## **Self-rated health**

## What is it?

Self-rated health refers the question in which participants assess different dimensions of their own health; it is commonly used in health research.

## **Example**

On a scale from 1-5, how would you rate your physical (or mental) health?

- 1. Poor
- 2. Fair
- 3. Good
- 4. Very Good
- 5. Excellent