

Name: _____

Date of Birth: _____ Today's Date: _____

By placing a checkmark in one box in each group below, please indicate which statements best describe your own health state today.

Mobility

- I have no problems walking about
- I have some problems walking about
- I am confined to bed

Pain/Discomfort

- I have no pain or discomfort
- I have moderate pain or discomfort
- I have extreme pain or discomfort

Self-Care

- I have no problems with self-care
- I have some problems washing and dressing myself
- I am unable to wash and dress myself

Anxiety/Depression

- I am not anxious or depressed
- I am moderately anxious or depressed
- I am extremely anxious or depressed

Usual Activities (*e.g. work, study, housework, family or leisure activities*)

- I have no problems with performing my usual activities
- I have some problems with performing my usual activities
- I am unable to perform my usual activities

Please choose the ONE answer that best describes your activity level.

- Wholly inactive: dependent on others; cannot leave residence
- Mostly inactive: very restricted to minimum activities of daily living
- Sometimes participates in mild activities such as walking, limited housework and limited shopping
- Regularly participates in mild activities
- Sometimes participates in moderate activities such as swimming and can do unlimited housework or shopping
- Regularly participates in moderate activities
- Regularly participates in active events such as bicycling
- Regularly participates in very active events such as bowling or golf
- Sometimes participates in impact sports such as jogging, tennis, skiing, acrobatics, ballet, heavy labor or backpacking
- Regularly participates in impact sports

To help people say how good or bad a health state is, we have drawn a scale (rather like a thermometer) on which the best state you can imagine is marked 100 and the worst state you can imagine is marked 0.

We would like you to indicate on this scale how good or bad your own health is today, in your opinion.

Please do this by drawing a line from the box below to whichever point on the scale indicates how good or bad your health state is today.

Your own
health state
today

