**WHODAS 2.0**

This questionnaire asks about difficulties due to health/mental 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 only one response.

In the past 30 days, how much difficulty did you have in:

| **Understanding and communicating** | **None** | **Mild** | **Moderate** | **Severe** | **Extreme or cannot do** |
| --- | --- | --- | --- | --- | --- |
| D1.1 Concentrating on doing something for ten minutes? |  |  |  |  |  |
| D1.2 Remembering to do important things? |  |  |  |  |  |
| D1.3 Analyzing and finding solutions to problems in day-to-day life? |  |  |  |  |  |
| D1.4 Learning a new task, for example, learning how to get to a new place? |  |  |  |  |  |
| D1.5 Generally understanding what people say? |  |  |  |  |  |
| D1.6 Starting and maintaining a conversation? |  |  |  |  |  |

In the past 30 days, how much difficulty did you have in:

| **Getting around** | **None** | **Mild** | **Moderate** | **Severe** | **Extreme or cannot do** |
| --- | --- | --- | --- | --- | --- |
| D2.1 Standing for long periods such as 30 minutes? |  |  |  |  |  |
| D2.2 Standing up from sitting down? |  |  |  |  |  |
| D2.3 Moving around inside your home? |  |  |  |  |  |
| D2.4 Getting out of your home? |  |  |  |  |  |
| D2.5 Walking a long distance such as a kilometre [or equivalent]? |  |  |  |  |  |

In the past 30 days, how much difficulty did you have in:

| **Self-care** | **None** | **Mild** | **Moderate** | **Severe** | **Extreme or cannot do** |
| --- | --- | --- | --- | --- | --- |
| D3.1 Washing your whole body? |  |  |  |  |  |
| D3.2 Getting dressed? |  |  |  |  |  |
| D3.3 Eating? |  |  |  |  |  |
| D3.4 Staying by yourself for a few days? |  |  |  |  |  |

In the past 30 days, how much difficulty did you have in:

| **Getting along with people** | **None** | **Mild** | **Moderate** | **Severe** | **Extreme or cannot do** |
| --- | --- | --- | --- | --- | --- |
| D4.1 Dealing with people you do not know? |  |  |  |  |  |
| D4.2 Maintaining a friendship? |  |  |  |  |  |
| D4.3 Getting along with people who are close to you? |  |  |  |  |  |
| D4.4 Making new friends? |  |  |  |  |  |
| D4.5 Sexual activities? |  |  |  |  |  |

In the past 30 days, how much difficulty did you have in:

| **Life activities** | **None** | **Mild** | **Moderate** | **Severe** | **Extreme or cannot do** |
| --- | --- | --- | --- | --- | --- |
| D5.1 Taking care of your household responsibilities? |  |  |  |  |  |
| D5.2 Doing most important household tasks well? |  |  |  |  |  |
| D5.3 Getting all the household work done that you needed to do? |  |  |  |  |  |
| D5.4 Getting your household work done as quickly as needed? |  |  |  |  |  |

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

| **Participation in society. In the past 30 days:** | **None** | **Mild** | **Moderate** | **Severe** | **Extreme or cannot do** |
| --- | --- | --- | --- | --- | --- |
| D6.1 How much of a problem did you have in joining in community activities (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 barriers or hindrances in the world around you? |  |  |  |  |  |
| D6.3 How much of a problem did you have living with dignity because of the attitudes and actions of others? |  |  |  |  |  |

| **Participation in society. In the past 30 days:** | **None** | **Some** | **Moderate** | **A Lot** | **Extreme or cannot do** |
| --- | --- | --- | --- | --- | --- |
| D6.4 How much time did you spend on your health condition, or its consequences? |  |  |  |  |  |

| **Participation in society. In the past 30 days:** | **None** | **Mild** | **Moderate** | **Severe** | **Extreme or cannot do** |
| --- | --- | --- | --- | --- | --- |
| D6.5 How much have you been emotionally affected by your health condition? |  |  |  |  |  |
| D6.6 How much has your health been a drain on the financial resources of you or your family? |  |  |  |  |  |
| D6.7 How much of a problem did your family have because of your health problems? |  |  |  |  |  |
| D6.8 How much of a problem did you have in doing things by yourself for relaxation or pleasure? |  |  |  |  |  |

H1. Overall, in the past 30 days, how many days were these difficulties present? Record number of days:



H2. In the past 30 days, for how many days were you totally unable 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 cut back or reduce your usual activities or work because of any health condition? Record number of days: