

AI-00779 Global Assessment of Function GAF vs WHODAS 2.0

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What is GAF, Global Assessment of Function? Explain and delve.

The Global Assessment of Functioning (GAF) is a numeric scale used by mental health professionals to rate how well a person is functioning in their everyday life. It essentially measures a person's psychological, social, and occupational functioning on a scale of 1 (severely impaired) to 100 (superior functioning).

Mental health professionals consider a variety of factors when assigning a GAF score, including:

- How well a person can manage their symptoms on a daily basis
- Their ability to maintain relationships
- Their work or school performance
- How well they take care of themselves

The GAF score can be a helpful tool for tracking a person's progress in treatment. It can also be used to help determine what level of care someone may need.

Here's a breakdown of the GAF scale:

- **100-91:** Superior functioning in a wide range of activities, life's problems never seem to get out of hand, is sought out by others because of his or her many positive qualities. No symptoms.
- **90-81:** Good functioning in all areas, there may be some difficulties with work, school, family, or friends but can handle them without much impairment.
- **80-71:** Some mild symptoms (e.g., mild anxiety or depression) or some difficulty in functioning in social, occupational, or school areas (e.g., occasional arguments with family members).
- **70-61:** Moderate symptoms (e.g., flat affect and circumstantial speech, occasional panic attacks) or moderate difficulty in social, occupational, or school functioning (e.g., few friends, conflicts with peers or co-workers).
- **60-51:** Serious symptoms (e.g., suicidal ideation, severe obsessional rituals, frequent shoplifting) or any serious impairment in social, occupational, or school functioning (e.g., no friends, unable to keep a job).
- **50-41:** Some impairment in reality testing or communication (e.g., speech is occasionally illogical, or delusional thinking can occasionally be observed in social interactions) or major impairment in several areas, such as work or school, family relations, judgment, mood, reality testing, or self-care.
- **40-31:** Major impairment in several areas or inability to function in one or more major areas (e.g., work, school, family relations, judgment, mood, reality testing, or self-care).
- **30-21:** Need for considerable support from others (e.g., hospitalization is indicated only when the person is in danger of hurting self or others or cannot provide minimal self-care).
- **20-11:** Persistent danger of hurting self or others (e.g., suicidal or homicidal behavior) or inability to function in all areas.
- **10-1:** Needs constant supervision due to being completely out of touch with reality or because of behavioral problems.

While the GAF can be a useful tool, it is important to note that it is a subjective measure. Different mental health professionals may assign different GAF scores to the same person. Additionally, the GAF does not take into account the specific symptoms of a mental illness.

The GAF scale was originally included in the Diagnostic and Statistical Manual of Mental Disorders (DSM), but it was removed in DSM-5 and replaced with the World Health Organization Disability Assessment Schedule (WHODAS). The WHODAS is a more comprehensive assessment tool that takes into account a wider range of factors, including physical and environmental limitations.

Here are some reasons why the GAF scale is no longer preferred:

- **Subjectivity:** There can be variability among mental health professionals in assigning scores.
- **Limited Scope:** It does not comprehensively assess specific symptoms of mental health conditions.
- **Focus on Overall Functioning:** While important, it may not provide a nuanced understanding of a person's mental health.

However, the GAF scale is still used by some mental health professionals because it is a quick and easy way to assess a person's overall functioning.

