

WHOLISTIC HEALTH ASSESSMENT



This manual provides information on the development and scoring of the Wholistic Health Assessment ©.



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OVERVIEW

The Wholistic Health Assessment © Version 6 was designed by Sheena Crawford to accompany the Wholistic Health Program ©, although the assessment can be used with any program or alone. It assesses: Trauma, Coping Mechanisms, Mental Health, Physical Health, Spiritual Health (optional), and Outlook on Life as well as demographic questions to capture a wholistic picture of an individual's health and quality of life. It is designed for the general population; adults 18 years of age and older, with acceptable administration beginning at 13 years of age. This assessment is free to download, use, and distribute for individuals and healthcare providers. Although manual administration via paper is effective, it is designed to be completed electronically.

Frequency of Administering

This assessment is administered at any point to determine individual scores. When the assessment is used to assess progress in a program, it is administered within 24 hours before beginning the program (pre score) and within 24 hours after completing the program (post score). It can be administered in the middle of the program at the administrator's discretion.

Pre vs. Post Scores

To determine the level of improvement, the post score (e.g. 6) is subtracted from the pre score (e.g. 10) for the difference (e.g. 4). A decline in score (or positive number once subtracted) of at least two (2) is an improvement. An increase in score (or negative number once subtracted) of at least negative two (-2) is deterioration. A decline or increase in score of one, zero, or negative one (1, 0, or -1) is considered no change, as the decline or increase is insignificant.

Changes to Assessment

This assessment is copyright protected, tested for reliability and validity, and should not be altered as changes can reduce the integrity of outcomes. Please submit any suggested changes to info@outcomesexcellence.org for consideration. If changes are approved, you will be notified in writing and the assessment will be updated and published as a new version. This assessment is continuously evaluated for improvement and updates in vernacular.

Evidence

This assessment is based on a formative model and was vigorously tested alongside the Wholistic Health Program ©. The Wholistic Health Program © and research article (Crawford, 2023) details the literature, research, data, pilots, theories, therapies, techniques, and conceptual framework that was utilized to develop the program and assessment.



QUESTIONS

Trauma Questions

Do you consider yourself to have experienced any of the following? Select all that apply: *Required

- Frequently Called Hurtful Names and Cussed at By Parent, Guardian, or Lover (e.g. mental abuse)
- Not Provided Attention, Support, or Nurturing Consistently By Parent or Guardian (e.g. emotional abuse)
- Punched, Smacked, Pushed, Tripped, etc. By a Parent, Guardian, or Lover (e.g. physical abuse)
- Not Provided Food or Clothing Consistently By a Parent or Guardian (e.g. neglect)
- Involved in Unwanted or Forced Sexual Activity (e.g. rape)
- Adult Responsibilities as a Child Consistently (e.g. paying bills)
- Witnessed Violence Consistently at Home
- Witnessed Substance Abuse Consistently at Home
- Witnessed Mental Illness Consistently at Home
- Witnessed Parent(s) Separation/Divorce
- Witnessed Parent(s) Incarcerated
- Experienced Homelessness or Moving Consistently (e.g. shelter, street, foster care)
- Experienced a Loss of Limb(s), Major Bodily Functions, or Extreme Sickness (e.g. cancer)
- Experienced a Significant Natural Disaster (e.g. loss of home/family)
- Directly Affected by Terrorism, Community, or School Violence (e.g. gangs, racism)
- Indirectly Affected by Terrorism, Community, or School Violence (e.g. school shooting)
- Absent, Inactive, or Death of a Close Loved One (e.g. parental figure or child)

For any experiences you chose above, do you consider them to be traumatic? (Trauma is defined as "an event, or series of events, that causes or caused moderate to severe stress reactions")

- Yes
- No
- N/A (I didn't experience any of the above)

Which statements are true regarding the response to your traumatic experience(s)? Select all that apply:

- I talked to a professional or counselor about my trauma
- I talked to my family and/or friends about my trauma
- I talked to God about my trauma
- I didn't talk to anyone about my trauma
- N/A (I didn't experience trauma)



Coping Mechanisms

Coping Questions - Within the last four weeks, approximately how often did you use the following coping mechanisms to deal with unpleasant experiences?		5+x Week	3-4x Week	1-2x Week	1-2x Month	N/A Rare
Substance Use						
1 - Alcohol	<input type="checkbox"/>					
2 - Drugs	<input type="checkbox"/>					
3 - Overeating	<input type="checkbox"/>					
4 - Smoking	<input type="checkbox"/>					
Entertainment						
5 - Gaming	<input type="checkbox"/>					
6 - Shopping	<input type="checkbox"/>					
7 - Gambling	<input type="checkbox"/>					
Sexual						
8 - Casual Sex	<input type="checkbox"/>					
9 - Pornography	<input type="checkbox"/>					
Social						
10 - Blaming Self or Others	<input type="checkbox"/>					
11 - Hurting Self or Others	<input type="checkbox"/>					
12 - Disengagement/Detachment/Self Isolation	<input type="checkbox"/>					
Creative						
13 - Drawing/Painting/Art	<input type="checkbox"/>					
14 - Music	<input type="checkbox"/>					
15 - Poetry/Poetical Lyrics	<input type="checkbox"/>					
16 - Reading	<input type="checkbox"/>					
Dialogue						
17 - Group Discussion	<input type="checkbox"/>					
18 - Individual Counseling	<input type="checkbox"/>					
19 - Talking/Venting	<input type="checkbox"/>					
20 - Writing/Journaling	<input type="checkbox"/>					
Active						
21 - Sensory/Fidgets	<input type="checkbox"/>					
22 - Dancing	<input type="checkbox"/>					
23 - Exercising	<input type="checkbox"/>					
24 - Walking	<input type="checkbox"/>					
Thought						



25 - Change Something for Different Results	<input type="checkbox"/>				
26 - Analyze the Situation for Better Understanding	<input type="checkbox"/>				
27 - Daydream or Imagine a Better Situation	<input type="checkbox"/>				
28 - Focus on the Positives	<input type="checkbox"/>				

Mental Health Questions

Do you have any mental health diagnoses? Select all that apply: *Required

- Post-Traumatic Stress Disorder Diagnosis
- Depression Diagnosis
- Substance Use Disorder Diagnosis
- Other Serious Mental Health Diagnosis

Mental Health Questions - Within the last four weeks, how often did you experience:	5+x Week	3-4x Week	1-2x Week	1-2x Month	N/A Rare
Sleeplessness	<input type="checkbox"/>				
Alcohol Use	<input type="checkbox"/>				
Anxiety	<input type="checkbox"/>				
Depression	<input type="checkbox"/>				
Drug Use	<input type="checkbox"/>				
Grief	<input type="checkbox"/>				
Guilt	<input type="checkbox"/>				
Irritability	<input type="checkbox"/>				
Stress	<input type="checkbox"/>				
Regret	<input type="checkbox"/>				
Suicidal Thoughts	<input type="checkbox"/>				
Loneliness	<input type="checkbox"/>				
Worry	<input type="checkbox"/>				

