|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Subscales | Items | Never | Sometimes | Often | Routinely |
| Self-actualization | Enthusiastic/optimistic |  |  |  |  |
| Growing/changing |  |  |  |  |
| Like myself |  |  |  |  |
| Know what is important |  |  |  |  |
| Aware of stress source |  |  |  |  |
| Feel happy/content |  |  |  |  |
| Aware of strength/weakness |  |  |  |  |
| Respect accomplishment |  |  |  |  |
| Discuss concerns/problems |  |  |  |  |
| Health responsibility/physical activity | Attend supervised programs |  |  |  |  |
| Attend health care programs |  |  |  |  |
| Check blood pressure at fixed time and aware of the blood pressure |  |  |  |  |
| Recreational activities |  |  |  |  |
| Vigorous exercise at least 3 times a week |  |  |  |  |
| Discuss health concerns with health professionals |  |  |  |  |
| Do stretching exercise at least 3 times/week |  |  |  |  |
| Check pulse rate |  |  |  |  |
| Regular blood test and know the test results |  |  |  |  |
| Observe for body change |  |  |  |  |
| Read books about health |  |  |  |  |
| Nutrition | time and quantity of three meals a day were normal |  |  |  |  |
| Eat breakfast daily |  |  |  |  |
| Eat food containing 5 groups of nutrients daily |  |  |  |  |
| Eat roughage/fiber |  |  |  |  |
| Job safety | Pay attention to radiation protection when working |  |  |  |  |
| obey the traffic rules |  |  |  |  |
| Protect skin from sunlight |  |  |  |  |
| Express feelings in a constructive way |  |  |  |  |
| Do not wear overalls home or dormitory after work |  |  |  |  |
| wash hands or wear gloves at work to avoid contacting with infectious substances |  |  |  |  |
| Pay attention to correct posture when working |  |  |  |  |
| Interpersonal support | Arrange time with close friend |  |  |  |  |
| Keep in touch with people I care about |  |  |  |  |
| Arrange vocations or traveling for relaxation |  |  |  |  |
| Enjoy touching with close friends |  |  |  |  |
| Maintain meaningful internal relationships |  |  |  |  |
| Bedtime for 6-8 hours daily |  |  |  |  |
| Daily relaxation time |  |  |  |  |