

## Bell's Disability Scale

| Scores     | Descriptions of functional levels                                                                                                                                                                                                                                                       | Tick the box that matches your level of functioning |
|------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------|
| <b>100</b> | No symptoms at rest; no symptoms with exercise; normal overall activity level; able to work full-time without difficulty.                                                                                                                                                               |                                                     |
| <b>90</b>  | No symptoms at rest; mild symptoms with activity; normal overall activity level; able to work full-time without difficulty.                                                                                                                                                             |                                                     |
| <b>80</b>  | Mild symptoms at rest; symptoms worsened by exertion; minimal activity restriction noted for activities requiring exertion only; able to work full-time with difficulty in jobs requiring exertion.                                                                                     |                                                     |
| <b>70</b>  | Mild symptoms at rest; some daily activity limitation clearly noted. Overall functioning close to 90% of expected except for activities requiring exertion. Able to work full-time with difficulty.                                                                                     |                                                     |
| <b>60</b>  | Mild to moderate symptoms at rest; daily activity limitation clearly noted. Overall functioning 70%-90%. Unable to work full-time in jobs requiring physical labour, but able to work full-time in light activity if hours flexible.                                                    |                                                     |
| <b>50</b>  | Moderate symptoms at rest. Moderate to severe symptoms with exercise or activity; overall activity level reduced to 70% of expected. Unable to perform strenuous duties, but able to perform light duty or desk work 4-5 hours a day, but requires rest periods.                        |                                                     |
| <b>40</b>  | Moderate symptoms at rest. Moderate to severe symptoms with exercise or activity; overall activity level reduced to 50%-70% of expected. Not confined to house. Unable to perform strenuous duties; able to perform light duty or desk work 3-4 hours a day, but requires rest periods. |                                                     |
| <b>30</b>  | Moderate to severe symptoms at rest. Severe symptoms with any exercise; overall activity level reduced to 50% of expected. Usually confined to house. Unable to perform any strenuous tasks. Able to perform desk work 2-3 hours a day, but requires rest periods.                      |                                                     |
| <b>20</b>  | Moderate to severe symptoms at rest. Unable to perform strenuous activity; overall activity 30%-50% of expected. Unable to leave house except rarely; confined to bed most of day; unable to concentrate for more than 1 hour a day.                                                    |                                                     |
| <b>10</b>  | Severe symptoms at rest; bedridden the majority of the time. No travel outside of the house. Marked cognitive symptoms preventing concentration.                                                                                                                                        |                                                     |
| <b>0</b>   | Severe symptoms on a continuous basis; bedridden constantly; unable to care for self.                                                                                                                                                                                                   |                                                     |

Bell DS. The measurement of disability. In: The doctor's guide to chronic fatigue syndrome. 2nd ed. Massachusetts: Perseus Books; 1995. p. 119-31.