

SF-12 Questionnaire

Patient Name _____

Patient Signature _____ Date _____

In general, would you say your health is:

- Excellent (1)
- Very Good (2)
- Good (3)
- Fair (4)
- Poor (5)

Does your health limit you in these activities? If so, how much?

Moderate activities, such as: moving a table, pushing a vacuum cleaner, bowling, or playing golf:

- Yes, limited a lot (3)
- Yes, limited a little (2)
- No, not limited at all (1)

Climbing several flights of stairs:

- Yes, limited a lot (3)
- Yes, limited a little (2)
- No, not limited at all (1)

During the past 4 weeks, have you had any of the following problems with your work or other regular activities as a result of your physical health?

Accomplished less than you would like:

- Yes (2)
- No (1)

Were limited in the kind of work or other activities:

- Yes (2)
- No (1)

During the past 4 weeks, were you limited in the kind of work you do or other regular activities as a result of any emotional problems? (such as feeling depressed or anxious)

Accomplished less than you would like:

- Yes (2)
- No (1)

Didn't do work or other activities as carefully as usual:

- Yes (2)
- No (1)

During the past 4 weeks, how much did pain interfere with your normal work? (including both work outside the home and housework)

- Not at all (1)
- A little bit (2)
- Moderately (3)
- Quite a bit (4)
- Extremely (5)

How much of the time during the past 4 weeks...

Have you felt calm and peaceful?

- All of the time (1)
- Most of the time (2)
- Some of the time (3)
- A little of the time (4)
- None of the time (5)

Did you have a lot of energy?

- All of the time (1)
- Most of the time (2)
- Some of the time (3)
- A little of the time (4)
- None of the time (5)

Have you felt downhearted and blue?

- All of the time (1)
- Most of the time (2)
- Some of the time (3)
- A little of the time (4)
- None of the time (5)

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

- All of the time (1)
- Most of the time (2)
- Some of the time (3)
- A little of the time (4)
- None of the time (5)