






DARTMOUTH COOP GENERAL HEALTH QUESTIONNAIRE

NAME: _____ DATE: _____ DOB: _____






PHYSICAL FITNESS

During the past 4 weeks ...
What was the hardest physical activity you could do for at least 2 minutes?

<p>Very heavy, (no examples)</p> <ul style="list-style-type: none"> Run, fast pace Carry a heavy load upstairs or uphill (25 lbs or kg) 		1
<p>Heavy, (no examples)</p> <ul style="list-style-type: none"> Jog, slow pace Climb stairs or a hill (moderate pace) 		2
<p>Moderate, (no examples)</p> <ul style="list-style-type: none"> Walk, moderate pace Carry a heavy load on level ground (10 lbs or kg) 		3
<p>Light, (no examples)</p> <ul style="list-style-type: none"> Walk, medium pace Carry light load on level ground (5 lbs or kg) 		4
<p>Very light, (no examples)</p> <ul style="list-style-type: none"> Walk, slow pace Wash clothes 		5






FEELINGS

During the past 4 weeks ...
How much have you been bothered by emotional problems such as feeling anxious, depressed, irritable or downhearted and blue?

Not at all		1
Slightly		2
Moderately		3
Quite a bit		4
Extremely		5

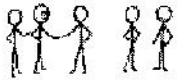




DAILY ACTIVITIES

During the past 4 weeks ...
How much difficulty have you had doing your usual activities or tasks, both inside and outside the house because of your physical and emotional health?

No difficulty at all		1
A little bit of difficulty		2
Some difficulty		3
Much difficulty		4
Could not do		5

SOCIAL ACTIVITIES

During the past 4 weeks ...
Has your physical and emotional health limited your social activities with family, friends, neighbors or groups?






Not at all		1
Slightly		2
Moderately		3
Quite a bit		4
Extremely		5

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PAIN

During the past 4 weeks ...
How much bodily pain have you generally had?

No pain		1
Very mild pain		2
Mild pain		3
Moderate pain		4
Severe pain		5






CHANGE IN HEALTH

How would you rate your overall health now compared to 4 weeks ago?

Much better		1
A little better		2
About the same		3
A little worse		4
Much worse		5

OVERALL HEALTH






During the past 4 weeks ...
How would you rate your health in general?

Excellent		1
Very good		2
Good		3
Fair		4
Poor		5

SOCIAL SUPPORT

During the past 4 weeks ...
Was someone available to help you if you needed and wanted help? For example if you

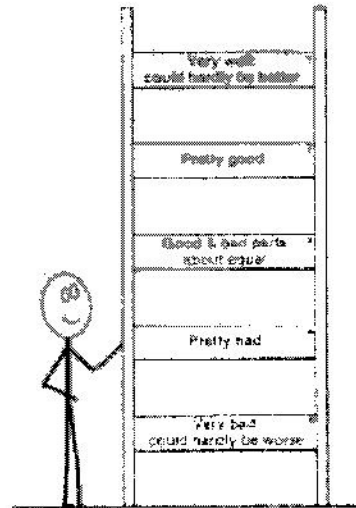
- felt very nervous, lonely, or blue
- got sick and had to stay in bed
- needed someone to talk to
- needed help with daily chores
- needed time and taking care of yourself?

Yes, as much as I wanted		1
Yes, quite a bit		2
Yes, some		3
Yes, a little		4
No, not at all		5

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QUALITY OF LIFE

How have things been going for you during the past 4 weeks?



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Comments:
