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The Philosophical Health Compass and Its Evaluation

The following questionnaire is meant as a complement to the SMILE_PH protocol of dialogue and counselling (Sense-Making Interviews Looking at Elements of Philosophical Health).

Please respond to each statement based on your typical recent experience – how it has generally felt for you in the last 4 to 6 weeks. Think about how true each statement is for you based on how frequently or consistently it applies to you within this recent period.

Rating Scale:

Completely untrue (1),

Rarely true (2),

Undecided (3),

Often true (4),

Completely True (5)

Bodily Sense

1. I feel full of vitality.
2. I feel discomfort with my body.
3. I experience my body as a source of joy.
4. I don't feel grateful for being in my body.
5. I am aware of and act on my body's signals.
6. I feel disconnected from nature, both within myself and in my surroundings.
7. I move with fluidity around the physical world.

8. I find it difficult to gain insights from my body's experiences.

Sense of Self

1. I tend to be the same person in all situations.
2. I struggle to recognize what makes me unique.
3. I believe I understand myself deeply.
4. I am confused about certain aspects of myself.
5. I take responsibility for shaping who I am.
6. I find it difficult to recognize my inner wisdom.
7. I achieve success while staying true to who I am.
8. I find it challenging to differentiate my strengths from my weaknesses.

Sense of Belonging

1. I experience meaningful connections with others
2. I feel disconnected from the communities around me.
3. I feel a strong sense of connection to the shared human experience.
4. I struggle to feel connected to something greater than myself.
5. I consider life in general as a familiar domain.
6. I struggle to balance time for myself with time spent connecting with others.
7. I maintain my independence while belonging to groups.
8. I don't feel free to express my thoughts in groups.

Sense of the Possible

1. I believe many possibilities exist even in difficult circumstances.
2. I doubt my potential to create positive change in my life.
3. I recognize opportunities beyond current limitations.
4. I avoid engaging with creative challenges.
5. I turn obstacles into opportunities for enrichment.
6. I find it difficult to recognize opportunities in uncertain situations.
7. I believe in our shared ability to create positive change.
8. I struggle to balance new opportunities with existing responsibilities.

Sense of Purpose

1. I am inspired by values that are meaningful to me.
2. I lack a strong sense of purpose or direction in life.
3. I remain committed to my chosen purpose even in challenging situations.
4. I sense that my goals are focused primarily on my own success.
5. I can clearly articulate my higher purpose.
6. I find it difficult to align my actions with my ideals.
7. I make an effort to understand other people's purposes.
8. I do not consider how my purpose benefits others.

Philosophical Sense

1. I face problems via conceptual thinking.
2. I don't think about situations from a holistic perspective.
3. I notice patterns that help me make sense of life.
4. I rarely consider diverse perspectives when making decisions.
5. I link my daily actions to broader principles and values.
6. I struggle to make meaning out of my experiences.
7. I recognize how my worldview influences my decisions.
8. I struggle to stay reflective during challenging moments.

Pilot Test Feedback Document

Thank You! We greatly appreciate your participation in this questionnaire. Your feedback is invaluable in helping us refine and improve the scale for clarity, accuracy, and effectiveness.

Please take a few minutes to provide your honest thoughts and insights on the items you just completed.

Section 1: General Feedback

Overall Clarity

Were the items easy to understand?

- Yes
- No (If no, please specify which items were unclear and why.)

Length of the Scale

Did you find the number of items manageable?

- Too short
- Just right
- Too long

Engagement

Did you feel engaged while completing the scale?

- Yes
- No (If no, please explain why.)

Relevance

Did the items feel relevant to your personal experiences?

- Yes
 - No (If no, please specify which items felt irrelevant and why.)
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Section 2: Item-Specific Feedback

For each section of the scale, please note if any items were:

Confusing: The meaning was unclear or ambiguous.

Redundant: Too similar to other items.

Uncomfortable: Made you feel uncomfortable answering.

Bodily Sense

Did any item stand out as unclear or confusing? If so, please specify:

Were there any items that felt repetitive? Please list:

Sense of Self

Were there any items you found difficult to answer? If so, which ones and why?

Did any item feel irrelevant to your experience? Please explain:

Sense of Belonging

Were there items that you felt were hard to relate to or unclear?

Did any item feel unnecessary? If so, which one(s)?

Sense of the Possible

Did you find all items meaningful and clear?

Were there items that could be improved? Please specify:

Sense of Purpose

Were there any items that felt vague or overly broad? Please describe:

Did you feel any aspect of "purpose" was missing or underrepresented?

Philosophical Sense

Did any item in this section feel confusing or overly abstract?

Are there any items you think should be added to better reflect "philosophical sense"?

Section 3: Suggestions for Improvement

Are there any words, phrases, or concepts you think should be clarified or replaced?

Did any of the items feel too extreme or absolute? Please specify:

Are there any areas or topics you feel should be added to the scale?

Do you have any other suggestions for improving the scale?

Section 4: Final Thoughts

What was your overall impression of the scale?

Would you recommend any changes to make the scale more engaging or easier to complete?
