



**Sheffield
Hallam
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Health Questionnaire for Community Dwelling Married Couples
Each spouse answers the questionnaire separately

Instructions The present questionnaire is a part of a research project entitled “Assessing and Improving Health Literacy and Wellbeing in Thai Families at Risk of Non Communicable Diseases (NCDS): The Development of a Culturally Relevant Health Behavior Model and a Positive Psychology and Health Literacy Program”. The purpose of this questionnaire is to measure the level of health literacy and wellbeing of families and to compare the causal relationships of cultural social and positive psychology factors that may affect the wellbeing of families of heterosexual married couples living in suburban and rural areas.

This questionnaire is divided into 8 sections with a total of 131 questions as follows

Section 1 assesses general information	Total 9 questions
Section 2 assesses health literacy	Total 42 questions
Section 3 assesses social support	Total 12 questions
Section 4 assesses social norms	Total 12 questions
Section 5 assesses positive attitudes toward health behaviors	Total 14 questions
Section 6 assesses psychological capital	Total 15 questions
Section 7 assesses health behaviors	Total 12 questions
Section 8 assesses family wellbeing	Total 15 questions

Please read each of the questions carefully and complete every question in each section of the questionnaire. Your responses will be kept confidential and anonymous. The report will present only the general findings of the study.

Thank you very much. (05/01/2018)

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Section 1 General Information

Instructions Please answer the following questions as accurately as possible by marking a ✓ into the or filling in the blank space.

1. **Name of community/village** **Province**

2. **Gender** 1. Male 2. Female

3. Currently, I am..... years of age.

4. Your age, Please use a whole number.

1. 35 - 40 years old 2. 41 - 45 years old
 3. 46 - 50 years old 4. 51 - 55 years old 5. 56 - 59 years old

5. Highest completed level of education 1. No education
 2. Elementary school
 3. Middle school
 4. High school/Vocational certificate
 5. Associate degree/High vocational certificate
 6. Bachelor's degree or higher
6. Which of the following best describes your main daily work?
 1. Agricultural such as farmer, gardener, etc.
 2. Shopkeeper/ Business
 3. Government official/State enterprise employee
 4. Employees/Factory workers
 5. Unemployed
 6. Other please specify
7. How many years have you been married or living with your spouse?
 1. 0 - 5 years 2. 6 - 10 years 3. 11 – 15 years
 4. 16 -20 years 5. 21- 25 years 6. 26 – 30 years
 7. More than 30 years
8. Which of the following apply to the normal living arrangements of you and your spouse?
 1. Always live together 2. Live together sometime
 3. Separated 4. Other please specify
9. Have you had any medical problems (or underlying diseases) in the past?
 1. No, I have not
 2. Yes, I have (Please specify)
10. Do you have any of the following symptoms which may put you at risk of non-communicable chronic diseases (NCDs) such as diabetes, heart disease, stroke, cancer, high blood pressure and etc.? (Can select more than 1 answer)
 1. overweight 2. Fat
 3. Hypertension or high blood pressure 4. Hyperglycemia/ diabetes
 5. High cholesterol 6. Fatty liver
 7. Consume strongly sweet, oily or salty food 8. Mood swings
 9. Never or rarely exercise
 10. Parents/grandparents that have/passed away from non-communicable chronic diseases
 11. Other symptoms/ conditions (please specify).....

Section 2 Health Literacy (Cronbach's alpha in total = .975)

Please answer the following items by marking a ✓ into the □ that best describes you.

