

### Evaluation of Assessment Instrument

1. This is a good example of a personal health instrument because it offers pretty good follow-up questions for certain questions. This is a positive because this provides more in depth responses.
2. This assessment also asks if anyone in a relationship with you has expressed their concerns about their alcohol consumption in question 13. The assessment does a great job at asking the responder what others think about their alcohol consumption because we naturally deny that we have a problem.
3. Question number 2 really stands out to me. People, including myself, can go years without getting a checkup. These checkups can be a great way to prevent diseases and illnesses. This question, although simple, can give the assessors a lot of information.

Although this assessment seems solid, there are some improvements that can be made.

1. I would ask the responder to provide personal information such as height, sex, age, and race. I would add this because there are some non-modifiable risk factors that increase the likelihood of having some conditions/diseases.
2. A diet section should be added to the assessment. Throughout the years, I have seen that one diet is not universal for all people. Some foods and techniques benefit me where they might detriment another person's health.
3. For question number 17, I would ask the responder why they believe they are sleeping less than 7 hours a night. If a person is not sleeping well because of stress or a sleeping disorder, it should be known.