

# Tools for measurement

## Why use a standard scales as opposed to designing your own questionnaire?

The process of designing a measurement scale is not as easy as it first seems. In order to make sure that your questionnaire is reliable and valid, it will require extensive testing. The questionnaires below have all been thoroughly tested to make sure that they are measuring what they are supposed to be measuring and will produce similar results under similar conditions. When using the questionnaires, it is important to make sure that none of the questions are removed or altered otherwise the questionnaires will no longer be valid. When writing up your final reports, remember to cite, acknowledge and reference the questionnaires and authors appropriately.

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Various	Outcome Stars	Tools for supporting and measuring change when working with people. There are over 20 versions of the star which include older people, families, children, mental health, drug and alcohol recovery and carers.	License cost involved	<a href="http://www.outcomesstar.org.uk/">http://www.outcomesstar.org.uk/</a>
Physical Activity - Adults	International Physical Activity Questionnaire (IPAQ)	The IPAQ is a self-administered questionnaire which captures the amount of physical activity carried out in the last seven days. It also asks the participant about their time spent sitting each day. It is validated for adults aged 15 to 69 and comes in short and long form versions. It has been translated into several languages.	Free to use but you must reference the authors	<a href="https://sites.google.com/site/theipaq/home">https://sites.google.com/site/theipaq/home</a>
	Short Active Lives Tool	This questionnaire produced by Sport England and is based on the questions which are contained within the annual Active Lives Survey run by Sport England every year. It asks the participant about walking, cycling and sport activities. Sport England currently recommends this questionnaire as a preference to the IPAQ. However, it does not ask the participant about time spent sitting.  This questionnaire has been validated for adults aged 16+.	This questionnaire is free to use.	The questionnaire can be found here: <a href="https://www.sportengland.org/media/13168/short-active-lives-questionnaire.pdf">https://www.sportengland.org/media/13168/short-active-lives-questionnaire.pdf</a>  The scoring instructions and the Excel scoring tool can be found in the resources section of the Sport England website: <a href="https://www.sportengland.org/research/resources/">https://www.sportengland.org/research/resources/</a>  Scroll down to Evaluation: Short Active Lives tool
	The single item measure for physical activity	This is a single question which asks how much physical activity you have carried out recently to raise your breathing rate. The text from Sport England is:  “In the past week, on how many days have you done a total of 30 mins or more of physical activity, which was enough to raise you breathing rate? This may include sport, exercise and brisk walking or cycling for recreation or to get to and from places, but should not include housework or physical activity that is part of your job”  Answers:  0 days, 1 day, 2 days, 3 days, 4 days, 5 days, 6 days, 7 days	This question is free to use	This question can be found on page 2 of the example of using the new Sport England Evaluation Framework <a href="https://evaluationframework.sportengland.org/media/1231/case-study-1-csaf-step-4.pdf">https://evaluationframework.sportengland.org/media/1231/case-study-1-csaf-step-4.pdf</a>