Physical Health Questions

Do you have any physical health diagnoses? Select all that apply: *Required

- Pregnancy/Fertility Issues
- Curable STD/STI Diagnosis
- Incurable STD Diagnosis
- Cancer Diagnosis
- Diabetes Diagnosis
- High Blood Pressure Diagnosis
- Heart Disease Diagnosis
- Irritable Bowel Issues
- Severe Vitamin A Deficiency
- Severe Vitamin B Deficiency



- Severe Vitamin C Deficiency
- Severe Vitamin D Deficiency
- Severe Vitamin E Deficiency

- Severe Vitamin K Deficiency
- Autoimmune Disease Diagnosis
- Other Serious Physical Health Diagnosis

Nutrition Questions - Within the last four weeks, how often did you consume:	5+x Week	3-4x Week	1-2x Week	1-2x Month	N/A Rare
Vegetables and/or fruit?	<input type="checkbox"/>				
Beans and/or lentils?	<input type="checkbox"/>				
Grains and/or breads?	<input type="checkbox"/>				
Dairy?	<input type="checkbox"/>				
Meat?	<input type="checkbox"/>				
Fish/seafood?	<input type="checkbox"/>				
Sweets/desserts?	<input type="checkbox"/>				
Water?	<input type="checkbox"/>				

Physical Activity Question - Within the last four weeks, how often were you:	5+x Week	3-4x Week	1-2x Week	1-2x Month	N/A or Rare
Physically active?	<input type="checkbox"/>				

Spiritual Health Questions

Spiritual health is defined as "a person's faith and relationship with a higher power in finding meaning and connection with self and all creation".

Spiritual Health Impact Questions - How much do you agree with the following statements?	Strongly Agree	Agree	Neither	Disagree	Strongly Disagree
God or a higher power loves me and is interested in my good.	<input type="checkbox"/>				
Spirituality is integrated into my whole life.	<input type="checkbox"/>				

Spiritual Health Activity Questions - Within the last four weeks, how often did you:	5+x Week	3-4x Week	1-2x Week	1-2x Month	N/A or Rare
Pray?	<input type="checkbox"/>				
Communicate with like-minded individuals?	<input type="checkbox"/>				
Read religious text?	<input type="checkbox"/>				
Consciously try to align your life with religious texts?	<input type="checkbox"/>				
Participate in religious gatherings / groups / prayer?	<input type="checkbox"/>				



Outlook On Life Questions

Outlook Questions - Within the last four weeks, how often did you feel:	5+x Week	3-4x Week	1-2x Week	1-2x Month	N/A Rare
Hope for the future and sense of purpose?	<input type="checkbox"/>				
Peace of mind?	<input type="checkbox"/>				
Willingness to learn and be corrected?	<input type="checkbox"/>				
Joy even in trying times?	<input type="checkbox"/>				
Stable (e.g. housing, finances, etc.)?	<input type="checkbox"/>				
Safe and secure?	<input type="checkbox"/>				
Kindness toward others?	<input type="checkbox"/>				
Like you were able to forgive yourself and others?	<input type="checkbox"/>				
Patience with yourself and others?	<input type="checkbox"/>				
Supported in your relationships?	<input type="checkbox"/>				
Like you were able to maintain healthy boundaries?	<input type="checkbox"/>				
Unpleasant emotions (e.g. frustration, irritability)?	<input type="checkbox"/>				
Pleasant emotions (e.g. appreciation, confidence)?	<input type="checkbox"/>				
Control over your emotions?	<input type="checkbox"/>				

Emotional Communication Question - Within the last four weeks:	0-5	6-9	10-19	20-29	30+
Approximately how many emotions did you communicate regularly?	<input type="checkbox"/>				

Social Determinant of Health Questions

Age Range

9-12 13-16 17-19 20-29 30-39 40-49
 50-59 60-69 70-79 80-89 90-99 100+

I Identify As:

Black Brown White I Choose Not to Respond

What is your primary nationality/geographic region? *Select one (Nationality/geographic region is defined as place of birth or primary citizenship).

Africa
 Asia

Australia
 Canada

Europe
 Middle East



Russia
 South America

United States
 I Don't Know

Other

What is your primary ethnicity? *Select one (Ethnicity is defined as cultural identity. This list includes larger populated ethnicities from each region and is not an exhaustive list. If you believe an ethnicity should be listed that isn't or if an ethnicity that's listed isn't applicable to you, please select "other" and state the ethnicity.)

<input type="checkbox"/> Alaskan	<input type="checkbox"/> German	<input type="checkbox"/> Polish
<input type="checkbox"/> Algerian	<input type="checkbox"/> Ghanian	<input type="checkbox"/> Pueblo Sioux
<input type="checkbox"/> American	<input type="checkbox"/> Guatemalan	<input type="checkbox"/> Puerto Rican
<input type="checkbox"/> Apache	<input type="checkbox"/> Haitian	<input type="checkbox"/> Rapanui
<input type="checkbox"/> Argentinian	<input type="checkbox"/> Hawaiian	<input type="checkbox"/> Russian
<input type="checkbox"/> Barbadian	<input type="checkbox"/> Indian	<input type="checkbox"/> Salvadoran
<input type="checkbox"/> Brazilian	<input type="checkbox"/> Iranian	<input type="checkbox"/> Samoan
<input type="checkbox"/> Cambodian	<input type="checkbox"/> Iraqi	<input type="checkbox"/> Somalian
<input type="checkbox"/> Canadian	<input type="checkbox"/> Irish	<input type="checkbox"/> South African
<input type="checkbox"/> Caribbean	<input type="checkbox"/> Israeli	<input type="checkbox"/> Spaniard
<input type="checkbox"/> Chamorros	<input type="checkbox"/> Italian	<input type="checkbox"/> Sun'aq
<input type="checkbox"/> Cherokee	<input type="checkbox"/> Jamaican	<input type="checkbox"/> Syrian
<input type="checkbox"/> Chinese	<input type="checkbox"/> Japanese	<input type="checkbox"/> Tahitians
<input type="checkbox"/> Choctaw	<input type="checkbox"/> Kanaka Maoli	<input type="checkbox"/> Taiwanese
<input type="checkbox"/> Columbian	<input type="checkbox"/> Korean	<input type="checkbox"/> Tibetan
<input type="checkbox"/> Cuban	<input type="checkbox"/> Kurdish	<input type="checkbox"/> Tokelau
<input type="checkbox"/> Dominican	<input type="checkbox"/> Lebanese	<input type="checkbox"/> Tongan
<input type="checkbox"/> Dutch	<input type="checkbox"/> Lumbee	<input type="checkbox"/> Vietnamese
<input type="checkbox"/> Ecuadorian	<input type="checkbox"/> Mexican	<input type="checkbox"/> I Don't Know
<input type="checkbox"/> Egyptian	<input type="checkbox"/> Moroccan	<input type="checkbox"/> Other
<input type="checkbox"/> English	<input type="checkbox"/> Native	<input type="checkbox"/> Mixed (Defined as one
<input type="checkbox"/> Ethiopian	<input type="checkbox"/> Navajo	parent from one primary
<input type="checkbox"/> Fijians	<input type="checkbox"/> Nigerian	ethnicity and another
<input type="checkbox"/> Filipino	<input type="checkbox"/> Norwegian	parent from a different
<input type="checkbox"/> French	<input type="checkbox"/> Ojibwe	primary ethnicity).

