

# RAND 36-ITEM HEALTH SURVEY 1.0 QUESTIONNAIRE ITEMS

Date: \_\_\_\_\_

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

1. In general, would you say your health is:	
Excellent	1
Very Good	2
Good	3
Fair	4
Poor	5

2. Compared to one year ago how would you rate your health in general <b>now</b> ?	
Much better now than one year ago	1
Somewhat better now than one year ago	2
About the same	3
Somewhat worse now than one year ago	4
Much worse now than one year ago	5

**(Circle One Number on Each Line)**

	Yes, Limited a lot	Yes, Limited a little	No, Not limited At all
3. Vigorous activities, such as running, lifting heavy objects, Participating in strenuous sports	[ 1 ]	[ 2 ]	[ 3 ]
4. Moderate activities, such as moving a table, pushing a vacuum cleaner, bowling, or playing golf	[ 1 ]	[ 2 ]	[ 3 ]
5. Lifting or carrying groceries	[ 1 ]	[ 2 ]	[ 3 ]
6. Climbing several flights of stairs	[ 1 ]	[ 2 ]	[ 3 ]
7. Climbing one flight of stairs	[ 1 ]	[ 2 ]	[ 3 ]
8. Bending, kneeling, or stopping	[ 1 ]	[ 2 ]	[ 3 ]
9. Walking more than a mile	[ 1 ]	[ 2 ]	[ 3 ]
10. Walking several blocks	[ 1 ]	[ 2 ]	[ 3 ]
11. Walking one block	[ 1 ]	[ 2 ]	[ 3 ]
12. Bathing or dressing yourself	[ 1 ]	[ 2 ]	[ 3 ]

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

**(Circle One Number on Each Line)**

	Yes	No
13. Cut down the amount of time you spent on work or other activities	1	2
14. Accomplished less than you would like	1	2
15. Were limited in the kind of work or other activities	1	2
16. Had difficulty performing the work or other activities (for example, it took extra effort)	1	2

During the past 4 weeks, have you had any of the following problems with your work or other regular daily activities as a result of any emotional problems (such as depressed or anxious)?

	Yes	No
17. Cut down the amount of time you spent on work or other activities	1	2
18. Accomplished less than you would like	1	2
19. Didn't do work or other activities as carefully as usual	1	2

20. During the past 4 weeks, to what extent has your physical health or emotional problems interfered with your normal social activities with family, friends, neighbors, or groups?

**(Circle One Number)** Not at all 1    Slightly 2    Moderately 3    Quite a bit 4    Extremely 5

21. How much bodily pain have you had during the past 4 weeks?

**(Circle One Number)** None 1    Very mild 2    Mild 3    Moderate 4    Severe 5    Very severe 6

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22. During the past 4 weeks, how much did pain interfere with your normal work (including both work outside the home and housework)?

**(Circle One Number)** Not at all 1    A little bit 2    Moderately 3    Quite a bit 4    Extremely 5

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.

<b>(Circle One Number of Each Line)</b>	All of the time	Most of the time	A good bit of the time	Some of the time	A little of the time	None of the time
23. Did you feel full of pep?	1	2	3	4	5	6
24. Have you been a very nervous person?	1	2	3	4	5	6
25. Have you felt so down in the dumps that nothing could cheer you up?	1	2	3	4	5	6
26. Have you felt calm and peaceful?	1	2	3	4	5	6
27. Did you have a lot of energy?	1	2	3	4	5	6
28. Have you felt downhearted and blue?	1	2	3	4	5	6
29. Did you feel worn out?	1	2	3	4	5	6
30. Have you been a happy person?	1	2	3	4	5	6
31. Did you feel tired?	1	2	3	4	5	6

32. During the past 4 weeks, how much of the time has your physical health or emotional problems interfered with your social activities (like visiting with friends, relatives, etc.)?

**(Circle 1 Number)** All of the time 1    Most of the time 2    Some of the time 3    A little of the time 4    None of the time 5  
How TRUE or FALSE is each of the following statements for you.

<b>(Circle One Number of Each Line)</b>	Definitely True	Mostly True	Don't Know	Mostly False	Definitely False
33. I seem to get sick a little easier than other people	1	2	3	4	5
34. I am as healthy as anybody I know	1	2	3	4	5
35. I expected my health to get worse	1	2	3	4	5
36. My health is excellent	1	2	3	4	5