EQ - 5D

Health Questionnaire

English version for the US
By placing a checkmark 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 about  
I have some problems in walking about  
I am confined to bed

**Self-Care**
I have no problems with self-care  
I have some problems washing or dressing myself  
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  
I have some problems with performing my usual activities  
I am unable to perform my usual activities

**Pain/Discomfort**
I have no pain or discomfort  
I have moderate pain or discomfort  
I have extreme pain or discomfort

**Anxiety/Depression**
I am not anxious or depressed  
I am moderately anxious or depressed  
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.
Because all replies are anonymous, it will help us to understand your answers better if we have a little background data from everyone, as covered in the following questions.

1. Have you experienced serious illness? Yes No

   in you yourself  □  □
   in your family  □  □
   in caring for others  □  □

2. What is your age in years?

3. Are you: Male Female

4. Are you:
   a current smoker  □
   an ex-smoker  □
   a never smoker  □

5. Do you now, or did you ever, work in health care or social services? Yes No

   If so, in what capacity? .................................................................

6. Which of the following best describes your main activity?
   employed (including self employment)  □
   retired  □
   keeping house  □
   student  □
   seeking work  □
   other (please specify)  □ .................................................................

7. What is the highest level of education you have completed?
   some high school or less  □
   high school graduate or GED  □
   vocational college or some college  □
   college degree  □
   professional or graduate degree  □

8. If you know your zip code, please write it here