

Arthritis Research UK Epidemiology Unit

Rutherford House

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**Health Questionnaire**

**English version for the UK**

|  |  |
| --- | --- |
| By placing a **tick in ONE box** in each group below, please indicate which statements best describe your own health state **today**. | |
|  |  |
| Mobility |  |
| I have no problems in walking about |  |
| I have some problems in walking about |  |
| I am confined to bed |  |
|  |  |
| Self-Care |  |
| I have no problems with self-care |  |
| I have some problems washing or dressing myself |  |
| I am unable to wash or dress myself |  |
|  |  |
| Usual Activities *(e.g. work, study, housework, family or leisure activities)* |  |
| I have no problems with performing my usual activities |  |
| I have some problems with performing my usual activities |  |
| I am unable to perform my usual activities |  |
|  |  |
| Pain / Discomfort |  |
| I have no pain or discomfort |  |
| I have moderate pain or discomfort |  |
| I have extreme pain or discomfort |  |
|  |  |
| Anxiety / Depression |  |
| I am not anxious or depressed |  |
| I am moderately anxious or depressed |  |
| I am extremely anxious or depressed |  |

**(Validated for Ireland)**

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

**Best imaginable health state**

9 0

8 0

7 0

6 0

5 0

4 0

3 0

2 0

1 0

100

0

Your own health state today

**Worst imaginable health state**