ENTER SCORE HERE →	90	90	100	100	100	70	100
Code	Psychological	Social Skills	Violence	ADL-Occup.	Sub. Abuse	Medical	Ancillary
100	Superior functioning	Outstanding social skills	No violence or aggression	Superior work skills	Model for abstinence	Superior medical health	Superior life situation
90	Minimal symptoms; good functioning	Good social skills	No more than everyday conflicts	Good work skills	No more than average problems	Good medical health	Good life situation
80	Transient and expected reaction to stress	No more than slight impairment in social skills	No more than slight problem with anger	No more than slightly impaired work skills	No more than slight impairment; smokes cigarettes	Minimal and transient medical problems	Somewhat more than average life situation problems
70	Mild psychological symptoms	Some difficulty with social skills	Mild problems with anger and thoughts that life may not be worth living	Mild difficulty with work	Mild impairment due to substance abuse; heavy smoker	Mild functional impairment due to medical problems	Mild life situation problems
60	Moderate psychological symptoms; has clear mental problems to those who know him/her well	Moderate difficulty with social skills; moderately awkward socially	Moderate problems with anger and some evidence that self-destructive thoughts may be present	Moderate impairment with work	Moderate difficulty in functioning due to substance abuse	Moderate functional impairment due to medical problems	Moderate difficulty with life situation; high risk for j; or homelessness
50	Serious psychological symptoms; moderately depressed mood, moderate lethargy, severe phobia	Serious impairment in social skills; no friends, but some peer relationships	Serious problems with anger; occasionally hits someone; occasional suicidal ideation	Serious impairment with work; unable to keep a job for more than a few weeks	Behavior and/or lifestyle is considerably influenced by substance abuse	Serious functional impairment due to medical problems	Serious difficulty with life situation; threats of moderate violence in one's environment
40	May have hallucinations or delusions; however, probably	Attempts to approach others quickly leads to	Real danger or hurting self or others; hitting or biting someone is not	Major impairment with work; unable to work at a job for any	Major impairment in several areas due to	Major impairment in several areas due to medical problems	Major problem with life situation; real danger of being injured

	realizes they are not a part of reality	embarrassing situations	unusual; suicidal gesture within the last month	significant period	substance abuse		one's environment
30	Behavior is considerably influenced by delusions or hallucinations; severely depressed mood	Acts grossly inappropriately toward others	Often hitting or biting others; suicidal attempt without clear expectation of death during the last month	No job and unable to independently maintain a home	Drugs or alcohol pervade one's thinking and behavior; injection of heroin or cocaine into one's veins daily	Behavior and/or lifestyle is considerably impaired by medical problems	Frequent mild to moderate physical injuries from violence in one's environment
20	Gross Impairment in Thinking and communication; largely incoherent or mute; very disorganized, bizarre thinking	Very few social skills; acts very shockingly inappropriate in front of others, such as smearing feces	Frequently violent; very real danger or hurting self or others; serious thoughts of killing someone; constant suicidal preoccupation	Gross impairment in skills needed to perform ALDs and tasks at home; almost totally unable to follow simple instructions	Functioning is extremely impaired by daily use of drugs, such as LSD, PCP, cocaine, heroin or inhalants	Major medical problems confine one to bed all of the time and intensive treatment is required to prevent rapid progression to death	Major ancillary problems, e.g. one is in a very dangerous homeless or job situation all of the time; unable to obtain basic food, shelter and/or clothing
10	Thinking is totally disorganized; completely incoherent or mute; unable to focus attention for even a few seconds	Few if any social skills; extremely vulnerable to victimization	Persistent danger of severely hurting self or others; little or no control of impulses to hurt self or others	Demonstrates almost no ADL skills; totally unable to follow instructions	One's life is totally controlled by drugs or alcohol; clear evidence that drugs or alcohol will lead to severe physical harm or death	Chronic medical incapacity requiring basic life support; chronic vegetative or near vegetative state	One's life is continually at serious risk due to lack of basic resources or because of extremely high level of violence in one's environment

What is WHODAS? Explain and delve.

WHODAS stands for the **World Health Organization Disability Assessment Schedule**. It's a more robust and comprehensive tool compared to the GAF (Global Assessment of Functioning) for measuring health and disability across cultures.

Here's a deeper dive into WHODAS:

Purpose:

- Developed by the World Health Organization (WHO) to provide a standardized way to assess disability levels in various populations.
- Goes beyond mental health, encompassing physical, social, and environmental factors affecting a person's functioning.