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	Stanford 7 day physical activity recall (7DR or PAR)	Measures duration, intensity of leisure time/occupational physical activity as well as gardening, walking and sleeping during morning/afternoon/evening.  There is an option to estimate the total kilocalories per day from hours spent on these activities	Free to download and use	<a href="http://webarchive.nationalarchives.gov.uk/20170110171012/https://www.noo.org.uk/core/frameworks/SEF_PA">http://webarchive.nationalarchives.gov.uk/20170110171012/https://www.noo.org.uk/core/frameworks/SEF_PA</a>  <a href="http://sallis.ucsd.edu/measure_7daypar.html">http://sallis.ucsd.edu/measure_7daypar.html</a>
	Global Physical Activity Questionnaire (GPAQ)	The GPAQ was developed by the World Health Organisation (WHO) for physical activity surveillance in countries. It collects information on physical activity participation in three settings (or domains) as well as sedentary behaviour, comprising 16 questions (P1-P16). The domains are: <ul style="list-style-type: none"><li>• Activity at work</li><li>• Travel to and from places</li><li>• Recreational activities</li></ul> Note: The GPPAQ is a different questionnaire used for screening purposes only and not validated for evaluations	Free to download and use	<a href="http://www.who.int/chp/steps/resources/GPAQ_Analysis_Guide.pdf">www.who.int/chp/steps/resources/GPAQ_Analysis_Guide.pdf</a>
Physical Activity – children and young people	Physical Activity Questionnaire for Children and Adolescents (PAQ-C and PAQ-A)	Validated for use with children and adolescents aged 9-15 years.  These are 7 day recall questionnaires assessing general levels of physical activity	Free to download and use	<a href="http://webarchive.nationalarchives.gov.uk/20170110171012/https://www.noo.org.uk/core/frameworks/SEF_PA">http://webarchive.nationalarchives.gov.uk/20170110171012/https://www.noo.org.uk/core/frameworks/SEF_PA</a>
Dietary Assessment Questionnaires - Adults	Five-a-day Community Evaluation Tool (FACET)	The FACET is a six-item self-completion questionnaire that focuses on intake of fruit and vegetables and related eating behaviours in adults. It was initially designed to evaluate the impact of an intervention to increase consumption of fruit and vegetables in a local population	Free to download and use	<a href="http://webarchive.nationalarchives.gov.uk/20170110171012/https://www.noo.org.uk/core/frameworks/SEF_PA">http://webarchive.nationalarchives.gov.uk/20170110171012/https://www.noo.org.uk/core/frameworks/SEF_PA</a>  <a href="http://www.dapa-toolkit.mrc.ac.uk/documents/en/DoH/DoH_Facet_questionnaire.pdf">http://www.dapa-toolkit.mrc.ac.uk/documents/en/DoH/DoH_Facet_questionnaire.pdf</a>
	Dietary Intervention in Primary Care (DINE)	The DINE is a 19-item questionnaire developed for use in interview administered health checks to help health professional provide personalised dietary advice.	Distribution of the questionnaire is controlled to ensure that it is used appropriately. For further	<a href="http://webarchive.nationalarchives.gov.uk/20170110171012/https://www.noo.org.uk/core/frameworks/SEF_PA">http://webarchive.nationalarchives.gov.uk/20170110171012/https://www.noo.org.uk/core/frameworks/SEF_PA</a>

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			information and permission to use DINE, please contact Liane Roe, Research Nutritionist, at <a href="mailto:lsr7@psu.edu">lsr7@psu.edu</a>	
	Two-item food frequency questionnaire	The two-item food-frequency questionnaire was developed to estimate intake of fruit and vegetables. It is recommended that the questionnaire is administered by a trained interviewer.	The questionnaire is free to use, although it must be cited and acknowledged appropriately.	<a href="http://webarchive.nationalarchives.gov.uk/20170110171012/https://www.noo.org.uk/core/frameworks/SEF_PA">http://webarchive.nationalarchives.gov.uk/20170110171012/https://www.noo.org.uk/core/frameworks/SEF_PA</a>  Cappuccio FP, Rink E, Perkins-Porras L, McKay C, Hilton S, Steptoe A (2003) Estimation of fruit and vegetable intake using a two-item dietary questionnaire: a potential tool for primary health care workers. Nutrition, Metabolism and Cardiovascular Diseases 2003, 13(1):12–9.
Dietary Assessment Questionnaires – Children and Young People	Day in the Life Questionnaire (DILQ)	The DILQ (for children aged 7–9 years) is a 17-item self-completion questionnaire. The DILQ (for children aged 9–11 years) is a modified version that contains 23 items. Both were developed as a supervised classroom activity to measure fruit and vegetable consumption.	A sample can be found in the link supplied.  You will need to contact the authors to obtain the manual. Contact should be made via the Health Experiences Research Group, University of Oxford Department of Primary Care. For the DILQ (9–11 years) details are provided in Moore et al. (2007).	<a href="http://webarchive.nationalarchives.gov.uk/20170110171012/https://www.noo.org.uk/core/frameworks/SEF_PA">http://webarchive.nationalarchives.gov.uk/20170110171012/https://www.noo.org.uk/core/frameworks/SEF_PA</a>  Moore GF, Tapper K, Murphy S, Clark R, Lynch R, Moore L (2007) Validation of self-completion measure of breakfast foods, snacks and fruits and vegetables consumed by 9–11 year old school children. European Journal of Clinical Nutrition 61, 420–430
	Synchronised Nutrition and Activity Programme (SNAP™)	The SNAP™ is a web-based programme that uses a typical 24-hour recall method to assess dietary intake and physical activity in children. It is for use with 7 to 16 year olds.	This is an online tool and you will need to go online and contact the authors for license costs.	<a href="http://www.snapproject.co.uk">http://www.snapproject.co.uk</a>
	Child Nutrition Questionnaire (CNQ)	The CNQ is a 14-item questionnaire to be completed by children with support from a helper. It was developed to examine dietary patterns that are known to increase the	The questionnaire is free to use, although it must be cited and acknowledged appropriately	<a href="http://ijbnpa.biomedcentral.com/articles/10.1186/1479-5868-5-5">http://ijbnpa.biomedcentral.com/articles/10.1186/1479-5868-5-5</a>

