

Appendix B: Percentile ranks for the heiQ scales

Table B1: Percentile ranks - Health Directed Activities

Raw Score	Re-scaled score (1-4)	Baseline			Follow-up		
		Percentile Rank	Lower 95% CI	Upper 95% CI	Percentile Rank	Lower 95% CI	Upper 95% CI
4	1.0	0.6	0.0	1.4	0.1	0.0	0.5
5	1.3	1.8	1.0	2.8	0.4	0.2	0.9
6	1.5	3.4	2.2	4.7	0.9	0.4	1.5
7	1.8	6	4.0	7.6	1.6	1.0	2.5
8	2.0	11	7.0	14.5	3.5	2.0	5.2
9	2.3	19	14.0	23.9	8	4.7	10.8
10	2.5	29	23.4	34.5	14	10.3	18.9
11	2.8	41	34.0	48.4	25	18.5	31.3
12	3.0	59	48.4	70.5	44	31.5	57.4
13	3.3	76	70.5	81.9	65	57.6	72.1
14	3.5	85	81.2	88.0	76	71.5	80.2
15	3.8	90	87.2	93.2	84	79.5	88.0
16	4.0	96.5	92.9	99.8	94	87.8	99.7

Table B2: Percentile ranks - Positive and Active Engagement in Life

Raw Score	Re-scaled score (1-4)	Baseline			Follow-up		
		Percentile Rank	Lower 95% CI	Upper 95% CI	Percentile Rank	Lower 95% CI	Upper 95% CI
5	1.0	0.1	0.0	0.4	0.1	0.0	0.3
6	1.2	0.4	0.1	0.8	0.2	0.1	0.5
7	1.4	0.8	0.4	1.3	0.4	0.2	0.8
8	1.6	1.6	0.8	2.4	0.7	0.3	1.1
9	1.8	2.6	1.8	3.5	1.0	0.6	1.6
10	2.0	4.3	2.8	6.0	1.4	0.9	2.1
11	2.2	8	5.5	11.4	2.9	1.5	4.4
12	2.4	14	10.8	17.3	6	3.8	7.9
13	2.6	21	16.5	25.6	10	7.3	13.1
14	2.8	32	25.0	38.1	18	12.7	24.2
15	3.0	53	38.3	66.7	40	24.6	54.7
16	3.2	73	67.0	78.7	62	55.0	68.9
17	3.4	83	78.2	87.2	74	68.4	79.3
18	3.6	90	86.6	92.8	83	78.6	86.8
19	3.8	94	92.2	96.3	90	86.2	92.9
20	4.0	98.1	96.0	99.9	96.3	92.6	99.8

Table B3: Percentile ranks - Emotional Distress

Raw Score	Re-scaled score (1-4)	Baseline			Follow-up		
		Percentile Rank	Lower 95% CI	Upper 95% CI	Percentile Rank	Lower 95% CI	Upper 95% CI
6	1.0	1.2	0.0	2.6	1.9	0.1	3.9
7	1.2	3.2	2.1	4.5	5	3.5	7.7
8	1.3	6	3.9	7.9	9	7.0	11.9
9	1.5	10	7.2	12.5	14	11.0	16.2
10	1.7	14	11.5	16.3	18	15.0	20.2
11	1.8	19	15.2	22.8	23	19.1	26.9
12	2.0	30	22.3	37.1	35	26.5	44.2
13	2.2	43	36.8	49.9	51	44.0	57.7
14	2.3	54	49.2	59.8	62	57.1	67.5
15	2.5	63	58.7	67.3	70	66.4	74.0
16	2.7	70	66.1	74.6	77	72.9	81.0
17	2.8	78	73.6	82.0	84	80.2	87.8
18	3.0	85	81.2	89.2	90	87.2	93.5
19	3.2	91	88.5	92.8	95	92.9	96.1
20	3.3	94	91.8	95.0	96.5	95.4	97.5
21	3.5	95.5	94.1	96.7	97.8	96.8	98.5
22	3.7	97.1	96.0	98.1	98.5	97.9	99.0
23	3.8	98.4	97.5	99.1	99.0	98.4	99.4
24	4.0	99.5	98.8	100.0	99.6	99.0	100.0

Table B4: Percentile ranks - Self-monitoring and Insight

Raw Score	Re-scaled score (1-4)	Baseline			Follow-up		
		Percentile Rank	Lower 95% CI	Upper 95% CI	Percentile Rank	Lower 95% CI	Upper 95% CI
6	1.0	0.0	0.0	0.2	0.0	0.0	0.2
7	1.2	0.1	0.0	0.3	0.0	0.0	0.2
8	1.3	0.1	0.0	0.3	0.0	0.0	0.2
9	1.5	0.1	0.0	0.4	0.0	0.0	0.2
10	1.7	0.2	0.1	0.5	0.1	0.0	0.3
11	1.8	0.3	0.1	0.7	0.1	0.0	0.3
12	2.0	0.6	0.3	1.1	0.3	0.1	0.6
13	2.2	1.3	0.7	2.2	0.5	0.2	0.9
14	2.3	3.4	1.8	5.2	1.0	0.5	1.6
15	2.5	8	4.8	10.5	2.2	1.2	3.4
16	2.7	15	10.1	19.8	5	3.0	8.0
17	2.8	27	19.6	35.4	13	7.7	18.6
18	3.0	48	35.7	61.0	34	19.1	48.8
19	3.2	68	61.1	74.6	57	49.2	64.8
20	3.3	79	74.1	84.6	71	64.5	76.6
21	3.5	87	84.0	90.5	81	76.0	85.2
22	3.7	92	89.8	94.9	88	84.5	90.9
23	3.8	96.4	94.4	98.2	93	90.3	95.7
24	4.0	99.1	97.9	100.0	97.8	95.4	99.9