Structure:

- There are seven different versions of WHODAS, varying in length and how they're administered (self-reported vs. interviewer-administered).
- The most common version is the 36-item, self-administered WHODAS 2.0.
- It assesses functioning across six key domains:
 - Cognition (understanding and communicating)

- Mobility (getting around)
- Self-care (taking care of basic needs)
- Getting along with people (interpersonal relationships)
- Life activities (work, household chores, school)
- Participation in society (social activities, leisure)

Scoring:

- Each question asks about the level of difficulty faced in performing specific activities within the past 30 days. Responses range from "none" to "extreme/cannot do."
- Scores are calculated for each domain, providing a detailed picture of a person's limitations in various aspects of life.

Benefits:

- **Standardized:** Enables comparison of disability levels across different populations and interventions.
- **Culturally Sensitive:** Designed for use in diverse settings, minimizing cultural bias.
- **Multidimensional:** Provides a broader understanding of disability beyond just symptoms.
- **Responsive to Change:** Tracks progress over time, making it useful for monitoring treatment effectiveness.

Comparison to GAF:

- **WHODAS is more objective:** It relies on specific questions with defined response options, reducing subjectivity compared to the GAF's single score.
- **WHODAS is more comprehensive:** It assesses a wider range of functioning domains compared to the GAF's focus on overall functioning.
- **WHODAS provides a deeper picture:** Domain-specific scores allow for a more nuanced understanding of a person's strengths and weaknesses.

Limitations:

- WHODAS can be time-consuming to complete compared to the GAF's quick assessment.
- Reading comprehension may be a barrier for some individuals taking the self-administered version.

Overall, WHODAS is a valuable tool for healthcare professionals and researchers to assess a person's limitations and the impact of health conditions on their daily lives. It provides a more comprehensive and standardized assessment compared to the GAF.

Domain 1: Cognition – understanding and communicating

Domain 2: Mobility – moving and getting around

Domain 3: Self-care – attending to one's hygiene, dressing, eating and staying alone

Domain 4: Getting along – interacting with other people

Domain 5: Life activities – domestic responsibilities, leisure, work and school

Domain 6: Participation – joining in community activities, participating in society.

Questionnaire on Everyday Activities

This questionnaire aims to understand your ability to perform various activities in your daily life. Please answer each question honestly to the best of your ability.

Instructions:

- Select the answer that best describes your current ability for each question.
- If the answer choices do not perfectly match your situation, choose the closest option.
- If you need assistance with a particular activity, please indicate the type of assistance needed.

Please note: This questionnaire is not a substitute for professional medical evaluation.

Demographics (Optional):

- Age: ____
- Gender: ____

Domain 1: Cognition – Understanding and Communicating

1. How well do you understand spoken instructions?
 - Very well
 - Moderately well
 - With some difficulty
 - Significant difficulty
2. How well do you express yourself clearly and understandably?
 - Very well
 - Moderately well
 - With some difficulty
 - Significant difficulty
3. Do you have any challenges with memory or learning new things?
 - No
 - Yes, occasionally
 - Yes, frequently
 - Significant challenges

Domain 2: Mobility – Moving and Getting Around

1. How easily can you move around your home independently?
 - Very easily
 - With some difficulty
 - I require assistance (please specify type of assistance)
 - I am unable to move around independently
2. How easily can you climb stairs?
 - Very easily
 - With some difficulty
 - I require assistance (please specify type of assistance)
 - I am unable to climb stairs
3. How well are you able to use public transportation independently?
 - Very well
 - Moderately well
 - With some difficulty
 - I am unable to use public transportation independently

Domain 3: Self-care – Attending to one's hygiene, dressing, eating and staying alone

