

English Version of the Biocentric Acting Questionnaire (BAQ)

*Psychometrically Validated Toolset for Assessing Psycho-Biological Health Risk of
Emergency Medical Services (EMS) Drivers/Staff*

Basic Information:

Organizational Position: _____

Service Area: _____

Education Level: _____

Role/Title: _____

Age: _____

Work Experience: _____

Scale 1: Internal Stress Resources Assessment Scale

| Subscale | Item | Selected Option | Very Much (5) | Much (4) | Moderate (3) | Little (2) | Not
at all (1) | Score |

| :--- | :--- | :--- | :---: | :---: | :---: | :---: | :---: | :---: |

| Internal factors related to self | 1. When I have to do many tasks simultaneously, I get
annoyed. | | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |

| | 2. When many things happen around me, I feel uncomfortable. | | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |

| | 3. When I have to do many tasks in a short time, I get nervous. | | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |

| | 4. Prolonged hunger disrupts my focus or mood. | | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |

| | 5. After a failure at work, I quickly surrender to fate. | | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |

| Internal factors related to others | 6. Other people's moods affect me. | | | | | | |

| | 7. I am easily affected when facing emotional events. | | | | | | |

| Scoring for this subscale: | Selected Option: | Always | Often | Sometimes | Rarely | Never |
Score |

- | 5. High blood pressure | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
- | 6. Sleep disorders | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
- | 7. Chronic fatigue | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
- | 8. Headache | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
- | 9. Inability to rest and relax | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
- | 10. Chronic pain (back, including sciatica, neck, and shoulder) | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
- | 11. Incompatibility with the social environment (conflict, inflexibility, etc.) | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
- | 12. Restlessness and frustration | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |

Subscale: Resilience Consequence

| Item | Always / Very Much | Often / Much | Sometimes / Moderate | Rarely / Little | Never / Not at all |

| :--- | :---: | :---: | :---: | :---: | :---: |

- | 1. After working, I rest easily and can think about other issues. | ☐ | ☐ | ☐ | ☐ | ☐ |
- | 2. Overall, I am satisfied with life. | ☐ | ☐ | ☐ | ☐ | ☐ |
- | 3. When I need to work, I feel excessively tired. | ☐ | ☐ | ☐ | ☐ | ☐ |

Scale 4: Workload Status Assessment Scale

| Subscale | Item | Strongly Agree / Very Much | Agree / Much | Neither Agree nor Disagree / Moderate | Disagree / Little | Strongly Disagree / Very Little |

| :--- | :--- | :---: | :---: | :---: | :---: | :---: |

| Undesirable Workplace Situation and Condition |

1. My workload is high. | ☐ | ☐ | ☐ | ☐ | ☐ |
- | 2. I consider my working conditions threatening. | ☐ | ☐ | ☐ | ☐ | ☐ |
- | 3. Because of my working conditions, I have a heavy burden of responsibility. | ☐ | ☐ | ☐ | ☐ | ☐ |

|| 4. During my employment in pre-hospital emergency services, I have developed a work-related illness. | ☐ | ☐ | ☐ | ☐ | ☐ |

|| 5. Despite being sick, I have been at work for some shifts. | ☐ | ☐ | ☐ | ☐ | ☐ |

|| 6. There are unpleasant environmental conditions (noise, bad weather, and dust) in my workplace. | ☐ | ☐ | ☐ | ☐ | ☐ |

| Holism (Requirements and Adaptability) |

1. I can fully use my knowledge and skills in my work. | ☐ | ☐ | ☐ | ☐ | ☐ |

|| 2. I can see the result of my work (whether it was good or not). | ☐ | ☐ | ☐ | ☐ | ☐ |

|| 3. I have the information, tools, and equipment needed for my work. | ☐ | ☐ | ☐ | ☐ | ☐ |

Scale 5: Biocentric Acting Performance Assessment Scale

| Subscale | Item | Completely / Always | Mostly / Often | Moderately | Slightly / Rarely | Not at all / Never |

| :--- | :--- | :---: | :---: | :---: | :---: | :---: |

| Relationship with Others | 1. When I see someone needs help, I am willing to help them. | ☐ | ☐ | ☐ | ☐ | ☐ |

|| 2. I consider the people I love (family, friends...) as part of myself. | ☐ | ☐ | ☐ | ☐ | ☐ |

|| 3. I can express my affection and love to others. | ☐ | ☐ | ☐ | ☐ | ☐ |

|| 4. I listen well to others (I am a good listener). | ☐ | ☐ | ☐ | ☐ | ☐ |

|| 5. I can appreciate others. | ☐ | ☐ | ☐ | ☐ | ☐ |

|| 6. I enjoy helping others. | ☐ | ☐ | ☐ | ☐ | ☐ |

|| 7. I can empathize well with others. | ☐ | ☐ | ☐ | ☐ | ☐ |

|| 8. If I have to make a decision about anything, I prefer to follow: | Rules | | | Inner feelings |

|| 9. When someone trusts me to express their problems, I have a strong desire to help them. | ☐ | ☐ | ☐ | ☐ | ☐ |

|| 10. When I become aware of another person's problem, I empathize with them. | ☐ | ☐ | ☐ | ☐ | ☐ |

| **Individual Turmoil (Imbalance)**

| 1. There are times when I cannot tolerate myself. | ☐ | ☐ | ☐ | ☐ | ☐ |

|| 2. My life is so busy that I do not have time to think much about myself. | ☐ | ☐ | ☐ | ☐ |
☐ |

