

ASVB Outcomes List – April 2026

This below list contains all of the outcomes currently available in the Australian Social Value Bank. Please note that this list is frequently updated so please ensure that you are referring to the most recent list. Please utilise the outcome and description column in the table below to identify the outcome that is most relevant to your program. If multiple outcomes are relevant to your program, please refer to section 10.2 of the ASVB User Guide to prioritise which outcome to use. It is worth noting that the ASVB defines a program as a set of structured activities with a particular aim, so within a program defined by an organization, there may be multiple “ASVB programs” that each result in an outcome and can be calculated separately and then combined to understand the total social value created.

Crime

Outcome	Description	Evidence Required
Reduced problems with anti-social behaviour	This outcome shows the social impact of fewer people in the participant’s neighbourhood acting in a hostile or aggressive manner.	Use Question Q1 from the crime surveys (for before and after your program)
Reduced problems with teenagers hanging around	This outcome shows the social impact of fewer teenagers hanging around on the streets of the participant’s neighbourhood.	Use Question Q2 from the crime surveys from before and after program
Reduced problems with vandalism/graffiti	This outcome shows the social impact of fewer instances of vandalism and deliberate damage to property occurring in the participant’s neighbourhood.	Use Question Q3 from the crime surveys (for before and after a program)
Increased sense of personal safety	This outcome shows the social impact associated with participants feeling safer in their everyday life.	Use Question Q4 from the crime surveys (for before and after a program)
Prevented reoffending	This outcome shows the social impact gained from not being detained in a jail/correctional facility, having already been detained previously.	Check prison records or Question Q5 from the crime surveys (for before and after the program)

Drugs and Alcohol

Outcome	Description	Evidence Required
Ceased smoking – social smoker	This outcome shows the social impact from no longer smoking occasionally (i.e. from no longer smoking less often than on a weekly basis).	Use Question Q1 from the drugs and alcohol surveys (for before and after a program)
Ceased smoking – full-time smoker	This outcome shows the social impact from no longer smoking regularly (i.e. from no longer smoking daily or at least weekly).	Use Question Q2 from the drugs and alcohol surveys (for before and after a program)
Freedom from alcohol problems	This outcome shows the social impact of no longer having alcohol problems as defined as having at least four standard drinks on more than four occasions in the last month.	Use Question Q3 from the drugs and alcohol surveys (for before and after a program)
Ceased using Cannabis	This outcome shows the social impact of stopping using cannabis.	Use Question Q4 from the drugs and alcohol surveys (for before and after a program)
Ceased injecting illegal street drugs	This outcome shows the social impact of stopping injecting illegal street drugs. This includes amphetamines, such as speed and ice, heroin, cocaine, ecstasy and any illegal drug aside from cannabis.	Use Question Q5 from the drugs and alcohol surveys (for before and after a program)
Treated for drug and alcohol problems	This outcome shows the social impact of successfully completing treatment for drug/alcohol problems.	Use treatment records or Q6 from the drugs and alcohol surveys (for before and after a program)

Education

Outcome	Description	Evidence Required
Qualification Obtained - Certificate levels III and IV	This outcome shows the social impact of successfully obtaining a Certificate level III or IV.	Use college records or Q4 from the education surveys (for before and after a program)
Completed Year 12	This outcome shows the social impact of successfully completing Year 12.	Use school records or Q3 from the education surveys (for before and after a program)
Improved numeracy	This outcome shows the social impact of improving the participant's level of mathematical skills from poor/average to good/very good, when compared to the average Australian.	Use Question Q5 from the education surveys (for before and after a program)
Adequate computer skills	This outcome shows the social impact of improving the participant's level of computer skills such that they meet their present needs.	Use Question Q6 from the education surveys (for before and after a program)
Improved English language skills for non-native speakers	This outcome shows the social impact of improving the participant's level of English (applicable to individuals for whom English is not the main language of their country of birth).	Use Question Q7 from the education surveys (for before and after a program)
Commenced education - Certificate level I or II	This outcome shows the social impact of studying for a Certificate level I or II.	Use education records or use Q1 from the education surveys (for before or after a program)
Commenced education - Certificate level III or IV	This outcome shows the social impact of studying for a Certificate level III or IV.	Use education records or Q2 from the education surveys (for before and after a program)

Employment

Outcome	Description	Evidence Required
Obtained full-time employment	This outcome shows the social impact of a participant moving from unemployment to full-time employment. Permanent full-time employment is defined as working for at least 38 hours per week, and being entitled to sick pay and annual leave.	Use Question Q2 from the employment surveys (for before and after a program)
Obtained part-time employment	This outcome shows the social impact of a participant moving from unemployment to part-time employment. Permanent part-time employment is defined as working fewer than 38 hours per week, and being entitled to sick pay and annual leave.	Use Question Q2 from the employment surveys (for before and after a program)
Became self-employed	This outcome shows the social impact of a participant moving from unemployment to self-employment.	Use Question Q2 from the employment surveys (for before and after a program)
Obtained casual employment - equivalent full-time hours	This outcome shows the social impact of a participant moving from unemployment to casual employment with equivalent full-time hours. This is defined as working for at least 38 hours per week, and not being entitled to sick pay or annual leave	Use Question Q2 from the employment surveys (for before and after a program)

Obtained casual employment - equivalent part-time hours	This outcome shows the social impact of a participant moving from unemployment to casual employment with equivalent part-time hours. Casual employment with equivalent part-time hours is defined as working fewer than 38 hours per week, and not being entitled to sick pay or annual leave.	Use Question Q2 from the employment surveys (for before and after a program)
Improved job readiness	This outcome shows the social impact of the participant receiving support to help them prepare for work.	Use Question Q1 from the employment surveys (for before and after a program)
People with injuries, illness or disability obtained employment	This outcome shows the social impact of participants moving from unemployment (due to an injury, illness or disability) to employment (full-time, part-time or self-employment).	Use Question Q2 from the employment surveys (for before and after a program)
Satisfaction with employment opportunities	This outcome shows the social impact of participants having increased satisfaction with their employment opportunities.	Use Question Q3 from the employment surveys (for before and after a program).
No job-related discrimination	This outcome shows the social impact of participants not experiencing discrimination from their employer.	Use Question Q4 from the employment surveys (for before and after a program).
Work-related training and skill development	This outcome shows the social impact of participants taking part in education or work-related training and acquiring new skills from this training.	Use Question Q5 from the employment surveys (for before and after a program).
Removing childcare as a barrier to employment	This outcome shows the social impact to the individual of not having trouble getting a job / not looking for work, due to difficulties in finding childcare.	Use Question Q6 from the employment surveys (for before and after a program).

Health

Outcome	Description	Evidence Required
Improved overall health	This outcome shows the social impact of improving the health of participants, such that their health is now considered excellent/very good/good.	Use Question Q1 from the health surveys (for before and after a program)
Feels in control of life	This outcome shows the social impact of participants agreeing that they feel in control of their life.	Use Question Q2 from the health surveys (for before and after a program)
Relief from depression/anxiety	This outcome shows the social impact of participants no longer suffering from depression or anxiety.	Use Question Q3 from the health surveys (for before and after a program)
Increased hope for the future	This outcome shows the social impact of participants agreeing that Australia offers a great future for their children.	Use Question Q4 from the health surveys (for before and after a program)
Reduced parental stress	This outcome shows the social impact of participants feeling less fatigued in meeting the needs of their children.	Use Question Q5 from the health surveys (for before and after a program)
Improved diet	This outcome shows the social impact of participants improving their diet such that it meets the recommended dietary guidelines (2 fruit and 5 vegetables a day).	Use Question Q6 from the health surveys (for before and after a program)
Improved self esteem/confidence	This outcome shows the social impact of participants having improved self-esteem and a higher level of confidence, in a range of scenarios.	Use Question Q7 from the health surveys (for before and after a program)