1. How easily can you bathe or shower independently?
 - Very easily
 - With some difficulty

- I require assistance (please specify type of assistance)
 - I am unable to bathe or shower independently
2. How easily can you dress yourself independently?
- Very easily
 - With some difficulty
 - I require assistance (please specify type of assistance)
 - I am unable to dress myself independently
3. How well are you able to manage your meals independently (preparing, eating, cleaning up)?
- Very well
 - Moderately well
 - With some difficulty
 - I require assistance (please specify type of assistance)

Domain 4: Getting Along – Interacting with other people

1. How comfortable are you initiating conversations with others?
- Very comfortable
 - Somewhat comfortable
 - Not very comfortable
 - Not comfortable at all
2. How well do you understand the emotions and intentions of others?
- Very well
 - Moderately well
 - With some difficulty
 - Significant difficulty
3. How easily can you resolve conflicts with others?
- Very easily
 - With some difficulty
 - I require assistance
 - I am unable to resolve conflicts

Domain 5: Life Activities – Domestic responsibilities, leisure, work and school

1. How well are you able to manage your household chores (cleaning, cooking, etc.)?
- Very well
 - Moderately well
 - With some difficulty
 - I require assistance (please specify type of assistance)
2. How easily can you participate in leisure activities you enjoy (hobbies, socializing)?
- Very easily
 - With some difficulty
 - I require assistance (please specify type of assistance)

- I am unable to participate in leisure activities
3. Are you currently employed or attending school? (If yes, please answer the next question)
- Yes
 - No
4. If employed or attending school, how well are you able to manage your work or school responsibilities?
- Very well
 - Moderately well
 - With some difficulty
 - I require significant assistance or am unable to manage them

Domain 6: Participation – Joining in community activities, participating in society

1. How often do you participate in community activities (volunteer work, social events)?
- Very often
 - Occasionally
 - Rarely
 - Never
2. How comfortable are you expressing your opinions and ideas in public settings?
- Very comfortable
 - Somewhat comfortable
 - Not very comfortable
 - Not comfortable at all
3. Do you feel connected to your community?
- Strongly agree
 - Agree
 - Disagree
 - Strongly disagree

Additional Comments:

Please use this space to share any additional information you feel is important regarding your daily activities and any challenges

Questionnaire - Questions Only

Domain 1: Cognition – Understanding and Communicating

1. How well do you understand spoken instructions?
2. How well do you express yourself clearly and understandably?
3. Do you have any challenges with memory or learning new things?

Domain 2: Mobility – Moving and Getting Around

1. How easily can you move around your home independently?
2. How easily can you climb stairs?
3. How well are you able to use public transportation independently?

Domain 3: Self-care – Attending to one's hygiene, dressing, eating and staying alone

1. How easily can you bathe or shower independently?

2. How easily can you dress yourself independently?
3. How well are you able to manage your meals independently (preparing, eating, cleaning up)?

Domain 4: Getting Along – Interacting with other people

1. How comfortable are you initiating conversations with others?
2. How well do you understand the emotions and intentions of others?
3. How easily can you resolve conflicts with others?

Domain 5: Life Activities – Domestic responsibilities, leisure, work and school

1. How well are you able to manage your household chores (cleaning, cooking, etc.)?
2. How easily can you participate in leisure activities you enjoy (hobbies, socializing)?
3. Are you currently employed or attending school?
4. If employed or attending school, how well are you able to manage your work or school responsibilities?

Domain 6: Participation – Joining in community activities, participating in society

1. How often do you participate in community activities (volunteer work, social events)?
2. How comfortable are you expressing your opinions and ideas in public settings?
3. Do you feel connected to your community?

36 Questions WHODADS 2.0

Understanding and communicating (D1):

- D1.1 Concentrating on doing something for ten minutes?
- D1.2 Remembering to do important things?
- D1.3 Analyzing and finding solutions to problems in day-to-day life?
- D1.4 Learning a new task, for example, learning how to get to a new place?
- D1.5 Generally understanding what people say?
- D1.6 Starting and maintaining a conversation?

