

Domain	Indicator	Sub-indicator
Psychological wellbeing	Life satisfaction	Satisfaction with health
		Satisfaction with standard of living
		Satisfaction with occupation
		Satisfaction with family relationship
		Satisfaction with work life balance
	Spirituality	Spirituality level
		Taking account of Karma in daily life
		Prayer recitation
		Meditation
	Positive emotion	Frequency of feelings of calmness
		Frequency of feelings of compassion
		Frequency of feelings of forgiveness
		Frequency of feelings of contentment
		Frequency of feelings of generosity
	Negative emotion	Frequency of feelings of selfishness
		Frequency of feelings of jealousy
		Frequency of feelings of fear
		Frequency of feelings of worry
		Frequency of feelings of anger

Question	Response range (worst-best)	Threshold	
How satisfied are you with your health?	25 (Highest satisfaction score) - 5 (Lowest satisfaction score)	20-25 (Satisfaction score)	5
How satisfied are you with your standard of living?			4
How satisfied are you with your major occupation?			3
How satisfied are you with your family relationship?			4
How satisfied are you with your work life balance?			5
How spiritual do you consider yourself?	16 (Highest spirituality score) - 4 (Lowest spirituality score)	12 (Spirituality score)	3
Do you consider Karma in the course of your daily life?			2
How often do you recite prayers?			2
How often do you meditate?			2
During the past few weeks, how often do you experience calmness?	20 (Highest positive emotion score) - 5 (Lowest positive emotion score)	15-20 (Positive emotion score)	2
During the past few weeks, how often do you experience compassion?			3
During the past few weeks, how often do you experience forgiveness?			3
During the past few weeks, how often do you experience contentment?			2
During the past few weeks, how often do you experience generosity?			2
During the past few weeks, how often do you experience selfishness?	20 (Highest negative emotion score) - 5 (Lowest negative emotion score)	15-20 (Negative emotion score)	1
During the past few weeks, how often do you experience jealousy?			3
During the past few weeks, how often do you experience fear?			3
During the past few weeks, how often do you experience worry?			2
During the past few weeks, how often do you experience anger?			2

Domain	Indicator	Sub-indicator
Health	Self reported health status	Self reported health status
	Healthy days	Number of healthy days
	Disability	Long term disability
		Activity limitations
	Mental health	General mental health

Question	Response range (worst-best)	Threshold
In general, would you say your health is...	1 (Very poor)-5 (Excellent)	4 (Very good) or 5 (Excellent)
Number of healthy days in the past 30 days	0 (Worst)-30(Best)	National average- 26 days
Do you have any long term disabilities, health/mental problems?	1 (Yes)-2 (No)	2 (No) & 4 (Sometimes) or 5 (Never)
Does the long-term disability restrict your activities?	1 (All the time)-5 (Never)	
12 item General health questionnaire	0-15 (Severe distress)-21-36 (Normal mental wellbeing)	21-36 (Normal mental wellbeing)

Domain	Indicator	Sub-indicator	
Education	Literacy	Literacy level	
	Schooling	Formal education level	
	Knowledge		Knowledge on local legend and folk stories
			Knowledge on local tshechu
			Knowledge on traditional songs
			Knowledge on constitution
			Knowledge on HIV/AIDS transmission
			Knowledge on HIV/AIDS transmission
	Value		Killing justifiable
			Stealing justifiable
			Lying justifiable
			Creating disharmony in human relations justifiable
			Sexual misconduct

Question	Response range (worst-best)	Threshold
Can you read and write in any of the languages?	1 (No)-2 (Yes)	2 (Yes)
What is your highest level of education?	1 (No formal education)-8 (Postgraduate/PHD)	2 (Primary school)
How would you rate your knowledge and understanding on local legend and folk stories?		
How would you rate your knowledge and understanding on local tshechu?		
How would you rate your knowledge and understanding on traditional songs?		
How would you rate your knowledge and understanding on constitution?		
How would you rate your knowledge on how HIV/AIDS is transmitted?		
	25 (Highest knowledge score)-5 (Lowest knowledge score)	19-25 (Knowledge score)
Is killing justifiable?		
Is stealing justifiable?		
Is lying justifiable?		
Is creating harmony in human relations justifiable?		
Is sexual misconduct justifiable?		
	15 (Highest value score)-5 (Lowest value score)	14-15 (Value score)