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		risk of weight gain. It is designed for use with 10 - 12 year olds.		
	Family Eating and Activity Habits Questionnaire (FEAHQ)	The FEAHQ is a 21-item self-administered questionnaire designed for co-completion by parents or carers and their children. It was developed to examine environmental factors and family behaviours associated with weight gain and weight loss in children.  It is designed for use with parents or carers of obese children aged 6-11 years old.	Free to download and use although it must be cited and acknowledged appropriately.	<a href="http://www.nature.com/ejcn/journal/v52/n10/pdf/1600647a.pdf">http://www.nature.com/ejcn/journal/v52/n10/pdf/1600647a.pdf</a>
	Children's Dietary Questionnaire (CDQ)	The CDQ is a 28-item semi-quantitative food-frequency questionnaire, designed to be completed by a parent or carer (with or without researcher assistance). It was developed to examine patterns of food intake.  It is designed for use with parents or carers of 4 to 16 year olds.	The questionnaire is free to use although it must be cited and acknowledged appropriately	<a href="http://www.noo.org.uk/core/frameworks/S EF_PA">http://www.noo.org.uk/core/frameworks/S EF_PA</a>  Magarey A, Golley R, Spurrier N, Goodwin E, Ong F (2009) Reliability and validity of the Children's Dietary Questionnaire; a new tool to measure children's dietary patterns. International Journal of Pediatric Obesity 4(4):257–65
Quality of Life	SF-36	A 36 item questionnaire to measure health status in people aged 14 and older. It measures 8 health concepts: physical functioning, role limitations due to physical health problems, bodily pain, general health, vitality, social functioning, role limitations due to emotional problems and mental health.	There is a licence fee for commercial use, please check the copyright permissions carefully before using.	<a href="http://www.clintools.com/victims/resources/assessment/health/sf-36-questionnaire.html">http://www.clintools.com/victims/resources/assessment/health/sf-36-questionnaire.html</a>
	SF-12	This is a 12 item version of the SF 36 and has been validated for people aged 14 and over.	There is a licence fee for commercial use, please check the copyright permissions carefully before using.	<a href="https://www.hss.edu/physician-files/huang/SF12-RCH.pdf">https://www.hss.edu/physician-files/huang/SF12-RCH.pdf</a>
	WHOQOL BREF	This is a 26 item questionnaire to measure quality of life. It asks questions in the four domains of physical health, psychological health, social relationships and the environment on a five point scale.	This measure is free to use, however you do need to seek permission to use the questionnaire.	<a href="http://www.who.int/mental_health/media/n/76.pdf?ua=1">http://www.who.int/mental_health/media/n/76.pdf?ua=1</a>
	The EQ-5D	The EQ-5D is a simple two-page questionnaire that measures health-related quality of life on five dimensions of	You need to register to use this study. Any fees will depend on	<a href="http://www.euroqol.org/">http://www.euroqol.org/</a>