Getting around (D2):

- D2.1 Standing for long periods such as 30 minutes?
- D2.2 Standing up from sitting down?
- D2.3 Moving around inside your home?
- D2.4 Getting out of your home?
- D2.5 Walking a long distance such as a kilometre?

Self-care (D3):

- D3.1 Washing your whole body?
- D3.2 Getting dressed?
- D3.3 Eating?
- D3.4 Staying by yourself for a few days?

Getting along with people (D4):

- D4.1 Dealing with people you do not know?
- D4.2 Maintaining a friendship?
- D4.3 Getting along with people who are close to you?
- D4.4 Making new friends?

D4.5 Sexual activities?

Life activities (D5):

D5.1 Taking care of your household responsibilities?

D5.2 Doing most important household tasks well?

D5.3 Getting all the household work done that you needed to do?

D5.4 Getting your household work done as quickly as needed?

Because of your health condition (D5):

D5.5 Your day-to-day work/school?

D5.6 Doing your most important work/school tasks well?

D5.7 Getting all the work done that you need to do?

D5.8 Getting your work done as quickly as needed?

Participation in society (D6):

D6.1 Joining in community activities.

D6.2 Barriers or hindrances in the world around you.

D6.3 Living with dignity.

D6.4 Time spent on your health condition.

D6.5 Emotional impact of your health condition.

D6.6 Financial burden of your health condition.

D6.7 Family impact of your health condition.

D6.8 Doing things by yourself for relaxation or pleasure.

12 Questions Self-Administered WHODAS 2.0

In the past 30 days, how much difficulty did you have with:

S1: Standing for long periods (30 minutes)?

S2: Taking care of household responsibilities?

S3: Learning a new task?

S4: Participating in community activities?

S5: Being emotionally affected by your health?

S6: Concentrating on a task for 10 minutes?

S7: Walking a long distance (1 kilometer)?

S8: Washing your entire body?

S9: Getting dressed?

S10: Dealing with people you don't know?

S11: Maintaining a friendship?

S12: Your day-to-day work (if applicable)?

Synthesize the following text in the context of living well in health and financial stability. list 20 examples

Cognition

Mobility

Self-care

Getting along
Life activities
Participation
Participation

20 Examples of Living Well in Health and Financial Stability (Through the Lens of the 6 Domains):

1. Cognition:

- Engaging in mentally stimulating activities (e.g., puzzles, learning new skills) to maintain cognitive function.
- Staying organized with financial records and planning for future expenses.

2. Mobility:

- Taking regular walks or participating in physical activities to improve strength and stamina.
- Maintaining a budget to afford healthy food options and potentially gym memberships or fitness classes.

3. Self-care:

- Prioritizing healthy sleep habits and practicing relaxation techniques to manage stress and improve well-being.
- Creating a budget that prioritizes essential needs like healthy food and basic hygiene products.

4. Getting along:

- Building strong relationships with friends and family for emotional support and social connection.
- Having open communication with financial advisors or partners to discuss financial goals and concerns.

5. Life activities:

- Engaging in hobbies and leisure activities that bring joy and fulfillment.
- Balancing work or school responsibilities with personal life and time for self-care, while staying within budget.

6. Participation:

- Volunteering in the community or participating in group activities for social interaction and a sense of purpose.
- Engaging in workshops or educational programs related to financial literacy or healthy living.

Additional examples:

- **Cognition:** Playing memory games, reading challenging books, learning a new language.
- **Mobility:** Joining a sports team, riding a bike, taking the stairs instead of the elevator.
- **Self-care:** Practicing mindfulness meditation, eating balanced meals, getting regular check-ups.
- **Getting along:** Showing empathy and understanding, actively listening to others, resolving conflicts respectfully.
- **Life activities:** Cooking healthy meals at home, participating in cultural events, pursuing creative endeavors.
- **Participation:** Joining a financial planning support group, advocating for community health initiatives.

