

**Be a part of the solution.
Participate in research.**

Your choice to participate or not will NOT affect the care you receive at this clinic or from your provider.

**PLEASE TAKE 3-5 MINUTES TO FILL OUT THE
Health Resiliency Stress Questionnaire (HRSQ[®], all rights reserved)**
The purpose is to study this tool.

Filling out this questionnaire helps us to understand
how health and stress fit together
with
life experiences and resiliency.

No identifying information
will be included in the research information.
You have the option to opt-out from contributing your results to the study.

e-Version: the e-HRSQ results will be emailed to your provider.

**Be sure to include the code given to you from this clinic;
then we can match the results to your chart.**

You can opt-out your e-HRSQ results from the study;
and, your provider will still receive your results.

Currently there is not an option to print your own e-HRSQ results.

You can find a blank pdf version at www.trcutah.org

The HRSQ will remain free to the world.
Thank you for participating!

The development, research and validation of the HRSQ is sponsored by:



This is a University of Utah IRB-approved project.