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		<p>mobility, self-care, usual activities, pain/discomfort, and anxiety/depression. A basic version of the scale, the EQ-5D-3L, is available (Oemar &amp; Oppe 2013). The tool can be completed quickly by respondents in surveys and interviews and is suitable for participants with a wide range of health conditions. It produces an overall score, representing health status in a single index value between 0 (worst imaginable health state) and 100 (best imaginable health state).</p> <p>It is possible to use the EQ-5D tool for economic evaluation as the values can be converted to QALYs (Quality Adjusted Life Years). However, it is recommended to seek specialist advice and support to apply this. Further information can be found on the EuroQol website.</p>	the type and size of the project and how your project is funded.	
	Older People's Quality of Life questionnaire (OPQOL-brief)	This is a 13 item questionnaire (reduced from an original 35 item questionnaire) which aims to measure the quality of life in people aged 65 and over. Each question uses a five point scale from Strongly Agree to Strongly Disagree. The questionnaire also contains a single item quality of life measure which is scored separately.	<p>This questionnaire is free to use and no permissions are needed. You must include the following reference:</p> <p>Bowling A, Hankins M, Windle G, Bilotta C, Grant R. (2013). A short measure of quality of life in older age: The performance of the brief Older People's Quality of Life questionnaire (OPQOL-brief). Archives of Geriatrics and Gerontology, 56, 1: 181-187.  <a href="http://dx.doi.org/10.1016/j.archger.2012.08.012">http://dx.doi.org/10.1016/j.archger.2012.08.012</a></p>	<a href="http://www.ilcuk.org.uk/files/OPQOL_brief_questionnaire.pdf">http://www.ilcuk.org.uk/files/OPQOL_brief_questionnaire.pdf</a>
Wellbeing	Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS)	<p>The Warwick-Edinburgh mental wellbeing scale (Tennant et al. 2007) is frequently used to monitor mental wellbeing in the general population and evaluate projects to improve mental wellbeing in adults. It is not a clinical tool and is not designed to detect mental illness. The WEMWBS contains 14 items and is validated for people aged 13 and over.</p> <p>The SWEMWBS is a shortened version of the WEMWBS</p>	Free to use but you must register your evaluation first in order to use it.	<a href="http://www2.warwick.ac.uk/fac/med/research/platform/wemwbs">http://www2.warwick.ac.uk/fac/med/research/platform/wemwbs</a>

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		<p>which contains 7 items. The score from the SWEMWBS can be converted in order to compare to the full length WEMWBS.</p> <p>A social return on investment (SROI) can be applied to the results of this tool using the calculation developed by HACT and Simetrica (<a href="http://www.hact.org.uk/new-wemwbs-values">http://www.hact.org.uk/new-wemwbs-values</a>).</p>		
	ONS Subjective wellbeing	The Office for National Statistics' subjective well-being questions are a set of 4 questions with a response scale of 0-10, intended to capture what people think about their wellbeing. From April 2011 these questions have been included in the Integrated Household Survey, which is a composite survey that gathers information from over 200,000 people in UK.	Free to use for non-commercial use	<a href="http://webarchive.nationalarchives.gov.uk/20160105160709/http://www.ons.gov.uk/ons/guide-method/method-quality/specific/social-and-welfare-methodology/subjective-wellbeing-survey-user-guide/index.html">http://webarchive.nationalarchives.gov.uk/20160105160709/http://www.ons.gov.uk/ons/guide-method/method-quality/specific/social-and-welfare-methodology/subjective-wellbeing-survey-user-guide/index.html</a>
	General Health Questionnaire (GHQ12)	A 12 item questionnaire assessing mental wellbeing, which is rated on a four-point scale.	Free for non-commercial use	<a href="http://occm.oxfordjournals.org/content/57/1/79.full">http://occm.oxfordjournals.org/content/57/1/79.full</a>
	The Short Happiness – Depression Scale (SHDS)	A 6 item questionnaire which measures depression and happiness on a continuum scale. Each question is rated on a four point scale	Contact the author for permission to use.	<a href="http://onlinelibrary.wiley.com/doi/10.1348/1476083042555406/full">http://onlinelibrary.wiley.com/doi/10.1348/1476083042555406/full</a>
	Oxford Happiness Questionnaire – Short Scale	An 8 item questionnaire which measures current levels of happiness on a 6 point scale.	Free for non-commercial use. Include a credit line that contains the source citation and copyright owner when writing about or using any test.	<a href="http://www.sciencedirect.com/science/article/pii/S0191886901002136">http://www.sciencedirect.com/science/article/pii/S0191886901002136</a>
	Satisfaction with Life Scale	This is a five question measure on life satisfaction. Each question is rated on a scale from 1 to 7.	Free for non-commercial use	<p><a href="http://fetzer.org/sites/default/files/images/stories/pdf/selfmeasures/SATISFACTION-SatisfactionWithLife.pdf">http://fetzer.org/sites/default/files/images/stories/pdf/selfmeasures/SATISFACTION-SatisfactionWithLife.pdf</a></p> <p>Diener, E., Emmons, R.A., Larsen, R.J., &amp; Griffin, S. (1985). The Satisfaction with Life Scale. <i>Journal of Personality Assessment</i>, 49, 1-5.</p> <p>Pavrot, W., &amp; Diener, E. (1993).</p>

