



**Health Questionnaire**  
*(English version for Australia)*

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 around  PLEASE TICK
- I have some problems in walking around  ONE BOX
- I am confined to bed

**Personal Care**

- I have no problems with personal care  PLEASE TICK
- I have some problems washing or dressing myself  ONE BOX
- 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  PLEASE TICK
- I have some problems with performing my usual activities  ONE BOX
- I am unable to perform my usual activities

**Pain/Discomfort**

- I have no pain or discomfort  PLEASE TICK
- I have moderate pain or discomfort  ONE BOX
- I have extreme pain or discomfort

**Anxiety/Depression**

- I am not anxious or depressed  PLEASE TICK
- I am moderately anxious or depressed  ONE BOX
- I am extremely anxious or depressed

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.

**Your own  
health state  
today**

