Survey Items and Anchor Points in Response Scale

**Self-rated Health**
Overall, how would you rate your health during the past 4 weeks? (excellent-very poor)

**Health-Related Quality of Life**
During the past 4 weeks, how much have you been bothered by emotional problems (such as feeling anxious, depressed or irritable)? (not at all-extremely)

During the past 4 weeks, how much did personal or emotional problems keep you from doing your usual work, school or other daily activities? (not at all-could not do daily activities)

During the past 4 weeks, how much did physical health problems limit your physical activities (such as walking or climbing stairs)? (not at all-could not do physical activities)

During the past 4 weeks, how easy was it for you to do your daily work, both at home and away from home, with your physical health? (very easy-could not do daily work)

How much bodily pain have you had during the past 4 weeks? (none-very severe)

During the past 4 weeks, how much energy did you have? (very much-none)

During the past 4 weeks, how much did your physical health or emotional problems limit your usual social activities with family or friends? (not at all-could not do social activities)

**Spiritual Wellbeing**
How would you rate your overall spiritual wellbeing? (excellent-very poor)

**Life Satisfaction**
Please think about how you would rate your life overall with 0 = your worse possible life and 10 = to your best possible life. Where would you rate your life on this scale?

**Loneliness**
How often do you feel lonely? (always feel lonely-never feel lonely)

**Social Support**
I have really close whānau I can talk to. (strongly disagree-strongly agree)

I spend plenty of time with my whānau. (strongly disagree-strongly agree)

When you need extra help, can you count on whānau or others to help with daily tasks like grocery shopping, cooking, house cleaning, telephoning, giving you a ride? (always-never)*

Can you count on whānau or others to provide you with emotional support? (always-never)*

**Elder Abuse**
Do you feel uncomfortable with anyone in your whānau? (yes-no)

Has any of your whānau forced you to do things you didn’t want to do? (yes-no)
Has anyone close to you tried to hurt you or harm you physically, emotionally or mentally? (yes-no)

Has anyone in your whānau taken your belongings without your consent? (yes-no)

**Cultural Identity**
How important is your hapū to your wellbeing? (not at all important-extremely important)

How important is your iwi to your wellbeing? (not at all important-extremely important)

**Sense of Purpose**
I have a sense of direction and purpose in life. (strongly disagree to strongly agree)

I set goals for myself. (strongly disagree to strongly agree)

I enjoy making plans for the future and working to make them a reality. (strongly disagree to strongly agree)

**Health Service Use and Knowledge**
How much knowledge would you say you have about services that are available to you? (very much-not at all)

How much do health and social services help you with your needs? (very much-not at all)

How likely are you to get help with a housing, health, and social need if you need it? (extremely likely-not at all)

**Housing Problems**
How much of a problem is the quality of your house in terms of being damp, cold, mouldy, leaky or in need of repairs? (not a problem-a big problem)

How much of a problem is the financial aspects of your housing situation such as affording to live in a stable housing situation? (not a problem-a big problem)

How much of a problem is your housing situation to have autonomy, such as have room or space of your own? (not a problem-a big problem)

**Historical Trauma**
How often do you think about:

Loss of connection to hapū and iwi (several times a day-yearly/special times)

Loss of our language (several times a day-yearly/special times)

Losing our traditional cultural ways (tikanga) (several times a day-yearly/special times)

Loss of mana motuhake (several times a day-yearly/special times)

**Understanding Tikanga (Cultural Protocols)**
How well do you understand your tikanga? (not at all-completely)
**Missing Pleasure of Being with Whānau (Extended Family)**
I miss the pleasure of being with whānau often. (strongly disagree to strongly agree)

**Needing More Help with Daily Tasks**
Thinking about the past 4 weeks, could you have used more help with daily tasks than you received? (always-never)

**Needing More Emotional Support**
Thinking about the past 4 weeks, could you have used more emotional support than you received? (always-never)

**Perceived Autonomy**
On a scale of 0 being no control to 10 complete control, how much control do you have in your life?

**Trouble Paying Bills**
In the last 12 months, have you not paid electric, water bill on time because of a shortage of money? (not at all-more than once)

*Recoded item for scale*