

Health Assessment Questionnaire (SF-36)

This questionnaire asks for your views about your health. Please tick, cross or circle what closely matches your current health and/or fitness. Please attempt ALL questions. There are no right or wrong answers.

PERSONAL DETAILS

First Name:	
Surname:	
ID No:	
Date:	

1. In general, would you say your health is:

Poor	Fair	Good	Very Good	Excellent
------	------	------	-----------	-----------

2. Compared to one year ago, how would you rate your general health now?

Much Worse	Somewhat Worse	Somewhat the Same	Somewhat much Better	Much Better
------------	----------------	-------------------	----------------------	-------------

3. The following questions are about activities you might do during a typical day. Does your health now limit you in these activities? If so, how much?

	No, not limited at all	Yes, limited a little	Yes, limited a lot
Vigorous activities, such as: running, lifting heavy objects, participating in strenuous sports			
Moderate activities such as: moving a table, pushing a vacuum cleaner, bowling, or playing golf			
Lifting or carrying groceries			
Climbing <u>several</u> flights of stairs			
Climbing <u>one</u> flight of stairs			
Bending, kneeling or stooping			
Walking more than a mile			
Walking several blocks			
Walking one block			
Bathing or dressing yourself			

4. During the past 4 weeks, how much of the time have you had any of the following problems with your work or other daily activities as a result of your physical health?

	None of the time	A little of the time	Some of the time	Most of the time	Almost all the time
a. Cut down on the amount of time you spent on work or other activities					
b. Accomplished less than you would like					
c. Were limited in the kind of work or other activities					
d. Had difficulty performing the work or other activities (e.g. it took extra effort)					

5. During the past 4 weeks, how much of the time have you had any of the following problems with your work or other regular daily activities because of any emotional problems (such as feeling depressed or anxious)?

	None of the time	A little of the time	Some of the time	Most of the time	Almost all the time

a. Cut down on the amount of time you spent on work or other activities					
b. Accomplished less than you would like					
c. Did work or other activities less carefully than usual					
6. During the past 4 weeks, to what extent has your physical health or emotional problems interfered with your normal social activities with family, friends, neighbours, or groups?					
Not at all	Slightly	Moderately	Quite a bit	Almost all the time	

7. How much bodily pain have you had during the past 4 weeks?					
None	Very Mild	Mild	Moderate	Severe	Very Severe

8. During the past 4 weeks, how much did pain interfere with your normal work (including both work outside the home and housework)?				
Not at all	A Little	Moderately	Quite a bit	Extremely

9. These questions are about how you feel and how things have been with you during the past 4 weeks. For each question, please give the one answer that comes closest to the way you have been feeling. How much of the time during the past 4 weeks...					
	Not at all	Slightly	Moderately	Quite a bit	Almost all the time
a. Did you feel full of life?					
b. Have you been very nervous?					
c. Have you felt so down in the dumps that nothing could cheer you up?					
d. Have you felt calm and peaceful?					
e. Did you have a lot of energy?					
f. ve you felt downhearted and depressed?					
g. Did you feel worn out?					
h. Have you been happy?					
i. Did you feel tired?					

10. During the past 4 weeks, how much of the time has your physical health or emotional problems interfered with your social activities (like visiting friends, relatives, etc.)?					
Not at all	Slightly	Moderately	Quite a bit	Almost all the time	Not at all

11. How TRUE or FALSE is each of the following statements for you?					
	Definitely False	Mostly False	Don't Know	Mostly True	Definitely True
a. I seem to get sick a little easier than other people					
b. I am as healthy as anybody I know					
c. I expect my health to get worse					
d. My health is excellent					