

RAND-12 Your health, Engelsk

05.02.2025

The questions below are about how you perceive your health. This information will help us understand how you feel and how well you are able to carry out your usual activities. Each question should be answered by choosing the one that best suits you.

1. In general, would you say your health is:
Excellent Very good Good Fair Poor
2. The following questions are about activities you might do during a typical day. Does your health now limit you in these activities? If so, how much?
 - a. Moderate activities such as moving a table, pushing a vacuum cleaner, bowling, or playing golf
Yes, limited a lot Yes, limited a little No, not limited at all
 - b. Climbing several flights of stairs
Yes, limited a lot Yes, limited a little No, not limited at all
3. 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?
 - a. Accomplished less than you would like
Yes No
 - b. Were limited in the kind of work or other activities
Yes No
4. 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)?
 - a. Accomplished less than you would like
Yes No
 - b. Did work or activities less carefully than usual
Yes No
5. During the past 4 weeks, how much did pain interfere with your normal work (including work outside the home and housework)?
Not at all A little bit Moderately Quite a bit Extremely
6. These questions are about how you have been feeling 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...
 - a. Have you felt calm & peaceful?
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
 - b. Did you have a lot of energy?
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

c. Have you felt down-hearted and blue?

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

7. During the past 4 weeks, how much of the time has your physical health or emotional problems interfered with your social activities (like visiting friends, relatives, etc.)?

All of the time Most of the time Some of the time

A little of the time None of the time