State:

Zip Code:

Current Marital Status

Single Married Divorced Widowed



Military Status

Active Discharged Veteran Not Applicable

I Identify As:

A male born as male A female born as female
 A male born as female A female born as male Other (please specify)

Education

No Diploma HS Diploma Vocational Bachelors Masters Doctorate

Job Status

Employed Unemployed Self Employed

Income

\$0-\$20K \$21K-\$40K \$41K-\$70K \$71K-100K \$101K +

Housing Status

Rent/Own Homeless Friend Family Shelter Prison/Jail Other

What type of home did you grow up in?

2 Guardians/Parents 1 Guardian/Parent Foster Care Varied/Unstable Other

Which religion provides you with strength and hope?

Buddhism Christianity Hinduism Islam Judaism None or N/A

Christianity: Baptist Jehovah's Witness Latter Day Saints Lutheran Messianic Judaism Methodist Non-Denominational Presbyterian Roman Catholic Seventh Day Adventist Other:

Identifying Questions

Client ID:

First Name:

Date of Birth:

Social Security Number:

Last Name:

Date of Completion:

Is it okay to follow up with encouraging emails? Client's Email Address:



SCORING

Scoring the Trauma Domain

Trauma Experience Question

1 point for each traumatic experience selected

Score 0-17

Trauma Belief Question

Trauma Belief

Yes

No

N/A

Score

0.01

0.02

0

Trauma Response Question

Response to Trauma

Profes-sional

Family/ Friend

God

No-one

N/A

Score

0.01

0.02

0.03

4

0

Trauma Domain Score

0-21

0-1

2-4

5-21

Ideal

Subpar

Scoring the Coping Mechanism Domain

Coping Mechanism Question

5+x Week

3-4x Week

1-2x Week

1-2x Month

N/A Rare

Substance Use

1 - Alcohol

4

3

2

1

0

2 - Drugs

4

3

2

1

0

3 - Overeating

4

3

2

1

0

4 - Tobacco/Smoking

4

3

2

1

0

Entertainment

5 - Excessive Gaming

4

3

2

1

0

6 - Excessive Shopping

4

3

2

1

0

7 - Gambling

4

3

2

1

0

Sexual

8 - Casual Sex

4

3

2

1

0



9 - Pornography	4	3	2	1	0
Social					
10 - Blaming Self or Others	4	3	2	1	0
11 - Hurting Self or Others	4	3	2	1	0
12 - Disengagement/Detachment/Self Isolation	4	3	2	1	0
Creative					
13 - Drawing/Painting/Art	0	0.01	0.02	0.03	0.04
14 - Music	0	0.01	0.02	0.03	0.04
15 - Poetry/Poetical Lyrics	0	0.01	0.02	0.03	0.04
16 - Reading	0	0.01	0.02	0.03	0.04
Dialogue					
17 - Group Discussion	0	0.01	0.02	0.03	0.04
18 - Individual Counseling	0	0.01	0.02	0.03	0.04
19 - Talking/Venting	0	0.01	0.02	0.03	0.04
20 - Writing/Journaling	0	0.01	0.02	0.03	0.04
Active					
21 - Sensory/Fidgets	0	0.01	0.02	0.03	0.04
22 - Dancing	0	0.01	0.02	0.03	0.04
23 - Exercising	0	0.01	0.02	0.03	0.04
24 - Walking	0	0.01	0.02	0.03	0.04
Thought					
25 - Change Something for Different Results	0	0.01	0.02	0.03	0.04
26 - Analyze the Situation for Better Understanding	0	0.01	0.02	0.03	0.04
27 - Daydream or Imagine a Better Situation	0	0.01	0.02	0.03	0.04
28 - Focus on the Positives	0	0.01	0.02	0.03	0.04
Score	0-48				

Coping Domain Score	0-48	0-1	2-3	4-48
Ideal				Subpar

Scoring the Mental Health Domain

Mental Diagnosis Question
Mental Diagnosis selection
Score 0 or 2

*If any diagnoses are chosen then the score is 2. If no diagnoses are chosen then the score is 0.



Mental Health Questions	5+x Week	3-4x Week	1-2x Week	1-2x Month	N/A Rare
Sleeplessness	4	3	2	1	0
Alcohol Use	4	3	2	1	0
Anxiety	4	3	2	1	0
Depression	4	3	2	1	0
Drug Use (including prescribed)	4	3	2	1	0
Grief	4	3	2	1	0
Guilt	4	3	2	1	0
Irritability	4	3	2	1	0
Stress	4	3	2	1	0
Regret	4	3	2	1	0
Suicidal Thoughts	4	3	2	1	0
Uncertainty	4	3	2	1	0
Worry	4	3	2	1	0
Score	0-52				

Mental Health Domain Score	0-54	0-13	14-26	27-54
Ideal				Subpar

Scoring the Physical Health Domain

Physical Diagnosis Question	
Physical Diagnosis selection	
Score	0 or 2

*If any diagnoses are chosen then the score is 2. If no diagnoses are chosen then the score is 0.

