

Health Diary

Week number.....

Diarist number.....

Day of first entry in health diary.....

If you have any questions about your diary, phone Heather
Elliott on

0161 xxx xxxx

Heather will collect this diary on at am/pm

Health Diary

How to fill in your diary

Thank you for agreeing to help us with our study. Here are some points to bear in mind when filling in your diary.

- * We are interested in all your health problems - not just problems associated with arthritis or rheumatism.
- * Remember that this is **YOUR** diary. We are interested in finding out as much as possible about your health and your experiences of using health services and other care. So please tell us as much as you can about yourself - no matter how unimportant it seems. For example, if you made an appointment with your GP and then had to cancel it or if you felt under the weather but decided not to do anything about it or if you treated a bad cold yourself by staying in bed with a hot whisky - we'd like to know. If you are not sure whether to tell us about something or not, please include it - we would rather have too much information than too little.
- * Please don't worry about spelling, grammar or 'best' handwriting but try to write as clearly as you can, using a pen.
- * Try to fill in the diary **every evening**. If you cannot make an entry for a particular day, then you can fill it in the following day. However, do not try to fill the diary in any later than one day after the entry was due - eg: don't try to fill in Monday's entry on Wednesday
- * If you find that you have missed out several days, please do not give up the whole week's diary. Just start again on the next day you are able to fill it in, and leave the other pages blank.
- * Please fill in the day and date in the space provided on each new diary page.
- * If you have any questions about the health diary, please phone Heather Elliott on 0161 xxx xxxx. She will phone you back, so you do not have to pay for the call.

This diary was given only to parents of young children

Your child's health diary - Week 1, Day 1

Day....., Date

1 Have you noticed anything about your child today?

If so, please tell us some more.

2 Did you do anything because of what you noticed? (For example, talking to a friend, or contacting a health professional)

If so, please tell us some more.

3 Did looking after your child affect the way you yourself felt today?

If so, please tell us some more.

Please continue on the other side of this page, if you need to.....

This diary was given only to carers

A diary for the person you look after - Week 1, Day 1

Day....., Date

1 Have you noticed anything about the person you look after today?

If so, please tell us some more.

2 Did you do anything because of what you noticed? (For example, talking to a friend, or contacting a health professional)

If so, please tell us some more.

3 Did caring for the person you look after affect the way you yourself felt today?

If so, please tell us some more.

Please continue on the other side of this page, if you need to.....