

## EuroQol-Visual Analogue Scale (EQ-VAS)

### Instructions:

- To help people say how good or bad a health state is, we have drawn a scale (like a thermometer) on which the best state you can imagine is marked 100 and the worst state you can imagine is marked 0.
- Mark an X on the scale to indicate how your health is today.
- Now, please, write the number you marked in the box

*Adapted from EuroQol Research Foundation (2018) EQ-5D-3L User Guide - Basic information on how to use the EQ-5D-3L instrument. Available at: [www.euroqol.org](http://www.euroqol.org)*

Your health today =

Best imaginable  
healthstate



Worst imaginable  
healthstate