Nutrition Questions	5+x Week	3-4x Week	1-2x Week	1-2x Month	N/A Rare
Vegetables and/or fruit?	0	1	2	3	4
Beans and/or lentils?	0	1	2	3	4
Grains and/or breads?	0	0.01	0.02	0.03	0.04
Dairy?	0	0.01	0.02	0.03	0.04
Meat?	4	0.01	0.02	0.03	0.04
Fish/seafood?	4	0.01	0.02	0.03	0.04



Sweets/desserts?	4	3	2	1	0
Water?	0	1	2	3	4
Score	0-24				

*PH Nutrition Coding - For Research / Analysis Only

Nutrition Questions	5+x Week	3-4x Week	1-2x Week	1-2x Month	N/A Rare
Vegetables and/or fruit?	0	1	2	3	4
Beans and/or lentils?	0	1	2	3	4
Grains and/or breads?	4	3	2	1	0
Dairy?	4	3	2	1	0
Meat?	4	3	2	1	0
Fish/seafood?	4	3	2	1	0
Sweets/desserts?	4	3	2	1	0
Water?	0	1	2	3	4
Score	0-24				

Physical Activity Question	5+x Week	3-4x Week	1-2x Week	1-2x Month	N/A or Rare
How often are you physically active?	0	1	2	3	4
Score	0-4				

Physical Health Domain Score	0-30	0-5	6-10	11-30
		Ideal		Subpar

Scoring the Spiritual Health Domain

Spiritual Health Impact Questions	Strongly Agree	Agree	Neither	Disagree	Strongly Disagree
God or a higher power loves me and is interested in my good.*	0	1	2	3	4
Spirituality is integrated into my whole life.	0	1	2	3	4
Score	0-8				

*Score 3 and 4 indicates possible "negative religious views" and could impact outcomes in a negative way if spiritual health is incorporated into treatment objectives (Martin et al., 2015; Zuckerman et al., 2016; Buser et al., 2020).



Spiritual Health Activity Question	5+x Week	3-4x Week	1-2x Week	1-2x Month	N/A or Rare
How often do you pray?	0	1	2	3	4
Communicate with like-minded individuals?	0	1	2	3	4
How often do you read religious text?	0	1	2	3	4
How often do you consciously try to align your life with religious texts?	0	1	2	3	4
How often do you participate in formal religious gatherings?	0	1	2	3	4
Score	0-20				

*If the spiritual health domain is skipped, no score or explanation of scores should be provided. This domain should be omitted from results which does not impact overall score.

Spiritual Health Domain Score	0-28			0-7	8-14	15-28
				Ideal		Subpar



Scoring the Outlook on Life Domain

Outlook on Life Questions	5+x Week	3-4x Week	1-2x Week	1-2x Month	N/A or Rare
Hope for the future and sense of purpose?	0	1	2	3	4
Peace of mind?	0	1	2	3	4
Willingness to learn and be corrected?	0	1	2	3	4
Joy even in trying times?	0	1	2	3	4
Stable (e.g. housing, finances, etc.)?	0	1	2	3	4
Safe and secure?	0	1	2	3	4
Kindness toward others?	0	1	2	3	4
Like you were able to forgive yourself and others?	0	1	2	3	4
Patience with yourself and others?	0	1	2	3	4
Supported in your relationships?	0	1	2	3	4
Like you were able to maintain healthy boundaries?	0	1	2	3	4
Unpleasant emotions (e.g. frustration, irritability)?	4	3	2	1	0
Pleasant emotions (e.g. appreciation, confidence)?	0	1	2	3	4
Control over your emotions?	0	1	2	3	4
Score	0-56				

Emotional Communication Question	0-5	6-9	10-19	20-29	30+
Approximately how many emotions do you communicate consistently?	4	3	2	1	0
Score	0-4				

Outlook on Life Domain Score	0-60		0-15	16-30	31-60
Ideal					Subpar

Scoring (Overall)

Total Score	0-241		0-42	43-87	88-241
Ideal					Subpar



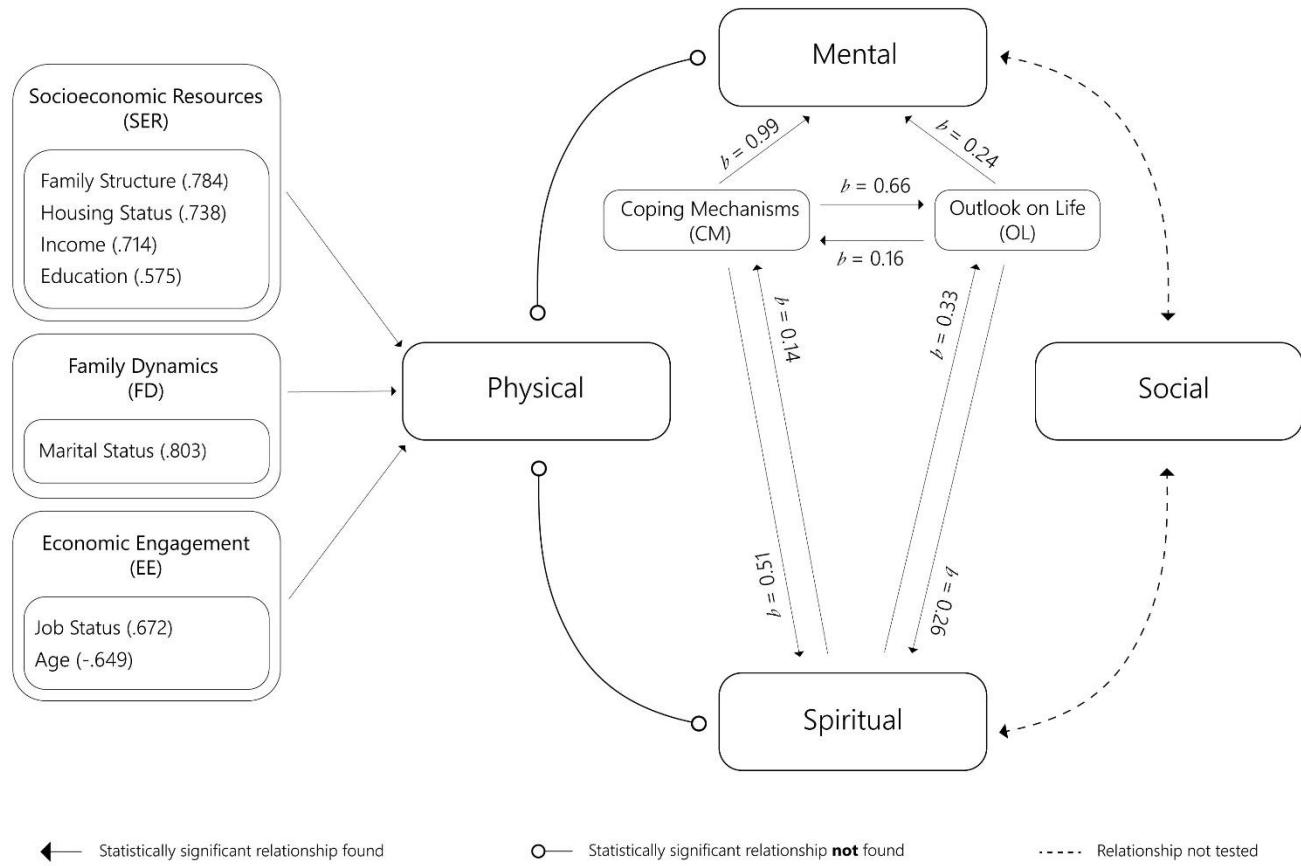
Missing Items

When the assessment is administered electronically, it is recommended that all items be required by the system to ensure accurate scores (with the exception of demographic and spiritual health questions which are at the discretion of the administrator and individual). Not completing all items in the five domains can give a lower score and therefore an ideal score, which may not be accurate. If the assessment is administered manually via paper or if all items are not required by the system, individuals should be notified that skipping questions can impact the accuracy of their scores, prior to starting the assessment. Individuals that choose not to complete the spiritual health domain do not have an impact on their overall score.



