LM-67i

Personal details

Full name: _____   Date of birth: DD / MM / YYYY   Sex (M/F): ___

Date: DD / MM / YYYY

Relationship status: ☐ Single   ☐ Married   ☐ De facto   ☐ Coupled   ☐ Divorced   ☐ Widowed

Employment status: ☐ Full-time   ☐ Part-time   ☐ Casual/temporary   ☐ Contract   ☐ Not employed

☐ Carer   ☐ Homemaker

Occupation (most recent if retired/unemployed): _____

Are you retired? ☐ Yes   ☐ No   Date of retirement: DD / MM / YYYY

Do you have a disability? ☐ Yes   ☐ No   Date of disability: DD / MM / YYYY

Highest level of education: _____

Please list any medications (including supplements) you are currently taking:

_____

_____

Do you have any allergies? ☐ Yes   ☐ No

If yes, please describe: _____

Please list any relevant family medical history:

_____

_____

General health[1]

1. In **general**, how would you rate your overall health?

☐ Excellent   ☐ Very good   ☐ Good   ☐ Fair   ☐ Poor

Sleep[2]

2. Do you work day shifts, night shifts, or a combination of both? Please tick all which apply.

☐ Day shift   ☐ Night shift   ☐ N/A

3. Over the past month, have you had a major stressful event that you feel affected your sleep? If so, please

describe: _____

For the questions below, please check the **one** box that best describes you, and/or describe your response on the

line provided.

During the **past 4 weeks**, how often:

4. Did you have difficulty falling asleep, staying asleep, or feel poorly rested in the morning?

☐ Never   ☐ Sometimes   ☐ Usually   ☐ Always

5. Did you fall asleep unintentionally or have to fight to stay awake during the day?

   ☐ Never   ☐ Sometimes   ☐ Usually   ☐ Always

6. Did sleep difficulties or daytime sleepiness interfere with your daily activities?

   ☐ Never   ☐ Sometimes   ☐ Usually   ☐ Always

7. Did work or other activities prevent you from getting enough sleep?

   ☐ Never   ☐ Sometimes   ☐ Usually   ☐ Always

8. Did you snore loudly?

   ☐ Never   ☐ Sometimes   ☐ Usually   ☐ Always

9. Did you hold your breath, have breathing pauses, or stop breathing in your sleep?

   ☐ Never   ☐ Sometimes   ☐ Usually   ☐ Always

10. Did you have restless or 'crawling' feelings in your legs at night that went away if you moved your legs?

    ☐ Never   ☐ Sometimes   ☐ Usually   ☐ Always

11. Did you have repeated rhythmic leg jerks or leg twitches during your sleep?

    ☐ Never   ☐ Sometimes   ☐ Usually   ☐ Always

12. Did you have nightmares, or did you scream, walk, punch or kick in your sleep?

    ☐ Never   ☐ Sometimes   ☐ Usually   ☐ Always

13. Did any of the following things disturb you in your sleep?

    a. Pain   ☐ Never   ☐ Sometimes   ☐ Usually   ☐ Always

    b. Other physical problems   ☐ Never   ☐ Sometimes   ☐ Usually   ☐ Always

    c. Worries   ☐ Never   ☐ Sometimes   ☐ Usually   ☐ Always

    d. Medications   ☐ Never   ☐ Sometimes   ☐ Usually   ☐ Always

    e. Other (please specify)   ☐ Never   ☐ Sometimes   ☐ Usually   ☐ Always

    _____

14. Did you feel sad or anxious?

    ☐ Never   ☐ Sometimes   ☐ Usually   ☐ Always

Physical activity[3]

Incidental activity[3a]

15. Of the responses below, which best describes the physical activity in your work? Tick **one**.

    ☐ I am not currently in employment (retired, retired for health reasons, unemployed, full-time carer, etc.)

    ☐ I spend most of my time at work sitting (such as in an office)

    ☐ I spend most of my time at work standing or walking, but my work does not require much intense physical effort (shop assistant, hairdresser/barber, security guard, childminder, etc.)

    ☐ My work involves physical effort, including handling of heavy objects and use of tools (plumber, electrician, carpenter, cleaner, nurse, gardener, etc.)

    ☐ My work involves vigorous physical effort, including handling of very heavy objects (e.g. scaffolder, construction worker, refuse collector, etc.)