Table B5: Percentile ranks - Constructive Attitudes and Approaches

Raw Score	Re-scaled score (1-4)	Baseline			Follow-up		
		Percentile Rank	Lower 95% CI	Upper 95% CI	Percentile Rank	Lower 95% CI	Upper 95% CI
5	1.0	0.1	0.0	0.3	0.1	0.0	0.3
6	1.2	0.3	0.1	0.6	0.2	0.1	0.5
7	1.4	0.7	0.3	1.2	0.4	0.2	0.7
8	1.6	1.2	0.7	1.8	0.6	0.3	1.0
9	1.8	2.0	1.2	3.0	1.0	0.5	1.5
10	2.0	3.6	2.4	5.1	1.7	1.0	2.6
11	2.2	6	4.4	8.1	3.2	2.0	4.5
12	2.4	10	7.3	12.8	6	3.9	7.4
13	2.6	15	12.0	18.6	9	6.7	11.4
14	2.8	23	17.9	28.3	15	10.7	19.4
15	3.0	47	28.8	65.7	40	20.0	59.2
16	3.2	71	66.0	75.4	65	59.6	69.8
17	3.4	78	74.4	81.1	73	68.8	76.8
18	3.6	83	80.0	86.4	79	75.6	82.5
19	3.8	89	85.5	91.9	85	81.5	88.5
20	4.0	95.8	91.6	99.8	94	88.2	99.7

Table B6: Percentile ranks - Skill and Technique Acquisition

Raw Score	Re-scaled score (1-4)	Baseline			Follow-up		
		Percentile Rank	Lower 95% CI	Upper 95% CI	Percentile Rank	Lower 95% CI	Upper 95% CI
4	1.0	0.1	0.0	0.5	0.0	0.0	0.1
5	1.3	0.3	0.1	0.6	0.1	0.0	0.3
6	1.5	0.7	0.3	1.4	0.2	0.1	0.5
7	1.8	1.6	0.9	2.4	0.5	0.2	1.0
8	2.0	5	2.1	8.5	1.3	0.6	2.2
9	2.3	13	8.2	17.2	3.1	1.7	4.6
10	2.5	22	16.8	28.0	7	4.2	10.3
11	2.8	36	27.8	44.2	16	10.1	22.4
12	3.0	63	45.0	81.4	47	23.5	71.5
13	3.3	86	81.9	90.1	78	72.3	82.8
14	3.5	92	89.5	94.0	86	82.2	89.5
15	3.8	95.5	93.4	97.4	92	88.9	94.9
16	4.0	98.6	97.1	100.0	97.4	94.6	99.9

Table B7: Percentile ranks - Social Integration and Support

Raw Score	Re-scaled score (1-4)	Baseline			Follow-up		
		Percentile Rank	Lower 95% CI	Upper 95% CI	Percentile Rank	Lower 95% CI	Upper 95% CI
5	1.0	0.4	0.0	0.9	0.3	0.0	0.8
6	1.2	1.1	0.6	1.8	0.7	0.4	1.2
7	1.4	1.8	1.2	2.5	1.0	0.6	1.6
8	1.6	2.7	1.8	3.7	1.6	1.0	2.4
9	1.8	3.9	2.9	5.0	2.3	1.6	3.1
10	2.0	7	4.3	9.2	4.2	2.5	6.1
11	2.2	11	8.5	14.0	8	5.5	9.8
12	2.4	16	13.1	19.2	12	9.0	14.3
13	2.6	22	18.3	26.4	17	13.4	20.3
14	2.8	31	25.6	37.2	25	19.6	30.5
15	3.0	54	37.5	70.2	48	30.9	64.9
16	3.2	75	70.5	79.6	70	65.1	74.7
17	3.4	82	78.7	85.5	78	73.8	81.4
18	3.6	88	84.6	90.5	85	80.6	88.4
19	3.8	93	89.9	96.2	91	87.8	94.0
20	4.0	98.1	95.9	99.9	96.9	93.7	99.9

Table B8: Percentile ranks - Health Services Navigation

Raw Score	Re-scaled score (1-4)	Baseline			Follow-up		
		Percentile Rank	Lower 95% CI	Upper 95% CI	Percentile Rank	Lower 95% CI	Upper 95% CI
5	1.0	0.1	0.0	0.4	0.1	0.0	0.4
6	1.2	0.2	0.1	0.5	0.2	0.1	0.5
7	1.4	0.3	0.1	0.7	0.3	0.1	0.5
8	1.6	0.6	0.3	1.0	0.4	0.2	0.8
9	1.8	0.9	0.5	1.5	0.5	0.3	0.9
10	2.0	1.7	1.0	2.7	0.9	0.4	1.6
11	2.2	3.4	2.1	4.8	2.2	1.2	3.4
12	2.4	6	4.1	7.9	4.1	2.8	5.6
13	2.6	10	7.2	13.7	7	4.9	8.8
14	2.8	18	13.1	22.7	12	8.2	16.0
15	3.0	43	23.3	62.2	37	16.7	56.4
16	3.2	68	62.6	72.9	62	56.9	67.8
17	3.4	76	72.0	79.9	71	66.8	74.5
18	3.6	82	78.9	85.9	77	73.4	81.1
19	3.8	89	85.2	92.7	84	80.2	88.4
20	4.0	96.3	92.4	99.8	94	88.2	99.7