

## Work-Health-Personal Life Perceptions Scale- British-English

These statements are about how your health condition, work and personal life affect each other. **Please tick the box** that indicates to what extent you agree or disagree with the following statements:

	<b>Strongly Disagree</b>	<b>Disagree</b>	<b>Do Not Agree or Disagree</b>	<b>Agree</b>	<b>Strongly Agree</b>
<b>Part 1:</b>					
1. My condition means that I don't have as much energy at work as I would like.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. The symptoms of my condition are unpredictable which creates stress at work.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Having my condition means that I work harder to compensate for it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. My condition makes it hard to perform some of my work tasks.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. My condition affects my self-image at work.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Having my condition makes me look less competent to others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I feel guilty for not doing as good a job as I would like.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Working with my condition means I've had to make sacrifices in other areas of my life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Part 2:</b>					
9. Working means that I have no time to look after myself properly.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. I feel guilty for not taking as much care of my health condition as I would like.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Working makes it hard to attend health appointments for my condition.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. I have so much to do in my personal life that I don't have time to manage my condition.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	<b>Strongly Disagree</b>	<b>Disagree</b>	<b>Do Not Agree or Disagree</b>	<b>Agree</b>	<b>Strongly Agree</b>
13. I'm so tired with all the other things I have to do that I don't have the energy to take care of myself.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. I feel like there are not enough hours in the day for me to deal with work, personal needs, and my health.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. I worry about how I will deal with all the demands on my work, personal life, and health.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

<b>For use in axSpA only</b> <i>(other conditions: for information and not scored).</i>	<b>Strongly Disagree</b>	<b>Disagree</b>	<b>Do Not Agree or Disagree</b>	<b>Agree</b>	<b>Strongly Agree</b>
<b>Part 3:</b>					
16. Work keeps me moving and active which helps my condition.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. Work gives me a purpose – a reason to get up.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. My work is a part of who I am.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. Work gives me something to focus on other than my health.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. Work allows me to do something I really enjoy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Scoring instructions:

items are scored: strongly disagree = 0; disagree = 1; neither agree or disagree = 2; agree = 3; strongly agree = 4.

There are three sub-scales:

Part 1 = items 1 to 8 (CAW = Condition negatively Affects Work and personal life)

Part 2 = items 9 to 15 (WAC = Work and personal life affect Condition and its management;).

Part 3 = items 16 to 20 (BW = Benefits of working).

Items within each sub-scale are summed, with the score range being Part 1: 0 - 32; and Part 2: 0 - 28. Higher scores indicate greater interference of health condition on work (part 1), and work/personal life on health condition (part 2).

Part 3: score range is 0 – 20. Higher scores indicate more positive benefits of working. Please note: this sub-scale is only valid for axial spondyloarthritis. It **cannot** be used in research and clinical evaluations in RA, OA, and FM and combined conditions, as it does not assess a consistent or single construct.

Sub-scales are **not** summed together. A Rasch transformation table is available to convert WHPLPS Part 1 raw scores to interval scores. (See Supplementary Materials, Hammond et al (2023) below).

**Missing items:** one missing item is allowed in each sub-scale. Missing items are replaced by either the person's median or mean relevant WHPLPS sub-scale score, dependent on the analysis approach.

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## Reference:

Hammond A, Tennant A, Ching A, Parker J, Prior Y, Gignac M, Verstappen S, O'Brien R. (2023) Psychometric testing of the British-English Long Term Conditions Job Strain Scale, Long-Term Conditions Work Spillover Scale and Work – Health - Personal Life Perceptions Scale in four rheumatic and musculoskeletal conditions. *Musculoskeletal Care* published online 11.5.23 **DOI: 10.1002/msc.1774**