No.	Your perceptions of how competent you feel in dealing with health related issues	How much does it describe you?					r value
		Completely (5)	Very (4)	Moderately (3)	Slightly (2)	Not at all (1)	
Access to Health Information and Services (Cronbach's alpha. = .822)							
1.	If I am worried about my health, I will seek information about health care right away to reduce my worry.	5	4	3	2	1	.816
2.	I search for health information that is accurate from many sources such as experts, printed media, online media, etc.	5	4	3	2	1	.780
3.	I am always open to receiving health information, so I can be a healthy person.	5	4	3	2	1	.779
4.	I can search for health information on my own without having to depend on anyone.	5	4	3	2	1	.821
5.	I can search for a health care provider who is reliable to use as a source of services to support my health needs.	5	4	3	2	1	.786
6.	I can visit a doctor, health personnel or health care provider whenever I want to.	5	4	3	2	1	.845
7.	The health services that I choose to use can provide the right support that I need.	5	4	3	2	1	.786
8.	I can search for health care services that provide the right services for the current health conditions that I or my family have .	5	4	3	2	1	.792
Ease of accessing Suitable Health Information and Health Services (Cronbach's alpha. = .825)							
9.	I can fill in information about my health correctly on the forms of the health departments or the service providers.	5	4	3	2	1	.804
10.	I can follow recommendations found in booklets, documents or brochures about health promotion, illness prevention, care and recovery.	5	4	3	2	1	.789
11.	I read and can understand health information coming from different types of media such as print media, brochures, posters, prescriptions, etc.	5	4	3	2	1	.789
12.	I am familiar with and understand the information about health that is publicized on mass media such as radio, television newspapers, magazines, etc.	5	4	3	2	1	.797
13.	I know about and can understand the information about health that is publicized on online media such as the Internet, health-related video clips on YouTube, mobile applications, Facebook, Line, etc.	5	4	3	2	1	.827
14.	I can understand the health information that is presented using symbols, graphs, tables, diagrams, numbers and logos in hospitals or other places.	5	4	3	2	1	.839

No.	Your perceptions of how competent you feel in dealing with health related issues	How much does it describe you?					r value
		Completely (5)	Very (4)	Moderately (3)	Slightly (2)	Not at all (1)	
15.	I can understand the information given on <u>food labels</u> about how to prepare the product for eating the ingredients, expiry date and the health benefits of the food.	5	4	3	2	1	.797
16.	I can understand the information on <u>medicine labels</u> about how to take or use the medicine, storage conditions, expiry date and the health benefits.	5	4	3	2	1	.806
17.	I can understand the different language used in relation to information provided about diseases or health care or the services of health care providers.	5	4	3	2	1	.813
Verification of Health Information and Services (Cronbach's alpha. = .769)							
18.	I assess my family members' and my real health needs before I decide to choose a health care provider.	5	4	3	2	1	.762
19.	I often compare health information that I gather from different sources before I decide whether to trust it or follow it.	5	4	3	2	1	.785
20.	When there is new information about health, I will check the accuracy of the source of the information before I decide to trust it or follow it.	5	4	3	2	1	.690
21.	I often study and compare health information from many sources in order to confirm my understanding before I pass the information on to other people.	5	4	3	2	1	.693
22.	If there is someone suggesting or persuading me to try a health product or services that have been useful to others, I will assess its value and the validity of the claims before I decide to trust it or follow it .	5	4	3	2	1	.740
23.	I find accurate health information from different sources in order to verify information I receive before I trust and follow it.	5	4	3	2	1	.761
24.	I often ask questions or consult health experts or health care providers about specific health practices before I choose to follow them.	5	4	3	2	1	.734
Communication (Cronbach's alpha. = .886)							
25.	I can communicate with people or groups who are knowledgeable about health.	5	4	3	2	1	.888
26.	I am confident that health service providers will understand my health conditions when we exchange and discuss information.	5	4	3	2	1	.877
27.	I am not afraid to ask about the things that worry me or when I want to know more from health service providers.	5	4	3	2	1	.876