Free from sleeping problems	This outcome shows the social impact of participants improving the quality of their sleep.	Use Question Q8 from the health surveys (for before and after a program)
Increased sense of trust in other people	This outcome shows the social impact of participants agreeing that most people can be trusted.	Use Question Q9 from the health surveys (for before and after a program)
Relief from Type 2 Diabetes	This outcome shows the social impact of participants who were diagnosed with pre-diabetes, and no longer suffer from its symptoms meaning that they successfully avoided contracting diabetes.	Use Question Q10 from the health surveys (for before and after a program)
No longer obese	This outcome shows the social impact of participants moving from being "obese" (having a BMI of 30 and greater) to "overweight" (BMI of 25 to less than 30) or to a "normal range" (BMI of 18.5 to less than 25).	Use Question Q11 from the health surveys (for before and after a program)
Accessed Family violence services	This outcome shows the social impact of participants who were victims of family violence, receiving assistance from public/private family violence services.	Use Question Q12 from the health surveys (for before and after a program)
Accessed Gambling support services	This outcome shows the social impact of participants who receive assistance from gambling support services.	Use Question Q13 from the health surveys (for before and after a program)
Accessed free meal programs	This outcome shows the social impact of participants who have accessed meal programs (services that provide free meals - e.g. by the Salvation army) at least twice in the last four weeks.	Use Question Q14 from the health surveys (for before and after a program)
Accessed support for people who were sexually assaulted as an adult	This outcome shows the social impact of individuals (who suffered from sexual assault as an adult) accessing advice or support from their doctor, counsellor, crisis/ legal help, family/friends, the police or any other support, including a telephone help line.	Use Question Q15 from the health surveys (for before and after a program)
Relief from Post Traumatic Stress Disorder (PTSD)	This outcome shows the social impact of participants who were diagnosed with PTSD (post-traumatic stress disorder), no longer suffering from the symptoms of PTSD.	Use Question Q16 from the health surveys (for before and after a program)

Home

Outcome	Description	Evidence Required
Housing Quality - Reduced impact of noise	This outcome shows the social impact of participants who are no longer affected by loud traffic noise and noise from airplanes, trains or industry when they are at home.	Use Question Q1 from the home surveys (for before and after a program).
Able to make ends meet	This outcome shows the social impact of participants moving from being unable to pay their electricity, gas or telephone bills on time due to a shortage of money, to being able to "make ends meet" (i.e. able to pay all bills on time).	Use Question Q2 from the home surveys (for before and after a program).
Housing is no longer overcrowded	This outcome shows the social impact of participants having adequate space in their household.	Use relevant records or use Question Q3 from the home surveys (for before and after a program)

Homelessness to temporary accommodation	This outcome shows the social impact of participants moving from homelessness to temporary accommodation.	Use relevant records or use Question Q4 from the home surveys (for before and after a program)
Homelessness to secure accommodation	This outcome shows the social impact of participants moving from homelessness to secure accommodation.	Use relevant records or use Question Q4 from the home surveys (for before and after a program)
Homelessness to Social Housing	This outcome shows the social impact of participants moving from homelessness to social housing.	Use relevant records or use Question Q4 from the home surveys (for before and after a program)
Temporary accommodation to Social Housing	This outcome shows the social impact of participants moving from temporary accommodation to social housing.	Use relevant records or use Question Q4 from the home surveys (for before and after a program)
Temporary accommodation to secure accommodation	This outcome shows the social impact of participants moving from temporary accommodation to secure housing.	Use relevant records or use Question Q4 from the home surveys (for before and after a program)
Improved condition of Social Housing property	This outcome shows the social impact of improvement in a participants' home.	Use relevant records or use Question Q5 from the home surveys (for before and after a program)
Financial resilience	This outcome shows the impact of participants being able to raise \$3,000 in an emergency.	Use Question Q6 from the home surveys (for before and after a program).
Accessed financial support services	This outcome shows the social impact of participants with low satisfaction with their financial situation, accessing financial support services.	Use Question Q7 from the home surveys (for before and after a program).
Homelessness to temporary accommodation – Disability	This outcome shows the social impact of participants with a disability moving from homelessness to temporary accommodation.	Use relevant records or use Question Q8 from the home surveys (for before a program), followed by Q4 from the home surveys (for before and after a program).
Homelessness to secure accommodation – Disability	This outcome shows the social impact of participants with a disability moving from homelessness to secure accommodation.	Use relevant records or use Question Q8 from the home surveys (for before a program), followed by Q4 from the home surveys (for before and after a program).
Homelessness to Social Housing – Disability	This outcome shows the social impact of participants with a disability moving from homelessness to Social Housing.	Use relevant records or use Question Q8 from the home surveys (for before a program), followed by Q4 from the home surveys (for before and after a program).
Temporary accommodation to Social Housing – Disability	This outcome shows the social impact of participants with a disability moving from temporary accommodation to Social Housing.	Use relevant records or use Question Q8 from the home surveys (for before a program), followed by Q4 from the home surveys (for before and after a program).
Temporary accommodation to secure accommodation – Disability	This outcome shows the social impact of participants with a disability moving from temporary accommodation to secure accommodation.	Use relevant records or use Question Q8 from the home surveys (for before a program), followed by Q4 from the home surveys (for before and after a program).
Improved condition of Social Housing property – Disability	This outcome shows the social impact of improvement in a participants' home, where that participant identifies as having a disability.	Use relevant records or use Question Q8 from the home surveys (for before a program), followed by Q5 from the home surveys (for before and after a program).

Social and Community

Outcome	Description	Evidence Required
Good neighbourhood - Neighbours do things together	This outcome shows the social impact of participants being socially active with their neighbours.	Use Question Q1 from the social and community surveys (for before and after a program)
Good neighbourhood - Neighbours help each other	This outcome shows the social impact of participants having neighbours who commonly help each other out.	Use Question Q2 from the social and community surveys (for before and after a program)
Improved condition of neighbourhood homes and gardens	This outcome shows the social impact of participants finding that the homes and gardens in their neighbourhood are in good condition	Use Question Q3 from the social and community surveys (for before and after a program)
Reduced litter problem	This outcome shows the social impact of less rubbish and litter lying around the participant's neighbourhood.	Use Question Q4 from the social and community surveys (for before and after a program).
Meets friends regularly	This outcome shows the social impact of participants meeting friends/relatives more regularly.	Use Question Q5 from the social and community surveys (for before and after a program).
Joined a social group	This outcome shows the social impact of participants being an active member of a social group and/or attending events that bring people together regularly.	Use Question Q6 from the social and community surveys (for before and after a program).
Volunteers	This outcome shows the social impact of participants doing at least one hour of volunteer/charity work per week.	Use Question Q7 from the social and community surveys (for before and after a program).
Talks to neighbours regularly	This outcome shows the social impact of participants who chat regularly with their neighbours.	Use Question Q8 from the social and community surveys (for before and after a program).
Adequate contact with a non-resident child	This outcome shows the social impact of participants who are satisfied with the amount of contact they have with a non-resident child/children (aged under 16).	Use Question Q9 from the social and community surveys (for before and after a program).
Increased involvement in decision making	This outcome shows the social impact of participants who feel involved with decision making in their local neighbourhood and home.	Use Question Q10 from the social and community surveys (for before and after a program).
Improved relationship with partner	This outcome shows the social impact of participants having an improved relationship with their partner.	Use Question Q11 from the social and community surveys (for before and after a program)
Improved relationship with children	This outcome shows the social impact of participants having an improved relationship with their children.	Use Question Q12 from the social and community surveys (for before and after a program)
Improved relationship with (most recent) former spouse/partner	This outcome shows the social impact of participants having an improved relationship with their most recent former spouse/partner.	Use Question Q13 from the social and community surveys (for before and after a program).
Increased resilience	This outcome shows the social impact of participants have increased resilience	Use Question 14 from the social and community surveys (for before and after a program).
Increased help-seeking	This outcome shows the social impact of participants have increased willingness to seek help when needed.	Use Question 15 from the social and community surveys (for before and after a program).
Internet Satisfaction	This outcome shows the social impact of participants having increased satisfaction with the speed and reliability of their internet connection at home.	Use Question Q16 from the social and community surveys (for before and after a program).
Feels part of local community	This outcome shows the social impact of participants having increased satisfaction with feeling part of their local community.	Use Question Q17 from the social and community surveys (for before and after a program).

Satisfaction with neighbourhood	This outcome shows the social impact of participants having increased satisfaction with their neighbourhood.	Use Question Q18 from the social and community surveys (for before and after a program).
Participation in cultural and arts activities	This outcome shows the social impact of regularly participating in cultural and arts activities.	Use Question Q19 from the social and community surveys (for before and after a program).

