise				
Do you have difficulty performing daily tasks? (For example, cooking, bathing, getting dressed?)				
Have you found that you are doing tasks less frequently?				
Have you found that you are doing tasks in a different way than you used to do them?				
How satisfied are you with your ability to ambulate or move around?				
Are you able to run errands and shop without assistance?				
	0	1-3 times	4-5 times	6 or more
How many times a week do you exercise moderately ?				
<i>Examples from the American Heart Association include:</i>				
<i>Walking briskly (3 miles per hour or faster, but not race-walking)</i>				
<i>Water aerobics</i>				
<i>Bicycling slower than 10 miles per hour</i>				
<i>Tennis (doubles)</i>				
<i>Ballroom dancing</i>				
<i>General gardening</i>				
	0	1-3 times	4-5 times	6 or more
How many times a week do you exercise vigorously ?				
<i>Examples from the American Heart Association include:</i>				
<i>Race walking, jogging, or running</i>				
<i>Swimming laps</i>				
<i>Tennis (singles)</i>				
<i>Aerobic dancing</i>				
<i>Bicycling 10 miles per hour or faster</i>				
<i>Jumping rope</i>				

<i>Heavy gardening (continuous digging or hoeing)</i>				
<i>Hiking uphill or with a heavy backpack</i>				
Subdomain: Drug/Alcohol Use				
Please circle the most appropriate choice to the right of the question.				
Do you smoke cigarettes? (If no, skip the next question)	not at all	some days	everyday	refused
If you do smoke, how many cigarettes do you smoke in one day?	0-5 cigs	6-10 cigs	11-19 cigs	>20 cigs
Do you currently use chewing tobacco, (snuff)?	not at all	sometimes	everyday	refused
Do you drink alcohol? (If no, skip the next two questions)	not at all	sometimes	everyday	refused
<i>Considering that one drink equals a 10-ounce beer, a 5-ounce glass of wine, or a drink with one shot of liquor, please answer the following questions?</i>				
How many drinks do you have in a week?	0-5 drinks	6-10 drinks	11-19 drinks	> 20 drinks

How many drinks do you have at one time?	1-2 drinks	3-4 drinks	5-6 drinks	> 6 drinks
Do you smoke marijuana? (If no, skip the next question)	not at all	sometimes	everyday	refused
How many times in a week do you smoke marijuana?	0-5 times	6-10 times	11-19 times	>20 times
Do you use any other recreational drugs (including drugs prescribed for other people)? (If no, skip the next question)	not at all	some days	everyday	refused
How often do you use/take the drug(s) in a week?	0-5 times	6-10 times	11-19 times	>20 times
Subdomain: Food Please circle the correct response				
How many meals a day do you eat?	0-1	2-3	4-5	6 or greater

	0-1	2-3	4-5	6 or greater
How many glasses of water do you drink per day?				
Physical domain - 28 total items				
C. BEHAVIORAL DOMAIN				
Please answer each question by placing a checkmark in the appropriate box on the right.				
	Not at all	A Moderate amount	Very much	An extreme amount
Subdomain: Positive Reactions				
How much do you enjoy life?				
How much confidence do you have in yourself?				
How satisfied are you with the quality of your life?				
How optimistic are you in your life?				
	Not at all	A Moderate amount	Very much	An extreme amount
Subdomain: Negative Reactions				
How often do you have negative feelings?				
How much do feelings of sadness or depression interfere with your everyday functioning?				
Do you have trouble trusting other people?				
Do you have the ability to control strong feelings and impulses.				
When bad things happen to me or anyone else, I feel no emotion.				
Subdomain: Traumatic Event-- ACE Questionnaire				
Prior to the age of 18 years old, did you experience the following? Answer each yes or no question by placing an X in the box to the right.	Y es	N o		