CONCEPTUAL FRAMEWORK

The conceptual framework is derived from extent literature and data analysis from the Wholistic Health Assessment ©. The framework shows that when traumatic experiences occur they shape our outlook on life. Outlook on life influences coping mechanisms which impact mental health. Mental health impacts social determinants of health such as education, job status, income, housing status, and marital status. Social determinants of health impact physical health. Spiritual health can influence outlook on life and coping mechanisms.



Construct Definitions

- **Coping Mechanism:** Actions that people use to deal with the internal and/or external demands of stressful encounters.
- **Mental Health:** The capacity to feel, think, and act in ways that enable people to value and engage in life.
- **Outlook on Life:** The extent to which people feel that life is meaningful, manageable, and comprehensible



- Physical Health: The well-being of the physical body and proper functioning of the human organism.
- Social Determinants of Health: Non-medical factors that influence health outcomes.
- Spiritual Health: A person's faith and relationship with a higher power in finding meaning and connection with self and all creation.
- Trauma: An event, or series of events, that causes or caused moderate to severe stress reactions.
- Whole Person: At least four dimensions including: (a) physical which interacts and operates within the environment; (b) mental which encompasses reasoning, emotions, and behavior; (c) spiritual which involves connection with self, all creation, and a higher power; and (d) social comprised of relationships, support systems, and community.
- Whole Person Health: Care and attentiveness toward the whole person including its interconnected dimensions of physical, mental, spiritual, and social.



RELIABILITY AND VALIDITY

Hall and Powell (2021) state that there is a need to invest in the development of spiritual care outcome instruments across varying settings, demographics, and diagnostic groups. Previous studies needed to utilize several different instruments to conduct research, such as Akbari and Hossaini (2018) which used five instruments, Chen et al. (2022) which used three, Bożek et al. (2020) which combined three instruments for a total of 86 questions for four variables, and Felitti et al. (1998) which utilized seven instruments to develop the original Adverse Childhood Experiences (ACEs) survey.

For these reasons, the Wholistic Health Assessment © was developed. TR questions were developed utilizing the Centers for Disease Control and Kaiser Permanente ACE questionnaire (n.d.) which has a cronbach alpha of 0.78 (Ford et al., 2014); MH, PH, and OL questions were developed utilizing the World Health Organization Quality of Life survey (n.d.) which has a cronbach alpha ranging from 0.71 to 0.86 and the Agency for Healthcare Research and Quality (AHRQ, 2019) Medical Expenditure Panel Survey (MEPS) which has a cronbach alpha of 0.80 (Cheak-Zamora et al., 2009); SH questions were developed utilizing a Spiritual Health questionnaire which has a cronbach alpha of 0.94 (Parsian and Dunning, 2009); and CM questions were developed utilizing the Ways of Coping questionnaire (Folkman and Lazarus, 1985) which has a cronbach alpha of 0.88. Each domain also includes author developed questions and standardized scales for uniformity and consistency.

Cronbach Alpha Scores

Due to the combination and removal of questions from multiple instruments and restructured scales the reliability and validity of the original instruments can decrease. Therefore, the Wholistic Health Program was piloted in conjunction with the Wholistic Health Assessment to ensure effectiveness and statistical soundness. Participants included the general population and varying clinical professionals who provided feedback regarding the relevancy, flow, options, scoring, and word choices of questions. Once the final draft of the assessment was complete, data was collected to determine alpha scores which were as follows: TR - 81%; SH - 92%; CM - 70%; OL - 91%; MH - 90%; PH - 87%; and the full instrument was 93%. Even among healthy foods, people's intake varies independently:

*Only assessment questions that contribute to the domain score and are nonbinary are included in the analysis of Cronbach alpha. Positive coping questions and dietary questions for grains/breads and dairy do NOT contribute to the domain score and therefore are not included in Cronbach alpha analysis.



Analyzing the Physical Health Domain

The physical health (PH) domain can result in lower Cronbach alpha due to variety in an individual's diet. For example, an individual could report a high frequency of consuming vegetables (healthy) and sweets (unhealthy) providing results that do not appear correlated, thereby reducing internal consistency. Dietary frequency is inherently multidimensional and if a lack of correlation is observed within the PH domain this could result in a lack of correlation between PH and other domains. Therefore, when analysis is conducted with the PH domain, it's critical to check the data's internal consistency (Cronbach alpha) for PH. If internal consistency is low, it may be more suitable to analyze individual questions / subdomains of PH, instead of the PH domain as a whole.

Analyzing for Program Evaluation

Because each domain represents a separate construct, evaluators must appropriately match specific domains to specific program goals. For example, if a program is designed to improve coping and mental health, the program can still be considered successful even if there was no change in physical or spiritual health. For statistical analysis, evaluators should consider controlling for confounding for each domain. For example (non-exhaustive):

- Coping Mechanism domain: adjust for support in relationships, education, and number of emotions communicated
- Mental Health domain: adjust for trauma, income, and housing status
- Physical Health domain: adjust for age, gender, and substance use
- Spiritual Health domain: adjust for religious affiliation
- Outlook on Life Domain: adjust for depression and diagnoses

*If the program includes participants from the same population (e.g. everyone is below the poverty line, everyone has the same diagnoses, everyone reports poor support in their relationships, etc.) then these variables may not require control.



COSMIN STUDY DESIGN CHECKLIST

The COSMIN Study Design Checklist (Mokkink et al., 2019) was used to further evaluate the reliability and validity of the Wholistic Health Assessment ©.

General Validity

General recommendations for the design of a study on measurement properties.

Research Aim		
1	Provide a clear research aim, including (1) the name and version of the PROM, (2) the target population, and (3) the measurement properties of interest.	✓
PROM		
2	Provide a clear description of the construct to be measured.	✓
3	Provide a clear description of the development process of the PROM, including a description of the target population for which the PROM was developed.	✓
4	The origin of the construct should be clear: provide a theory, conceptual framework (i.e. reflective or formative model) or disease model used or clear rationale to define the construct to be measured.	✓
5	Provide a clear description of the structure of the PROM (i.e. the number of items and subscales included in the PROM, instructions given and response options) and its scoring algorithm.	✓
6	Provide a clear description of existing evidence on the quality of the PROM.	✓
7	Provide a clear description of the context of use (e.g. specific settings, mode of administration, etc.).	✓
Target Population		
8	Provide a clear description of in- and exclusion criteria to select patients, e.g. in terms of disease condition and characteristics like age, gender, language or country, and setting (e.g. general population, primary care or hospital/rehabilitation care).	✓
9	Provide a clear description of the method used to select the patients for the study (e.g. convenience, consecutive, or random).	✓
10	Describe whether the selected sample is representing the target population in which the PROM will be used in terms of age, gender, important disease characteristics (e.g. severity, status, duration).	✓



Content Validity

Content validity of existing PROMs can be assessed by asking patients and professionals about the relevance, comprehensiveness and comprehensibility of the items, response options, and instructions.