Sport

Outcome	Description	Evidence Required
Participates in frequent moderate exercise	This outcome shows the social impact of participants who do at least 150 minutes (as recommended by the Australian Department of Health) of moderate physical activity such as brisk walking or cycling, per week.	Use Question Q1 from the sport surveys (for before and after a program)
Increased levels of walking	This outcome shows the social impact of participants who do at least 180 minutes of walking per week.	Use Question Q2 from the sport surveys (for before and after a program)
Increased motivation and engagement in physical activity	This outcome shows the social impact of participants having increased motivation and engagement in physical activity	Use Question Q3 from the sport surveys (for before and after a program). *
Increased opportunity to engage in preferred physical activity	This outcome shows the social impact of participants having increased opportunity to engage in their preferred physical activities.	Use Question Q4 from the sport surveys (for before and after a program). *
Developed confidence to take part in lots of different physical activities	This outcome shows the social impact of participants who develop the confidence to take part in lots of different physical activities.	Use Question Q5 from the sport surveys (for before and after a program). *
Started to enjoy playing sport	This outcome shows the social impact of participants who have started to enjoy playing sport.	Use Question Q6 from the sport surveys (for before and after a program). *
Developed a sense of being good at lots of different physical activities	This outcome shows the social impact of participants who develop a sense of being good at lots of different physical activities.	Use Question Q7 from the sport surveys (for before and after a program). *
Participated in physical activity – people with a disability	This outcome shows the social impact of participants with a disability who start participating in physical activity.	Use Question Q8 from the sport surveys (for before and after a program). *
No longer face barriers due to lack of equipment	This outcome shows the social impact of participants whose amount of physical activity is no longer impacted by not having the equipment they need.	Use Question Q9 from the sport surveys (for before and after a program). *
No longer face barriers due to lack of facilities	This outcome shows the social impact of participants whose amount of physical activity is no longer impacted by a lack of facilities.	Use Question Q10 from the sport surveys (for before and after a program). *
Received coaching	This outcome shows the social impact of participants who have started to receive coaching, instruction or training for any of the physical activities they do.	Use Question Q11 from the sport surveys (for before and after a program). This outcome is based on the participant receiving coaching on at least a weekly basis. *
Participated in individual physical activity	This outcome shows the social impact of participants who have started participating in an individual physical activity.	Use Question Q12 from the sport surveys (for before and after a program). This outcome is based on at least weekly activity. *

Participated in group physical activity	This outcome shows the social impact of participants who have started participating in a group physical activity.	Use Question Q13 from the sport surveys (for before and after a program). This outcome is based on at least weekly activity.*
Played non-competitive sport	This outcome shows the social impact of participants who have started participating in non-competitive sport.	Use Question Q14 from the sport surveys (for before and after a program). *
Played competitive sport	This outcome shows the social impact of participants who have started participating in competitive sport.	Use Question Q15 from the sport surveys (for before and after a program) *
Attended professional sport	This outcome shows the social impact of participants who have attended professional sports events.	Use Question Q16 from the sport surveys (for before and after a program). *

User Surveys

As per the “Evidence Required” column in the above table, there are multiple ways to understand whether an outcome has been achieved. One of these is through a before and after survey and should be used to determine whether the individual achieves the outcome and can be counted as a beneficiary.

A beneficiary is seen as achieving an outcome if they move from an answer with an asterisk in the before survey to an answer with an asterisk in the after survey. (There are some exceptions to this rule which will be stated on the relevant survey questions.) Please note, when collecting data it is important to use plain versions of the surveys (without the asterisks) to avoid the risk of confusing or biasing the participants with the asterisks.

Where possible, you should aim to collect your evidence using these exact survey questions, as these are the survey questions that the wellbeing values have been derived from in the original HILDA and Journeys Home surveys. This will help to maintain the level of rigour between what the value represents, and the amount of change experienced by your beneficiaries. However, we understand that in some circumstances these questions may not be appropriate for the people in your program, and may need to be altered. In this situation, we recommend trying to align as closely as possible to the original question and scale, while adjusting it to meet the needs of your client group. If you do alter the survey questions you must note that you have done so in your assumptions and outline the survey question you used.

Please find the list of corresponding survey questions following.

Crime - Surveys

Crime – Q1 (Reduced problems with anti-social behaviour)

Before a program:

How commonly are people in your neighbourhood hostile and aggressive?

1 = Never happens 2 = Very rare 3 = Not common 4 = Fairly common 5 = Very common

After a program:

How commonly are people in your neighbourhood hostile and aggressive?

1 = Never happens* 2 = Very rare* 3 = Not common* 4 = Fairly common 5 = Very common

Crime – Q2 (Reduced problems with teenagers hanging around)

Before a program:

How commonly do teenagers hang around on the streets in your neighbourhood?

1 = Never happens 2 = Very rare 3 = Not common 4 = Fairly common* 5 = Very common*

After a program:

How commonly do teenagers hang around on the streets in your neighbourhood?

1 = Never happens* 2 = Very rare* 3 = Not common* 4 = Fairly common 5 = Very common

Crime – Q3 (Reduced problems with vandalism/graffiti)

Before a program:

How commonly does vandalism and deliberate damage to property occur in your neighbourhood?

1 = Never happens 2 = Very rare 3 = Not common 4 = Fairly common* 5 = Very common *

After a program:

How commonly does vandalism and deliberate damage to property occur in your neighbourhood?

1 = Never happens* 2 = Very rare* 3 = Not common* 4 = Fairly common 5 = Very common

Crime – Q4 (Increased sense of personal safety)

Before a program:

How satisfied are you with how safe you feel in your everyday life? Pick a number between 0 and 10 that indicates your level of satisfaction. The more satisfied you are, the higher the number you should pick. The less satisfied you are, the lower the number.

Totally dissatisfied					Neither satisfied nor dissatisfied					Totally satisfied
0 *	1 *	2 *	3 *	4 *	5 *	6	7	8	9	10

After a program:

How satisfied are you with how safe you feel in your everyday life? Pick a number between 0 and 10 that indicates your level of satisfaction. The more satisfied you are, the higher the number you should pick. The less satisfied you are, the lower the number.

Totally dissatisfied					Neither satisfied nor dissatisfied					Totally satisfied
0	1	2	3	4	5	6 *	7 *	8 *	9 *	10 *

Crime – Q5 (Prevented reoffending)

Before a program:

Have you been detained in a jail/correctional facility in the last year?

1 = Yes * 2 = No

After a program:

Have you been detained in a jail/correctional facility in the time period since the program began?

1 = Yes 2 = No *

Drugs and Alcohol - Surveys

Drugs and Alcohol – Q1 (Ceased smoking — social smoker)

Before a program:

Do you smoke occasionally? (i.e. do you smoke less often than on a weekly basis?)

1 = Yes * 2 = No

After a program:

Do you smoke occasionally? (i.e. do you smoke less often than on a weekly basis?)

1 = Yes 2 = No *

Drugs and Alcohol – Q2 (Ceased smoking — full-time smoker)

Before a program:

Do you smoke regularly? (i.e. do you smoke daily or at least weekly?)

1 = Yes * 2 = No

After a program:

Do you smoke regularly? (i.e. do you smoke daily or at least weekly?)

1 = Yes 2 = No *

Drugs and Alcohol – Q3 (Freedom from alcohol problems)

Before a program:

Have you exceeded four standard drinks on more than four occasions in the last four weeks?

1 = Yes * 2 = No

After a program:

Have you exceeded four standard drinks on more than four occasions in the time period since the program began?

1 = Yes 2 = No *

According to the Australian Government Department of Health, a standard drink is any drink containing 10 grams of alcohol. One standard drink always contains the same amount of alcohol regardless of container size or alcohol type, that is beer, wine, or spirit. An average serving of wine (150ml) or a stubbie of 375ml beer (5% volume) is 1.5 standard drinks.

Drugs and Alcohol – Q4 (Ceased using Cannabis)

Before a program:

Have you used cannabis in the last four weeks?

1 = Yes * 2 = No

After a program:

Have you used cannabis in the time period since the program began?

1 = Yes 2 = No *

Cannabis can also be known as marijuana, dope, weed, grass, ganja, yandi, hash, bud. Drugs and Alcohol – Q5 (Ceased injecting illegal street drugs)

Before a program:

Have you injected illegal street drugs in the last four weeks?

1 = Yes * 2 = No

After a program:

Have you injected illegal street drugs in the time period since the program began?

