

Appendix 1: Tangata Whaiora Questionnaire

HUA ORANGA – Whaiora Schedule

Whaiora Name _____ Date _____

These questions are about taha tinana or your physical health	1	2	3	4	5
At this point in time do you feel:	<i>Strongly disagree</i>				<i>Strongly agree</i>
Able to move about without pain or distress	1	2	3	4	5
I have goals to maintain or improve my physical wellbeing	1	2	3	4	5
I believe physical health improves my general wellbeing, including mental wellbeing	1	2	3	4	5
Physically healthy	1	2	3	4	5
These questions are about taha wairua or your spiritual health	1	2	3	4	5
At this point in time do you feel:	<i>Strongly disagree</i>				<i>Strongly agree</i>
My mana is intact and acknowledged/respected	1	2	3	4	5
Strong in my cultural identity	1	2	3	4	5
Content within yourself	1	2	3	4	5
Connected and healthy from a spiritual (Wairua and Mauri) perspective	1	2	3	4	5
These questions are about taha whānau or your family health	1	2	3	4	5
At this point in time do you feel:	<i>Strongly disagree</i>				<i>Strongly agree</i>
Able to talk with my whānau and others	1	2	3	4	5
My relationships with whānau and others are healthy	1	2	3	4	5
Clear about my roles within my whānau/family, and how to fulfil them.	1	2	3	4	5
Able to participate in community, or hapū and iwi activities.	1	2	3	4	5
These questions are about taha hinengaro or your mental health	1	2	3	4	5
At this point in time do you feel:	<i>Strongly disagree</i>				<i>Strongly agree</i>
I want to make changes in my life that contribute to my wellbeing	1	2	3	4	5
Able to think, feel and act in a positive manner	1	2	3	4	5
Able to manage unwelcome thoughts and feelings	1	2	3	4	5
I understand what contributes to my concerns and how to address these.	1	2	3	4	5