

Appendix 3: Whānau Questionnaire

HUA ORANGA – Whānau Questionnaire

Tangata Whaiora Name _____ Date _____

Whānau Name _____ Role _____

These questions are about taha tinana or your physical health	1	2	3	4	5
In your opinion and at this point in time, does the tangata whaiora feel:	<i>Strongly disagree</i>				<i>Strongly agree</i>
Able to move about without pain or distress	1	2	3	4	5
Have goals to maintain or improve their physical wellbeing	1	2	3	4	5
Believe physical health improves their 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
In your opinion and at this point in time, does the tangata whaiora feel:	<i>Strongly disagree</i>				<i>Strongly agree</i>
Their mana is intact and acknowledged/respected	1	2	3	4	5
Strong in their cultural identity	1	2	3	4	5
Content within themselves	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
In your opinion and at this point in time, does the tangata whaiora feel:	<i>Strongly disagree</i>				<i>Strongly agree</i>
Able to talk with their whānau and others	1	2	3	4	5
Their relationships with whānau and others are healthy	1	2	3	4	5
Clear about their roles within their 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
In your opinion and at this point in time, does the tangata whaiora feel:	<i>Strongly disagree</i>				<i>Strongly agree</i>
They want to make changes in their life that contribute to their 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
Understand what contributes to their concerns and how to address these.	1	2	3	4	5