No.	Your perceptions of how competent you feel in dealing with health related issues	How much does it describe you?					r value
		Completely (5)	Very (4)	Moderately (3)	Slightly (2)	Not at all (1)	
28.	I discuss and exchange information about health or health care practices with health care providers.	5	4	3	2	1	.863
29.	I am able to ask health care providers about my health so that I can take care of my health better.	5	4	3	2	1	.863
30.	I can contact and ask for health information from health experts to clear up my concerns	5	4	3	2	1	.881
31.	I often talk to and share knowledge with health care providers.	5	4	3	2	1	.851
32.	I can discuss health information with other people so that they will accept and understand that health information.	5	4	3	2	1	.869
Self-Health Management (Cronbach's alpha = .796)							
33.	I can use the knowledge that I have about health and use it to take good care of my health.	5	4	3	2	1	.777
34.	I have sufficient knowledge around health for me to take care of my health and my family members' health during illness.	5	4	3	2	1	.776
35.	I have sufficient knowledge about health to care for my own health and prevent illness.	5	4	3	2	1	.791
36.	I spend a lot of time on activities to benefit my own health.	5	4	3	2	1	.778
37.	I plan to join activities that will help to promote my good health.	5	4	3	2	1	.777
38.	Though I have many job responsibilities, I can still can allocate time to take care of my health.	5	4	3	2	1	.772
39.	I set myself the goal of exercising for my own health and I am determined to achieve it.	5	4	3	2	1	.768
40.	I usually observe any symptoms that are unusual in my body and/or mind, so I can monitor and improve my own health.	5	4	3	2	1	.741
41.	I adjust my environmental surroundings, so I can be in a place that is health promoting.	5	4	3	2	1	.778
42.	I join in health-related activities with my family or in the community or with health care providers.	5	4	3	2	1	.813

Section 3 Social Support (Cronbach's alpha in total = .930)

Please answer the following items by marking a ✓ into the □ that best describes you.

No.	Social Support	How much does it describe you?					r value
		Completely (5)	Very (4)	Moderately (3)	Slightly (2)	Not at all (1)	
1.	I have at least one health care provider who can advise me or give me accurate information.	5	4	3	2	1	.920
2.	I have at least one health care provider whom I can consult when I have a health problem.	5	4	3	2	1	.921
3.	I have at least one health care provider whom I can rely on as a supporter when I have a health problem.	5	4	3	2	1	.919

No.	Social Support	How much does it describe you?					r value
		Completely (5)	Very (4)	Moderately (3)	Slightly (2)	Not at all (1)	
4.	I have at least one health care provider who always supports me to take care of my own health.	5	4	3	2	1	.918
5.	I have a health expert accessible to me who is ready to give me time to help me when I am unwell.	5	4	3	2	1	.921
6.	If I need help, I have a relative or friend who is ready to be by my side to help me.	5	4	3	2	1	.929
7.	My family members are ready to support me with materials, tools and equipment that can aid me to become healthier.	5	4	3	2	1	.927
8.	My family members are prepared to pay any expenses or give me money to support me to become healthier.	5	4	3	2	1	.932
9.	I have strong supporters who are ready to give me encouragement.						.928
10.	My family members are willing to prepare healthy food for me in order to help me to become healthier.	5	4	3	2	1	.926
11.	My family members are ready to take on responsibilities around the house if I get sick or have other duties.	5	4	3	2	1	.925
12.	My family members encourage me to join activities to improve my health.	5	4	3	2	1	.922

Section 4 Social Norms (Cronbach's alpha in total = .830)

Instructions Please read each of the items and mark a ✓ into the that describes your beliefs and perceptions.

No.	Perception/Belief	How much does it describe your perception?					r value
		Completely (5)	Very (4)	Moderately (3)	Slightly (2)	Not at all (1)	
Perceived Health Beliefs (Cronbach's alpha. = .845)							
1.	My health care practices come from traditional beliefs that have been passed on among people in the community.	5	4	3	2	1	.816
2.	The main approaches to health care practice of my family members come from the practices of the elders in the community.	5	4	3	2	1	.778
3.	With regard to health care practices, I am willing to trust and follow the instructions of the elderly and the elders in the community.	5	4	3	2	1	.824
4.	The fact that I have good health is because I follow the examples of the majority of people in the community.	5	4	3	2	1	.798