Domain	Indicator
Cultural diversity and resilience	Speak native language
	Cultural participation
	<i>Zorig chusum</i> skills (Artisan skills)
	<i>Driglam Namzha</i> (code of etiquette and conduct)

Sub-indicator
Ability to speak mother tongue
Number of days participated in socio-cultural activities
Artisan skills
Attitude
Change over time

Question	Response range (worst-best)
How well can you speak your mother tongue now?	1 (Not at all)-4 (Very well)
How many days do you spend in a year attending social and cultural activities (community festivals or <i>choku</i> of neighbours)?	1 (None)-5 (More than 20 days)
Do you have any of the <i>zorig chusum</i> skills?	0 skill (Worst)-13 skills (Best)
Is Driglam Namzha important?	(Not Important)-3 (Very Important)
Do you perceive the change in practice and observance of Driglam Namzha during the last 10 years?	Getting weaker)-3 (Getting stronger)

Threshold
4 (Quite well) or 5 (Very well)
3 (6-12 days) or 4 (13-20 days) or 5 (More than 20 days)
One skill or more
3 (Very Important-2 (Important) & 3 (Getting stronger)

Domain	Indicator	Sub-indicator
Good Governance	Government performance	Creating jobs
		Reducing gap between rich and poor
		Fighting corruption
		Preserving culture and traditions
		Protecting environment
		Providing educational needs
		Improving health services
		Fundamental rights
	To vote	
	To join political party of your choice	
	To form <i>tshogpa</i>	
	Equal access and oppurtunity to join public service	
	To equal pay for work of equal value	
	Free from discrimination	
	Services	
		Electricity
		Method of waste disposal
		Source of water
		Quality of water
		Political participation
	Zomdue participation	

Question	Response range (worst-best)	Threshold
Rate the performance of government in creating jobs?	35 (Highest govt. performance score)-7 (Lowest govt.1 performance score)	28-25 (Government performance score)
Rate the performance of government in reducing gap between rich and poor?		
Rate the performance of government in fighting corruption?		
Rate the performance of government in preserving culture and traditions?		
environment?		
Rate the performance of government in providing educational needs?		
Rate the performance of government in improving health services?		
Do you feel that you have right to the freedom of speech and opinion?	1 (No)-2 (Yes)	Sufficiency in atleast 6 of the 7 sub-indicators
Do you feel that you have right to vote?	1 (No)-2 (Yes)	
Do you feel that you have right to join political party of your choice?	1 (No)-2 (Yes)	
Do you feel that you have right to form <i>tshogpa</i> ?	1 (No)-2 (Yes)	
Do you feel that you have right to equal access and oppurtunity to join public service?	1 (No)-2 (Yes)	
Do you feel that you have right to equal pay for work of equal value?	1 (No)-2 (Yes)	
Do you feel that you have right to the freedom from discrimination?	1 (No)-2 (Yes)	
oes it usually take you to walk to the nearest health	1 (No)-2 (Yes)	Have sufficiency in all service sub-indicactors
Do you have electricity?		
How do you dispose your household waste?		
What is the main source of water for your household?		
would you rate the quality of your drinking v		
Will you vote in the next elections?	1 (No)-2 (Yes)	1 (No) & atleast once
frequency of zomdue attendance in the past 12 months		

Domain	Indicator	Sub-indicator
Community vitality	Donation (time & money)	Amount of donation made in a year
		Number of days volunteered in a year
	Community relationship	Sence of belongingness in the community
		Trust in neighbours
	Family	Family members care about each other
		Wish you were not part of your family
		Feel like a stranger in your family
		Enough time to spend with your family
		Lot of understanding in your family
		Family is a real source of comfort to you
	Safety	Victim of crime

Question	Response range (worst-best)
In the past 12 months, did you donate money?	Amount of donation made in a year
During the past 12 months, how many days did you volunteer?	Number of days volunteered
How would you describe your sense of belonging to your local community?	1 (Weak)-3 (Very strong)
How much do you trust your neighbours?	1 (Trust none of them)-4 (Trust most of them)
Do the members of your family care about each other?	18 (Highest family score)-6(Lowest family score)
Do you wish you were not part of your family?	
Do you feel like a stranger in your family?	
Do you get enough time to spend with your family?	
Is there a lot of understanding in your family?	
Do you think family is a real source of comfort to you?	
Have you been a victim of crime in the last 12 months?	1 (Yes)-2 (No)