Design Requirements		
1	From the perspective of the patients: use an appropriate method for assessing: (1) the relevance of each item for the patients' experience with the condition, AND (2) the comprehensiveness of the PROM, AND (3) the comprehensibility of the PROM instructions, items, response options, and recall period.	✓
2	From the perspective of <u>professionals</u> : use an appropriate method for assessing: (1) the relevance of each item for the construct of interest, AND (2) the comprehensiveness of the PROM.	✓
3	Include professionals from all relevant disciplines.	✓
4	Evaluate each item in an appropriate number of patients or professionals. (≥ 50 individuals - best; 30 - 49 individuals - good)	✓
5	Use skilled group moderators or interviewers.	✓
6	Base the group meetings or interviews on an appropriate topic or interview guide.	✓
7	Record and transcribe verbatim the group meetings or interviews.	✓
Analyses		
8	Use an appropriate approach to analyze the data.	✓
9	Involve at least two researchers in the analysis.	✓



Measurement Error and Reliability

Measurement error and reliability can be calculated based on the same study design and data collection. Basically, two measurements are needed in a group of people who are all assumed to be stable on the construct to be measured.

Design Requirements		
1	Use at least two measurements.	✓
2	Ensure that the administrations will be independent.	✓
3	Ensure that the patients will be stable in the interim period on the construct to be measured.	✓
4	Use an appropriate time interval between the two measurements, which is long enough to prevent recall, and short enough to ensure that patients remain stable.	✓
5	Ensure that the test conditions will be similar for the measurements (e.g. type of administration, environment, instructions).	✓
6	Perform the analysis in a sample with an appropriate number of patients, taking into account expected number of missing values. (≥100 individuals - best; 50-99 individuals - good)	✓
7	Provide a clear description of how missing items will be handled (for statistical methods).	✓

Statistical Methods for Measurement Error

8	For continuous scores: calculate the Standard Error of Measurement (SEM), Smallest Detectable Change (SDC) or Limits of Agreement (LoA) and clearly describe model or formula.	✓
9	For dichotomous/nominal/ordinal scores: calculate the percentage (positive and negative) agreement.	N/A

Statistical Methods for Reliability

10	For continuous scores: calculate an intraclass correlation coefficient (ICC) and clearly describe model or formula. (Pearson or Spearman correlation coefficient acceptable but not ideal)	✓
11	For dichotomous/nominal/ordinal scores: calculate kappa.	N/A
12	For ordinal scores: calculate a weighted kappa.	N/A



Responsiveness

Responsiveness is considered to indicate longitudinal validity. The hypotheses of expected change scores of the PROM before and after intervention was tested.

Design Requirements	
1	Formulate challenging hypotheses regarding expected changes before and after intervention a priori (i.e. before data collection).
2	Provide an adequate description of the intervention to allow replication, including how and when they will be administered.
3	Use an appropriate time interval between first and second administration.
4	Describe anything likely to occur in the interim period (e.g. intervention, progressive disease, other relevant events) is adequately.
5	Ensure that a proportion of the patients is likely to change (i.e. improvement or deterioration) on the construct to be measured.
6	Perform the analysis in a sample with an appropriate number of patients, taking into account expected number of missing values. (≥ 100 individuals - best; 50-99 individuals good)
Statistical Methods	
7	Ensure that the statistical methods are adequate for the hypotheses to be tested.
8	Provide a clear description of how missing items will be handled.



VARIABLE CROSSWALK

HHA Variable	Description	Source
Trauma		
1. TRHurtfulNames	Participants self-reported experience with being called hurtful names or spoken to harshly consistently by a parent, guardian, or lover	ACE Q1
2. TRNoNurturing	Participants self-reported experience with not being provided attention, support, or nurturing consistently by parent or guardian	ACE Q4
3. TRHit	Participants self-reported experience with being punched, smacked, pushed, tripped, etc. by a parent, guardian, or lover	ACE Q2
4. TRNeedsNotMet	Participants self-reported experience with not being provided food or clothing consistently by a parent or guardian	ACE Q5
5. TRForcedSex	Participants self-reported experience with being involved in unwanted or forced sexual activity	ACE Q3
6. TRResponsible	Participants self-reported experience with having adult responsibilities as a child consistently	Constructed
7. TRViolence	Participants self-reported experience with witnessing violence consistently at home	ACE Q7
8. TRSubstanceAbuse	Participants self-reported experience with witnessing	ACE Q8



	substance abuse consistently at home	
9. TRMentalIllness	Participants self-reported experience with witnessing mental illness consistently at home	ACE Q9
10. TRParentDivorce	Participants self-reported experience with witnessing parent(s) separation/divorce	ACE Q6
11. TRParentIncarcerated	Participants self-reported experience with witnessing parent(s) incarceration	ACE Q10
12. TRHomelessness	Participants self-reported experience with homelessness or moving consistently	Constructed
13. TRBodyFunction	Participants self-reported experience with losing a limb(s), major bodily functions, or extreme sickness	Constructed
14. TRNaturalDisaster	Participants self-reported experience with a significant natural disaster(s)	Constructed
15. TRDirectTerrorism	Participants self-reported experience with being directly affected by terrorism, community, or school violence	Constructed
16. TRIIndirectTerrorism	Participants self-reported experience with being indirectly affected by terrorism, community, or school violence	Constructed
17. TRLovedOne	Participants self-reported experience with an absent, inactive, or death of a close loved one	Constructed
18. TRBelief	Participants self-reported belief of whether experiences were traumatic.	Constructed



19. TRResponseProfessional	Participants self-reported experience with a parent or guardian calling them hurtful names or speaking harshly toward them consistently	WOC Q22
20. TRResponseFamilyFriend	Participants self-reported experience with a parent or guardian calling them hurtful names or speaking harshly toward them consistently	WOC Q31, 42, 45
21. TRResponseGod	Participants self-reported experience with a parent or guardian calling them hurtful names or speaking harshly toward them consistently	WOC Q60
22. TRResponseNoOne	Participants self-reported experience with a parent or guardian calling them hurtful names or speaking harshly toward them consistently	Constructed
Coping		
23. CMAlcohol	Participants self-reported frequency of utilizing alcohol to cope with negative or unpleasant experiences	WOC Q33
24. CMDrugs	Participants self-reported frequency of utilizing illegal or legal drugs to cope with negative or unpleasant experiences	WOC Q33
25. CMOvereating	Participants self-reported frequency of utilizing food to cope with negative or unpleasant experiences	WOC Q33
26. CMSmoking	Participants self-reported frequency of utilizing tobacco products to cope with negative or unpleasant experiences	WOC Q33



