

***Physical Wellbeing
Health Related Quality of Life
Adapted from Centers for Disease Control and Prevention, 2000***

Physical health is a vital component of well-being. The Life Paths measure is adapted from the “Healthy Days Measure” used by the U.S. Centers for Disease Control and Prevention (CDC). The CDC measure includes 14 items across three modules. We selected items which broadly assess physical health: three from the Healthy Days Core module, one from the Activities Limitation module, and one from the Healthy Days Symptoms Module. This scale is validated for use in both youth (ages 10-21) and adult populations; however, internal reliability was higher in the adult sample, indicating that this measure may be more appropriate for use in older groups.

Development and validation of measure: To establish reliability and validity for scale items across a range of ages, we conducted a study with 440 youth (ages 10-21), and a separate sample of 357 adults (ages 18 and older) from rural areas of the Southeast, recruited through word-of-mouth and local community events. Domain level factor analyses were conducted for all outcome measures of well-being, and all five items loaded on the same factor. Internal consistency (coefficient alpha) was .64 in the youth sample and .78 in the adult sample. Validity was established in this sample with statistically significant correlations with other outcome indicators of well-being, including Subjective Well-Being (youth $r = .41$, adult $r = .36$), Trauma Symptoms (youth $r = -.42$, adult $r = -.29$), and Family Well-Being (youth $r = .31$, adult $r = .226$).

Scoring: Item 5 was reverse-coded, and response categories vary. Participant’s raw scores on each item were standardized into z-scores. The scale-level mean was calculated from the item-level z-scores for participants who responded to at least half of the items on the scale, with higher scores indicating better physical health.

Adapted from: Centers for Disease Control and Prevention (CDC). (2000). *Measuring Healthy Days: Population Assessment of Health-Related Quality of Life*. Retrieved from: <http://www.cdc.gov/hrqol/pdfs/mhd.pdf>

1. Would you say that, in general, your health is:

Excellent.....	5
Very good.....	4
Good.....	3
Fair.....	2
Poor.....	1

2. During the last month, how many days was your physical health, which includes physical illness and injury, not good?

0 days.....	5
1 week or less.....	4
About 2 weeks.....	3
About 3 weeks.....	2
Every day or almost every day.....	1

Youth

3. During the last month, for about how many days did your health stop you from doing your usual activities, like going to school or spending time with friends?

- 0 days.....5
- 1 week or less.....4
- About 2 weeks.....3
- About 3 weeks.....2
- Every day or almost every day.....1

4. During the last month, for about how many days did pain make it hard for you to do your usual activities?

- 0 days.....5
- 1 week or less.....4
- About 2 weeks.....3
- About 3 weeks.....2
- Every day or almost every day.....1

5. During the last month, for about how many days did you feel healthy and full of energy?

- 0 days.....5
- 1 week or less.....4
- About 2 weeks.....3
- About 3 weeks.....2
- Every day or almost every day.....1