### Appendix

A description of the four bolt-ons

**Vitality** (feeling energetic)

* I have no problems with lack of energy
* I have slight problems with lack of energy
* I have moderate problems with lack of energy
* I have severe problems with lack of energy

**Sleep**

* I have no problems with sleeping
* I have slight problems with sleeping
* I have moderate problems with sleeping
* I have severe problems with sleeping

**Personal relationships** (family and friends)

* I have no problems with my personal relationships
* I have slight problems with my personal relationships
* I have moderate problems with my personal relationships
* I have severe problems with my personal relationships

**Social isolation** (feeling part of community)

* I have no problems with social isolation
* I have slight problems with social isolation
* I have moderate problems with social isolation
* I have severe problems with social isolation