Aerobic exercise[3b]

16. **On average**, how many days per week do you engage in moderate-intensity physical activity?

    This is an activity that requires some effort, but where a conversation is possible (e.g. a brisk walk).

    _____ days

17. **On average**, how many minutes per day do you exercise at this intensity?

    _____ minutes

18. List the types of aerobic activity that you do (walking, running, swimming, cycling, dancing etc.)

    _____

Strength and resistance training[3c]

19. **On average**, how many days per week do you engage in strength or resistance training?

    This includes activites such as lifting weights, resistance bands and some forms of yoga.

    _____ days

20. **On average**, how many minutes does a session last?

    _____ minutes

21. List the types of strength or resistance training activities that you do (weights, yoga, resistance bands, etc.)

    _____

Weight management[4]

22. What is the most you have ever weighed since reaching your current height? Exclude any weight gains due to medical conditions or medications:

    _____ kg

23. What is your current weight?

    _____ kg

24. Are you currently on a diet?

    ☐ Yes   ☐ No

    If **no**, go to question 26

25. Are you currently dieting to lose weight or to avoid gaining weight?

    ☐ To lose weight   ☐ To avoid gaining weight

26. Please estimate, as best you can, the number of times in your life that you have dieted and deliberately lost the amounts of weight listed below:

    1-2 kg?   _____ times

    2-5 kg?   _____ times

    5-10 kg?   _____ times

    10+ kg?   _____ times

Diet and nutrition[5]

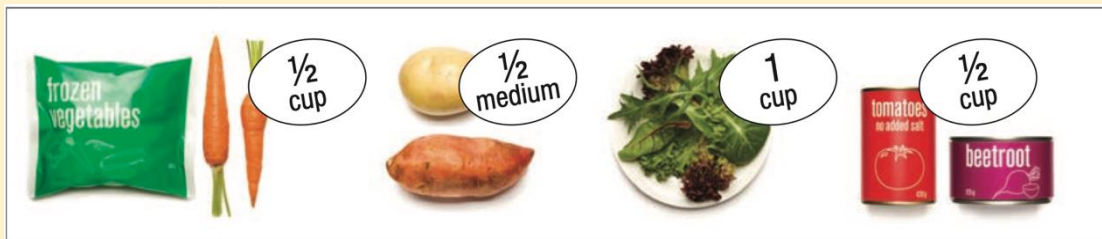27. How many serves (see below) of fruit do you **usually** eat each day?

    ☐ 1   ☐ 2   ☐ 3   ☐ 4   ☐ 5   ☐ 6+   ☐ I don't eat fruit

Each of the above represents a single serve of fruits and provides about 350 kilojoules.

28. How many serves (see below) of vegetables do you **usually** eat each day?

    ☐ 1   ☐ 2   ☐ 3   ☐ 4   ☐ 5   ☐ 6+   ☐ I don't eat vegetables

Each of the above represents a single serve of vegetables and provides 100-350 kilojoules.

29. In an average week, how many serves (see below) of discretionary foods do you **usually** eat each day?

☐ 1   ☐ 2   ☐ 3   ☐ 4   ☐ 5   ☐ 6+   ☐ I don't eat these foods

Each of the above represents a single serve of discretionary foods and provides 500-600 kilojoules.

30. In an average week, how many serves (see below) of soft drinks, cordials, sports drinks, caffeinated energy drinks or other sugar-sweetened beverages do you **usually** drink each day?

☐ 1   ☐ 2   ☐ 3   ☐ 4   ☐ 5   ☐ 6+   ☐ I don't drink these beverages

Each of the above represents a single serve of sugar-sweetened beverages and provides 500-600 kilojoules.

Mental health[6]

31. In the past 4 weeks (tick one box per row):

	None of the time	A little of the time	Some of the time	Most of the time	All the time
1. About how often did you feel tired out for no good reason?					
2. About how often did you feel nervous?					
3. About how often did you feel so nervous that nothing could calm you down?					
4. About how often did you feel hopeless?					
5. About how often did you feel restless or fidgety?					
6. About how often did you feel so restless you could not sit still?					
7. About how often did you feel depressed?					
8. About how often did you feel like everything was an effort?					
9. About how often did you feel so sad that nothing could cheer you up?					
10. About how often did you feel worthless?					

