

Annex 1

The modifications to the NIH-HEALS following feedback for the cognitive interviews

	<b>Strongly Disagree</b>	<b>Disagree</b>	<b>Neither Agree or Disagree</b>	<b>Agree</b>	<b>Strongly Agree</b>	
1. I am content with my life. (similar terms include satisfied and happy)	1	2	3	4	5	
2. I have a sense of purpose in my life.	1	2	3	4	5	
3. The connection with a higher power is important to me. (A higher power could be God or gods or the larger than the self that you believe in)	1	2	3	4	5	
4. I gain awareness from self-reflection.	1	2	3	4	5	
5. I enjoy activities that involve both mind/ body such as meditation, (praise and worship), prayer, yoga, tai chi, chanting.	1	2	3	4	5	
6. I feel isolated.	1	2	3	4	5	
7. I feel calm even though I am not in control of my situation.	1	2	3	4	5	
8. I accept things that I cannot change.	1	2	3	4	5	
9. Working through thoughts about the possibility of dying brought meaning to my life.	1	2	3	4	5	
10. Difficult circumstances in my life have increased my compassion towards others.	1	2	3	4	5	
11. I want to make the most of my life.	1	2	3	4	5	
12. I survive difficult circumstances because of a higher power.	1	2	3	4	5	

(A higher power could be God or gods or the larger than the self that you believe in)						
13. My situation strengthened my connection to a higher power. (A higher power could be God or gods or the larger than the self that you believe in)	1	2	3	4	5	
	<b>Strongly Disagree</b>	<b>Disagree</b>	<b>Neither Agree or Disagree</b>	<b>Agree</b>	<b>Strongly Agree</b>	
14. My religious/(spiritual) beliefs help me feel calm when faced with difficult circumstances in life.	1	2	3	4	5	
15. My personal religious/ (spiritual) practice is important to me.	1	2	3	4	5	
16. My participation in a religious/(spiritual)community is an important aspect of my life.	1	2	3	4	5	
17. I get support from my religious/ (spiritual) community.	1	2	3	4	5	
18. My religious/ (spiritual) beliefs/(practices) give me hope.	1	2	3	4	5	
19. Doing something I am passionate about gives me purpose during difficult times (e.g. work, hobbies, volunteering, my religious institution, reading groups).	1	2	3	4	5	
20. I find meaning in helping others.	1	2	3	4	5	
21. Connection with my family has become my highest priority.	1	2	3	4	5	
22. Support from my family lifts my spirits, which gives me	1	2	3	4	5	

hope during difficult times in life.						
23. I am not getting the support I need (from my community/family/ friends).	1	2	3	4	5	
24. I am confident that my medical caregivers will respond to my needs.	1	2	3	4	5	
	<b>Strongly Disagree</b>	<b>Disagree</b>	<b>Neither Agree or Disagree</b>	<b>Agree</b>	<b>Strongly Agree</b>	
25. My friends provide the support I need during difficult times.	1	2	3	4	5	
26. I seek more of a connection in my relationships.	1	2	3	4	5	
27. I take more time to be in the (present) moment.	1	2	3	4	5	
28. My experience with multiple losses has made it hard to be hopeful during difficult times (such as death, divorce, competency, physical disability).	1	2	3	4	5	
29. Working through my own grief has brought meaning to my life.	1	2	3	4	5	
30. I have a sense of peace in my life.	1	2	3	4	5	
31. I have an increased sense of gratitude.	1	2	3	4	5	
32. Being surrounded by nature is meaningful.	1	2	3	4	5	
33. Creative arts bring peace to my life. (such as music, drama, art, or theatre)	1	2	3	4	5	

34. Life challenges interfere with activities that are important to me.	1	2	3	4	5	
35. Life challenges raised my desire to be more positive.	1	2	3	4	5	

*The modifications/adaptations in brackets*