No.	Perception/Belief	How much does it describe your perception?					r value
		Completely (5)	Very (4)	Moderately (3)	Slightly (2)	Not at all (1)	
Local Wisdom Based Values (Cronbach's alpha. = .769)							
5.	People whom I know in the community are in favor of eating vegetables that are locally grown or dishes that are prepared in the community rather than buying from markets outside the community.	5	4	3	2	1	.732
6.	People whom I know in the community often admire people who take care of their health with natural or practices based on local traditional wisdom.	5	4	3	2	1	.702
7.	People whom I know in the community are in favor of using local products made in traditional ways more than commercially manufactured or imported products.	5	4	3	2	1	.634
8.	People whom I know in the community like to join in the activities at local festivals held in the community.	5	4	3	2	1	.768
Family Role Model (Cronbach's alpha. = .871)							
9.	I see my family members as good models for promoting good health.	5	4	3	2	1	.803
10.	The great attention my family members pay to taking care of their health makes me want to follow their example.	5	4	3	2	1	.891
11.	I have been taught by my family to place importance on caring for my health.	5	4	3	2	1	.822
12.	My family members often ask me to join with them in activities that promote good health.	5	4	3	2	1	.818

Section 5 Positive Attitudes toward Health Behaviors (Cronbach's alpha in total = .837)

Please mark into the at each item that best describes your opinions at the present time.

No.	Items	How much does it describe you?					r value
		Completely (5)	Very (4)	Moderately (3)	Slightly (2)	Not at all (1)	
1.	I like activities that involve exercising my body because they help me to have good health.	5	4	3	2	1	.818
2.	I prefer to eat foods that are nutritious rather than those that are only delicious.	5	4	3	2	1	.822
3.	I prefer to eat fruit and vegetables than snacks and desserts.	5	4	3	2	1	.827
4.	I like endurance exercises or exercise that makes me sweat	5	4	3	2	1	.813
5.	Controlling one's body weight to avoid becoming overweight or too thin can help reduce the risks of having a non-communicable chronic disease.	5	4	3	2	1	.830

No.	Items	How much does it describe you?					r value
		Completely (5)	Very (4)	Moderately (3)	Slightly (2)	Not at all (1)	
6.	Making food choices that are good for your health helps to control body weight as well.						.814
7.	Mediation and praying are relaxing techniques that work well for everybody.	5	4	3	2	1	.838
8.	I like to drink sweet or soda beverages because they help to give me energy.	5	4	3	2	1	.848
9.	The way that I try to think positively is good at relieving any stress I feel.	5	4	3	2	1	.827
10.	I choose to eat food that I like even although it is not healthy because it helps me feel less stressed.	5	4	3	2	1	.859
11.	If there is an unusual increase or decrease in my body weight, I notice and am ready to act and take better care of my health..	5	4	3	2	1	.811
12.	If I am unwell, I am ready to spend time taking better care of myself.	5	4	3	2	1	.822
13.	I am willing to follow recommendations made by a health care provider to prevent myself developing non-communicable chronic diseases such as diabetes, high blood pressure, etc.	5	4	3	2	1	.821
14.	I am ready to take care of my health and my family members' health to try to ensure we live longer.	5	4	3	2	1	.819

Section 6 Psychological Capital (Cronbach's alpha in total = .935)

Please mark a ✓ into the of each item that best describes your opinions at the present time.

No.	Items	How much does it describe your opinions?					r value
		Completely (5)	Very (4)	Moderately (3)	Slightly (2)	Not at all (1)	
1.	I am confident that I can analyze the cause of a problem that has been occurring for a long time and can solve it successfully.	5	4	3	2	1	.933
2.	If there is a need to talk about how to live a happy life, I am confident that I make an excellent contribution to the discussion.	5	4	3	2	1	.926
3.	I am confident that I can succeed in my work as expected.	5	4	3	2	1	.930
4.	I am confident that I can handle the risks well when facing different problems.	5	4	3	2	1	.934
5.	Now, I am full of positive energy to try to live a happy life.	5	4	3	2	1	.932
6.	I believe that every problem can be fixed.	5	4	3	2	1	.933
7.	I think I can be successful in life.	5	4	3	2	1	.932
8.	Although there is uncertainty in the way of life, I still think good things will happen to me.	5	4	3	2	1	.933
9.	I have positive attitudes towards different things that come into my life.	5	4	3	2	1	.928

