



Online Supplementary Material

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Appendix 1: CHU-9D-CHN Instrument

This supplementary material has been provided by the authors to give readers additional information about their work.



Appendix 1: CHU-9D-CHN Instrument**Thinking about today...****A1. Worried** I don't feel worried today. I feel a little bit worried today. I feel a bit worried today. I feel quite worried today. I feel very worried today.**A2. Sad** I don't feel sad today. I feel a little bit sad today. I feel a bit sad today. I feel quite sad today. I feel very sad today.**A3. Pain** I don't have any pain today. I have a little bit of pain today. I have a bit of pain today. I have quite a lot of pain today. I have a lot of pain today.**A4. Tired** I don't feel tired today. I feel a little bit tired today. I feel a bit tired today. I feel quite tired today. I feel very tired today.**A5. Annoyed** I don't feel annoyed today. I feel a little bit annoyed today. I feel a bit annoyed today. I feel quite annoyed today. I feel very annoyed today.**A6. Schoolwork/Homework (such as reading, writing, doing lessons)** I have no problems with my schoolwork/homework today. I have a few problems with my schoolwork/homework today. I have some problems with my schoolwork/homework today. I have many problems with my schoolwork/homework today. I can't do my schoolwork/homework today.**A7. Sleep** Last night I had no problems sleeping Last night I had a few problems sleeping Last night I had some problems sleeping Last night I had many problems sleeping Last night I couldn't sleep at all

A8. Daily routine (things like eating, having a bath/shower, getting dressed)

I have no problems with my daily routine today.

I have a few problems with my daily routine today.

I have some problems with my daily routine today.

I have many problems with my daily routine today.

I can't do my daily routine today.

A9. Able to join in activities (things like playing out with your friends, doing sports, joining in things)

I can join in with any activities today.

I can join in with most activities today.

I can join in with some activities today.

I can join in with a few activities today.

I can join in with no activities today.