1 = Yes 2 = No *

This includes amphetamines, such as speed and ice, heroin, cocaine, ecstasy and any illegal drug aside from cannabis.

Drugs and Alcohol – Q6 (Treated for drug and alcohol problems)

Before a program:

Have you been successfully treated for drug/alcohol problems in the last four weeks?

1 = Yes 2 = No *

After a program:

Have you been successfully treated for drug/alcohol problems in the time period since the program began?

1 = Yes * 2 = No

Education - Surveys

Education – Q1 (Commenced education — Certificate level I or II)

Before a program:

Are you currently in education, studying for a Certificate level I or II?

1 = Yes 2 = No *

After a program:

Are you currently in education, studying for a Certificate level I or II?

1 = Yes * 2 = No

Education – Q2 (Commenced education — Certificate level III or IV)

Before a program:

Are you currently in education, studying for a Certificate level III or IV?

1 = Yes 2 = No *

After a program:

Are you currently in education, studying for a Certificate level III or IV?

1 = Yes * 2 = No

Education – Q3 (Completed Year 12)

Before a program:

If you have completed Year 11, did you complete Year 12?

1 = Yes 2 = No *3 = Not applicable

After a program:

If you have completed Year 11, did you complete Year 12?

1 = Yes * 2 = No 3 = Not applicable

Education – Q4 (Qualification Obtained - Certificate levels III and IV)

Before a program:

If you have completed Year 12, did you obtain a Certificate level III or IV?

1 = Yes 2 = No *3 = Not applicable

After a program:

If you have completed Year 12, did you obtain a Certificate level III or IV?

1 = Yes * 2 = No 3 = Not applicable

Education – Q5 (Improved numeracy)

Before a program:

Compared to the average Australian, how would you rate your mathematical skills? Pick a number between 0 and 10 that indicates your mathematical skill relative to the average Australian. The more satisfied you are with your mathematical skill, the higher the number you should pick. The less satisfied you are, the lower the number

Very poor					Average					Very good
0 *	1 *	2 *	3 *	4 *	5 *	6	7	8	9	10

After a program:

Compared to the average Australian, how would you rate your mathematical skills? Pick a number between 0 and 10 that indicates your mathematical skill relative to the average Australian. The more satisfied you are with your mathematical skill, the higher the number you should pick. The less satisfied you are, the lower the number.

Very poor					Average						Very good
0	1	2	3	4	5	6 *	7 *	8 *	9 *	10 *	

Education – Q6 (Adequate computer skills)**Before a program:**

Do you agree that your level of computer skills meets your present needs? Pick a number between 1 and 7 that indicates whether you agree that your level of computer skills meets your present needs. The more you agree, the higher the number you should pick. The less you agree, the lower the number.

Strongly disagree							Strongly agree
1 *	2 *	3 *	4 *	5	6	7	

After a program:

Do you agree that your level of computer skills meets your present needs? Pick a number between 1 and 7 that indicates whether you agree that your level of computer skills meets your present needs. The more you agree, the higher the number you should pick. The less you agree, the lower the number.

Strongly disagree							Strongly agree
1	2	3	4	5 *	6 *	7 *	

Education – Q7 (Improved English language skills for non-native speakers)**Before a program:**

How well would you say you speak English? (only individuals for whom English is not the main language of their country of birth)

1 = Very well 2 = Well 3 * = Not well 4 * = Not at all

After a program:

How well would you say you speak English? (only individuals for whom English is not the main language of their country of birth)

1 * = Very well 2 * = Well 3 = Not well 4 = Not at all

Employment - Surveys

Employment – Q1 (Improved job readiness)**Before a program:**

Did you receive support to help you prepare for work? (i.e. pay for clothing or pay for personal assistance such as counselling, rehabilitation, grooming, medical or dental services).

1 = Yes 2 = No *

After a program:

Did you receive support to help you prepare for work? (i.e. pay for clothing or pay for personal assistance such as counselling, rehabilitation, grooming, medical or dental services).

1 = Yes * 2 = No

Employment – Q2 (Full-time employment, Part-time employment, Self-employment, Casual employment (Full-time hours), Casual employment (Part-time hours) & people with injuries, illness or disability which prevented them from working)

Before the program:

What is your current employment status?

- 1 = Full-time employment (doing at least 38 hours of work per week and entitled to sick pay and annual leave)
- 2 = Part-time employment (doing fewer than 38 hours of work per week and entitled to sick pay and annual leave)
- 3 = Self-employed
- 4 = Casual worker – full-time equivalent (not eligible for sick pay or annual leave and doing at least 38 hours of work per week)
- 5 = Casual worker – part-time equivalent (not eligible for sick pay or annual leave and doing fewer than 38 hours of work per week)
- 6 = Student
- 7 = Unemployed (i.e. did not work more than one hour last week, actively looked for work in the last four weeks, and available to start work next week) *
- 8 = Unemployed due to an injury, illness or disability *
- 9 = Other

After a program:

What is your current employment status?

- 1 = Full-time employment (doing at least 38 hours of work per week and entitled to sick pay and annual leave) *
- 2 = Part-time employment (doing fewer than 38 hours of work per week and entitled to sick pay and annual leave)*
- 3 = Self-employed *
- 4 = Casual worker – full-time equivalent (not eligible for sick pay or annual leave and doing at least 38 hours of work per week) *
- 5 = Casual worker – part-time equivalent (not eligible for sick pay or annual leave and doing fewer than 38 hours of work per week) *
- 6 = Student
- 7 = Unemployed (i.e. did not work more than one hour last week, actively looked for work in the last four weeks, and available to start work next week)
- 8 = Unemployed due to an injury, illness or disability
- 9 = Other

Employment – Q3 (Satisfaction with employment opportunities)

Before a program:

On a scale from 0 to 10, where 0 means you are 'totally dissatisfied' and 10 means you are 'totally satisfied', how satisfied are you with your employment opportunities? (Pick a number between 0 and 10.)

Totally dissatisfied					Neither satisfied nor dissatisfied						Totally satisfied
0 *	1 *	2 *	3 *	4 *	5 *	6	7	8	9	10	

After a program:

On a scale from 0 to 10, where 0 means you are 'totally dissatisfied' and 10 means you are 'totally satisfied', how satisfied are you with your employment opportunities? (Pick a number between 0 and 10.)

Totally dissatisfied					Neither satisfied nor dissatisfied					Totally satisfied
0	1	2	3	4	5	6 *	7 *	8 *	9 *	10 *

Employment – Q4 (No job-related discrimination)

Before a program:

Think about your current employment, do you feel your employer discriminates against you because of your:

	Yes (to any)	No
Gender	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Age	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Ethnicity	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Religion	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Parenting responsibilities	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Long term health condition or disability	<input checked="" type="checkbox"/>	<input type="checkbox"/>

After a program:

Think about your current employment, do you feel your employer discriminates against you because of your:

	Yes	No (to all)
Gender	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Age	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Ethnicity	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Religion	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Parenting responsibilities	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Long term health condition or disability	<input type="checkbox"/>	<input checked="" type="checkbox"/>

The value applies to participants moving from saying yes to at least one of the options (before the program), to saying no to all the options (after the program).

Employment – Q5 (Work-related training and skill development)

Before a program:

During the past 12 months, if you've taken part in any education or training schemes as part of your employment, did you acquire any new skills?

1 = Yes 2 = No*

After a program:

During the past 12 months, if you've taken part in any education or training schemes as part of your employment, did you acquire any new skills?

1 = Yes* 2 = No

Employment – Q6 (Removing childcare as a barrier to employment)

Please Note: This value should only be applied to individuals who are unemployed, as it reflects the value to unemployed individuals of removing childcare as a barrier to finding employment.

Before a program:

Have difficulties in finding childcare been either a reason for you not to look for work or an issue in getting a job in the last 4 weeks?

1 = Yes* 2 = No

After a program:

Have difficulties in finding childcare been either a reason for you not to look for work or an issue in getting a job in the last 4 weeks?

1 = Yes 2 = No*

Health - Surveys

Health – Q1 (Improved overall health)

Before a program:

Thinking about the last three months, how would you say that your health has been on the whole, compared to people of your own age?

1 = Excellent 2 = Very good 3 = Good 4 = Fair * 5 = Poor *

After a program:

Thinking about the last three months, how would you say that your health has been on the whole, compared to people of your own age?

1 = Excellent * 2 = Very good * 3 = Good * 4 = Fair 5 = Poor

Health – Q2 (Feels in control of life)

Before a program:

Do you agree that you are in control of your life? Pick a number between 1 and 7 that indicates whether you agree that you feel in control of your life. The more you agree, the higher the number you should pick. The less you agree, the lower the number.

Strongly disagree Strongly agree
1 * 2 * 3 * 4 * 5 6 7

After a program:

Do you agree that you are in control of your life? Pick a number between 1 and 7 that indicates whether you agree that you feel in control of your life. The more you agree, the higher the number you should pick. The less you agree, the lower the number.

Strongly disagree Strongly agree
1 2 3 4 5 * 6 * 7 *

Health – Q3 (Relief from depression/anxiety)

Before a program:

Do you suffer from depression or anxiety?

1 = Yes * 2 = No

After a program:

Do you suffer from depression or anxiety?

1 = Yes 2 = No *

Health – Q4 (Increased hope for the future)

Before a program:

Do you agree that Australia offers a great future for our children?

1 = Strongly disagree* 2 = Disagree * 3 = Neutral * 4 = Agree 5 = Strongly agree

After a program:

Do you agree that Australia offers a great future for our children?

1 = Strongly disagree 2 = Disagree 3 = Neutral 4 = Agree * 5 = Strongly agree *

Health – Q5 (Reduced parental stress)

Before a program:

Do you agree that you feel tired, worn out or exhausted from meeting the needs of your children? Pick a number between 1 and 7 that indicates whether you agree that you feel exhausted from meeting the needs of your children. The more you agree, the higher the number you should pick. The less you agree, the lower the number.

Strongly disagree Strongly agree
1 2 3 4 * 5 * 6 * 7 *

After a program:

Please state your level of agreement with the following statements, where:

1 = Strongly disagree, and 7 = Strongly agree.

(The crosses show the range of responses which lead individuals to be labelled as confident.)

	Strongly disagree						Strongly agree
	1	2	3	4	5	6	7
a) I start feeling anxious if I do not understand a problem immediately	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b) Even when nobody is watching, I feel anxious in new situations	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c) In difficult situations where a lot depends on me, I am afraid of failing	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d) I feel uneasy about undertaking a task if I am unsure of succeeding	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e) I am afraid of tasks that I cannot work out or solve	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f) I like situations where I can find out how capable I am	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
g) I am attracted to tasks that allow me to test my abilities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
h) I enjoy situations that make use of my abilities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
i) When confronted by a difficult problem, I prefer to start working on it straight away	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

Health – Q8 (Free from sleeping problems)

Before a program:

In the past four weeks, how would you rate your sleep overall?

1 = Very good 2 = Fairly good 3 = Fairly bad * 4 = Very bad *

After a program:

In the time period since the end of the program, how would you rate your sleep overall?

1 = Very good * 2 = Fairly good * 3 = Fairly bad 4 = Very bad

Health - Q9 (Increased sense of trust in other people)

Before a program:

Do you agree that generally speaking, most people can be trusted? Pick a number between 1 and 7 that indicates whether you agree that most people can be trusted. The more you agree, the higher the number you should pick. The less you agree, the lower the number.

Strongly disagree						Strongly agree
1 *	2 *	3 *	4 *	5	6	7

After a program:

Do you agree that generally speaking, most people can be trusted? Pick a number between 1 and 7 that indicates whether you agree that most people can be trusted. The more you agree, the higher the number you should pick. The less you agree, the lower the number.

Strongly disagree						Strongly agree
1	2	3	4	5 *	6 *	7 *

Health – Q10 (Relief from Type 2 Diabetes)**Before a program:**

Have you been diagnosed with pre-diabetes?

1 = Yes * 2 = No

After a program:

If you have been diagnosed with pre-diabetes before, do you still have the symptoms of pre-diabetes?

1 = Yes 2 = No *

Health – Q11 (No longer obese)**Before a program:**

Where does your current BMI place you on the weight range scale?

1	2	3	4
Underweight	Normal range	Overweight	Obese
(BMI of less than 18.5)	(BMI of 18.5 to less than 25)	(BMI of 25 to less than 30)	(BMI of 30 and greater)*

After a program:

Where does your current BMI place you on the weight range scale?

1	2	3	4
Underweight	Normal range	Overweight	Obese
(BMI of less than 18.5)	(BMI of 18.5 to less than 25)*	(BMI of 25 to less than 30)*	(BMI of 30 and greater)

BMI can be calculated by dividing your weight in kilograms (kg) by your height in metres (m) and then dividing the answer by your height again. <https://www.heartfoundation.org.au/your-heart/know-your-risks/healthy-weight/bmi-calculator>

Health – Q12 (Accessed family violence services)**Before a program:**

Have you used family violence services?

1 = Yes 2 = No *

After a program:

Have you used family violence services in the time period since the end of the program?

1 = Yes * 2 = No

Health – Q13 (Accessed gambling support services)**Before a program:**

In the last four weeks, have you used gambling support services? (That is, free services that assist with problem gambling)

1 = Yes 2 = No *

After a program:

Have you used gambling support services in the time period since the end of the program? (That is, free services that assist with problem gambling)

1 = Yes * 2 = No

Health – Q14 (Accessed free meal programs)

Before a program:

Have you used meal programs at least twice in the last four weeks? (This includes any services that provide free meals - e.g. The Salvation Army.)

1 = Yes 2 = No *

After a program:

Have you used meal programs at least twice a month in the time period since the end of the program? (This includes any services that provide free meals - e.g. The Salvation Army.)

1 = Yes * 2 = No

Health – Q15 (Accessed support for people who were sexually assaulted as an adult)

Before a program:

If you have suffered from sexual assault as an adult, have you ever received advice or support from a doctor, counsellor, crisis/legal help, family/friends, the police or any other support, including a telephone help line?

1 = Yes 2 = No *

After a program:

If you have suffered from sexual assault as an adult, have you ever received advice or support from a doctor, counsellor, crisis/legal help, family/friends, the police or any other support, including a telephone help line?

1 = Yes * 2 = No

Health – Q16 (Relief from post-traumatic stress disorder (PTSD))

Before a program:

Have you been diagnosed with PTSD (post-traumatic stress disorder)?

1 = Yes * 2 = No

After a program

If you have been diagnosed with PTSD (post-traumatic stress disorder) before, do you still suffer from the symptoms of PTSD?

1 = Still suffer 2 = No longer suffer *

Home - Surveys

Home – Q1 (Housing Quality - Reduced impact of noise)

Before a program:

How common is it for you to hear loud traffic noise and noise from airplanes, trains or industry in your home?

1 = Never happens 2 = Very rare 3 = Not common 4 = Fairly common* 5 = Very common*

After a program:

How common is it for you to hear loud traffic noise and noise from airplanes, trains or industry in your home?

1 = Never happens* 2 = Very rare * 3 = Not common * 4 = Fairly common 5 = Very common

Home – Q2 (Able to make ends meet)

Before a program:

In the past four weeks, were you ever unable to pay your electricity, gas or telephone bills on time because of a shortage of money?

1 = Yes * 2 = No

After a program:

In the time period since the end of the program, were you ever unable to pay your electricity, gas or telephone bills on time because of a shortage of money?

1 = Yes 2 = No *

Home – Q3 (Housing is no longer overcrowded)

Before a program:

Is there adequate space in your household? (e.g. for a married couple with a child, assuming the married couple shares one bedroom, do the couple and child each have their own room?)

1 = Yes 2 = No *

After a program:

Is there adequate space in your household? (e.g. for a married couple with a child, assuming the married couple shares one bedroom, do the couple and child each have their own room?)

1 = Yes * 2 = No

Home – Q4 (Improved accommodation situation)

Before a program:

Which of the following options best describes your current accommodation?

- 1 = I currently sleep rough (in the street, a park, a tent, a train station, improvised shelter, your car, other vehicle, or living in a squat or abandoned building) *.
- 2 = I currently live in temporary accommodation (boarding house / rooming house / hostel, hotel, motel, crisis accommodation or refuge, health, treatment, or rehabilitation centre / facility) *.
- 3 = I currently live in social housing (a house, apartment or flat provided by the government/public housing authority or Community Housing provider).
- 4 = I currently live in secure housing (a house, apartment, flat, granny flat, unit, or caravan).

After a program:

Which of the following options best describes your current accommodation?

