

# PRIVATE AND CONFIDENTIAL

## SF-36

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: F/M

Surgery: \_\_\_\_\_ Dr: \_\_\_\_\_

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

PLEASE ANSWER THE FOLLOWING 36 QUESTIONS OF THIS HEALTH SURVEY COMPLETELY, HONESTLY AND WITHOUT INTERRUPTIONS.

### GENERAL HEALTH:

1. In general, would you say your health is:

2. Compared to one year ago, how would you rate your health in general now?

### LIMITATIONS OF ACTIVITIES:

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?

3. Vigorous activities, such as running, lifting heavy objects, participating in strenuous sports.

4. Moderate activities, such as moving a table, pushing a vacuum cleaner, bowling or playing golf.

5. Lifting or carrying groceries.

6. Climbing several flights of stairs.

7. Climbing one flight of stairs.

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8. Bending, kneeling or stooping.

9. Walking more than a mile.

10. Walking several blocks.

11. Walking one block.

12. Bathing or dressing yourself.

### **PHYSICAL HEALTH PROBLEMS:**

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?

13. Cut down the amount of time you spent on work or other activities.

14. Accomplished less than you would like

15. Were limited in the kind of work or other activities

16. Had difficulty performing the work or other activities (for example, it took extra effort)

### **EMOTIONAL HEALTH PROBLEMS:**

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 feeling depressed or anxious)?

17. Cut down the amount of time you spent on work or other activities

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18. Accomplished less than you would like

19. Didn't do work or other activities as carefully as usual

### **SOCIAL ACTIVITIES:**

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

### **PAIN:**

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

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

### **ENERGY AND EMOTIONS:**

These questions are about how you feel and how things have been with you during the last 4 weeks. For each question, please give the answer that comes closest to the way you have been feeling.

23. Did you feel full of pep?

24. Have you been a very nervous person?

25. Have you felt so down in the dumps that nothing could cheer you up?

26. Have you felt calm and peaceful?

27. Did you have a lot of energy?

28. Have you felt downhearted and blue?

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29. Did you feel worn out?

30. Have you been a happy person?

31. Did you feel tired?

### **SOCIAL ACTIVITIES:**

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.)?

### **GENERAL HEALTH:**

How true or false is each of the following statements for you?

33. I seem to get sick a little easier than other people

34. I am as healthy as anybody I know

35. I expect my health to get worse

36. My health is excellent:

## **THANK YOU FOR COMPLETING THIS QUESTIONNAIRE**

### **STAFF USE ONLY**

Participants NHS Number:

Researchers Name:

NHS Site Number:

NHS Site Name:

Postcode: