



WHODAS 2.0

WORLD HEALTH ORGANIZATION
DISABILITY ASSESSMENT SCHEDULE 2.0

36-item version, self-administered

This questionnaire asks about difficulties due to health conditions. Health conditions include diseases or illnesses, other health problems that may be short or long lasting, injuries, mental or emotional problems, and problems with alcohol or drugs.

Think back over the past 30 days and answer these questions, thinking about how much difficulty you had doing the following activities. For each question, please mark an X (for printed copy) or click (on computer) only one response.

| In the past <u>30 days</u> , how much <u>difficulty</u> did you have in: | | None | Mild | Moderate | Severe | Extreme or cannot do |
|--|---|------|------|----------|--------|----------------------|
| Understanding and communicating | | | | | | |
| D1.1 | <u>Concentrating</u> on doing something for <u>ten minutes</u> ? | | | | | |
| D1.2 | <u>Remembering</u> to do <u>important things</u> ? | | | | | |
| D1.3 | <u>Analysing and finding solutions to problems</u> in day-to-day life? | | | | | |
| D1.4 | <u>Learning a new task</u> , for example, learning how to get to a new place? | | | | | |
| D1.5 | <u>Generally understanding</u> what people say? | | | | | |
| D1.6 | <u>Starting and maintaining a conversation</u> ? | | | | | |
| Getting around | | | | | | |
| D2.1 | <u>Standing for long periods</u> such as <u>30 minutes</u> ? | | | | | |
| D2.2 | <u>Standing up</u> from sitting down? | | | | | |
| D2.3 | <u>Moving around inside your home</u> ? | | | | | |
| D2.4 | <u>Getting out of your home</u> ? | | | | | |
| D2.5 | <u>Walking a long distance</u> such as a <u>kilometre</u> [or equivalent]? | | | | | |

Please continue to next page ...



WHODAS 2.0

WORLD HEALTH ORGANIZATION
DISABILITY ASSESSMENT SCHEDULE 2.0

36

Self

| In the past <u>30 days</u> , how much <u>difficulty</u> did you have in: | | | | | | |
|--|---|------|------|----------|--------|----------------------|
| Self-care | | None | Mild | Moderate | Severe | Extreme or cannot do |
| D3.1 | <u>Washing your whole body?</u> | | | | | |
| D3.2 | <u>Getting dressed?</u> | | | | | |
| D3.3 | <u>Eating?</u> | | | | | |
| D3.4 | <u>Staying by yourself for a few days?</u> | | | | | |
| Getting along with people | | None | Mild | Moderate | Severe | Extreme or cannot do |
| D4.1 | <u>Dealing with people you do not know?</u> | | | | | |
| D4.2 | <u>Maintaining a friendship?</u> | | | | | |
| D4.3 | <u>Getting along with people who are close to you?</u> | | | | | |
| D4.4 | <u>Making new friends?</u> | | | | | |
| D4.5 | <u>Sexual activities?</u> | | | | | |
| Life activities | | None | Mild | Moderate | Severe | Extreme or cannot do |
| D5.1 | <u>Taking care of your household responsibilities?</u> | | | | | |
| D5.2 | <u>Doing most important household tasks well?</u> | | | | | |
| D5.3 | <u>Getting all the household work done that you needed to do?</u> | | | | | |
| D5.4 | <u>Getting your household work done as quickly as needed?</u> | | | | | |

Please continue to next page ...



WHODAS 2.0

WORLD HEALTH ORGANIZATION
DISABILITY ASSESSMENT SCHEDULE 2.0

36

Self

If you work (paid, non-paid, self-employed) or go to school, complete questions D5.5–D5.8, below. Otherwise, skip to D6.1.

| Because of your health condition, in the past <u>30 days</u> , how much <u>difficulty</u> did you have in: | | None | Mild | Moderate | Severe | Extreme or cannot do |
|--|---|------|------|----------|--------|----------------------|
| D5.5 | Your day-to-day <u>work/school</u> ? | | | | | |
| D5.6 | Doing your most important work/school tasks <u>well</u> ? | | | | | |
| D5.7 | Getting all the work <u>done</u> that you need to do? | | | | | |
| D5.8 | Getting your work done as <u>quickly</u> as needed? | | | | | |

| Participation in society | | | | | | |
|---------------------------------|--|------|------|----------|--------|----------------------|
| In the past <u>30 days</u> : | | None | Mild | Moderate | Severe | Extreme or cannot do |
| D6.1 | How much of a problem did you have in <u>joining in community activities</u> (for example, festivities, religious or other activities) in the same way as anyone else can? | | | | | |
| D6.2 | How much of a problem did you have because of <u>barriers or hindrances</u> in the world around you? | | | | | |
| D6.3 | How much of a problem did you have <u>living with dignity</u> because of the attitudes and actions of others? | | | | | |
| D6.4 | How much <u>time</u> did <u>you</u> spend on your health condition, or its consequences? | | | | | |
| D6.5 | How much have <u>you</u> been <u>emotionally affected</u> by your health condition? | | | | | |
| D6.6 | How much has your health been a <u>drain on the financial resources</u> of you or your family? | | | | | |
| D6.7 | How much of a problem did your <u>family</u> have because of your health problems? | | | | | |
| D6.8 | How much of a problem did you have in doing things <u>by yourself</u> for <u>relaxation or pleasure</u> ? | | | | | |

Please continue to next page ...



WHODAS 2.0

WORLD HEALTH ORGANIZATION
DISABILITY ASSESSMENT SCHEDULE 2.0

36

Self

| | | |
|----|--|-----------------------------------|
| H1 | Overall, in the past 30 days, <u>how many days</u> were these difficulties present? | Record number of days ____ |
| H2 | In the past 30 days, for how many days were you <u>totally unable</u> to carry out your usual activities or work because of any health condition? | Record number of days ____ |
| H3 | In the past 30 days, not counting the days that you were totally unable, for how many days did you <u>cut back</u> or <u>reduce</u> your usual activities or work because of any health condition? | Record number of days ____ |

This completes the questionnaire. Thank you.