*(In this case, answer 2 = I currently live in temporary accommodation** is only valuable if the participant initially answered 1 = I currently sleep rough* in the survey before the program.)*

- 1 = I currently sleep rough (in the street, a park, a tent, a train station, improvised shelter, your car, other vehicle, or living in a squat or abandoned building) *.
- 2 = I currently live in temporary accommodation (boarding house / rooming house / hostel, hotel, motel, crisis accommodation or refuge, health, treatment, or rehabilitation centre / facility) *.
- 3 = I currently live in social housing (a house, apartment or flat provided by the government/public housing authority or Community Housing provider).
- 4 = I currently live in secure housing (a house, apartment, flat, granny flat, unit, or caravan).

Home – Q5 (Improved condition of social housing property)

Before a program:

Is your current home in good condition?

1 = Yes 2 = No *

After a program:

Is your current home in good condition?

1 = Yes * 2 = No

Home – Q6 (Able to be financially resilient)

Before a program:

Suppose you had only one week to raise \$3,000 for an emergency. Which of the following best describes how hard it would be for you to get that money?

- 1 = Could easily raise emergency funds
- 2 = Could raise emergency funds, but it would involve some sacrifices
- 3 = Would have to do something drastic to raise funds*
- 4 = Couldn't raise emergency funds*

After a program:

Suppose you had only one week to raise \$3,000 for an emergency. Which of the following best describes how hard it would be for you to get that money?

- 1 = Could easily raise emergency funds*
- 2 = Could raise emergency funds, but it would involve some sacrifices*
- 3 = Would have to do something drastic to raise funds
- 4 = Couldn't raise emergency funds

Home – Q7 (Accessed financial support services)

Before a program:

On a scale from 0 to 10, where 0 means you are 'totally dissatisfied' and 10 means you are 'totally satisfied', how satisfied are you with your financial situation? (Pick a number between 0 and 10.)

Totally dissatisfied					Neither satisfied nor dissatisfied					Totally satisfied
0 *	1 *	2 *	3	4	5	6	7	8	9	10

In the last 6 months have you used financial support services? That is, free services that help you budget, manage debts and/ or understand your financial situations and options.

1 = Yes 2 = No*

After a program:

In the last 6 months have you used financial support services? That is, free services that help you budget, manage debts and/ or understand your financial situations and options.

1 = Yes* 2 = No

** A person is counted as having achieved this outcome if they choose the asterisked answers for both questions in the before survey and then choose the asterisked answer in the after survey.*

Home – Q8 (Housing outcomes – Disability)

To apply these values, you must first ascertain that your participant identifies as having a disability, either from your program records or by using Question Q8 of the Home surveys, below. After which you can again use your program records, or apply Question Q4 and/or 5 of the Home surveys, before and after the program, to evidence changes in housing status.

Before a program:

Do you have any long-term health condition, impairment or disability that restricts you in your everyday activities, and has lasted or is likely to last, for 6 months or more?

1 = Yes* 2 = No

Were you diagnosed with an intellectual disability?

1 = Yes* 2 = No

**To apply disability-specific housing outcomes, a participant answers "yes" to either or both parts of Question 8, and then answers Question 4 or Question 5 (as outlined in the above table) from the Home surveys, before and after the program.*

Social and Community - Surveys

Social and Community – Q1 (Good neighbourhood - Neighbours do things together)

Before a program:

How common is it for neighbours in your neighbourhood to do things together?

1 = Never happens* 2 = Very rare * 3 = Not common * 4 = Fairly common 5 = Very common

After a program:

How common is it for neighbours in your neighbourhood to do things together?

1 = Never happens 2 = Very rare 3 = Not common 4 = Fairly common* 5 = Very common*

Social and Community – Q2 (Good neighbourhood - Neighbours help each other)

Before a program:

How common is it for neighbours in your neighbourhood to help each other out?

1 = Never happens* 2 = Very rare * 3 = Not common * 4 = Fairly common 5 = Very common

After a program:

How common is it for neighbours in your neighbourhood to help each other out?

1 = Never happens 2 = Very rare 3 = Not common 4 = Fairly common* 5 = Very common*

Social and Community – Q3 (Improved condition of neighbourhood homes and gardens)

Before a program:

How common is it to find homes and gardens in your neighbourhood in good condition?

1 = Never happens* 2 = Very rare * 3 = Not common * 4 = Fairly common 5 = Very common

After a program:

How common is it to find homes and gardens in your neighbourhood in good condition?

1 = Never happens 2 = Very rare 3 = Not common 4 = Fairly common* 5 = Very common*

Social and Community – Q4 (Reduced litter problem)

Before a program:

How common is it to find rubbish and litter lying around in your neighbourhood?

1 = Never happens 2 = Very rare 3 = Not common 4 = Fairly common* 5 = Very common*

After a program:

How common is it to find rubbish and litter lying around in your neighbourhood?

1 = Never happens* 2 = Very rare * 3 = Not common * 4 = Fairly common 5 = Very common

Social and Community – Q5 (Meets friends regularly)

Before a program:

How often do you get together socially with friends/relatives who are not living with you?

1 = Every day
2 = Several times a week
3 = About once a week
4 = About 2 or 3 times a month *
5 = About once a month *
6 = Once or twice every 3 months *
7 = Less often than once every 3 months *

After a program:

How often do you get together socially with friends/relatives who are not living with you?

1 = Every day *
2 = Several times a week *
3 = About once a week *
4 = About 2 or 3 times a month
5 = About once a month
6 = Once or twice every 3 months
7 = Less often than once every 3 months

Social and Community – Q6 (Joined a social group)

Before a program:

Are you currently an active member of a sporting, hobby or community-based club or association who attends events that bring people together? (e.g. fetes, shows, festivals or other community events)

1 = Never * 2 = Rarely * 3 = Occasionally * 4 = Sometimes * 5 = Often 6 = Very often

After a program:

Are you currently an active member of a sporting, hobby or community-based club or association who attends events that bring people together? (e.g. fetes, shows, festivals or other community events)

1 = Never 2 = Rarely 3 = Occasionally 4 = Sometimes 5 = Often* 6 = Very often*

Social and Community – Q7 (Volunteers)

Before a program:

Do you undertake at least an hour of volunteer/charity work per week?

1 = Yes 2 = No *

After a program:

Do you undertake at least an hour of volunteer/charity work per week?

1 = Yes * 2 = No

Social and Community – Q8 (Talks to neighbours regularly)

Before a program:

In general, how often do you chat with your neighbours?

1 = Never * 2 = Rarely * 3 = Occasionally * 4 = Sometimes * 5 = Often 6 = Very often

After a program:

In general, how often do you chat with your neighbours?

1 = Never 2 = Rarely 3 = Occasionally 4 = Sometimes 5 = Often* 6 = Very often*

Social and Community – Q9 (Adequate contact with a non-resident child)

Before a program:

What is your opinion regarding the amount of contact you have with a non-resident child or non-resident children (aged under 16)? Select the option which best reflects your situation.

1 = Nowhere near enough* 2 = Not quite enough* 3 = About right

After a program:

What is your opinion regarding the amount of contact you have with a non-resident child or non-resident children (aged under 16)? Select the option which best reflects your situation.

1 = Nowhere near enough 2 = Not quite enough 3 = About right*

Social and Community – Q10 (Increased involvement in decision making)

Before a program:

Do you feel involved in local decision making relating to your housing or neighbourhood?

1 = Yes 2 = No *

After a program:

Do you feel involved in local decision making relating to your housing or neighbourhood?

1 = Yes * 2 = No

Social and Community – Q11 (Improved relationship with partner)

Before a program:

How satisfied are you with your relationship with your partner?

Completely dissatisfied											Completely satisfied
0 *	1 *	2 *	3 *	4 *	5 *	6*	7*	8	9	10	

After a program:

How satisfied are you with your relationship with your partner?

Completely dissatisfied										Completely satisfied
0	1	2	3	4	5	6	7	8 *	9 *	10 *

Social and Community – Q12 (Improved relationship with children)

Before a program:

How satisfied are you with your relationship with your children?

Completely dissatisfied										Completely satisfied
0 *	1 *	2 *	3 *	4 *	5 *	6*	7*	8	9	10

After a program:

How satisfied are you with your relationship with your children?