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				Review of the Satisfaction with Life Scale. <i>Psychological Assessment</i> , 5, 164-172.
Mental Health	The Patient Health Questionnaires (PHQ)	PHQ is a diagnostic tool for mental health disorders used by health care professionals. It is designed for use in primary care settings. The PHQ-9 is recommended by the NHS IAPT (improving access to psychological therapies) programme as a tool for measuring depressive symptoms.  The GAD-7 scale is a self-reported anxiety questionnaire that is often used in mental health assessment. The GAD-7 has seven items that assess the severity of participants' anxiety over the past two weeks. These measures are sometimes used together. The PHQ-SADS screens for anxiety and depression using questions from PHQ-9 and other versions of the questionnaire along with GAD-7.	Free to use and no need to register	<a href="http://www.phqscreeners.com/">http://www.phqscreeners.com/</a>
	Work and Social Adjustment Scale (WSAS)	This is a five item questionnaire scored on a scale of 0 to 8 which can be used to measure impairment of every day functioning. It has been validated to be used on people with depression, anxiety or alcohol related issues.	This questionnaire can be used without charge for research and evaluation purposes. Permission to use must be asked.  Mundt, J. C., Marks, I. M., Shear, M. K., & Greist, J. M. (2002). The Work and Social Adjustment Scale: a simple measure of impairment in functioning. <i>The British Journal of Psychiatry</i> , 180(5), 461–464.	<a href="https://serene.me.uk/tests/wsas.pdf">https://serene.me.uk/tests/wsas.pdf</a>
Loneliness	The Campaign to End Loneliness Measurement tool	This is a 3 item questionnaire which is scored on a scale of 0 to 4. Somebody with a score of 3 or less is unlikely to be lonely whereas someone with a score of 10 to 12 is likely to be very lonely. The advantage of this questionnaire is that it is quick, uses positive language and avoids the word loneliness. However it is a fairly new tool so has not been used as extensively as other tools on loneliness.	Free to use	<a href="https://www.campaigntoendloneliness.org/wp-content/uploads/Loneliness-Measurement-Guidance1.pdf">https://www.campaigntoendloneliness.org/wp-content/uploads/Loneliness-Measurement-Guidance1.pdf</a>



