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| Health Questionnaire |
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| English version for the UK |
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| *(Validated for Ireland)* |

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| By placing a tick in one box in each group below, please indicate which statements best describe your own health state today. | |
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| Mobility |  |
| I have no problems in walking about | ❑ |
| I have some problems in walking about | ❑ |
| I am confined to bed | ❑ |
|  |  |
| Self-Care |  |
| I have no problems with self-care | ❑ |
| I have some problems washing or dressing myself | ❑ |
| I am unable to wash or dress myself | ❑ |
|  |  |
| 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 | ❑ |
|  |  |
| Pain / Discomfort |  |
| I have no pain or discomfort | ❑ |
| I have moderate pain or discomfort | ❑ |
| I have extreme pain or discomfort | ❑ |
|  |  |
| Anxiety / Depression |  |
| I am not anxious or depressed | ❑ |
| I am moderately anxious or depressed | ❑ |
| I am extremely anxious or depressed | ❑ |

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| 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. |
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| 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. |

Best imaginable health state

9 0

8 0

7 0

6 0

5 0

4 0

3 0

2 0

1 0

100

0

Your own health state today

Worst imaginable health state