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APPENDICES

Section II Social Change Agent Characteristic Measurement (SCAM)

Description: Please read carefully in each items then mark on the line any point that most closely to your perception. 0 means "I strongly disagree with this sentence" and 10 means "I strongly agree with this sentence"

Domain 1 Consciousness of self

1. I have my life's goal and know how to accomplish it.

0 _____ 10

2. I can describe how I am whether it be similar or different from others.

0 _____ 10

3. I can indicate both of my pros and cons.

0 _____ 10

4. I do perceive myself value, no need to have acceptance from others.

0 _____ 10

Domain 2 Congruence

1. Although my values or my opinions are different from others, I still insist on them.

0 _____ 10

2. My performance goes along with my thoughts.

0 _____ 10

3. I generally speak my mind.

0 _____ 10

4. Though in a tough situation, I normally speak the truth.

0 _____ 10

Domain 3 Organization commitment

1. I devote my time and all of my capability as much as possible to my responsibilities.

0 _____ 10

2. I normally committed to my promise.

0 _____ 10

3. I do my best regardless of the outcome.

0 _____ 10

4. I accept all things I do whether bad or good.

0 _____ 10

Domain 4 Controversy with civility

1. It is possible to have diversity in our team. □□□□□

0 _____ 10

2. I love to share ideas with others. □□□□□

0 _____ 10

3. Creative innovation comes from diversity. □□□□□

0 _____ 10

4. Even if there is a conflict, there is no need to have
a winner or loser. □□□□□

0 _____ 10

Domain 5 Community connectedness

1. I love to be involved in community service. □□□□□

0 _____ 10

2. Having a chance to develop my hometown is my pride. □□□□□

0 _____ 10

3. To help others is worth the value of life. □□□□□

0 _____ 10

Domain 6 Change

1. Changes are common things happening in our lives.

0 ————— 10

2. It is possible that the outcome of changes can be both positive or negative.

0 ————— 10

3. I never give up, even if there are many obstacles.

0 ————— 10

Section III Health Consciousness Measurement (HCM)

Description: Please read carefully in each items then mark on the line any point that most closely to your perception. 0 means “I strongly disagree with this sentence” and 10 means “I strongly agree with this sentence”

Domain 1 Proactive health

1. Whenever health changes occurs, I am usually the first person to perceive them.

0 ————— 10

2. Having meals on time is important for me.

0 ————— 10

3. The taste of foods and drinks has been prioritized instead of their nutritional value.

0 _____ 10

4. As it is the first meal of the day, Breakfast should be valued as the most important meal.

0 _____ 10

5. I prefer going to bed and waking up early.

0 _____ 10

6. Physical check up should be regular, although; there is no unusual symptom.

0 _____ 10

7. I often apply exercises to my lifestyles such as walking or bicycling short distances instead of motorcycling or driving a car.

0 _____ 10

8. Whenever something unusual has been noted I precede to seek for information via the internet, health journal etc.

0 _____ 10

Domain 2 Holistic health perception

1. I value a powerful mind equal to powerful physical strength.

0 _____ 10

2. Even if I am a disabled person or have chronic illnesses, it does not matter because I live in a generous neighborhood and have a well-bonded family.

0 _____ 10

3. Grief and anxiety can lead to illness.

0 _____ 10

Domain 3 Health information consumption

1. I myself generally update the health information.

0 _____ 10

2. Two crucial characteristic of health information that I am usually concerned about is quality and credibility.

0 _____ 10

3. I normally verify health information from a variety of credible sources.

0 _____ 10

4. There is no need to force myself to do what it takes to stay healthy.

0 _____ 10

Domain 4 Health responsibility

1. I can prevent myself from illnesses if I take good care of myself.

0 _____ 10

2. I generally take good care of myself which keeps me healthy.

0 _____ 10

3. As the owner of my body, good health depends entirely on me.

0 _____ 10

4. My appearance strongly reflects to the outcomes of myself care.

0 _____ 10

5. Good or bad health is the outcome of health behavior.

0 _____ 10

VITAE



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