

Explanation of mental well-being questionnaires

Introduction

These questionnaires are intended to be used to measure a number of characteristics of your mental well-being. This set of questionnaires has been compiled by the research institute Louis Bolk. All questionnaires have been validated in scientific research.

Disclaimer

You can use these questionnaires to gain insight yourself and this is done entirely voluntarily and at your own risk. Use of these questionnaires by yourself or others is not intended to make a diagnosis or give advice on a treatment. Always contact your company doctor or family doctor for this.

For your own use only

The intention is that you complete these questionnaires yourself at home for your own use, so that you gain better insight into your health and vitality. You can fill in the questionnaire several times and note the scores. This allows you to get an idea of changes over a certain period of time. Take the first measurement before you start the Body & Mind Vital program. This measurement then shows your starting situation. Completing it takes an average of 30 to 45 minutes, but take your time to fill it in yourself.

Baseline measurement and final measurement

The intention is that in December, as soon as you start participating in the Body & Mind Vital program, you will complete these questionnaires. We call this the final measurement. And then you fill in the questionnaires again at the end of April or beginning of May. You will then use the same period as the research program of the Amsterdam UMC. By comparing the numbers of the baseline measurement and the final measurement, you gain insight into changes and improvements. Please first make a copy of the Excel file with the questionnaires in it, so that you can also fill in the questionnaires the 2nd time.

You can therefore use the questionnaires to map out possible effects of your participation in the Body & Mind Vital program of The Elements. Based on scientific research, it is expected that the vitality program will have a positive influence on your mental well-being¹. In addition, scientific research has also shown that measuring your health yourself can also make a positive contribution to your health². With these questionnaires you can measure for yourself how that is for you.

¹ Zhang D, Lee EKP, Mak ECW, Ho CY, Wong SYS. Mindfulness-based interventions: an overall review. Br Med Bull. 2021 Jun 10; 138(1):41-57. doi: 10.1093/bmb/ldab005. PMID: 33884400; PMCID: PMC8083197.

² Taylor SJC, Pinnock H, Epiphaniou E, Pearce G, Parke HL, Schwappach A, Purushotham N, Jacob S, Griffiths CJ, Greenhalgh T, Sheikh A. A rapid synthesis of the evidence on interventions supporting self-management for

Track your participation

In general, the more often you participate in the livestream sessions of the Body & Mind Vital program, the more improvement will be possible. That is why you can also keep track of which sessions you have participated in or which videos you have watched in the Excel model. By filling this in every week, you can also determine afterwards how often you have participated.

There are 9 questionnaires

In the Excel you can find 9 questionnaires, each in its own tab. You can fill in one or more questionnaires at any time. When filling in the form, always put numbers in the gray boxes. These numbers are included in the calculation of the total score. This is automatically calculated and is shown in blue. Most questionnaires contain information about what that score means.

These questionnaires are not intended to make a diagnosis or to give advice for treatment.

The following questionnaires can be found in the Excel:

1. Your personal goal

With this questionnaire you can come up with and fill in two health characteristics yourself and measure how these characteristics change over time.

2. Perceived stress

This questionnaire measures how you experience your own stress. The outcome is a low, moderate or high stress level.

3. Resilience

This questionnaire measures your resilience, which is your ability to adapt to challenges in your life. The outcome is low, normal or high resilience.

4. Self-awareness

This questionnaire measures your self-awareness. Your ability to focus your attention on the present moment, in a non-judgmental and accepting way. The outcome is a number of subscores for characteristics of self-awareness, namely: observing, describing, acting consciously, non-judgment, and being non-reactive. If you take multiple measurements, you can compare the scores with each other.

5. Work experience

This questionnaire measures how you experience your work. The outcome indicates the degree of symptoms associated with burnout, which therefore increases the risk of burnout. This degree can be low, medium, high, or very high. It is not the case that everyone with high levels of complaints actually gets burnout.

6. Empathy

This questionnaire measures four aspects of your empathy: fantasy, perspective-taking, empathy towards others, and personal concerns that get in the way of empathy. If you take multiple measurements, you can compare the scores with each other.

7. Self compassion

This questionnaire measures self compassion and six characteristics of it, namely: being kind to yourself, judging yourself, humanity, isolation, self-awareness, about identifying. The outcome is a low, moderate, or high degree of the trait.

8. Stressful life events questionnaire

This questionnaire measures which stressful and traumatic events you have experienced throughout your life. This questionnaire lists some difficult or stressful experiences that you might have experienced.

9. Depression, worry and stress complaints

The last questionnaire measures depression, worry and stress symptoms. The outcome is a normal, mild, moderate, severe or very severe assessment of the symptoms.

For more information about doing your own health research, visit the website Self Research Network Netherlands: <https://zelfonderzoeknetwerk.nl/>

In collaboration with the Amsterdam UMC and the Louis Bolk Institute, a study is being conducted into the effects of The Elements' Body & Mind Vital program on mental well-being, on possible changes in brain activity (MRI), and on energy management (biophotons). For more information about this research, please visit: <https://zelfherstel.online/>

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