Questionnaire

1. Values and Health Perception
   - How do the family members stay healthy?
   - What are the family’s values and beliefs?
   - How does the family address its spiritual concerns?

2. Nutrition
   - What is the family’s eating pattern?
   - What are the family’s sources of food?
   - How many glasses of water does each family member consume per day?

3. Sleep/Rest
   - What is the family's typical sleep pattern?
   - What is the average sleep time for each of the family members?
   - Is there a specific time to go to bed or wake up?

4. Elimination
   - Are there any elimination issues/concerns in the family?
   - What is the elimination pattern in the family?
   - Has any of the family members undergone an ostomy or urostomy?

5. Exercise and Activity
   - How many hours does the family member engage in physical activity?
   - What is the family's knowledge of physical activity?
   - What are the family members' attitudes and perceptions of physical activity/

6. Cognitive
   - Does any of the family members have memory problems?
   - What language does the family use in communication?
   - Can all the family members communicate, read, and write in English?
7. Sensory-perception
   - Does any of the family members have sensory and perception deficits?
   - Has any of the members suffered sensory deprivation?

8. Self-Perception
   - How does the family member relate inside and outside the family?
   - Does any of the family members have esteem issues?
   - How do the families perceive their bodies?

9. Role of Relationship
   - How does the family member relate?
   - Do the family member support and encourage each other?
   - What are the roles of each individual in the family?

10. Sexuality
    - Do the parents teach the children about sex?
    - How is the sexual relationship of the parents?
    - What are the beliefs of the family concerning gender and sex?

11. Coping
    - How does the family cope with stress?
    - How do family members support each other in stressful situations?
    - What are the significant factors that contribute to stress in the family?