Stress[6a]

32. In the last month, how often have you felt that you were unable to control the important things in your life?

☐ Never   ☐ Almost never   ☐ Sometimes   ☐ Fairly often   ☐ Very often

33. In the last month, how often have you felt confident in your ability to handle your personal problems?

☐ Never   ☐ Almost never   ☐ Sometimes   ☐ Fairly often   ☐ Very often

34. In the last month, how often have you felt that things were going your way?

☐ Never   ☐ Almost never   ☐ Sometimes   ☐ Fairly often   ☐ Very often

35. In the last month, how often have you felt difficulties piling up so high that you could not overcome them?

☐ Never   ☐ Almost never   ☐ Sometimes   ☐ Fairly often   ☐ Very often

36. How do you cope with stress? Circle all that apply.

Exercise	Smoking cigarettes	Gambling
Yoga	Using drugs	Spiritual or religious activities
Massage	Guided imagery	Seeking out friends or family
Deep breathing	Progressive muscle relaxation	Counselling/therapy
Drinking alcohol	Meditation	Eating too much/too little

Other: _____

Resilience[6b]

37. Tick one box per row:

	Strongly disagree	Disagree	Neutral	Agree	Strongly agree
1. I tend to bounce back quickly after hard times					
2. I have a hard time making it through stressful events					
3. It does not take me long to recover from a stressful event					
4. It is hard for me to snap back when something bad happens					
5. I usually come through difficult times with little trouble					
6. I tend to take a long time to get over setbacks in my life					

Connection[6c]

38. How satisfied are you with the quality of relationships you have with friends/family?

☐ Very satisfied ☐ Satisfied ☐ Neutral ☐ Unsatisfied ☐ Very unsatisfied

39. How satisfied are you with the number of friends/acquaintances you have?

☐ Very satisfied ☐ Satisfied ☐ Neutral ☐ Unsatisfied ☐ Very unsatisfied

40. How satisfied are you with the extent to which you feel like a member of the community?

☐ Very satisfied ☐ Satisfied ☐ Neutral ☐ Unsatisfied ☐ Very unsatisfied

Purpose[6d]

41. Tick the box in each row that best describes your present agreement or disagreement with each statement:

	Strongly disagree	Disagree somewhat	Disagree slightly	Agree slightly	Agree somewhat	Strongly Agree
1. I live one day at a time and don't really think about the future						
2. I have a sense of direction and purpose in life						
3. My daily activities often seem trivial and unimportant to me						
4. I don't have a sense of what it is I'm trying to accomplish in life						
5. I enjoy making plans for the future and working to make them a reality						
6. Some people wander aimlessly through life, but I am **not** one of them						
7. I sometimes feel as if I've done all there is to do in life						

Tobacco[7a]

42. Do you smoke?

☐ Yes   ☐ No

43. Have you ever smoked? If **no**, go to question 53.

☐ Yes   ☐ No

44. If **yes**, how long ago did you quit? Fill in and circle:

_____ days/months/years

45. How many minutes after you first wake up in the morning do you smoke your first cigarette?

_____ minutes

46. How many cigarettes do you smoke in a day?

_____ cigarettes

47. Have you tried to quit before?

☐ Yes   ☐ No

48. Have you used any medications to help you quit smoking? If yes, please list:

☐ Yes   ☐ No

Medications used: _____

49. Have you used any methods other than medications to help you quit? If yes, please describe:

☐ Yes   ☐ No

Methods used: _____

50. What cravings or withdrawal symptoms did you experience in previous quit attempts? Please describe.

_____

51. How do you feel about your smoking at the moment?

☐ Does not worry me   ☐ Worries me

52. Are you ready to stop smoking?

☐ Yes   ☐ Yes, but not now   ☐ No

Alcohol[7b]

53. Have you ever felt the need to cut down on your drinking?

☐ Yes   ☐ No

54. Have people annoyed you by criticising your drinking?

☐ Yes   ☐ No

55. Have you ever felt guilty about your drinking?

☐ Yes   ☐ No

56. Have you ever felt you needed a drink first thing in the morning (eye-opener) to steady your nerves or get rid of a hangover?