27. CMGaming	Participants self-reported frequency of utilizing video games excessively to cope with negative or unpleasant experiences	Constructed
28. CMShopping	Participants self-reported frequency of utilizing shopping excessively to cope with negative or unpleasant experiences	Constructed
29. CMGambling	Participants self-reported frequency of utilizing monetary games of chance to cope with negative or unpleasant experiences	Constructed
30. CMSex	Participants self-reported frequency of utilizing premarital or marital sexual relations to cope with negative or unpleasant experiences	Constructed
31. CMPorn	Participants self-reported frequency of utilizing pornography to cope with negative or unpleasant experiences	Constructed
32. CMBlaming	Participants self-reported frequency of blaming self or others to cope with negative or unpleasant experiences	WOC Q47
33. CMHurting	Participants self-reported frequency of hurting self or others to cope with negative or unpleasant experiences	Constructed
34. CMDisengage	Participants self-reported frequency of disengaging, detaching, or self-isolating to cope with negative or unpleasant experiences	WOC Q44



35. CMArt	Participants self-reported frequency of utilizing drawing, painting, calligraphy or other forms of decorative art to cope with negative or unpleasant experiences	Constructed
36. CMMusic	Participants self-reported frequency of utilizing music, whether listening or singing, to cope with negative or unpleasant experiences	Constructed
37. CMPoetry	Participants self-reported frequency of utilizing poetry, or poetical wordsmithing, to cope with negative or unpleasant experiences	Constructed
38. CMReading	Participants self-reported frequency of utilizing reading to cope with negative or unpleasant experiences	Constructed
39. CMGroups	Participants self-reported frequency of utilizing support, therapeutic, or counseling groups to cope with negative or unpleasant experiences	Constructed
40. CMCounseling	Participants self-reported frequency of utilizing individual counseling to cope with negative or unpleasant experiences	WOC Q22
41. CMVenting	Participants self-reported frequency of talking with or venting to other people to cope with negative or unpleasant experiences	WOC Q45
42. CMWriting	Participants self-reported frequency of utilizing writing to cope with negative or unpleasant experiences	Constructed



43. CMSensory	Participants self-reported frequency of utilizing sensory items, fidgets, or other gadgets to cope with negative or unpleasant experiences	
44. CMDancing	Participants self-reported frequency of utilizing dance to cope with negative or unpleasant experiences	Constructed
45. CMExercising	Participants self-reported frequency of utilizing exercise, including sports, to cope with negative or unpleasant experiences	Constructed
46. CMWalking	Participants self-reported frequency of walking to cope with negative or unpleasant experiences	Constructed
47. CMChange	Participants self-reported frequency of trying to change variables in a situation for improved results to cope with negative or unpleasant experiences	WOC Q39
48. CMAnalyze	Participants self-reported frequency of analyzing a situation for learning or understanding to cope with negative or unpleasant experiences	WOC Q2
49. CMDaydream	Participants self-reported frequency of daydreaming or imagining a different situation to cope with negative or unpleasant experiences	WOC Q57
50. CMPositive	Participants self-reported frequency of focusing on positive elements in a situation to cope	WOC Q15



	with negative or unpleasant experiences	
Mental Health		
51. MHDxPTSD	Participants self-reported diagnosis of PTSD	MEPS VAPTS31
52. MHDxDepression	Participants self-reported diagnosis of depression	WHO F8.3
53. MHDxSUD	Participants self-reported diagnosis of substance use disorder	MEPS VALCOH31
54. MHDxOtherMental	Participants self-reported diagnosis of any other mental health diagnoses not listed	Constructed
55. MHSleeplessness	Participants self-reported frequency of sleeplessness during their normal sleeping hours	WHO F3.2 MEPS ADREST42
56. MHALcoholUse	Participants self-reported frequency of alcohol use	Constructed
57. MHAxiety	Participants self-reported frequency of anxiety	MEPS ADNERV42
58. MHDepression	Participants self-reported frequency of depression	MEPS ADDPRS42
59. MHDDrugUse	Participants self-reported frequency of illegal or legal drug use	Constructed
60. MHGrief	Participants self-reported frequency of grief	Constructed
61. MHGuilt	Participants self-reported frequency of guilt	Constructed
62. MHIrritability	Participants self-reported frequency of irritability	Constructed
63. MHStress	Participants self-reported frequency of stress	Constructed
64. MHRegret	Participants self-reported frequency of regret	Constructed



65. MHSuicidalThoughts	Participants self-reported frequency of suicidal thoughts or ideation	Constructed
66. MHLoneliness	Participants self-reported frequency of loneliness	Constructed
67. MHWorry	Participants self-reported frequency of worry	Constructed
Physical Health		
68. PHDxInfertility	Participants self-reported diagnosis of infertility	Constructed
69. PHDxCurableSTD	Participants self-reported diagnosis of any type of curable sexually transmitted disease or infection	Constructed
70. PHDxIncurableSTD	Participants self-reported diagnosis of any type of incurable sexually transmitted disease	Constructed
71. PHDxCancer	Participants self-reported diagnosis of any type of cancer	MEPS CANCERDX
72. PHDxDiabetes	Participants self-reported diagnosis of any type of diabetes	MEPS DIABDX_M18
73. PHDxHighBlood	Participants self-reported diagnosis of high blood pressure	MEPS HIBPDX
74. PHDxHeartDisease	Participants self-reported diagnosis of heart disease	MEPS CHDDX, OHRTDX
75. PHDxIrritableBowel	Participants self-reported diagnosis of irritable bowel syndrome	Constructed
76. PHDxVitA	Participants self-reported diagnosis of extreme vitamin A deficiency	Constructed
77. PHDxVitB	Participants self-reported diagnosis of extreme vitamin B deficiency	Constructed
78. PHDxVitC	Participants self-reported diagnosis of extreme vitamin C deficiency	Constructed