|| 3. I am angry inside and cannot express my anger. | ☐ | ☐ | ☐ | ☐ | ☐ |

|| 4. My anger is so intense that others feel it. | ☐ | ☐ | ☐ | ☐ | ☐ |

|| 5. I feel I am in an unfamiliar situation and do not know what to do. | ☐ | ☐ | ☐ | ☐ | ☐ |

|| 6. When others get close to me, I feel unpleasant (fear). | ☐ | ☐ | ☐ | ☐ | ☐ |

|| 7. After a work shift, I feel my heart rate is: | Increased a lot | Increased | Unchanged |
Decreased | Decreased a lot |

|| 8. I am easily influenced by others. | ☐ | ☐ | ☐ | ☐ | ☐ |

| Relationship with Self and Individual Balance | 1. I feel a sense of vitality. | ☐ | ☐ | ☐ | ☐ |
☐ |

|| 2. After a work shift, I feel my blood pressure is: | Increased a lot | Increased | Unchanged |
Decreased | Decreased a lot |

|| 3. I am often oriented toward the: | Future (10) | | Present (5) | | Past (0) |

|| 4. I am happy and in complete harmony with myself and my surroundings. | ☐ | ☐ | ☐ | ☐ |
☐ |

|| 5. I have established a good balance between my activity and rest. | ☐ | ☐ | ☐ | ☐ | ☐ |

|| 6. I think carefully before doing anything. | ☐ | ☐ | ☐ | ☐ | ☐ |

|| 7. Loving and being loved has become an important part of my life. | ☐ | ☐ | ☐ | ☐ | ☐ |

|| 8. Protecting everything in the world has become an important part of my life. | ☐ | ☐ | ☐ |
☐ | ☐ |

|| 9. I am worried about the future of my children and grandchildren (future generations). | ☐
| ☐ | ☐ | ☐ | ☐ |

|| 10. I accept responsibility for my own actions. | ☐ | ☐ | ☐ | ☐ | ☐ |

|| 11. Creativity | ☐ | ☐ | ☐ | ☐ | ☐ |

|| 12. Spirituality, transcendence | ☐ | ☐ | ☐ | ☐ | ☐ |

|| 13. Ability to enjoy | ☐ | ☐ | ☐ | ☐ | ☐ |

|| 14. I feel satisfied with my work. | ☐ | ☐ | ☐ | ☐ | ☐ |

| 7. Fear of participating in group activities | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |

Socio-Economic-Educational Status

Instruction: For the following questions, state a number between 0 and 10.

| Item | 10 (Highest) | 5 (Moderate) | 0 (Lowest) |

| :--- | :---: | :---: | :---: |

| 1. Compared to colleagues, friends, and acquaintances, where do you place your education level on the spectrum? | ☐ | ☐ | ☐ |

| 2. Compared to colleagues, friends, and acquaintances, where do you place your income level on the spectrum? | ☐ | ☐ | ☐ |

| 3. Compared to colleagues, friends, and acquaintances, where do you place your job status on the spectrum? | ☐ | ☐ | ☐ |

Scoring and Standardization Note

Given the use of multiple scales, a standardization method is used to score each subscale, and the profile of subscale scores will be the basis for judgment. This is calculated using the following formula.

For example, in the first scale related to internal stress factors, since there are 7 items and a 5-point Likert scale, the minimum score of the tool is 7 and the maximum is 35.

Example: For a person who scored 15, it equals 28%. Based on the question spectrum, a raw score between 7 and 14 is categorized as low internal stress factors, 14 to 21 as moderate, and 21 to 35 as high internal stress factors.

In the standardized 100-point scale, less than 33 is low, 33 to 66 is moderate, and 67 and above is categorized as high internal factors. Apparently, based on the raw score, it falls into the moderate category.

Appendix 2: Standard Operating Procedure for Measuring Physiological Variables of the Study

For consistency in recording results based on the standard protocol (according to the video link: <https://medirence.com/source/comsroot/alirezafarhamfar/video/bloodpressure.mp4>), record as a multiple of 100, for example, 120/85.

Manual Blood Pressure Measurement:

1. Wash your hands.
2. Check the sphygmomanometer: Ensure it is healthy, calibrated, and serviced (BIHS, 2017b).
3. Select an appropriate cuff for the subject's arm: It must encircle at least 80% of the arm.
4. Place the cuff comfortably and accurately on the patient's arm, 2 cm above the brachial artery, aligning the artery index marker on the cuff with the brachial artery.
5. Place the stethoscope earpieces over the brachial artery. (Note: If the diaphragm of the earpiece is not flat, do not place it under the cuff; hold it with your finger).
6. Measurement should be inflated to 30 to 40 mmHg above the individual's normal BP. If the normal value is unknown, inflate the cuff to 160–180 mmHg.
7. Deflate the cuff slowly. The AHA recommends that pressure should decrease by 2 to 3 mmHg per second; if faster, it may lead to inaccurate measurement.
8. Listen for the systolic sound. The first rhythmic sound heard with the start of blood movement inside the artery is the systolic pressure. This may initially sound like a tapping sound.
9. To read the diastolic pressure, continue listening as the cuff pressure decreases and the sound fades. The number on the manometer at the point where the rhythmic sounds stop is the diastolic pressure.
10. Careful re-examination: The AHA recommends performing the measurement on both arms and reporting the average of both. To recheck the pressure for accuracy, wait about five minutes between the two measurements.

Heart Rate and Blood Oxygen Saturation Percentage:

Record heart rate using a finger pulse oximeter.

Measurement:

- 1.a. Wash your hands.
- 1.b. Use the index and middle fingers.
- 1.c. Measure and record the pulse rate (heart rate) and oxygen saturation percentage using the finger pulse oximeter device.