☐ Yes   ☐ No

57. How often do you have a drink containing alcohol?

☐ Never   ☐ Monthly or less   ☐ 2-4 times per month   ☐ 2-3 times per week

☐ 4 or more times per week

58. How many drinks containing alcohol do you have in a typical day when you are drinking?

☐ 1-2   ☐ 3-4   ☐ 5-6   ☐ 7-9   ☐ 10+

59. How often do you have 4 or more standard drinks on one occasion (see below)?

☐ Never   ☐ Less than monthly   ☐ Monthly   ☐ Weekly   ☐ Daily or almost daily

The following are examples of the number of standard drinks in some typical alcoholic beverages. A standard drink is any drink that contains 10 grams of alcohol:

1.1 std drink	1.6 std drink	1.4 std drink	1.6 std drink
Small glass of beer: full strength (pot/middy) 285mL 4.8%	Large glass of beer: full strength (schooner) 425mL 4.8%	Bottles & cans of beer: full strength 375mL 4.8%	Ave. restaurant serving of red wine 150mL 13.5%

1.4 std drink	1.0 std drink	1.1 std drink	1.5 std drink
Ave. restaurant serving of white wine 150mL 11.5%	Straight spirits 30mL 40.0%	Ready to drink spirits: full strength 275mL 5.0%	Pre-mixed spirits: full strength 375mL 5.0%

Drugs[7c]

60. In the last 12 months, have you used recreational drugs (e.g. marijuana, ecstacy/MDMA, cocaine, methamphetamine) or misused prescription drugs? If no, please skip to question 64.

    ☐ Yes   ☐ No

61. In the last month, how often have you used recreational drugs or misused prescription drugs?

    ☐ More than once a week   ☐ Less than once a week

62. In the last month, have you used multiple recreational drugs or prescription drugs at the same time?

    ☐ Yes   ☐ No

63. In the last month, have you used recreational drugs or misused prescription drugs alone/by yourself?

    ☐ Yes   ☐ No

Ready to change?[8]

64. If you could change **one** thing about your life, what would it be?

    _____

    _____

    _____

65. What are the most important lifestyle areas you wish to make changes in (if any)? List three and rank from 1-3 in importance:

    _____

    _____

    _____

66. For each of the three lifestyle areas you wish to make changes, how **important** are these changes to you right now? Place the numbers 1-3 in the relevant boxes.

    ☐—☐—☐—☐—☐—☐—☐—☐—☐—☐—☐
    0   1   2   3   4   5   6   7   8   9   10
    Not at all   Somewhat   Very

67. How **confident** are you about making these changes? Place the numbers 1-3 in the relevant boxes

    ☐—☐—☐—☐—☐—☐—☐—☐—☐—☐—☐
    0   1   2   3   4   5   6   7   8   9   10
    Not at all   Somewhat   Very

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Background and Interpretation

This manual provides guidance for the interpretation of the specific tools and scales used in the LM-67. Described herein are those tools which a) require scoring, or b) require an explanation for their use. Certain tools and scales within this document do not include a validated scoring system or explanation for their use. These should be interpreted based on your medical knowledge, clinical experience and that which would generally be accepted as reasonable, given the unique circumstances of the individual person.

[1]General Health

Question 1 is a general health question from the Australian Bureau of Statistics (ABS) National Health Survey (ABS, 2019). It provides a snapshot of self-assessed health, which is subjective and culturally- and context-dependent.

[2]Sleep

Questions 2-14 are the Global Sleep Assessment Questionnaire (GSAQ), a validated instrument for assessing sleep in both primary care and sleep centres (Roth et al., 2002). These questions should be used to gather a detailed picture of the person's quality of sleep, as well as flagging potential sleep or mental health concerns. The practitioner's best clinical judgement should be used in asking follow-up questions related to the answers provided.

[3]Physical activity

[3a]**Incidental activity**

Question 15 is taken from the General Practice Physical Activity Questionnaire (GPPAQ). The GPPAQ is a validated screening tool for assessing the physical activity levels of adults aged 16 to 74 and is supported by the United Kingdom's National Institute for Health and Care Excellence (NICE) (Heron et al., 2014).

If the person's work involves physical effort (plumber, electrician, etc.) or vigorous physical effort (scaffolder, construction worker, etc.) but they do not meet the recommended 150 minutes of structured exercise, it is likely they are performing sufficient physical activity to gain health benefits. In this case, the practitioner should probe further to acquire additional details regarding the time the person spends performing work-related physical activity, and the intensity with which it is performed.

