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## EQ-5D-5L

The EQ-5D-5L is a self-report outcome measure of five separate dimensions. Each dimension has five possible levels of response. The outcome measure is used to gain a perspective of overall health.

Under each heading, please select the ONE response that best describes your health today.

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### MOBILITY

- |   |                          |
|---|--------------------------|
| I have no problems in walking about       | <input type="checkbox"/> |
| I have slight problems in walking about   | <input type="checkbox"/> |
| I have moderate problems in walking about | <input type="checkbox"/> |
| I have severe problems in walking about   | <input type="checkbox"/> |
| I am unable to walk about                 | <input type="checkbox"/> |

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### SELF-CARE

- |   |                          |
|---|--------------------------|
| I have no problems washing or dressing myself       | <input type="checkbox"/> |
| I have slight problems washing or dressing myself   | <input type="checkbox"/> |
| I have moderate problems washing or dressing myself | <input type="checkbox"/> |
| I have severe problems washing or dressing myself   | <input type="checkbox"/> |
| I am unable to wash or dress myself                 | <input type="checkbox"/> |
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USUAL ACTIVITIES (e.g. work, study, housework, family or leisure activities)

- |  |                          |
|--|--------------------------|
| I have no problems doing my usual activities       | <input type="checkbox"/> |
| I have slight problems doing my usual activities   | <input type="checkbox"/> |
| I have moderate problems doing my usual activities | <input type="checkbox"/> |
| I have severe problems doing my usual activities   | <input type="checkbox"/> |
| I am unable to do my usual activities              | <input type="checkbox"/> |
- 

PAIN / DISCOMFORT

- |                                    |                          |
|------------------------------------|--------------------------|
| I have no pain or discomfort       | <input type="checkbox"/> |
| I have slight pain or discomfort   | <input type="checkbox"/> |
| I have moderate pain or discomfort | <input type="checkbox"/> |
| I have severe pain or discomfort   | <input type="checkbox"/> |
| I have extreme pain or discomfort  | <input type="checkbox"/> |
- 

ANXIETY / DEPRESSION

- |                                      |                          |
|--------------------------------------|--------------------------|
| I am not anxious or depressed        | <input type="checkbox"/> |
| I am slightly anxious or depressed   | <input type="checkbox"/> |
| I am moderately anxious or depressed | <input type="checkbox"/> |
| I am severely anxious or depressed   | <input type="checkbox"/> |
| I am extremely anxious or depressed  | <input type="checkbox"/> |
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**Health State:**

**Your Health Today:**

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## **Interpretation**

In each category, the first response option is scored as a '1', the second response option is scored as a '2', the third response option is scored as a '3', the fourth response option is scored as a '4', and the fifth response option is scored as a '5'.

1 = indicates no problem

2 = indicates slight problems

3 = indicates moderate problems

4 = indicates severe problems

5 = indicates patient is unable or has extreme problems

This outcome measure results in a sequence of numbers called a health state, where each number correlates to a specific dimension. The first number of the health state relates to Mobility, the second number relates to Self-Care, the third number relates to Usual Activities, the fourth number relates to Pain / Discomfort, and the fifth number relates to Anxiety / Depression.

For example, the health state 12345 indicates no problems with mobility, slight problems with washing or dressing, moderate problems with doing usual activities, and unable to or extreme problems with anxiety or depression.

The visual analog scale is interpreted as follows:

0 = The worst health you can imagine

100 = The best health you can imagine

### ***Minimally Clinically Important Difference (MCID)***

Osteoarthritis of the knee and or hip: MCID = 0.32.

Stroke: MCID = 0.10.

Knee Arthroplasty: MCID = 0.09.

*These are published values for specific populations and provide guidance if the patient does not have the listed condition.*

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## Selected References

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