



INSTRUCTIONS FOR RAND 36 HEALTH SURVEY (SFH)

I. General Instructions

The Short Form 36 Health Survey Form collects information about an individual's physical and mental health status. The form includes questions on vitality, physical functioning, bodily pain, general health perceptions, physical role functioning, emotional role functioning, social role functioning, and mental health. This instrument is in widespread use; scores from the SF-36 can be compared to other study populations in the US and elsewhere. It should be noted that calculation of valid physical and mental health status requires that the participant answer each of the questions.

This form is to be completed during the participant's Baseline, 6-months, and Years 1, 2, and 3 visits.

II. Detailed instructions for each item

0a. Enter the date the form was completed.

0b. Enter staff ID of the person administering the form

First, read the introductory script:

"This survey asks for your views about your health. This information will help you keep track of how you feel and how well you are able to do your usual activities. Answer every question by selecting the answer as indicated. If you are unsure about how to answer a question, please give the best answer you can. **Please consider your hearing as part of your physical health.**"

Consideration of hearing as part of physical health should be emphasized.

1. **General Health:** The first question asks the participant to rate their health on a five point scale ranging from "excellent" to "poor". Please use Q1 Response Card to help the participant understand their response options.
2. **Health Change:** This question asks the participant to compare their current health status to their health status one year ago. Please use Q2 Response Card to help the participant choose their answer

3a-j. Physical Functioning

These questions asks the participant about how their health may limit their ability perform daily physical activities. These questions use the same three responses: "Yes, limited a lot", "Yes, limited a little", and "No, not limited at all".

First read aloud:

“The following questions are about activities you might do during a typical day. *Remember to consider your hearing as part of your physical health.* Does your health now limit you in these activities? If so, how much?”

As you read aloud the questions, emphasize the bolded words below:

- a. **Vigorous activities**, such as running, lifting heavy objects, participating in strenuous sports
- b. **Moderate activities**, such as moving a table, pushing a vacuum cleaner, bowling, or playing golf
- c. Lifting or carrying groceries
- d. Climbing **several** flights of stairs
- e. Climbing **one** flight of stairs
- f. Bending, kneeling, or stooping
- g. Walking **more than a mile**
- h. Walking **several blocks**
- i. Walking **one block**
- j. Bathing or dressing yourself

Please use the Q3 Response Card to help the participant choose their answer.

4a-d. **Physical Role functioning**

These questions ask the participant if their physical health has affected their regular daily activities. The participant can answer either “yes” or “no”.

First read aloud (emphasize bolded words):

“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**? Please respond with “yes” or “no”. *Remember to consider your hearing as part of your physical health.*

As you read aloud the questions, emphasize the bolded words below:

- a. Cut down the amount of time you spent on work or other activities
- b. **Accomplished less** than you would like
- c. Were limited in the **kind** of work or other activities
- d. Had **difficulty** performing the work or other activities (for example, it took extra effort

5a-c. **Emotional Role functioning**

These questions ask the participant if their emotional health has affected their regular daily activities. The participant can answer either “yes” or “no”.

First read aloud (emphasize bolded words):

“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 emotional problems** (such as feeling depressed or anxious)? Please respond with “yes” or “no”.

As you read aloud the questions, emphasize the bolded words below;

- a. Cut down the amount of time you spent on work or other activities
- b. **Accomplished less** than you would like
- c. Didn't do work or other activities as **carefully** as usual

6. **Social Functioning:** This question asks the participant if their physical health or emotional problems interfered with their normal social activities. **Remind participants to consider their hearing as part of their physical health.** Use Q6 Response Card to help the participant choose one answer.
7. **Pain:** This question asks the participant the amount of bodily pain they've had in the past 4 weeks. Use the Q7 Response Card to help the participant choose one answer.
8. **Pain:** This question asks the participant how their pain interfered with their normal work. Use the Q8 Response Card to help the participant choose one answer.

9a-i. **Energy/Fatigue, Emotional Well Being**

This question asks the participant about their energy, fatigue, and emotional well-being. The questions use the same six answers. Use the Q9 Response Card to help the participant choose one answer

First read aloud (emphasize bolded words):

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

“How much of the time **during the past 4 weeks...**”

As you read aloud each question to the participant and ask for their answer, make sure they choose one answer.

10. **Social Functioning:** This question asks the participant how much of the time has their physical health or emotional problems interfered with their normal social activities. **Remind participants to consider their hearing as part of their physical health.** Use Q10 Response Card to help the participant choose one answer.
- 11a-d. **General Health:** This question asks the participant their beliefs on their health. Use the Q11 Response Card to help the participant choose one answer. As you read aloud each question to the participant and ask for their answer, make sure to clarify their answer so they come to a single response

Q1 Response Card

- 1. Excellent**
- 2. Very Good**
- 3. Good**
- 4. Fair**
- 5. Poor**

Q2 Response Card

1. Much better now than one year ago
2. Somewhat better now than one year ago
3. About the same
4. Somewhat worse now than one year ago
5. Much worse now than one year ago

Q3 Response Card

1. Yes, limited a lot
2. Yes, limited a little
3. No, not limited at all

Q6, Q8 Response Card

- 1. Not at all**
- 2. Slightly**
- 3. Moderately**
- 4. Quite a bit**
- 5. Extremely**

Q7 Response Card

- 1. None**
- 2. Very Mild**
- 3. Mild**
- 4. Moderate**
- 5. Severe**
- 6. Very Severe**

Q9 Response Card

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

Q10 Response Card

- 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**

1. Definitely True
2. Mostly True
3. Don't know
4. Mostly False
5. Definitely False