

Table SI. Key words and descriptions of the 8 heiQ scales

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1.	Health-directed activity (alpha 0.83) This domain includes the level of functional activity in lifestyle by either disease prevention and/or health promotion.
2.	Positive and active engagement in life (alpha 0.77) This domain covers motivation to be active and getting involved in life. It includes both behavioural elements, such as participation in life activities and psychological elements, such as enthusiasm for life activities.
3.	Self-monitoring and insight (alpha 0.70) This domain focuses on the level of insight into living with a health problem. It captures how an individual engages in self-monitoring of their health problems. It includes the individuals' acknowledgement of realistic illness-related limitations and the ability and confidence to adhere to these limitations.
4.	Constructive attitudes and approaches (alpha 0.83) This domain is based in the attitude that the person is not going to let the health problems control their life and includes a shift in how individuals' view the impact of their condition on their life.
5.	Skill and technique acquisition (alpha 0.76) This domain includes an improvement in knowledge-based skills and techniques to manage own health
6.	Social integration and support (alpha 0.79) This domain captures the positive impact of social engagement and support that evolves through interaction with others. It also includes the confidence to seek support from interpersonal relationships as well as from community-based organizations.
7.	Health service navigation (alpha 0.75) This domain focuses on an individual's understanding of and ability to confidently interact with health professionals and organizations. In addition it focus on the understanding of ways to access healthcare and negotiate with healthcare providers to get needs met.
8.	Emotional distress (alpha 0.90) This domain measures negative affect, such as anxiety, stress, anger and depression.

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