

Appendix G

RAND-12 HSI Items and Response Options by Composite

Physical Health Composite

1. In general, would you say your health is:

Response Options: 1 = Excellent
2 = Very good
3 = Good
4 = Fair
5 = Poor

The following items are about activities you might do during a typical day. Does **your health now limit you** in these activities? If so, how much?

Response Options: 1 = Yes, limited a lot
2 = Yes, limited a little
3 = No, not limited at all

2. **Moderate activities**, such as moving a table, pushing a vacuum cleaner, bowling, or playing golf
3. Climbing **several** flights of stairs

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

Response Options: 1 = Yes
2 = No

4. **Accomplished less** than you would like
5. Were limited in the **kind** of work or other activities
8. During the **past 4 weeks**, how much did **pain** interfere with your normal work (including both work outside the home and housework)?

Response Options: 1 = Not at all
2 = A little bit
3 = Moderately
4 = Quite a bit
5 = Extremely

Mental Health Composite

During the **past 4 weeks**, have you had any of the following problems with your work or other regular daily activities **as a result of any emotional problems** (such as feeling depressed or anxious)?

Response Options: 1 = Yes
2 = No

6. **Accomplished less** than you would like
7. Didn't do work or other activities as **carefully** as usual

The following questions are about how you feel and how things have been with you **during the past 4 weeks**. For each question, please give the one answer that comes closest to the way you have been feeling.

How much time during the **past 4 weeks**:

Response Options: 1 = All of the time
2 = Most of the time
3 = A good bit of the time
4 = Some of the time
5 = A little of the time
6 = None of the time

9. Have you felt calm and peaceful?
10. Did you have a lot of energy?
11. Have you felt downhearted or blue?
12. 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.)?

Response Options: 1 = All of the time
2 = Most of the time
3 = Some of the time
4 = A little of the time
5 = None of the time