

**EUROQOL (EOQ)**

*The next questions are about your health **today**. By circling one answer in each group below, please indicate which statement best describes your own health state today.*

**Do not circle more than one answer in each group.**

**EOQ. 010-Mobility****EOQ010****FMT\_EOQ010\_**

- |                                       |   |
|---------------------------------------|---|
| I have no problems in walking about   | 1 |
| I have some problems in walking about | 2 |
| I am confined to bed                  | 3 |

**EOQ.020-Self Care****EOQ020****FMT\_EOQ020\_**

- |  |   |
|--|---|
| I have no problems with self-care                | 1 |
| I have some problems washing and dressing myself | 2 |
| I am unable to wash or dress myself              | 3 |

**EOQ.030-Usual Activities (e.g., work, study, housework, family or leisure activities)****EOQ030****FMT\_EOQ030\_**

- |  |   |
|--|---|
| I have no problems with performing my usual activities   | 1 |
| I have some problems with performing my usual activities | 2 |
| I am unable to perform my usual activities               | 3 |

**EOQ.040-Pain/Discomfort****EOQ040****FMT\_EOQ040\_**

- |                                    |   |
|------------------------------------|---|
| I have no pain or discomfort       | 1 |
| I have moderate pain or discomfort | 2 |
| I have extreme pain or discomfort  | 3 |

**EOQ.050-Anxiety/Depression****EOQ050****FMT\_EOQ050\_**

- |                                      |   |
|--------------------------------------|---|
| I am not anxious or depressed        | 1 |
| I am moderately anxious or depressed | 2 |
| I am extremely anxious or depressed  | 3 |

**EUROQOL (EQO)**

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. 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 box below to whichever point on the scale that indicates how good or bad your health state is.

*EQQSCALE**FMT\_NUMERIC*

**Your own  
health state  
today**

