



Supplementary appendix: This appendix formed part of the original submission and has been peer reviewed. We post it as supplied by the authors. Supplement to:. Sharma M, Kanekar A, Lakhani R. Developing A Scale for Measuring Perfection Quotient (PQ) to Predict Readiness to Health Behavior Change. Journal of Medical Research and Innovation. 2018;2(2):e000130. DOI: 10.15419/jmri.130. Published on 10th June, 2018.

APPENDIX

Health for All Measuring Perfection Quotient (PQ) for Readiness to Health Behavior Change IRB # _____

Directions: This survey is voluntary, which means you may choose not to complete it or not to answer individual questions. There is no direct benefit of this survey to you but your responses will help in developing effective health education programs. All data from this survey will be kept confidential. Please put an X mark by the response or fill the response that correctly describes your position. Thank you for your help!

1. Are you planning to make a behavior change in near future with regard to physical activity behavior?

☐ Yes ☐ No ☐ Don't know ☐ Not applicable ☐ Prefer not to answer

2. Are you planning to make a behavior change in near future with regard to healthy eating behavior?

☐ Yes ☐ No ☐ Don't know ☐ Not applicable ☐ Prefer not to answer

3. Are you planning to make a behavior change in near future with regard to smoking behavior?

☐ Yes ☐ No ☐ Don't know ☐ Not applicable ☐ Prefer not to answer

4. Are you planning to make a behavior change with regard to alcohol use behavior?

☐ Yes ☐ No ☐ Don't know ☐ Not applicable ☐ Prefer not to answer

5. Are you planning to make a behavior change with regard to any other health behavior?

☐ Yes ☐ No ☐ Don't know ☐ Not applicable ☐ Prefer not to answer

If yes, please specify other health behavior _____

Never	Hardly Ever	Sometimes	Fairly Often	Very Often
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About self-awareness

6. I recognize when I am having positive feelings.

7. I recognize when I am having negative feelings.

8. I can tell apart different feelings.

About mood management

9. I am able to manage my negative feelings.

.....

10. I am able to manage my positive feelings.

.....

11. I react appropriately under negative feelings.

.....

12. I react appropriately under positive feelings.

.....

About self-motivation

13. I direct my feelings toward a goal.

.....

14. I overcome self-doubt in accomplishing any goal.

.....

15. I am confident that I can overcome any setbacks in accomplishing any goal.

.....

About cautiousness

16. I am careful about acting impulsively.

.....

17. I like to plan things.

.....

18. I am a planner as opposed to being unpredictable.

.....

About independence

19. I like to work alone.

.....

20. I do not rely on others for making my life decisions.

.....

21. I like to draw attention to myself.

.....

About competition with self

22. I like to compete with myself to achieve optimal health.

.....

23. I want to be able to achieve optimal health.

.....

24. I enjoy challenging myself toward becoming healthier.

.....

About self-love

25. I love myself to take better care of my body.

.....

26. I love myself to take better care of my mind.

.....

27. I love myself to take better care of my spirit.

.....

About love for others around oneself

28. I want to take better care of my body so I can take care of others.

.....

29. I want to take better care of my mind so I can take care of others.

.....

30. I want to take better care of my spirit so I can take care of others.

.....

Demographic questions

31. How do you identify your gender? ☐ Male

☐ Female

☐ Other _____

☐ Prefer not to answer

.....

32. What is your age? _____ years

.....

33. What is your race/ethnicity? ☐ White or Caucasian American

☐ Black or African American

☐ Asian or Asian American

☐ American Indian

☐ Latino or Hispanic American

☐ Other _____

☐ Prefer not to answer

.....

34. What is your highest level of education?

☐ Some schooling but not completed high school

☐ Completed high school or GED

☐ Some college

☐ Completed college/ Graduate degree

- ☐ Post graduate degree
 - ☐ Professional degree
 - ☐ Prefer not to answer
-

35. Do you work for pay? ☐ No
- ☐ Yes, _____ average hours/week (put a single number not a range)
- ☐ Prefer not to answer
-

36. What is your occupation? _____

.....

