

**Physical Well-Being  
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.

**Development and validation of measure in pilot study and main sample:** To establish reliability and validity for new and adapted items, we conducted a pilot study with 104 participants from the same community as the main sample, recruited through a local email classifieds list and word-of-mouth. In the main sample of over 2500 participants, we conducted domain-level factor analyses for all outcome measures of well-being. All five of the items used in the main survey loaded onto the same factor. Internal consistencies (coefficient alphas) for the pilot and main samples are 0.74 and 0.81, respectively. Validity was established in the main sample with moderate correlations with other outcome measures, such as Subjective Well-Being ( $r = .33$ ) and Mental Health ( $r = .38$ ).

**Scoring:** Items 2, 3, and 4 are reverse coded as noted below and items are summed with scoring as noted for individual items below. Scale scores were standardized in our analyses. Higher scores indicate 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>

**Life Paths version:** Hamby, S., Grych, J., & Banyard, V. L. (2015). *Life Paths measurement packet: Finalized scales*. Sewanee, TN: Life Paths Research Program. <http://www.lifepathsresearch.org/strengths-measures/>

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

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

2. During the past 30 days, how many days was your physical health, which includes physical illness and injury, not good?

- 0..... 6
- 1 week or less..... 5
- About 2 weeks..... 4
- About 3 weeks..... 3
- Almost every day..... 2
- Every day..... 1

3. During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, school/work, or recreation?

- 0..... 6
- 1 week or less..... 5
- About 2 weeks..... 4
- About 3 weeks..... 3
- Almost every day..... 2
- Every day..... 1

4. During the past 30 days, for about how many days did PAIN make it hard for you to do your usual activities, such as self-care, school/work, or recreation?

- 0..... 6
- 1 week or less..... 5
- About 2 weeks..... 4
- About 3 weeks..... 3
- Almost every day..... 2
- Every day..... 1

5. During the past 30 days, for about how many days have you felt VERY HEALTHY AND FULL OF ENERGY?

- 0..... 1
- 1 week or less..... 2
- About 2 weeks..... 3
- About 3 weeks..... 4
- Almost every day..... 5
- Every day..... 6