EUROQOL EQ-5D

By placing a tick in one box in each group below, please indicate which statement best describes your own health state today.

Do not tick more than one box in each group.

Mobility

I have no problems walking about ☐

I have some problems in walking about ☐

I am confined to bed ☐

Self-care

I have no problems with self-care ☐

I have some problems washing or dressing myself ☐

I am unable to wash or dress myself ☐

Usual activities (e.g. work, study, housework, family or leisure activities)

I have no problems with performing my usual activities ☐

I have some problems with performing my usual activities ☐

I am unable to perform my usual activities ☐

Pain/Discomfort

I have no pain or discomfort ☐

I have moderate pain or discomfort ☐

I have extreme pain or discomfort ☐

Anxiety/Depression

I am not anxious or depressed ☐

I am moderately anxious or depressed ☐

I am extremely anxious or depressed ☐

Please turn over for the final question.

To help people
say how good
or bad a health
state is, we
have drawn a
scale (rather
like a
thermometer)
on which the
best state you
can imagine is
marked 100
and the worst
state you can
imagine is
marked by 0.

We would like
you to indicate
on this scale
how good or
bad your own
health is today,
in your opinion.
Please do this
by drawing a
line from the
box below to
whichever point
on the scale
indicates how
good or bad
your health
state is.

**Your own
health state
today**

**Best
imaginable
health state**

100

9 0

8 0

7 0

6 0

5 0

4 0

3 0

2 0

1 0

0

**Worst
imaginable
health state**