

36-ITEM SHORT FORM SURVEY INSTRUMENT (SF-36)



Patient Name: _____

Date of birth: _____

INSTRUCTIONS

Choose one option for each questionnaire item.

1 - IN GENERAL, WOULD YOU SAY YOUR HEALTH IS:

☐ 1 - Excellent ☐ 2 - Very good ☐ 3 - Good ☐ 4 - Fair ☐ 5 - Poor

2 - COMPARED TO ONE YEAR AGO, HOW WOULD YOU RATE YOUR HEALTH IN GENERAL NOW?

☐ 1 - Much better now than a year ago
☐ 2 - Somewhat better now than a year ago
☐ 3 - About the same
☐ 4 - Somewhat worse now than one year ago
☐ 5 - Much worse now than one year ago

INSTRUCTIONS

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? Circle the appropriate number.

	Yes, limited a lot	Yes, limited a little	No, not limited at all
3. Vigorous activities , such as running, lifting heavy objects, participating in strenuous sports	1	2	3
4. Moderate activities , such as moving a table, pushing a vacuum cleaner, bowling, or playing golf	1	2	3
5. Lifting or carrying groceries	1	2	3
6. Climbing several flights of stairs	1	2	3
7. Climbing one flight of stairs	1	2	3
8. Bending, kneeling, or stooping	1	2	3
9. Walking more than a mile	1	2	3
10. Walking several blocks	1	2	3
11. Walking one block	1	2	3
12. Bathing or dressing yourself	1	2	3

INSTRUCTIONS

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?**

	Yes	No
13. Cut down the amount of time you spent on work or other activities	1	2
14. Accomplished less than you would like	1	2
15. Were limited in the kind of work or other activities	1	2
16. Had difficulty performing the work or other activities (for example, it took extra effort)	1	2

INSTRUCTIONS

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)?

	Yes	No
17. Cut down the amount of time you spent on work or other activities	1	2
18. Accomplished less than you would like	1	2
19. Didn't do work or other activities as carefully as usual	1	2

20. DURING THE PAST 4 WEEKS, TO WHAT EXTENT HAS YOUR PHYSICAL HEALTH OR EMOTIONAL PROBLEMS INTERFERED WITH YOUR NORMAL SOCIAL ACTIVITIES WITH FAMILY, FRIENDS, NEIGHBORS, OR GROUPS?

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

21. HOW MUCH BODILY PAIN HAVE YOU HAD DURING THE PAST 4 WEEKS?

☐ 1 - None ☐ 2 - Very mild ☐ 3 - Mild ☐ 4 - Moderate ☐ 5 - Severe ☐ 6 - Very severe

22. DURING THE PAST 4 WEEKS, HOW MUCH DID PAIN INTERFERE WITH YOUR NORMAL WORK (INCLUDING BOTH WORK OUTSIDE THE HOME AND HOUSEWORK)?

☐ 1 - Not at all ☐ 2 - A little bit ☐ 3 - Moderately ☐ 4 - Quite a bit ☐ 5 - Extremely



INSTRUCTIONS

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**...

	All of the time	Most of the time	A good bit of the time	Some of the time	A little of the time	None of the time
23. Did you feel full of pep?	1	2	3	4	5	6
24. Have you been a very nervous person	1	2	3	4	5	6
25. Have you felt so down in the dumps that nothing could cheer you up	1	2	3	4	5	6
26. Have you felt calm and peaceful?	1	2	3	4	5	6
27. Did you have a lot of energy?	1	2	3	4	5	6
28. Have you felt downhearted and blue?	1	2	3	4	5	6
29. Did you feel worn out?	1	2	3	4	5	6
30. Have you been a happy person?	1	2	3	4	5	6
31. Did you feel tired?	1	2	3	4	5	6

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.)?

☐ 1 - All of the time ☐ 2 - Most of the time ☐ 3 - Some of the time ☐ 4 - A little of the time ☐ 5 - None of the time

INSTRUCTIONS

How TRUE or FALSE is **each** of the following statements for you.

	Definitely true	Mostly true	Don't know	Mostly false	Definitely false
33. I seem to get sick a little easier than other people	1	2	3	4	5
34. I am as healthy as anybody I know	1	2	3	4	5
35. I expect my health to get worse	1	2	3	4	5
36. My health is excellent	1	2	3	4	5

