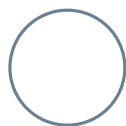




< SURVEY LIST



SURVEY TITLE

Your Physical Experiences



Mobility

HINT TEXT

PLEASE TICK THE ONE BOX THAT BEST DESCRIBES YOUR HEALTH TODAY.

SINGLE SELECT (PNTA ENABLED)

OPTIONS: I HAVE NO PROBLEMS IN WALKING ABOUT

I HAVE SLIGHT PROBLEMS IN WALKING ABOUT

I HAVE MODERATE PROBLEMS IN WALKING ABOUT

I HAVE SEVERE PROBLEMS IN WALKING ABOUT

I AM UNABLE TO WALK ABOUT



Self-care

HINT TEXT

PLEASE TICK THE ONE BOX THAT BEST DESCRIBES YOUR HEALTH TODAY.

SINGLE SELECT (PNTA ENABLED)

OPTIONS: I HAVE NO PROBLEMS WASHING OR DRESSING MYSELF

I HAVE SLIGHT PROBLEMS WASHING OR DRESSING MYSELF

I HAVE MODERATE PROBLEMS WASHING OR DRESSING MYSELF

I HAVE SEVERE PROBLEMS WASHING OR DRESSING MYSELF

I AM UNABLE TO WASH OR DRESS MYSELF



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

HINT TEXT

PLEASE TICK THE ONE BOX THAT BEST DESCRIBES YOUR HEALTH TODAY.

SINGLE SELECT (PNTA ENABLED)

OPTIONS: 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

4

Pain/discomfort

HINT TEXT

PLEASE TICK THE ONE BOX THAT BEST DESCRIBES YOUR HEALTH TODAY.

SINGLE SELECT (PNTA ENABLED)

OPTIONS: 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

5

Anxiety/depression

HINT TEXT

PLEASE TICK THE ONE BOX THAT BEST DESCRIBES YOUR HEALTH TODAY.

SINGLE SELECT (PNTA ENABLED)

OPTIONS: 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

6

We would like to know how good or bad your health is TODAY. Think about your health on a scale numbered from 0 to 100. Now, please write the number that best represents your health TODAY in the box below.

HINT TEXT

100 MEANS THE BEST HEALTH YOU CAN IMAGINE. 0 MEANS THE WORST HEALTH YOU CAN IMAGINE.

TEXT INPUT (PNTA ENABLED)
