

Appendix A: heiQ Version 3; scale names, acronyms and number of items

Scale	Acronym	N of Items	Construct description
Health-directed activities	HDA	4	This construct relates to a tangible change in lifestyle, specifically related to healthful behaviours such as exercise and relaxation/recreation (e.g. 'On most days of the week, I do at least one activity to improve my health (e.g., walking, relaxation, exercise)').
Positive and active engagement in life	PAEL	5	This construct covers motivation to be actively engaged in life-fulfilling activities (e.g. 'I am doing interesting things in my life').
Self-monitoring and insight	SMI	6	This construct captures the individuals' ability to monitor their condition, and their physical and/or emotional responses that lead to insight and appropriate actions to self-manage (e.g. 'I carefully watch my health and do what is necessary to keep as healthy as possible').
Constructive attitudes and approaches	CAA	5	This construct aims to measure how individuals view the impact of their condition(s) on their life (e.g. 'I do not let my health problems control my life').
Skill and technique acquisition	STA	4	This construct aims to capture the knowledge-based skills and techniques that persons acquire (or re-learn) to help them cope with symptoms and health problems (e.g. 'When I have symptoms, I have skills that help me cope').
Social integration and support	SIS	5	This construct aims to capture the positive impact of social engagement and support that evolves through interaction with others (e.g. 'If I need help, I have plenty of people I can rely on').
Health service navigation	HSN	5	This construct covers an individual's understanding of and ability to interact with a range of health organisations and health professionals, including confidence and ability to communicate with healthcare providers to get needs met (e.g. 'I communicate very confidently with my doctor about my healthcare needs').