Completely dissatisfied												Completely satisfied
0	1	2	3	4	5	6	7	8*	9*	10*		

Social and Community – Q13 (Improved relationship with (most recent) former spouse/partner)

Before a program:

How satisfied are you with your relationship with your (most recent) former spouse or partner?

Completely dissatisfied												Completely satisfied
0*	1*	2*	3*	4*	5*	6	7	8	9	10		

After a program:

How satisfied are you with your relationship with your (most recent) former spouse or partner?

Completely dissatisfied												Completely satisfied
0	1	2	3	4	5	6*	7*	8*	9*	10*		

Social and Community – Q14 (Increased resilience)

Before a program:

Thinking about how you felt in the past 4 weeks, how true are the following statements for you?

I am able to adapt when changes occur

1 = Not true at all	2 = Rarely true	3 = Sometimes true	4 = Often true	5 = True nearly all the time
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I tend to bounce back after illness, injury, or other hardship

1 = Not true at all	2 = Rarely true	3 = Sometimes true	4 = Often true	5 = True nearly all the time
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After a program:

Thinking about how you felt in the past 4 weeks, how true are the following statements for you?

I am able to adapt when changes occur

1 = Not true at all	2 = Rarely true	3 = Sometimes true	4 = Often true	5 = True nearly all the time
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I tend to bounce back after illness, injury, or other hardship

1 = Not true at all	2 = Rarely true	3 = Sometimes true	4 = Often true	5 = True nearly all the time
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A beneficiary is seen as achieving the outcome of "increased resilience" when the combined score across the two questions shifts from below 7 in the **before survey to 7 or more in the **after** survey.*

Social and Community – Q15 (Increased help-seeking)

Before a program:

Thinking about how you felt in the past 4 weeks, how true is the following statement for you?

I ask for help when I need it

1 = Not true at all *	2 = Rarely true *	3 = Sometimes true	4 = Often true	5 = True nearly all the time
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After a program:

Thinking about how you felt in the past 4 weeks, how true is the following statement for you?

I ask for help when I need it

1 = Not true at all	2 = Rarely true	3 = Sometimes true *	4 = Often true *	5 = True nearly all the time *
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Social and Community – Q16 (Internet Satisfaction)

Before a program:

On a scale from 0 to 10, where 0 means you are ‘totally dissatisfied’ and 10 means you are ‘totally satisfied’, how satisfied are you with the speed and reliability of your internet connection at home? (Pick a number between 0 and 10.)

Totally dissatisfied					Neither satisfied nor dissatisfied					Totally satisfied
0 *	1 *	2 *	3 *	4 *	5 *	6	7	8	9	10

After a program:

On a scale from 0 to 10, where 0 means you are ‘totally dissatisfied’ and 10 means you are ‘totally satisfied’, how satisfied are you with the speed and reliability of your internet connection at home? (Pick a number between 0 and 10.)

Totally dissatisfied					Neither satisfied nor dissatisfied					Totally satisfied
0	1	2	3	4	5	6 *	7 *	8 *	9 *	10 *

Social and Community – Q17 (Feels part of local community)

Before a program:

On a scale from 0 to 10, where 0 means you are ‘totally dissatisfied’ and 10 means you are ‘totally satisfied’, how satisfied are you with feeling part of your local community? (Pick a number between 0 and 10.)

Totally dissatisfied					Neither satisfied nor dissatisfied					Totally satisfied
0 *	1 *	2 *	3 *	4 *	5 *	6	7	8	9	10

After a program:

On a scale from 0 to 10, where 0 means you are ‘totally dissatisfied’ and 10 means you are ‘totally satisfied’, how satisfied are you with feeling part of your local community? (Pick a number between 0 and 10.)

Totally dissatisfied					Neither satisfied nor dissatisfied					Totally satisfied
0	1	2	3	4	5	6 *	7 *	8 *	9 *	10 *

Social and Community – Q18 (Satisfaction with neighbourhood)

Before a program:

On a scale from 0 to 10, where 0 means you are ‘totally dissatisfied’ and 10 means you are ‘totally satisfied’, how satisfied are you with the neighbourhood in which you live? (Pick a number between 0 and 10.)

Totally dissatisfied					Neither satisfied nor dissatisfied					Totally satisfied
0 *	1 *	2 *	3 *	4 *	5 *	6	7	8	9	10

After a program:

On a scale from 0 to 10, where 0 means you are ‘totally dissatisfied’ and 10 means you are ‘totally satisfied’, how satisfied are you with the neighbourhood in which you live? (Pick a number between 0 and 10.)

Totally dissatisfied					Neither satisfied nor dissatisfied					Totally satisfied
0	1	2	3	4	5	6 *	7 *	8 *	9 *	10 *

Social and Community – Q19 (Participation in cultural and arts activities)

Before a program:

Thinking about the past 12 months, how often did you do arts or crafts or other artistic activities (e.g., playing musical instruments), or go to museums, art galleries, movies, concerts, the theatre or other performing arts events?

<i>Not at all</i>	<i>Less than once a month</i>	<i>About once a month</i>	<i>2 or 3 times a month</i>	<i>About once a week</i>	<i>Several times a week</i>	<i>Every day or most days</i>
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

After a program:

Thinking about the past 12 months, how often did you do arts or crafts or other artistic activities (e.g., playing musical instruments), or go to museums, art galleries, movies, concerts, the theatre or other performing arts events.?

Not at all	Less than once a month	About once a month	2 or 3 times a month	About once a week	Several times a week	Every day or most days
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

Sport – Surveys

Sport – Q1 (Participates in frequent moderate exercise)

NB: Only one outcome from those relating to getting adults more active or engaging them with sport (Q1-Q2 & Q8 - Q15) should be applied to an individual.

Before a program:

Do you do at least 150 minutes of moderate physical activity (such as brisk walking, yoga, cycling) per week? (as recommended by the Australian Department of Health)

1 = Yes 2 = No *

After a program:

Do you do at least 150 minutes of moderate physical activity (such as brisk walking, yoga, cycling) per week? (as recommended by the Australian Department of Health)

1 = Yes * 2 = No

Absolute moderate intensity has been defined by public health experts as any activity that expends 3.5 to 7 calories per minute.

Sport – Q2 (Increased levels of walking)

NB: Only one outcome from those relating to getting adults more active or engaging them with sport (Q1-Q2 & Q8 - Q15) should be applied to an individual.

Before a program:

Do you walk for at least 180 minutes per week?

1 = Yes 2 = No *

After a program:

Do you walk for at least 180 minutes per week?

1 = Yes * 2 = No

Sport – Q3 (Increased motivation and engagement in physical activity)

NB: Only one outcome from those relating to attitudes to sport (Q3 - Q7) should be applied to an individual.

Before a program:

How strongly do you agree or disagree with the statement:

“I want to take part in physical activities”

1 = Disagree a lot * 2 = Disagree * 3 = Neither agree nor disagree * 4 = Agree 5 = Agree a lot

Did you participate in physical activity in the last week?

1 = Yes 2 = No*

After a program:

How strongly do you agree or disagree with the statement:

"I enjoy playing sport"

1 = Disagree a lot 2 = Disagree 3 = Neither agree nor disagree 4 = Agree* 5 = Agree a lot*

Sport – Q7 (Developed sense of being good at lots of different physical activities)

NB: Only one outcome from those relating to attitudes to sport (Q3 - Q7) should be applied to an individual.

Before a program:

How strongly do you agree or disagree with the statement

"I am good at lots of different physical activities"

1 = Disagree a lot * 2 = Disagree * 3 = Neither agree nor disagree * 4 = Agree 5 = Agree a lot

After a program:

How strongly do you agree or disagree with the statement

"I am good at lots of different physical activities"

1 = Disagree a lot 2 = Disagree 3 = Neither agree nor disagree 4 = Agree * 5 = Agree a lot *

Sport – Q8 (Participated in physical activity – people with a disability)

NB: Only one outcome from those relating to getting adults more active or engaging them with sport (Q1-Q2 & Q8 - Q15) should be applied to an individual.

Before a program:

Are you dealing with an ongoing illness, disability or disease (physical and mental)?

1 = Yes * 2 = No

Did you participate in physical activity in the last week?

1 = Yes 2 = No *

After a program:

Are you dealing with an ongoing illness, disability or disease (physical and mental)?

1 = Yes * 2 = No

Did you participate in physical activity in the last week?

