

HERO Daily Experiences Index

Last Updated: March 30, 2020

Objective: Develop a summary score and a set of indicator items that provide a snapshot of healthcare workers daily experiences. The focus is on sleep, pain, fatigue, and emotional distress.

Concepts Measured:

- **Sleep disturbance**
- **Pain**
- **Anxiety**
- **Depressive symptoms**
- **Stress**
- **Anger**
- **Fatigue**

Items

(1) Last night I had trouble sleeping? Yes/No

* Highest item discrimination from the PROMIS Sleep Disturbance Item Bank

* Item context and recall changed from last 7 days to last night

* Response options condensed to Yes/No, from 5 point responses

* See: Buysse DJ, Yu L, Moul DE, Germain A, Stover A, Dodds NE, Johnston KL, Shablesky-Cade MA, Pilkonis PA. Development and validation of patient-reported outcome measures for sleep disturbance and sleep-related impairments. *Sleep*. 2010 Jun;33(6):781-92. doi: 10.1093/sleep/33.6.781. PMID: 20550019; PMCID: PMC2880437.

(2) Did you feel physical pain a lot of the day yesterday? Yes/No

* Modified from the Gallup Negative Experiences Index

(3) Did you worry a lot of the day yesterday? Yes/No

* Modified from the Gallup Negative Experiences Index

(4) Did you feel sad a lot of the day yesterday? Yes/No

* Modified from the Gallup Negative Experiences Index

(5) Did you feel angry a lot of the day yesterday? Yes/No

* Modified from the Gallup Negative Experiences Index

(6) Did you feel stress a lot of the day yesterday? Yes/No

* Modified from the Gallup Negative Experiences Index

(7) Did you feel tired a lot of the day yesterday? Yes/No

* New

Scoring:

Each Yes is scored as a 1 and No as a 0. Score the index if at least 5 of the items are answered (this is a 70% data availability rule and uses mean imputation). Each person's index score is the sum of the yes responses divided by the total number of responses multiplied by 100 and

rounded to the nearest integer. For each person this provides 7 possible values, but when combined as a group the scores will range from 0-100.

Each item can also be examined, so we can look at the percentage of respondents endorsing each one.