WHODAS 12: English version

**In the last 30 days how much difficulty did you have in:**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  | **None** | **Mild** | **Moderate** | **Severe** | **Extreme or cannot do** |
|  | Standing for long periods such as 30 minutes? | 1 | 2 | 3 | 4 | 5 |
|  | Taking care of your household responsibilities? | 1 | 2 | 3 | 4 | 5 |
|  | Learning a new task, for example, learning how to get to a new place? | 1 | 2 | 3 | 4 | 5 |
|  | How much of a problem did you have joining in community activities (for example, festivities, religious or other activities) in the same way as anyone else can? | 1 | 2 | 3 | 4 | 5 |
|  | Have you been emotionally affected by your health problems? | 1 | 2 | 3 | 4 | 5 |

**In the last 30 days how much difficulty did you have in:**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  | **None** | **Mild** | **Moderate** | **Severe** | **Extreme or Cannot Do** |
|  | Concentrating on doing something for ten minutes? | 1 | 2 | 3 | 4 | 5 |
|  | Walking a long distance such as a kilometre [or equivalent]? | 1 | 2 | 3 | 4 | 5 |
|  | Washing your whole body? | 1 | 2 | 3 | 4 | 5 |
|  | Getting dressed? | 1 | 2 | 3 | 4 | 5 |
|  | Dealing with people you do not know? | 1 | 2 | 3 | 4 | 5 |
|  | Maintaining a friendship? | 1 | 2 | 3 | 4 | 5 |
|  | Your day-to-day work? | 1 | 2 | 3 | 4 | 5 |

Scoring: In “simple scoring”, the scores assigned to each of the items – “none” (1), “mild” (2) “moderate” (3), “severe” (4) and “extreme” (5) – are summed.