[3b]**Aerobic exercise**

Questions 16 and 17 are taken from the Exercise Vital Sign (EVS), developed by physical activity experts in the United States, as part of the Exercise is Medicine initiative (Coleman et al., 2012).

In the table below, multiply the responses to both questions to estimate the number of minutes per week the person engages in moderate-intensity exercise. At this intensity, some effort is required, but a conversation is possible. An example would be a brisk walk. This score is used to determine whether the person is achieving the recommended amount of 150 minutes of moderate to vigorous physical activity per week.

[3c]**Strength and resistance training**

Questions 19 and 20 were developed by combining the principles of the EVS with the recommendations for strength training provided in Australia's physical activity and sedentary behaviour guidelines (Department of Health, 2019)

In the table below, multiply the responses to both questions to estimate the number of minutes per week the person engages in strength or resistance training. The Australian Physical Activity and Sedentary Behaviour Guidelines recommend that persons undertake strength building activities at least two days per week. These activities should work all the major muscle groups.

Both the GPPAQ and the EVS are reviewed in a recent systematic review of brief physical activity measures by Golightly et al. (2017).

	Days	Minutes	Total minutes per week
Aerobic	x	=	
Strength/resistance	x	=	
		Total:	minutes per week

The person should be engaging in 150-300 minutes of activity per week, including at least 2 days of strength or resistance training.

[4]Weight management
Questions 22-26 are an abbreviated version of the Diet and Weight History Questionnaire (DWHQ) (Witt et al., 2013). The DWHQ places the person into one of three categories: 1) current dieter, who reports currently being on a diet to lose weight, 2) historical dieter, who is not currently on a diet but has dieted to lose weight in the past, or 3) never dieter, who has never been on a diet to lose weight. These dieter categories have shown utility in predicting different levels of eating regulation and future weight gain.

Body mass index (BMI)
To calculate the person's BMI, divide their weight (in kilograms) by the square of their height (in metres). The BMI classifications below are a guide to whether the person is in a healthy weight range. As BMI does not distinguish between weight from muscle and weight from fat, a given BMI does not always correspond to the same degree of overweight/obesity across populations (WHO, 2000).

Weight (kilograms) [   ] kg
Height (metres) [   ] m

BMI [   ] (kg/m^2)

BMI (kg/m^2)	Classification
<18.5	Underweight
≥18.5 and <25.5	Healthy weight
≥25.0 and <30.0	Overweight
≥30.0 and <35.0	Class I obesity
≥35.0 and <40.0	Class II obesity
≥40.0	Class III obesity

BMI classification table from WHO (2000)

Waist circumference and waist-hip ratio
Measurement site: There are three ways a health practitioner may choose to measure waist/abdominal circumference, all of which are performed while the person is standing:

- Anatomically determined waist – the mid point between the iliac spine and base of rib cage
- Narrowest part of abdomen – determined visually. Difficult in persons who are obese
- Umbilicus – easier in persons who are obese.

Further information is available in the National Health and Nutrition Examination Survey (CDC, 2011).

Hip circumference should be measured around the widest part of the buttocks while the person is standing (WHO, 2008).

Waist circumference

	Normal range	Increased risk	Substantially increased risk
Men	< 94cm	94 to < 101cm	≥ 101cm
Women	< 80cm	80 to < 88cm	≥ 88cm

Waist circumference table from NHMRC (2013).

Waist measurement site used	
Waist circumference	cm
Hip circumference	cm

Waist:hip ratio	

Waist:hip ratio

	Low risk	Moderate risk	High risk
Men	≤ 0.95	> 0.95 to 1.0	> 1.0
Women	≤ 0.80	> 0.80 to 0.85	> 0.85

Waist-hip ratio table from WHO (2008).

[5]Diet and nutrition

	Serves per day	Australian dietary guidelines recommendation
Question 27 – fruit		≥ 2 daily
Question 28 – vegetables		≥ 5 daily (women), ≥ 6 daily (men)
Question 29 – discretionary foods		Once **per week**
Question 30 – sugar-sweetened beverages		Once **per week**

The above applies to adults aged 19-50. For information regarding children, the elderly, and pregnant and lactating women, visit https://www.eatforhealth.gov.au/guidelines.

Questions 27-30 are adapted from the ABS National Health Survey 2017-18 Questionnaire (ABS, 2018). The responses to these questions provide a snapshot of the person's current dietary pattern.

