

EUROQOL[®] HEALTH QUESTIONNAIRE

Here are some simple questions about your health in general. By ticking one answer in each group below, please indicate which statements best describe your own health state TODAY.

Please tick one

1. Mobility

- I have no problems in walking about
- I have some problems in walking about
- I am confined to bed

2. 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

3. Usual Activities

- I have no problems with performing my usual activities
(*e.g. work, study, housework, family or leisure activities*)
- I have some problems with performing my usual activities
- I am unable to perform my usual activities

4. Pain/Discomfort

- I have no pain or discomfort
- I have moderate pain or discomfort
- I have extreme pain or discomfort

5. Anxiety/Depression

- I am not anxious or depressed
- I am moderately anxious or depressed
- I am extremely anxious or depressed

6. To help people say how good or bad their health is, we have drawn a scale (rather like a thermometer) on which the best state you can imagine is marked by 100 and the worst state you can imagine is marked by 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 current health state is.

Your own
health state
today

**Best
imaginable
health state**

100

90

80

70

60

50

40

30

20

10

0

**Worst
imaginable
health state**