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	The De Jong Gieveland Loneliness Scale	This is a 6 item questionnaire scored as either 0 or 1 for each question. This tool was specifically designed for use with older people and is widely used. However, some of the questions are negatively worded which some staff may find difficult to ask.		
	The UCLA Loneliness Scale	This scale uses 3 questions scored on a scale of 1 to 3 and has been widely used. However, the scale uses negatively worded questions and has been mainly tested on a US student population so may not be representative of older people in the UK.		
	Single-item questions	There are several single item questions (which can be found in the Campaign to End Loneliness guide). The advantage of these are that they are short and can be age friendly. However, these questions tend to mention the word 'lonely' which has stigma attached to it. As a result, this may affect the reliability of these questions.		
Self-esteem	The Rosenberg Self-esteem scale	<p>A 10-item scale that measures global self-worth by measuring both positive and negative feelings about the self.</p> <p>The scale ranges from 0-30. Scores between 15 and 25 are within normal range; scores below 15 suggest low self-esteem.</p> <p>A modified version for children aged 12 and over is available.</p>	The questionnaire can be found for free in various places on the internet. Please check copyright details on the website before use.	Contact us further information - <a href="https://www.hertshealthevidence.org/contact-form/">https://www.hertshealthevidence.org/contact-form/</a>
Psychological distress	The CORE outcome measures (CORE-OM)	CORE-OM is used for routine outcomes measurement in psychological therapies. It is a 34-item generic measure of psychological distress, which comprises four domains of wellbeing, symptoms, functioning and risk. It is one of many outcome measures that make up the CORE system.	Free to download, copy and use.	<a href="http://www.coreims.co.uk/About_Measurement_Tools.html">http://www.coreims.co.uk/About_Measurement_Tools.html</a>
	YP-CORE	10 item measure version of the CORE-OM for young people aged 11 to 16. Items have been rephrased for the target audience.	Free to download, copy and use.	<a href="http://www.coreims.co.uk/About_Measurement_Tools.html">http://www.coreims.co.uk/About_Measurement_Tools.html</a>

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	CORE-LD	This is a modified version of the CORE-OM for people with learning disabilities	Free to download, copy and use.	<a href="http://www.coreims.co.uk/About_Measurement_Tools.html">http://www.coreims.co.uk/About_Measurement_Tools.html</a>
Alcohol Consumption	Audit-C	A 10 item questionnaire to measure alcohol consumption in the last year.	Free to download, copy and use.	<a href="https://www.alcohollearningcentre.org.uk/TOPICS/Latest/AUDIT-C/">https://www.alcohollearningcentre.org.uk/TOPICS/Latest/AUDIT-C/</a>
	Audit-O	A 10 item recall questionnaire to measure alcohol consumption in the last 3 months.	Free to download, copy and use.	<a href="https://www.alcohollearningcentre.org.uk/assets/AUDIT_Outcome_3.doc">https://www.alcohollearningcentre.org.uk/assets/AUDIT_Outcome_3.doc</a>
	Alcohol Star	An outcomes star specifically designed for managing alcohol misuse in clients	There is a licence fee to use this star.	<a href="https://www.alcohollearningcentre.org.uk/assets/Alcohol_Outcomes_Star_User_Guide.pdf">https://www.alcohollearningcentre.org.uk/assets/Alcohol_Outcomes_Star_User_Guide.pdf</a>  <a href="http://www.outcomestar.org.uk">www.outcomestar.org.uk</a>
Falls in older people	Falls Efficacy Scale International	A 16 item questionnaire that measures the clients concerns about falling during social and physical activities both inside and outside the home. Each question is measured using a four point scale.	Free for non-commercial use	<a href="http://www.5boroughpartnership.nhs.uk/assets/uploaded/documents/36091_fezi%20falls.pdf">http://www.5boroughpartnership.nhs.uk/assets/uploaded/documents/36091_fezi%20falls.pdf</a>
Behaviour in young children	Strengths and Difficulties Questionnaire (SDQ)	The Strengths and Difficulties Questionnaire (SDQ) is a brief behavioural screening questionnaire for 3-16 year olds. It exists in several versions to meet the needs of researchers, clinicians and educationalists. It covers the domains of: emotional symptoms, conduct problems, hyperactivity/inattention and prosocial behaviour. There are different versions depending on the age of the child	Free to download and use	<a href="http://sdqinfo.org">http://sdqinfo.org</a>
Arts specific measures	The arts observation scale (ArtsObs)	The ArtsObs tool has been developed specifically for the evaluation of performing arts interventions in healthcare settings (Fancourt & Poon, 2015). It is a non-intrusive tool that is capable of capturing quantitative and qualitative data from participants who are not able to complete questionnaires without interfering with or diminishing the effects of the creative arts process taking place.	Free to download and use	<a href="http://www.cwplus.org.uk/assets/pdf/Manual.pdf">http://www.cwplus.org.uk/assets/pdf/Manual.pdf</a> <a href="http://www.cwplus.org.uk/assets/pdf/ArtsObs%20Template.pdf">http://www.cwplus.org.uk/assets/pdf/ArtsObs%20Template.pdf</a>