Threshold
10% of annual household income & 3 days of voluntary time
3 (Very strong) & 3 (Trust most of them)
15-18 (Family score)
2 (No)

Domain	Indicator	Sub-indicator
Ecological diversity and resilience	Ecological issues	Pollution of rivers and streams
		Air pollution
		Noise pollution
		Absence of waste disposal sites
		Littering
		Landslides
		Soil erosion
		Floods
	Responsibility towards environment	Feelings of responsibility towards environment
	Wildlife damage	Wildlife constraint
		Wildlife damage
	Urban issues	Pollution of rivers and streams
		Air pollution
		Noise pollution
		Absence of waste disposal sites

Question	Response range (worst-best)
Is pollution of rivers and streams an environmental issue of concern in your community?	1 (Major concern)-4 (Not a concern)
Is pollution of air an environmental issue of concern in your community?	1 (Major concern)-4 (Not a concern)
Is noise pollution an environmental issue of concern in your community?	1 (Major concern)-4 (Not a concern)
Is absence of waste disposal an environmental issue of concern in your community?	1 (Major concern)-4 (Not a concern)
Is littering an environmental issue of concern in your community?	1 (Major concern)-4 (Not a concern)
Is landslide an environmental issue of concern in your community?	1 (Major concern)-4 (Not a concern)
Is soil erosion an environmental issue of concern in your community?	1 (Major concern)-4 (Not a concern)
Is flood an environmental issue of concern in your community?	1 (Major concern)-4 (Not a concern)
Do you feel responsible for conserving the natural environment?	1 (Not at all responsible)-4 (Highly responsible)
Was wildlife a constraint to your crops during the last year?	1 (Major constraint)-4 (Not a constraint)
In the past one year, has your crops been damaged by wild animals?	1 (A lot)-4 (Not at all)
Is pollution of rivers and streams an environmental issue of concern in your community?	1 (Major concern)-4 (Not a concern)
Is pollution of air an environmental issue of concern in your community?	1 (Major concern)-4 (Not a concern)
Is noise pollution an environmental issue of concern in your community?	1 (Major concern)-4 (Not a concern)
Is absence of waste disposal an environmental issue of concern in your community?	1 (Major concern)-4 (Not a concern)

Threshold

4 (Not a concern) or 3 (Minor concern)
or 2 (Some concern) in atleast 5 issues

4 (Highly responsible)

1 (Major constraint) & 1 (A lot) or 2
(Some)

4 (Not a concern) or 3 (Minor concern)
or 2 (Some concern) in atleast 3 issues

Domain	Indicator	Sub-indicator	
Living standards		Mobile telephone	
		Fixed line telephone	
		Personal computer	
		Refrigerator	
		Colour Television	
		Washing machine	
		Land	
	Asset	Livestock	
	Housing		Type of toilet used
			Roof material
			Room ratio
	Household per capita income	Household per capita income	

Question	Response range (worst-best)
Do you own a mobile?	1 (No)-2 (Yes)
Do you own a fixed line telephone?	1 (No)-2 (Yes)
Do you own a personal computer?	1 (No)-2 (Yes)
Do you own a refrigerator?	1 (No)-2 (Yes)
Do you own a colour television?	2 (No)-2 (Yes)
Do you own a washing machine?	1 (No)-2 (Yes)
How many acres of land does your household own?	Number of cultivable land owned by the household
How many livestock does your household own?	Number of livestock owned by the household
What kind of toilet facility does your household use?	1 (No toilet facility, open spaces)-5 (Flush toilet)
What type of roof material is mainly used for your dwelling?	1 (Slate/Bamboo/Straw/Wood/Mud)-2 (Concrete/Brick/Stone/CGI/Metal)
How many rooms are there in the dwelling (exclude bathroom and toilet)?	Number of persons per room
What was the total cash income for your household during the past 12 months?	Household income in Ngultrums

Threshold

2 or more electrical equipment or 5 acres of cultivable land or 5 livestock (Sufficiency in any one sub-indicators)

Sufficiency in all three sub-indicators

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Domain	Indicator	Sub-indicator
Time use	Work	Working hours
	Sleep	Sleeping hours

Question	Response range (worst-best)	Threshold
		480 mins
		480 mins