



Health Questionnaire

English version for India

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Please tap the ONE box that best describes your health TODAY.

MOBILITY

I have no problems in walking

☐

I have slight problems in walking

☐

I have moderate problems in walking

☐

I have severe problems in walking

☐

I am unable to walk

☐

Please tap the ONE box that best describes your health TODAY.

SELF-CARE

I have no problems bathing or dressing myself

☐

I have slight problems bathing or dressing myself

☐

I have moderate problems bathing or dressing myself

☐

I have severe problems bathing or dressing myself

☐

I am unable to bathe or dress myself

☐

Please tap the ONE box that best describes your health TODAY.

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

I have no problems doing my usual activities

☐

I have slight problems doing my usual activities

☐

I have moderate problems doing my usual activities

☐

I have severe problems doing my usual activities

☐

I am unable to do my usual activities

☐

Please tap the ONE box that best describes your health TODAY.

PAIN / DISCOMFORT

I have no pain or discomfort

☐

I have slight pain or discomfort

☐

I have moderate pain or discomfort

☐

I have severe pain or discomfort

☐

I have extreme pain or discomfort

☐

Please tap the ONE box that best describes your health TODAY.

ANXIETY / DEPRESSION

- I am not anxious or depressed ☐
- I am slightly anxious or depressed ☐
- I am moderately anxious or depressed ☐
- I am severely anxious or depressed ☐
- I am extremely anxious or depressed ☐

- We would like to know how good or bad your health is TODAY.
- This scale is numbered from 0 to 100.
- 100 means the best health you can imagine.
0 means the worst health you can imagine.
- Please tap on the scale to indicate how your health is TODAY.

YOUR HEALTH
TODAY =
50