1. Did a parent or other adult in the household often or very often swear at you, insult you, put you down, or humiliate you, or act in a way that made you afraid that you might be physically hurt?				
2. Did a parent or other adult in the household often or very often push, grab, slap, or throw something at you, or ever hit you so hard that you had marks or were injured?				
3. Did an adult or person at least 5 years older than you ever touch or fondle you, or have you touch their body in a sexual way, or attempt, or actually have oral, anal, or vaginal intercourse with you?				
4. Did you often or very often feel that no one in your family loved you, or thought you were important, or special, or your family didn't look out for each other, feel close to each other, or support each other?				
5. Did you often or very often feel that you didn't have enough to eat, had to wear dirty clothes, and had no one to protect you, or your parents were too drunk or high to take care of you, or take you to the doctor if you needed it?				
6. Was a biological parent ever lost to you through divorce, abandonment, or other reason?				
7. Was your parent or guardian, often or very often pushed, grabbed, slapped, or had something thrown at them, or sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard, or ever repeatedly hit over at least a few minutes, or threatened with a gun or knife?				
8. Did you live with anyone who was a problem drinker, or alcoholic, or who used street drugs?				
9. Was a household member depressed or mentally ill, or did a household member attempt suicide?				
10. Did a household member go to prison?				
Subdomain: Traumatic Event				
The following questions will ask you if you have <u>ever</u> experienced or witnessed certain situations. Please circle either yes or no.				
If your answer is yes, please check the appropriate box on the right as to the EXTENT that it affected you at the time of the occurrence.				
<i>Have you ever experienced/witnessed the following? If so, how did it affect you?</i> YES NO	Not at all	A Moderate amount	Very much	An extreme amount
a disaster such as a flood, tornado, or				
a serious accident at home, work, or serious car accident				
YES NO				
a physical assault				
YES NO				
a sexual assault				
YES NO				
a life threatening illness				
YES NO				
witness a death				
YES NO				
Did you ever harm or seriously injure someone?				
YES NO				
Did you ever feel that your life is in danger?				
YES NO				

Did you ever have thoughts of hurting yourself? YES NO				
Did you ever have thoughts of hurting someone else? YES NO				
Did anyone close to you ever experience any of the above mentioned situations? If so how did it affect you? YES NO				
<i>If you answered yes to any of the traumatic experiences mentioned above, please answer the following three questions as to how you are CURRENTLY feeling about the experience. (If you answered no to every question above, skip the next three questions)</i>				
	Not at all	A Moderate amount	Very much	An extreme amount
How often are you reminded of it?				
How often do images related to it pop into your mind?				
How often do you talk about it?				
	Not at all	A Moderate amount	Very much	An extreme amount
Subdomain: Resilience				
I know that I'll never lose my sense of who I am no matter what happens in my life				
I can see that new opportunities are available when my first plan does not work out				
I am likely to try to change things, when they are in need of changing.				
I can accept the way things work out				
I tend to feel pretty stable under stress.				
I can usually find a way of overcoming problems				
I often expect something bad to happen to me				
Behavioral domain - total 40 items				
D. RELATIONAL DOMAIN				
Please answer each question by placing a checkmark in the appropriate box on the right.	Not at all	A Moderate amount	Very much	An extreme amount
How satisfied are you with your personal/work relationships?				
Who would you go to for support/help? How likely would it be:				
A parent or guardian N/A (Circle N/A only if deceased)				
Family member such as sibling, grandparents, etc. N/A "				
Spouse/Partner N/A "				
Child/children N/A "				
Friend				

