

Date \_\_\_\_\_ Name \_\_\_\_\_

SF-8™ Health Survey

This survey asks for your views about your health. This information will help you keep track of how you feel and how well you are able to do your usual activities.

Answer every question by selecting the answer as indicated. If you are unsure about how to answer a question, please give the best answer you can.

For each of the following questions, please mark an [x] in the one box that best describes your answer.

1. Overall, how would you rate your health during the **past 4 weeks**?

Excellent      Very Good      Good      Fair      Poor      Very Poor

2. During the **past 4 weeks**, how much did physical health problems limit your physical activities (such as walking or climbing stairs)?

Not at all      Very little      Somewhat      Quite a lot      Could not do physical activities

3. During the **past 4 weeks**, how much difficulty did you have doing your daily work, both at home and away from home, because of your physical health?

Not at all      Very little      Somewhat      Quite a lot      Could not do daily work

4. How much **bodily** pain have you had during the **past 4 weeks**?

None    Very mild      Mild      Moderate      Severe      Very severe

5. During the **past 4 weeks**, how much energy did you have?

Very much      Quite a lot      Some      A little      None

6. During the **past 4 weeks**, how much did your physical health or emotional problems limit your usual social activities with family or friends?

Not at all      Very little      Somewhat      Quite a lot      Could not do social activities

7. During the **past 4 weeks**, how much have you been bothered by **emotional problems** (such as feeling anxious, depressed or irritable)?

Not at all      Slightly      Moderately      Quite a lot      Extremely

8. During the **past 4 weeks**, how much did personal or emotional problems keep you from doing your usual work, school or other daily activities?

Not at all      Very little      Somewhat      Quite a lot      Could not do daily activities

*Thank you for completing these questions.*