1 = Yes * 2 = No

Sport – Q9 (No longer face barriers due to lack of equipment)

NB: Only one outcome from those relating to getting adults more active or engaging them with sport (Q1-Q2 & Q8 - Q15) should be applied to an individual.

Before a program:

Overall, would you like to be doing more physical activity for sport, exercise or recreation than you are currently doing?

1 = Yes * 2 = No

If you said 'yes' above, for what reasons are you not doing as much physical activity as you would like?
(Mark as many as apply)

1. I have no transport to get to places
2. There are no appropriate facilities or places conveniently located to do what I want to do
3. I don't have the equipment I need *
4. The activity of my choice is too expensive
5. Other commitments are taking priority (e.g. work, family)
6. The activity of my choice doesn't fit my routine
7. I prefer to spend my time on other interests / hobbies
8. I am too tired or don't have the energy
9. I struggle to motivate myself
10. My health is not good enough/I am injured
11. I'm not fit enough
12. I don't feel welcome
13. I have a disability that prevents me from participating
14. I'm pregnant / recently had a baby
15. I don't like to sweat
16. I don't feel safe
17. I'm not confident enough
18. Other people discourage me from being physically active
19. I have no one to do it with
20. I don't like other people seeing me being physically active
21. I find physical activity boring
22. I already do a good amount of physical activity
23. I am not interested in sport or physical activity
24. The weather
25. Other

Note: The list of barriers set out above can be reduced down if needed, but it should still provide a range of options that do not lead the respondent to focus on one specific area.

After a program:

Overall, would you like to be doing more physical activity for sport, exercise or recreation than you are currently doing?

1 = Yes * 2 = No *

If you said 'yes' above, for what reasons are you not doing as much physical activity as you would like? (Mark as many as apply)

1. I have no transport to get to places
2. There are no appropriate facilities or places conveniently located to do what I want to do
3. I don't have the equipment I need ****Not marked**
4. The activity of my choice is too expensive
5. Other commitments are taking priority (e.g. work, family)
6. The activity of my choice doesn't fit my routine
7. I prefer to spend my time on other interests / hobbies
8. I am too tired or don't have the energy
9. I struggle to motivate myself
10. My health is not good enough/I am injured
11. I'm not fit enough
12. I don't feel welcome
13. I have a disability that prevents me from participating
14. I'm pregnant / recently had a baby
15. I don't like to sweat
16. I don't feel safe

17. I'm not confident enough
18. Other people discourage me from being physically active
19. I have no one to do it with
20. I don't like other people seeing me being physically active
21. I find physical activity boring
22. I already do a good amount of physical activity
23. I am not interested in sport or physical activity
24. The weather
25. Other

Note: The list of barriers should be the same as provided in the before survey. The value can only be applied if in the before survey the participant selected barrier 3 – "I don't have the equipment I need" and then did not select barrier 3 in the after survey.

Sport – Q10 (No longer face barriers due to lack of facilities)

NB: Only one outcome from those relating to getting adults more active or engaging them with sport (Q1-Q2 & Q8 - Q15) should be applied to an individual.

Before a program:

Overall, would you like to be doing more physical activity for sport, exercise or recreation than you are currently doing?

1 = Yes * 2 = No

If you said 'yes' above, for what reasons are you not doing as much physical activity as you would like?
(Mark as many as apply)

1. I have no transport to get to places
2. There are no appropriate facilities or places conveniently located to do what I want to do *
3. I don't have the equipment I need
4. The activity of my choice is too expensive
5. Other commitments are taking priority (e.g. work, family)
6. The activity of my choice doesn't fit my routine
7. I prefer to spend my time on other interests / hobbies
8. I am too tired or don't have the energy
9. I struggle to motivate myself
10. My health is not good enough/I am injured
11. I'm not fit enough
12. I don't feel welcome
13. I have a disability that prevents me from participating
14. I'm pregnant / recently had a baby
15. I don't like to sweat
16. I don't feel safe
17. I'm not confident enough
18. Other people discourage me from being physically active
19. I have no one to do it with
20. I don't like other people seeing me being physically active
21. I find physical activity boring
22. I already do a good amount of physical activity
23. I am not interested in sport or physical activity
24. The weather
25. Other

Note: The list of barriers set out above can be reduced down if needed, but it should still provide a range of options that do not lead the respondent to focus on one specific area.

After a program:

Overall, would you like to be doing more physical activity for sport, exercise or recreation than you are currently doing?

1 = Yes * 2 = No *

If you said 'yes' above, for what reasons are you not doing as much physical activity as you would like?

(Mark as many as apply)

1. I have no transport to get to places
2. There are no appropriate facilities or places conveniently located to do what I want to do ****Not marked**
3. I don't have the equipment I need
4. The activity of my choice is too expensive
5. Other commitments are taking priority (e.g. work, family)
6. The activity of my choice doesn't fit my routine
7. I prefer to spend my time on other interests / hobbies
8. I am too tired or don't have the energy
9. I struggle to motivate myself
10. My health is not good enough/I am injured
11. I'm not fit enough
12. I don't feel welcome
13. I have a disability that prevents me from participating
14. I'm pregnant / recently had a baby
15. I don't like to sweat
16. I don't feel safe
17. I'm not confident enough
18. Other people discourage me from being physically active
19. I have no one to do it with
20. I don't like other people seeing me being physically active
21. I find physical activity boring
22. I already do a good amount of physical activity
23. I am not interested in sport or physical activity
24. The weather
25. Other

Note: The list of barriers should be the same as provided in the before survey. The value can only be applied if in the before survey the participant selected barrier 2 – "There are no appropriate facilities or places conveniently located to do what I want to do" and then did not select barrier 2 in the after survey.

Sport – Q11 (Received coaching)

This outcome is based on the participant receiving coaching on at least a weekly basis.

NB: Only one outcome from those relating to getting adults more active or engaging them with sport (Q1-Q2 & Q8 - Q15) should be applied to an individual.

Before a program:

In the last 7 days have you received any coaching, instruction or training for any of the physical activities you have done? This could include individual or group training, or accessing information or advice online.

1 = Yes 2 = No *

After a program:

In the last 7 days have you received any coaching, instruction or training for any of the physical activities you have done? This could include individual or group training, or accessing information or advice online

1 = Yes * 2 = No

Sport – Q12 (Participated in individual physical activity)

This outcome is based on at least weekly activity.

NB: Only one outcome from those relating to getting adults more active or engaging them with sport (Q1-Q2 & Q8 - Q15) should be applied to an individual.

Before a program:

In the last 7 days have you undertaken a physical activity that is primarily done by yourself such as running or cycling rather than as part of a team?

1 = Yes 2 = No *

After a program:

In the last 7 days have you undertaken a physical activity that is primarily done by yourself such as running or cycling rather than as part of a team?

1 = Yes * 2 = No

Sport – Q13 (Participated in group physical activity)

This outcome is based on at least weekly activity.

NB: Only one outcome from those relating to getting adults more active or engaging them with sport (Q1-Q2 & Q8 - Q15) should be applied to an individual.

Before a program:

In the last 7 days have you undertaken a physical activity that is predominantly a group activity?

1 = Yes 2 = No *

After a program:

In the last 7 days have you undertaken a physical activity that is predominantly a group activity?

1 = Yes * 2 = No

Sport – Q14 (Played non-competitive sport)

NB: Only one outcome from those relating to getting adults more active or engaging them with sport (Q1-Q2 & Q8 - Q15) should be applied to an individual.

Before a program:

In the last 12 months have you taken part in non-competitive sport?

1 = Yes 2 = No *

After a program:

In the last 12 months have you taken part in non-competitive sport?

1 = Yes * 2 = No

Sport – Q15 (Played competitive sport)

NB: Only one outcome from those relating to getting adults more active or engaging them with sport (Q1-Q2 & Q8 - Q15) should be applied to an individual.

Before a program:

In the last 12 months have you taken part in competitive sport?

1 = Yes 2 = No *

After a program:

In the last 12 months have you taken part in competitive sport?

1 = Yes * 2 = No

Sport – Q16 (Attended professional sport)

Before a program:

In the last 12 months have you been to a professional sports game (e.g. a Super Rugby game or a Championship Netball game)?

1 = Yes 2 = No *

After a program:

In the last 12 months have you been to a professional sports game (e.g. a Super Rugby game or a Championship Netball game)?

1 = Yes * 2 = No