79. PHDxVitD	Participants self-reported diagnosis of extreme vitamin D deficiency	Constructed
80. PHDxVitE	Participants self-reported diagnosis of extreme vitamin E deficiency	Constructed
81. PHDxVitK	Participants self-reported diagnosis of extreme vitamin K deficiency	Constructed
82. PHDxAutoimmune	Participants self-reported diagnosis of any autoimmune diseases	Constructed
83. PHDxOtherPhysical	Participants self-reported diagnosis of any other physical health diagnoses not listed	Constructed
84. PHVegeFruits	Participants self-reported frequency of eating and digesting vegetables and fruits either whole or juiced from fresh produce	USDA Table A3-4, A3-5, 1-1, 4-1, 5-1, 6-1
85. PHBeanLentils	Participants self-reported frequency of eating and digesting vegetables and fruits either whole or juiced from fresh produce	USDA Table A3-4, A3-5, 1-1, 4-1, 5-1, 6-1
86. PHGrainBreads	Participants self-reported frequency of eating and digesting grains and breads	USDA Table A3-4, A3-5, 1-1, 4-1, 5-1, 6-1
87. PHDairy	Participants self-reported frequency of eating and digesting dairy	USDA Table A3-4, A3-5, 1-1, 4-1, 5-1, 6-1
88. PHMeat	Participants self-reported frequency of eating and digesting animal meat	USDA Table A3-4, A3-5, 1-1, 4-1, 5-1, 6-1
89. PHFishSeafood	Participants self-reported frequency of eating and digesting fish or seafood	USDA Table A3-4, A3-5, 1-1, 4-1, 5-1, 6-1



90. PHSweets	Participants self-reported frequency of eating and digesting desserts, candy, chocolate, or other foods high in sugar content	USDA Table A3-4, A3-5, 1-1, 4-1, 5-1, 6-1
91. PHWater	Participants self-reported frequency of drinking any pure or unflavored water	Constructed
92. PHPhysicalActivity	Participants self-reported frequency of intentional physical activity or movement	MEPS PHYEXE53
Spiritual Health		
93. SHSpiritualDefine	Participants self-reported agreement or disagreement with whether God or a higher power loves them	BMMRS
94. SHSpiritualIntegrate	Participants self-reported agreement or disagreement with how spirituality may be integrated into whole life	SHQ
95. SHPrayer	Participants self-reported frequency of prayer	BMMRS
96. SHSpiritualActivity	Participants self-reported frequency of participating in spiritual health activities	BMMRS
97. SHReadText	Participants self-reported frequency of reading religious text	SHQ
98. SHAlignText	Participants self-reported frequency of trying to align ones lifestyle to religious text	SHQ
99. SHCommunity	Participants self-reported frequency of prayer	SHQ
Outlook on Life		
100. OLHope	Participants self-reported frequency of hope for the future and sense of purpose	MEPS ADHOPE42



101. OLPeace	Participants self-reported frequency of peace of mind	MEPS ADPCFL42
102. OLLearning	Participants self-reported frequency of willingness to learn and be corrected	WHO F5.2
103. OLJoy	Participants self-reported frequency of joy even in trying times	Constructed
104. OLStable	Participants self-reported frequency of financial stability including but not limited to income and housing	WHO F18.2
105. OLSafety	Participants self-reported frequency of safety and security	WHO F16.1, F16.4
106. OLKindness	Participants self-reported frequency of kindness toward others	Constructed
107. OLForgiveness	Participants self-reported frequency of forgiving self and others	Constructed
108. OLPatience	Participants self-reported frequency of patience with themselves and others	Constructed
109. OLRelationships	Participants self-reported frequency of supportive relationships	WHO F13.3, F14.3, F14.4
110. OLBoundaries	Participants self-reported frequency of being able to set and maintain appropriate boundaries	Constructed
111. OLEUnpleasant	Participants self-reported frequency of feeling unpleasant emotions	WHO F8.1
112. OLEPleasant	Participants self-reported frequency of feeling pleasant emotions	WHO F4.4



113. OLEControl	Participants self-reported frequency of feeling in control of emotions	Constructed
114. OLENumber	Participants self-reported number of emotions communicated consistently	Constructed
Social Determinants of Health (SDoH)*		
115. SDoHAgeRange	Participant's self-reported age range at the time the assessment was completed	Constructed
116. SDoHRace	Participant's self-reported primary race/color	Constructed
117. SDoHGeographicRegion	Participant's self-reported nationality/geographic region of birth or citizenship	Constructed
118. SDoHEthnicity	Participant's self-reported primary ethnicity	Constructed
119. SDoHState	Participant's self-reported state within the U.S. where currently residing	Constructed
120. SDoHZipCode	Participant's self-reported zip code within the U.S. where currently residing	Constructed
121. SDoHMaritalStatus	Participant's self-reported marital status	Constructed
122. SDoHMilitaryStatus	Participant's self-reported military status	Constructed
123. SDoHGender	Participant's self-reported gender including self-identification	Constructed
124. SDoHEducation	Participant's self-reported educational attainment	Constructed
125. SDoHJobStatus	Participant's self-reported job status at the time the assessment was completed	Constructed
126. SDoHIncome	Participant's self-reported income at the time the assessment was completed	Constructed



127. SDoHHousingStatus	Participant's self-reported housing status at the time the assessment was completed	Constructed
128. SDoHHomeAsChild	Participant's self-reported family structure / parental guardianship as a child	Constructed
129. SDoHReligion	Participant's self-reported religious beliefs or affiliations at the time the assessment was completed	Constructed
130. SDoHDenomination	Participant's self-reported affiliation with a Christian denomination if applicable	Constructed

Identifying

131. ClientEmail	Email provided by participant	Constructed
132. CompletionDate	Date participant completed assessment	Constructed
133. Client ID	ID assigned by collection software	Constructed
134. SSN	Participant's self-reported SSN	Constructed
135. FirstName	Participant's self-reported first name	Constructed
136. LastName	Participant's self-reported last name	Constructed
137. DateOfBirth	Participant's self-reported date of birth	Constructed

*There are additional SDoH's captured in this assessment outside of the SDoH section, including 104 Stable, 105 Safety, certain types of trauma (e.g. 10, 11, 12, and 15), and nutritional habits (e.g. 84-91) which could indicate food insecurity.



MATERIAL CHANGES

- Version 2: Updated conceptual framework based on literature and data analysis.
- Version 3: Added Trauma question "For any experiences you chose above, do you consider them to be traumatic?"
- Version 4: Coping mechanism question "Seeking Acceptance" replaced with "Hurting Self or Others".
- Version 5: Mental health question "Uncertainty" replaced with "Loneliness".
- Version 6: Spiritual health question "Spirituality helps define my goals" replaced with "God or a higher power loves me and is interested in my good".

ACRONYMS

ACE - Adverse Childhood Experiences Questionnaire

BMMRS - Brief Multidimensional Measure of Religiousness/Spirituality

Constructed - Author Developed Questions

MEPS - Medical Expenditure Panel Survey

PROM - Patient Reported Outcome Measurement

SHQ - Spiritual Health Questionnaire

USDA - United States Department of Agriculture Dietary Guidelines for Americans

WHO - World Health Organization Quality of Life Questionnaire

WOC - Ways of Coping Questionnaire

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