Remember, living well is an ongoing process. By incorporating practices that support each of these six domains, you can work towards achieving health and financial stability in a holistic way.

You're right, having "Participation" listed twice is redundant. Removing the duplicate entry makes sense.

Here's the revised list with 19 examples:

19 Examples of Living Well in Health and Financial Stability (Through the Lens of the 6 Domains):

1. Cognition:

- Engaging in mentally stimulating activities (e.g., puzzles, learning new skills) to maintain cognitive function.
- Staying organized with financial records and planning for future expenses.

2. Mobility:

- Taking regular walks or participating in physical activities to improve strength and stamina.
- Maintaining a budget to afford healthy food options and potentially gym memberships or fitness classes.

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- **Life activities:** Cooking healthy meals at home, participating in cultural events, pursuing creative endeavors.

Focusing on these domains provides a more comprehensive framework for approaching well-being, balancing both health and financial considerations.

Is there one activity that a person can do to know that Domains 1,2,3,4,5,6 is satisfied? I'm trying to find out to perform a quick and simple WHODAS 2.0 assessment. I'm thinking that if a person can swim 2.4 miles or bike 30 miles and climb 2000 ft uphill on a steep bike climb and then downhill at 30 MPH without incident is a WHODAS 2.0 passing mark. Or if a person can climb from First floor to the 27th Floor can constitute as passing the WHODAS 2.0 assessment? Explain and deep dive.

Unfortunately, there isn't one single activity that can definitively assess all six domains of the WHODAS 2.0. Here's why:

- **Limited Scope of Activities:** Swimming, cycling, and stair climbing primarily target specific aspects within certain domains:
 - Swimming and cycling assess aspects of mobility (Domain 2) and potentially self-care (Domain 3) if considered exercise for managing stress.
 - Stair climbing assesses mobility (Domain 2) but wouldn't directly validate cognition (Domain 1), getting along (Domain 4), life activities (Domain 5), or participation (Domain 6).
- **Individual Variability:** People within the same health range can have significant variations in their capabilities. Someone who needs assistance climbing stairs due to knee issues might still excel cognitively and socially.
- **External Factors:** Performance in these activities can be influenced by factors beyond a person's baseline ability. Weather, terrain, equipment quality, and even fatigue can impact performance.

WHODAS 2.0 as a Comprehensive Assessment:

The WHODAS 2.0 is designed as a comprehensive assessment tool with multiple versions (12-item and 36-item) that delve deeper into various aspects of daily life. It goes beyond physical activities and explores:

- **Cognition:** Understanding instructions, expressing oneself clearly, and managing memory.
- **Mobility:** Moving around the house, climbing stairs, and using public transportation.
- **Self-care:** Bathing, dressing, eating independently, and managing medications.
- **Getting Along:** Initiating conversations, understanding emotions, and resolving conflicts.
- **Life Activities:** Managing household chores, participating in leisure activities, and managing work or school responsibilities.
- **Participation:** Engaging in community activities and expressing oneself in social settings.

Alternative Approaches:

Here are some more suitable options for assessing different domains:

- **Combined Activities:** Use a combination of activities targeting specific aspects within each domain. For example, a puzzle activity could assess cognition, a conversation could assess getting along, and managing finances could assess aspects of life activities and cognition.
- **Standardized Assessments:** Consider using standardized assessments designed for specific domains, developed by healthcare professionals to provide a more objective measure.
- **Professional Evaluation:** Seek a professional evaluation from occupational therapists, psychologists, or other qualified healthcare professionals. They can use various methods and tools to assess different domains and provide a more accurate picture of an individual's abilities.

Focus on Overall Well-being:

Remember, the goal is to understand and support an individual's overall well-being. WHODAS 2.0 is a valuable tool for that purpose, but it shouldn't be reduced to a single "pass or fail" activity.