37. What is your yearly household income?
- ☐ Less than \$ 50,000
 - ☐ \$ 50,001 to \$ 100,000
 - ☐ \$100,001 to \$150,000
 - ☐ \$150,001 to \$200,000
 - ☐ More than \$200,000
 - ☐ Prefer not to answer
-

38. What is your religion? ☐ Christian
- ☐ Muslim
- ☐ Hindu
- ☐ Buddhist
- ☐ Secular
- ☐ Agnostic
- ☐ Atheist
- ☐ Other _____
- ☐ Prefer not to answer
-

SCORING

Flesch Reading Ease: 62.4

Flesch-Kincaid Grade level: 6.4 [Proxy measure of IQ]

Item 1-5. Use Yes [1] and No [0] or Don't know [0] for logistic regression modelling [Can be modified for specific health behaviors that can be more specifically defined, as needed]

Self-awareness construct: Measures the frequency and ability of knowing positive and negative feelings before they arise and ability to distinguish between feelings through items 6-8. Measured on a scale of Never [0], Hardly Ever [1], Sometimes [2], Fairly Often [3], Very Often [4]. Possible range 0-12 units.

Mood management construct: Measures the frequency and ability of managing and reacting appropriately to positive and negative feelings through items 9-12. Measured on a scale of Never [0], Hardly Ever [1], Sometimes [2], Fairly Often [3], Very Often [4]. Possible range 0-16 units.

Self-motivation construct: Measures the frequency and ability of directing feelings toward a goal while overcoming self-doubt and inaction through items 13-15. Measured on a scale of Never [0], Hardly Ever [1], Sometimes [2], Fairly Often [3], Very Often [4]. Possible range 0-12 units.

Health Emotional Quotient (HEQ): Items 6-15 with a score of 0-40 units can be summed to derive health emotional quotient (HEQ).

Cautiousness construct: Measures the frequency and ability to plan things, not be driven by impulsivity and being a planner as opposed to being unpredictable through items 16-18. Measured on a scale of Never [0], Hardly Ever [1], Sometimes [2], Fairly Often [3], Very Often [4]. Possible range 0-12 units.

Independence construct: Measures the frequency and ability to function alone, not relying on others in making life decisions and drawing attention to self through items 19-21. Measured on a scale of Never [0], Hardly Ever [1], Sometimes [2], Fairly Often [3], Very Often [4]. Possible range 0-12 units.

Competition with self-construct: Measures the frequency and ability to compete with oneself to achieve optimal health, liking for achieving optimal health and challenging oneself toward becoming better through items 22-24. Measured on a scale of Never [0], Hardly Ever [1], Sometimes [2], Fairly Often [3], Very Often [4]. Possible range 0-12 units.

Health X Quotient (HXQ): Items 16-24 with a score of 0-36 units can be summed to derive health X quotient (HXQ).

Self-love construct: Measures the frequency and ability to love oneself to care about body, mind and spirit through items 25-27. Measured on a scale of Never [0], Hardly Ever [1], Sometimes [2], Fairly Often [3], Very Often [4]. Possible range 0-12 units.

Love for others around oneself construct: Measures the frequency and ability to take better care of one's body, mind and spirit so that one can take better care of others through items 28-30. Measured on a scale of Never [0], Hardly Ever [1], Sometimes [2], Fairly Often [3], Very Often [4]. Possible range 0-12 units.

Health Spiritual Quotient (HSQ): Items 25-30 with a score of 0-24 units can be summed to derive health spiritual quotient (HSQ).

Perfection Quotient (PQ): Summation of items 6-30 with a score of 0-100 units. Score of 0-25 units indicates needing improvement low perfection score; score of 26-50 units indicates needing improvement small perfection score; score of 51-75 units indicates moderate perfection score that can be better; score of 76-100 units indicates high perfection score on the continuum and readiness for behavior change.

Items 31-38: Sample demographic questions [Can be adapted depending on target population].

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