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[6]Mental health

Question 31	None of the time (1)	A little of the time (2)	Some of the time (3)	Most of the time (4)	All the time (5)
1. About how often did you feel tired out for no good reason?					
2. About how often did you feel nervous?					
3. About how often did you feel so nervous that nothing could calm you down?					
4. About how often did you feel hopeless?					
5. About how often did you feel restless or fidgety?					
6. About how often did you feel so restless you could not sit still?					
7. About how often did you feel depressed?					
8. About how often did you feel like everything was an effort?					
9. About how often did you feel so sad that nothing could cheer you up?					
10. About how often did you feel worthless?					
Total:					/50

Score range	Level of psychological distress
10 and <20	Likely to be well
≥20 and <25	Likely to have a mild mental disorder
≥25 and <30	Likely to have a moderate mental disorder
≥30-50	Likely to have a severe mental disorder

Question 31 is the Kessler Psychological Distress Scale (K10), a widely used, validated tool which is available in the public domain for the assessment of anxiety and depression. The K10 has been validated in an Australian context by Furukawa et al. (2003).

K10 score groupings are used in primary healthcare settings to assist in **monitoring distress**, rather than identifying the presence of a disorder.

[6a]**Stress**

Questions 32-35	Never	Almost never	Sometimes	Fairly often	Often
32. In the last month, how often have you felt that you were unable to control the important things in your life?	0	1	2	3	4
33. In the last month, how often have you felt confident in your ability to handle your personal problems?	4	3	2	1	0
34. In the last month, how often have you felt that things were going your way?	4	3	2	1	0
35. In the last month, how often have you felt difficulties piling up so high that you could not overcome them?	0	1	2	3	4
Total:					/16

Questions 32-35 are the 4-item version of the Perceived Stress Scale (PSS-4), initially validated by Cohen et al. (1983). There are no cut-off scores; instead, a total score is compared to a normative value, which may differ between populations. As a *general rule,* a score above 6 is likely to represent a higher than typical stress level (Vallejo et al., 2018; Warttig et al., 2013).

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Question 36 is taken from a study investigating coping behaviours in employees (Holton et al., 2015). Adaptive and maladaptive coping behaviours can impact health outcomes in protective or detrimental ways, respectively.

Resilience

Question 37	Strongly disagree	Disagree	Neutral	Agree	Strongly agree
1. I tend to bounce back quickly after hard times	1	2	3	4	5
2. I have a hard time making it through stressful events	5	4	3	2	1
3. It does not take me long to recover from a stressful event	1	2	3	4	5
4. It is hard for me to snap back when something bad happens	5	4	3	2	1
5. I usually come through difficult times with little trouble	1	2	3	4	5
6. I tend to take a long time to get over setbacks in my life	5	4	3	2	1
Total	/30	**Mean (divide total by 6)**			/5

Question 37 is the Brief Resilience Scale from Smith et al. (2008). It has been validated in various languages and cultures. It is scored by taking the mean value of all 6 questions in the table. If you believe you have a unique sample, you may wish to create your own score ranges.

Score range	Level of resilience
1 and <3	Low resilience
≥3 and <4	Medium resilience
≥4 and 5	High resilience

Connection

Questions 38-40 are adapted from a series of questions used in research conducted by Beyond Blue into Men's social connectedness (Beyond Blue, 2014). This is not a validated scale, nor has it been tested, to our knowledge, on other groups or demographics.

Purpose

Question 41	Strongly disagree	Disagree somewhat	Disagree slightly	Agree slightly	Agree somewhat	Strongly Agree
1. I live one day at a time and don't really think about the future.	6	5	4	3	2	1
2. I have a sense of direction and purpose in life.	1	2	3	4	5	6
3. My daily activities often seem trivial and unimportant to me.	6	5	4	3	2	1
4. I don't have a sense of what it is I'm trying to accomplish in life.	6	5	4	3	2	1
5. I enjoy making plans for the future and working to make them a reality.	1	2	3	4	5	6
6. Some people wander aimlessly through life, but I am **not** one of them.	1	2	3	4	5	6
7. I sometimes feel as if I've done all there is to do in life.	6	5	4	3	2	1
Total						/36

Question 41 is the purpose sub-section from Ryff's Scales of Psychological Wellbeing (Ryff & Keyes, 1995). Ryff's scales are validated questionnaires which have been used in many large-scale studies.

