

## Over the last 2 weeks have you had any trouble with:

Standing for long periods such as 30 minutes?

- None
- Mild
- Moderate
- Severe
- Extreme or Cannot Do

## Over the last 2 weeks have you had any trouble with:

Taking care of your household responsibilities?

- None
- Mild
- Moderate
- Severe
- Extreme or Cannot Do

## Over the last 2 weeks have you had any trouble with:

Learning a new task, for example, learning how to get to a new place?

- None
- Mild
- Moderate
- Severe
- Extreme or Cannot Do

## Over the last 2 weeks:

How much of a problem did you have joining in community activities (for example, festivities, religious or other activities) in the same way as anyone else can?

- None
- Mild
- Moderate
- Severe
- Extreme or Cannot Do

## Over the last 2 weeks:

How much have you been emotionally affected by your health problems?

- None
- Mild
- Moderate
- Severe
- Extreme or Cannot Do

**Over the last 2 weeks have you had any trouble with:**

Concentrating on doing something for ten minutes?

- None
- Mild
- Moderate
- Severe
- Extreme or Cannot Do

**Over the last 2 weeks have you had any trouble with:**

Walking a long distance such as a kilometre [or equivalent]?

- None
- Mild
- Moderate
- Severe
- Extreme or Cannot Do

**Over the last 2 weeks have you had any trouble with:**

Washing your whole body?

- None
- Mild
- Moderate
- Severe
- Extreme or Cannot Do

**Over the last 2 weeks have you had any trouble with:**

Getting dressed?

- None
- Mild
- Moderate
- Severe
- Extreme or Cannot Do

**Over the last 2 weeks have you had any trouble with:**

Dealing with people you do not know?

- None
- Mild
- Moderate
- Severe
- Extreme or Cannot Do

**Over the last 2 weeks have you had any trouble with:**

Maintaining a friendship?

- None
- Mild
- Moderate
- Severe
- Extreme or Cannot Do

**Over the last 2 weeks have you had any trouble with:**

Your day-to-day work?

- None
- Mild
- Moderate
- Severe
- Extreme or Cannot Do

**Overall, in the past 14 days, how many days were these difficulties present?**

- Never
- 1-2 Days
- 3-5 Days
- 6-9 Days
- 10-14 Days

**In the past 14 days, for how many days were you totally unable to carry out your usual activities or work because of any health condition?**

- Never
- 1-2 Days
- 3-5 Days
- 6-9 Days
- 10-14 Days

**In the past 14 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?**

- Never
- 1-2 Days
- 3-5 Days
- 6-9 Days
- 10-14 Days

WHODAS Total \_\_\_\_\_