



# MESA FU26

## General Health Supplement

 Participant ID #:        

 Acrostic:        

 Technician ID:    

 Date:   /   /    

Month                  Day                  Year

**Instructions for respondents:**

These questions are meant to help understand how your identity, or who you are, might influence the way that you cope with stress and how this stress might impact your health.

How we see ourselves depends on many different things. As you are completing the questionnaire, think about who you are at your core—the part of you that is most important to who you are regardless of the different roles you occupy from day to day. There are no right or wrong answers; the most important thing is to respond honestly.

Please read/**listen** to each of the following statements carefully and rate your agreement as:

Not at all (1), Somewhat disagree (2), Somewhat agree (3), and Strongly agree (4).

	Not at all	Somewhat disagree	Somewhat agree	Strongly agree
1. I don't have to be what other people expect.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. What people think of me doesn't much impact who I am.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. For the most part, I decide who I am.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I tend to adhere to society's expectations of me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. What others think of me has very little to do with who I try to be.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. When someone says something about me I know is not true, I generally don't get bothered.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. I recognize right away when I am even a little uncomfortable with something that happens.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. I can usually tell the difference between what I care about on my own and thoughts that come from the influence of others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. Even when it's easier to do something else, I always try to do what I believe is right.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. Being myself no matter what is an important part of who I am.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. I would rather be myself than worry about what others think of me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. I act like a different person in certain situations.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. Some situations require me to act like someone other than who I really am.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. The physical parts people see when they look at me are not what make me who I am.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. Though we may look different on the outside, at the core I am the same as everyone else.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16. My physical body is a big part of who I am.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

*(continued)*



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(continued)

	Not at all	Somewhat disagree	Somewhat agree	Strongly agree
17. The main way I think of myself is as a soul existing in a physical body.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18. The characteristics of my body (for example, my race, gender, height, or physical ability, etc.) are only temporary parts of who I am.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19. When someone insults me, even if they are right about what they're saying, it doesn't usually bother me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20. Negative stereotypes about people like me make me feel bad about being who I am.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
21. I wish I was someone people thought more highly of.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22. What others think of me influences what I think about myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
23. Although it should not matter, knowing people like me are not highly thought of makes me feel bad about being who I am.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
24. My opinion of what I am worth doesn't depend on how others view me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
25. Regardless of what anyone else thinks of me, I am happy being who I am.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
26. My opinion of what I am worth depends on my status in society.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
27. I don't really care much if people think highly of me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
28. Even when I fail at something or make a mistake, I don't question if I am a valuable person.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
29. I am valuable because all living beings are valuable.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
30. Caring for others is an important part of who I am.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
31. I do my best to minimize the suffering of all living beings.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
32. I don't worry much about the well-being of people who are not like me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

(continued)



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(continued)

Not at all      Somewhat disagree      Somewhat agree      Strongly agree

	Not at all	Somewhat disagree	Somewhat agree	Strongly agree
33. I do not need to identify with someone in order to care about what happens to them.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
34. Even people I don't know deserve my concern.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
35. I'm not willing to make sacrifices for people who don't deserve it.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

#### IVPS scoring instructions

1. Items 7, 9, 12, 13, 17, 32 and 33 are filler items and should not be scored
2. Items 4,12,16,21,22,23,26, and 35 should be reverse coded
3. After reverse coding, scored items should be assigned a value of 0-3 (corresponding to the Likert scale responses) and summed. This value is the IVPS score.