

The STANFORD HEALTH ASSESSMENT QUESTIONNAIRE©
Stanford University School of Medicine, Division of Immunology & Rheumatology

HAQ Disability Index:

In this section we are interested in learning how your illness affects your ability to function in daily life. Please feel free to add any comments on the back of this page.

Please check the response which best describes your usual abilities OVER THE PAST WEEK:

	Without ANY <u>difficulty</u> ⁰	With SOME <u>difficulty</u> ¹	With MUCH <u>difficulty</u> ²	UNABLE <u>to do</u> ³
DRESSING & GROOMING				
Are you able to:				
-Dress yourself, including tying shoelaces and doing buttons?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
-Shampoo your hair?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ARISING				
Are you able to:				
-Stand up from a straight chair?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
-Get in and out of bed?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
EATING				
Are you able to:				
-Cut your meat?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
-Lift a full cup or glass to your mouth?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
-Open a new milk carton?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WALKING				
Are you able to:				
-Walk outdoors on flat ground?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
-Climb up five steps?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please check any AIDS OR DEVICES that you usually use for any of these activities:

- | | |
|-------------------------------------|---|
| <input type="checkbox"/> Cane | <input type="checkbox"/> Devices used for dressing (button hook, zipper pul long-handled shoe horn, etc.) |
| <input type="checkbox"/> Walker | <input type="checkbox"/> Built up or special utensils |
| <input type="checkbox"/> Crutches | <input type="checkbox"/> Special or built up chair |
| <input type="checkbox"/> Wheelchair | <input type="checkbox"/> Other (Specify: _____) |

Please check any categories for which you usually need HELP FROM ANOTHER PERSON:

- | | |
|--|----------------------------------|
| <input type="checkbox"/> Dressing and Grooming | <input type="checkbox"/> Eating |
| <input type="checkbox"/> Arising | <input type="checkbox"/> Walking |

Please check the response which best describes your usual abilities **OVER THE PAST WEEK:**

	<u>Without ANY</u> <u>difficulty</u> ⁰	<u>With SOME</u> <u>difficulty</u> ¹	<u>With MUCH</u> <u>difficulty</u> ²	<u>UNABLE</u> <u>to do</u> ³
HYGIENE				
Are you able to:				
-Wash and dry your body?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
-Take a tub bath?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
-Get on and off the toilet?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
REACH				
Are you able to:				
-Reach and get down a 5-pound object (such as a bag of sugar) from just above your head?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
-Bend down to pick up clothing from the floor?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
GRIP				
Are you able to:				
-Open car doors?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
-Open jars which have been previously opened?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
-Turn faucets on and off?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ACTIVITIES				
Are you able to:				
-Run errands and shop?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
-Get in and out of a car?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
-Do chores such as vacuuming or yardwork	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please check any **AIDS OR DEVICES** that you usually use for any of these activities:

- | | |
|--|--|
| <input type="checkbox"/> Raised toilet seat | <input type="checkbox"/> Bathtub bar |
| <input type="checkbox"/> Bathtub seat | <input type="checkbox"/> Long-handled appliances for reach |
| <input type="checkbox"/> Jar opener (for jars previously opened) | <input type="checkbox"/> Long-handled appliances in bathroom |
| | <input type="checkbox"/> Other (Specify: _____) |

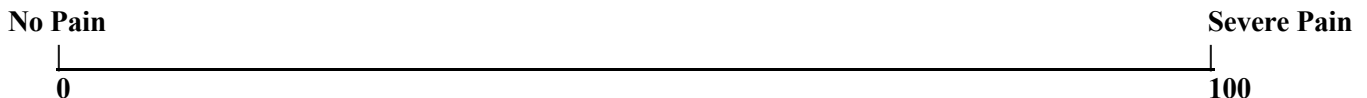
Please check any categories for which you usually need **HELP FROM ANOTHER PERSON:**

- | | |
|----------------------------------|--|
| <input type="checkbox"/> Hygiene | <input type="checkbox"/> Gripping and opening things |
| <input type="checkbox"/> Reach | <input type="checkbox"/> Errands and chores |

We are also interested in learning whether or not you are affected by pain because of your illness.

How much pain have you had because of your illness IN THE PAST WEEK:

PLACE A VERTICAL (|) MARK ON THE LINE TO INDICATE THE SEVERITY OF THE PAIN



Considering all the ways that your arthritis affects you, rate how you are doing on the following scale by placing a vertical mark on the line.