No.	Items	How much does it describe your opinions?					r value
		Completely (5)	Very (4)	Moderately (3)	Slightly (2)	Not at all (1)	
10.	I anticipate good things in my future way of life.						.934
11.	The way I think about life is that “once the obstacle is passed, good things will always follow”	5	4	3	2	1	.930
12.	I can manage and balance my family life and my work life without any negative consequences.	5	4	3	2	1	.932
13.	I am patient during times when there are difficulties in life and can get through it well.	5	4	3	2	1	.931
14.	I can adjust well to problematic conditions or different troublesome situations.	5	4	3	2	1	.929
15.	I can accept social changes and am ready to adapt myself to survive and be healthy.	5	4	3	2	1	.930

Section 7 Health behaviors (Cronbach's alpha in total = .873)

Please mark a ✓ into the for each item that best describes your opinions at the present time.

No.	Practices	Average frequency/week					r value
		6-7 days/ week (5)	4-5 days/ week (4)	3 days/ week (3)	1-2 days/ week (2)	Never (1)	
1.	I control the amount of food I eat so I have just what my body needs in every meal.	5	4	3	2	1	.844
2.	I control the taste of food so that it is not too sweet, oily or salty by not flavoring it or adding extra seasonings to the food in every meal.	5	4	3	2	1	.837
3.	I eat a variety of foods in order to get the complete set of nutrients my body needs.	5	4	3	2	1	.814
4.	I eat at least half a kilo per day of fruits and vegetables that are fresh and clean.	5	4	3	2	1	.811
5.	My body is continuously active from doing my daily jobs such as walking to work and doing physical work.	5	4	3	2	1	.839
6.	I exercise continuously until I feel tired or I sweat.	5	4	3	2	1	.825
7.	I handle my own stress and problems very well by adopting positive thoughts and emotions.	5	4	3	2	1	.823
8.	I avoid smoking or inhaling secondhand smoke/toxic smoke.	5	4	3	2	1	.814
9.	I avoid drinking alcoholic beverages.	5	4	3	2	1	.821
10.	I often monitor and check my own health without waiting to feel ill before visiting a doctor.	5	4	3	2	1	.803
11.	I am involved in health-related activities with other members of the community.	5	4	3	2	1	.818
12.	I have built good relationships with my family and members of the community.	5	4	3	2	1	.837

Section 8 Wellbeing of Family (Cronbach's alpha in total = .890)

Please mark ✓ into for each of the items which best describes your perception and practices within the past 1 month until present.

No.	Practices	How much does it describe our perception and practices?					r value
		Completely (5)	Very (4)	Moderately (3)	Slightly (2)	Not at all (1)	
1.	My physical health is excellent, and I do not suffer any illness.	5	4	3	2	1	.898
2.	My <u>spouse</u> 's physical health is excellent	5	4	3	2	1	.897
3.	I avoid behavior that would put me at risk of sexually transmitted diseases or AIDS.						.893
4.	My life and my family's life are happy and peaceful to a good extent.	5	4	3	2	1	.887
5.	I am sensible and control my emotions well if there are difficult situations coming into my life.	5	4	3	2	1	.889
6.	It real everyone in the family respectfully and well.	5	4	3	2	1	.892
7.	My spouse follows religious principles when making decisions and solving problems.	5	4	3	2	1	.875
8.	I receive good care, attention and support from my spouse	5	4	3	2	1	.876
9.	My spouse is trustworthy that I can openly discuss any problem with him/her.	5	4	3	2	1	.875
10.	My spouse has a goal in life and is working to achieve it.	5	4	3	2	1	.877
11.	Living with my spouse makes me happy.	5	4	3	2	1	.873
12.	I am satisfied with my married life as it is now.	5	4	3	2	1	.874
13.	I accept my spouse's weaknesses.	5	4	3	2	1	.882
14.	My family members and I give each other appreciation when we do something good or are successful.	5	4	3	2	1	.871
15.	My family members and I give each other courage when we are facing difficulties.	5	4	3	2	1	.870

Thank you very much for your attention