There are no specific scores or cut-off points for quantifying the sense of person an individual has. Such distinctions can be derived from distributional information from the data collected. For example, a **high degree of purpose** could refer to scores in the top quartile of the distribution, whereas a **low degree of purpose** may encompass scores in the bottom quartile of the distribution. An alternative is to define high purpose scores as those which are 1.5 standard deviations above the mean, and to define low purpose scores as those which are 1.5 standard deviations below the mean.

A **high scorer** has goals in life and a sense of direction, feels there is meaning to both past and present life, holds beliefs that give life purpose, and has aims and objectives for living.
A **low scorer** lacks a sense of meaning in life, has few goals or aims, lacks a sense of direction, does not see purpose, and has no outlook or beliefs that give life meaning.

[7]Substance use
[7a]**Tobacco**
Questions 42-52 are adapted from Supporting smoking cessation: a guide for health professionals (RACGP, 2019) and are standard questions asked by a health practitioner when conducting a smoking history.

	3 points	2 points	1 point	0 points	Points
Question 45	Within 5	6-30	31-60	After 60	
Question 46	≥ 31	21-30	11-20	≤ 10	
				Total:	/6

A lower score indicates a lesser degree of dependence; a higher score indicates more dependence (NCSCT, 2019)

Sum the points from questions 45 and 46 to calculate the person's final score.

Questions 45 and 46 are from the heaviness of smoking index by NCSCT (2019). The heaviness of smoking index uses a six-point scale to determine the degree of dependence an individual has on nicotine.

[7b]**Alcohol**
Questions 53-56 are the CAGE questionnaire, by Ewing (1984). CAGE is a widely used screening tool for potentially problematic alcohol consumption, recommended by the National Institute of Alcohol Abuse and Alcoholism to be administered to all patients who drink alcohol. CAGE is administered prior to other questions about alcohol to reduce the introduction of bias.
For males, two 'yes' responses is considered positive.
For females, one 'yes' response is considered positive.

	0 points	1 point	2 points	3 points	4 points	Points
Question 57	Never	≤ Monthly	2-4 per month	2-3 per week	4+ per week	
Question 58	1-2	3-4	5-6	7-9	10+	
Question 59	Never	< Monthly	Monthly	Weekly	Daily or almost	
					Total:	/12

Questions 57-59 are the AUDIT-C (RACGP, 2015). AUDIT-C is a widely used tool to screen for harmful and hazardous alcohol consumption.

A score of 4 or more in men, or 3 or more in women, is considered a positive identification of a hazardous drinking or active alcohol abuse disorder. If, however, the person scores zero for questions 47 and 48, but scores in question 46, it can be assumed that the person is drinking below the recommended limit. In this case, the practitioner should review the person's alcohol intake over the following months to confirm accuracy. In general, a higher score indicates a higher risk that the person's alcohol use is affecting their wellbeing (Rubinsky et al., 2010).

[7c]**Drugs**

Question 60-63 are standard questions used when taking a drug history.

[8]<u>Ready to change?</u>

Questions 64-67 are adapted from the Readiness to Change Ruler (Centre for Evidence-Based Practices at Case Western Reserve University, 2010; Zimmerman et al., 2000). The Readiness to Change Ruler is based on the Transtheoretical Model of Change Model, also known as the Stages of Change Model. This model has been validated and applied to a variety of behaviours that include smoking cessation, exercise, contraceptive use and dietary behaviours.

When a person has marked each scale, consider asking the following questions to elicit a conversation around behaviour change:

- Tell me why you are a (number reported) and not a (higher OR lower number)?
- What would it take to get you from a (number reported) to a (higher number)?

The importance ruler is designed to help the person express, in their own words, their desire, ability, reasons and need for change. Below are some examples of what you might hear from the person:

- "I'd like to…" (desire)
- "I could…" (ability)
- "It's important because…" (reasons)
- "I have to…" (need)

Research shows that people that engage in change-talk are more likely to change (Hall et al., 2012; Moyers et al., 2009).

The confidence ruler is designed to help the person express their intention, commitment, readiness and willingness to change. It may also help the person talk about the small steps they are already taking. Below are some examples of what you might hear from the person:

- "I will…" (commitment)
- "I'm ready to…" (activation)
- "I've tried…" or "I'm doing…" (taking steps)

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