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Arthritis Research UK Epidemiology Unit

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**Health Questionnaire**

**English version for the UK (Validated for Ireland)**

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| --- |
| **Describing your health TODAY** |
| Under each heading, please **tick the ONE** **box** that best describes your health **TODAY**. | | |
|  | |  |
| Mobility *(walking about)* | |  |
| I have no problems walking about | |  |
| I have some problems walking about | |  |
| I have a lot of problems walking about | |  |
|  | |  |
| Looking after myself | |  |
| I have no problems washing or dressing myself | |  |
| I have some problems washing or dressing myself | |  |
| I have a lot of problems washing or dressing myself | |  |
|  | |  |
| **Doing usual activities** *(for example, going to school, hobbies, sports, playing, doing things with family or friends)* | |  |
| I have no problems doing my usual activities | |  |
| I have some problems doing my usual activities | |  |
| I have a lot of problems doing my usual activities | |  |
|  | |  |
| Having pain or discomfort | |  |
| I have no pain or discomfort | |  |
| I have some pain or discomfort | |  |
| I have a lot of pain or discomfort | |  |
|  | |  |
| Feeling worried, sad or unhappy | |  |
| I am not worried, sad or unhappy | |  |
| I am a bit worried, sad or unhappy | |  |
| I am very worried, sad or unhappy | |  |

Best imaginable health state

|  |
| --- |
| * We would like to know how good or bad your health is **TODAY**. |
| * This line is numbered from 0 to 100. |
| * 100 means the best health you can imagine. 0 means the worst health you can imagine. |
| * Please **mark an X** on the line that shows how good or bad your health is **TODAY**. |

10

0

20

30

40

50

60

80

70

90

100

5

15

25

35

45

55

75

65

85

95

|  |
| --- |
| How good is your health TODAY |

Worst imaginable health state