

Read each question carefully. Complete or fill in the circle of the best answer from the choices given. Then go to the question specified after your response. Thank you.

1. Do you have any serious health problem?

- ① Yes, if no, skip to the next question.

2. In general, would you say your overall health is:

- ① excellent ④ fair
② very good ⑤ poor
③ good

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

- ① none ④ moderate
② very mild ⑤ severe
③ mild ⑥ very severe

4. During the past 4 weeks, how much difficulty did you have doing your work or other regular daily activities as a result of your physical health?

- ① none at all ④ quite a bit
② a little bit ⑤ could not do daily work
③ some

5. During the past 4 weeks, to what extent have you accomplished less than you would like in your work or other daily activities as a result of emotional problems (such as feeling depressed or anxious)?

- ① none at all
② slightly
③ moderately
④ extremely

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

- ① none at all ④ quite a bit
② slightly ⑤ extremely
③ moderately

7. 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. How much of the time during the past 4 weeks . . .

- 1= all the time
2=most of the time
3=a good bit of the time
4=some of the time
5=a little of the time
6=none of the time

① ② ③ ④ ⑤ ⑥ have you felt calm and peaceful?

① ② ③ ④ ⑤ ⑥ did you have a lot of energy?

① ② ③ ④ ⑤ ⑥ have you felt downhearted and blue?

① ② ③ ④ ⑤ ⑥ have you been a happy person?

8. 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 = yes limited a lot
2 = yes limited a little
3 = no, not limited at all

① ② ③ lifting or carrying groceries

① ② ③ climbing several flights of stairs

① ② ③ walking several blocks