

Lifestyle and Habits Questionnaire –Brief (LHQ-B)

Broadly examine your lifestyle behaviors and attitudes for each category below. Write the number that best corresponds to your honest response in the space provided to the left of each statement. Add up your scores for each category, divide by the number indicated, and check the resulting score against the interpretive guidelines.

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1	2	3	4	5

Health & Exercise:

- ____ 1. I am as physically fit as most people my age.
____ 2. I have good physical endurance
____ 3. I spend much of my leisure time involved in physical activities like bicycling, hiking, swimming, gardening, or playing competitive sports.
____ 4. I participate in vigorous exercise like running, swimming, speed walking, or aerobics dance classes for at least 20 to 30 minutes a day and at least three times a week.
____ 5. I try to keep my body healthy and fit.
____ 6. I participate in muscle- strengthening exercise at least several times a week.

Total Health & Exercise = ____

Psychological Health

- ____ 1. I am able to manage the stress in my life.
____ 2. I am able to relax and unwind.
____ 3. I am hopeful about the future.
____ 4. I have clear direction in life.
____ 5. I am able to concentrate on my work at school or on the job.
____ 6. I get at least 7- 8 hours of sleep at night and wake up feeling rested and refreshed.
____ 7. I am able to assert myself in a responsible way and not allow others to take advantage of me.

Total Psychological Health = ____

Substance Use

- ____ 1. I avoid binge drinking (drinking five or more drinks in a sitting).
____ 2. I avoid using alcohol or other drugs to cope with problems or to make me feel more socially confident.
____ 3. I avoid drinking beer or wine, or if I do, I avoid drinking more than 1 or 2 glasses a day.
____ 4. I avoid drinking in situations in which it would be unsafe to drink.
____ 5. I avoid socializing with people who use illicit drugs or drink to excess.
____ 6. I avoid illicit drugs.
____ 7. I avoid smoking cigarettes.
____ 8. I avoid all other tobacco use, including pipe smoking, cigar smoking, and smokeless tobacco.

Total Substance Use = ____

Nutrition

- ____ 1. I limit my intake of high cholesterol foods such as eggs, liver, and meat.

- ____ 2. I eat food that is broiled or steamed, not fried or sautéed.
____ 3. I limit the amount of salt and sugar I consume.
____ 4. I eat five or more servings of fruits and vegetable daily.

Total Nutrition = ____

Environmental Concern

- ____ 1. I make an effort to conserve water use and electricity.
____ 2. I keep informed about environmental issues such as the depletion of the ozone layer, the destruction of the rain forests, and acid rain.
____ 3. I participate in or contribute to environmental causes.
____ 4. I recycle paper, bottles, and aluminum cans.
____ 5. I make sure any refuse (garbage) I produce is properly disposed of.

Total Envir. Concern = ____

Social Concern

- ____ 1. I am respectful of the feelings of others.
____ 2. I am the kind of person who is there for people when I am needed.
____ 3. I try to help people in need without expecting anything in return.
____ 4. I feel a need to make a difference in people's lives.
____ 5. If I engage in sexual intimacy, I practice safe sex.

Total Social Concern = ____

Accident Prevention / Safety

- ____ 1. I read and follow instructions for proper use of household cleaners, solvents pesticides, and electrical devices.
____ 2. I obey traffic rules when driving.
____ 3. I avoid use of pesticide sprays in the house or yard, or if I do use them, I am careful to follow all safety instruction.
____ 4. I wear seatbelts whenever I drive a car or ride in a car.

Total Accident Prevention = ____

Sense of Purpose

- ____ 1. I find meaning in my life.
____ 2. I believe every life has a purpose.
____ 3. I have a sense of connectedness to something larger than myself, whether it is organized religion, nature, or social causes.

Total Sense of Purpose = ____

Interpretive Guidelines for the Lifestyle and Habits Questionnaire- Brief (LHQ-B)

Directions: Take your score from each of the seven LHQ-B domains and circle the corresponding range of scores provide for your sex (Male or Female) below. For example, if you are a male and your score was 22 for the Health and Exercise section, you would circle the “Middle Range” for the Health and Exercise row of the first table. The range categories (Bottom, Middle, & Top) were defined by splitting the normative sample data into thirds. Thus, the Bottom category represents the bottom 33% of scores while scores in the Top category represent scores reported in the upper 33% of the normative sample.

MALES: Bottom, Middle, and Top Score Ranges (n=139) Ages 18-25			
	Bottom Range	Middle Range	Top Range
Health & Exercise	19 or less	20 to 24	25 or higher
Psychological Health	24 or less	25 to 29	30 or higher
Substance Use	25 or less	26 to 33	34 or higher
Nutrition	9 or less	10 to 12	13 or higher
Environmental Concern	15 or less	16 to 18	19 or higher
Social Concern	19 or less	20 to 22	23 or higher
Accident Prevention	14 or less	15 to 18	19 or higher
Sense of Purpose	10 or less	11 to 13	14 or higher

FEMALES: Bottom, Middle, and Top Score Ranges (n=238) Ages 18-25			
	Bottom Range	Middle Range	Top Range
Health & Exercise	15 or less	16 to 21	22 or higher
Psychological Health	23 or less	24 to 27	28 or higher
Substance Use	29 or less	30 to 35	36 or higher
Nutrition	10 or less	11 to 13	14 or higher
Environmental Concern	16 or less	17 to 20	21 or higher
Social Concern	19 or less	20 to 22	23 or higher
Accident Prevention	15 or less	16 to 17	18 or higher
Sense of Purpose	11 or less	12 to 13	14 or higher

Interpretive Guide: The interpretive guidelines are intended to provide you general feedback to encourage consideration of lifestyle behaviors/attitudes that could be improved or modified (score interpretations taken from Nevid et al., 1998).

Top Range Scores: Congratulations! You appear to have adopted healthy patterns of behavior for this particular lifestyle category with a minimum of health-compromising behaviors. Still, there may be room for improvement. What else could you do to optimize your health in this area?

Middle Range Scores: Although you clearly have established some healthy habits, you have a great deal of room for improvement. Examine responses on the questionnaire that were less than “Strongly Agree” or “Agree”, especially those that you responded “Disagree” or “Strongly Disagree”. Consider ways of changing your behaviors in this area.

Bottom Range Scores: Based on these lifestyle factors, you appear to engage in far too many health (or environment) compromising behaviors. What steps can you take to improve your score in this area?