Other (pastor, etc.)				
I put effort into my relationships				
People in my life care about me.				
I tend to distance myself when people get too close to me.				
I'm concerned about losing my independence in intimate relationships.				
Relational domain - 11 items				
E. SPIRITUAL DOMAIN	Not at all	A Moderate amount	Very much	An extreme amount
To what extent do you have spiritual beliefs? (If no, skip the next three questions)				
To what extent does a connection to a spiritual being provide you with comfort/reassurance?				
To what extent do you feel inner spiritual strength in difficult times?				
To what extent does spirituality help you to accept your life circumstances?				
How satisfied are you with your faith community?				
How often do you participate in a faith community?				
Spiritual domain - 6 items				
F. SOCIO-ECONOMIC DOMAIN				
Please answer each question by placing a checkmark in the appropriate box on the right.				
Subdomain: Financial	Not at all	A Moderate amount	Very much	An extreme amount
How satisfied are you with your financial situation?				
Subdomain: Transportation	Not at all	A Moderate amount	Very much	An extreme amount
How satisfied are you with public transportation?				
To what extent do you have problems with transportation?				
Subdomain: Environment (including home and safety)	Not at all	A Moderate amount	Very much	An extreme amount
To what extent is your rent or mortgage, taxes affordable?				
Do you feel safe where you live?				
How satisfied are you with your physical safety and security on your block?				
How satisfied are you with your physical safety and security in your community?				
<i>How satisfied are you with the following regarding the place where you live:</i>				
physical condition of the place that you live				

noise/disruptions				
violence in your neighborhood				
neighbors				
Subdomain: Work	Not at all	A Moderate amount	Very much	An extreme amount
How satisfied are you with the number of hours that you work in a week?				
How much do you believe that having a criminal record prevents you from getting a job?				
To what extent are you able to work?				
To what extent are you actively looking for a job (or a different job)				
Subdomain: Education	Not at all	A Moderate amount	Very much	An extreme amount
To what extent are you satisfied with your educational attainment?				
Socioeconomic domain - 16 items				
Total = 101				
12 - could be skipped depending on the answer.				

APPENDIX K

Surveys Used in the Development of the WRSC-I	Number of items
1. WHOQOL-BREF	5
2. DSM-5 PTSD Life Events Checklist (LEC-5)	7
3. PROMIS Measures of well-being, physical health and mental health	1
4. Borg Rating of Perceived Exertion scale (RPE)	2
5. WHOQOL-SRPB (Spirituality, Religiousness and Personal)	2
6. WHOQOL-100	7
7. Impact of Event Scale (subjective distress for any life events)	2
8. DSI-R Bowen Theory	4
9. Adverse Childhood Experiences scale (ACE)	10
10. Supplement on Aging Questionnaire	2
11. Behavioral Risk Factor Surveillance System (BRFSS)	6
12. PROMIS Item Bank - Physical Function	2
13. Quality of Life Inventory, FOCUS Pittsburgh	4
14. Basic Psychological needs/ Basic Need Satisfaction scale FOCUS Pgh	1
15. ERBS - Emotion and Regulation Beliefs Scale	1
16. UPQOL - Urban poor QOL	3
17. Revised Life Orientation Test (LOT-R) Optimism indicators	1
18. WRSC-I content experts	41
Total Items	101

APPENDIX L

Hello,

Thank you for participating in a research study conducted by FOCUS Pittsburgh Free Health Center and the University of Pittsburgh. The purpose of this research study is to measure the quality of life and wellness in adults living in the Hill District of Pittsburgh.

Therefore, you will meet with a behavior health specialist from FOCUS Pittsburgh Health Center (FPFHC) who will conduct a face-to-face interview of the survey with you. The survey will take approximately one hour to complete and will cover areas of quality of life such as physical, behavioral, relational, spiritual, and socioeconomic questions all of which play a role in our quality of life.

Two weeks later you will return to FPFHC to take the survey again. It should not take quite as long to complete it the second time.

There are no foreseeable risks associated with this project as your identity will never be used in the analysis of the survey questions. Therefore, no one at the University of Pittsburgh will know your identity.

Your participation is voluntary and you may withdraw from this project at any time. This study is being conducted by Paul Abernathy and team of FPFHC and they can be reached at _____ if you have questions.

Thanks so much for participating.

Paul Abernathy

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