**WHODAS 2.0**
World Health Organization Disability Assessment Schedule 2.0
36-item version, self-administered

Patient Name: ___________________________  Age: ______  Sex: □ Male  □ Female  Date: ______________

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 circle only one response.

<table>
<thead>
<tr>
<th>Understanding and communicating</th>
<th></th>
<th></th>
<th></th>
<th>Raw Item Score</th>
<th>Raw Domain Score</th>
<th>Average Domain Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>D1.1 Concentrating on doing something for ten minutes?</td>
<td>None</td>
<td>Mild</td>
<td>Moderate</td>
<td>Severe</td>
<td>Extreme or cannot do</td>
<td>30</td>
</tr>
<tr>
<td>D1.2 Remembering to do important things?</td>
<td>None</td>
<td>Mild</td>
<td>Moderate</td>
<td>Severe</td>
<td>Extreme or cannot do</td>
<td>25</td>
</tr>
<tr>
<td>D1.3 Analyzing and finding solutions to problems in day-to-day life?</td>
<td>None</td>
<td>Mild</td>
<td>Moderate</td>
<td>Severe</td>
<td>Extreme or cannot do</td>
<td>25</td>
</tr>
<tr>
<td>D1.4 Learning a new task, for example, learning how to get to a new place?</td>
<td>None</td>
<td>Mild</td>
<td>Moderate</td>
<td>Severe</td>
<td>Extreme or cannot do</td>
<td>20</td>
</tr>
<tr>
<td>D1.5 Generally understanding what people say?</td>
<td>None</td>
<td>Mild</td>
<td>Moderate</td>
<td>Severe</td>
<td>Extreme or cannot do</td>
<td>20</td>
</tr>
<tr>
<td>D1.6 Starting and maintaining a conversation?</td>
<td>None</td>
<td>Mild</td>
<td>Moderate</td>
<td>Severe</td>
<td>Extreme or cannot do</td>
<td>20</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Getting around</th>
<th></th>
<th></th>
<th></th>
<th>Raw Item Score</th>
<th>Raw Domain Score</th>
<th>Average Domain Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>D2.1 Standing for long periods, such as 30 minutes?</td>
<td>None</td>
<td>Mild</td>
<td>Moderate</td>
<td>Severe</td>
<td>Extreme or cannot do</td>
<td>20</td>
</tr>
<tr>
<td>D2.2 Standing up from sitting down?</td>
<td>None</td>
<td>Mild</td>
<td>Moderate</td>
<td>Severe</td>
<td>Extreme or cannot do</td>
<td>20</td>
</tr>
<tr>
<td>D2.3 Moving around inside your home?</td>
<td>None</td>
<td>Mild</td>
<td>Moderate</td>
<td>Severe</td>
<td>Extreme or cannot do</td>
<td>20</td>
</tr>
<tr>
<td>D2.4 Getting out of your home?</td>
<td>None</td>
<td>Mild</td>
<td>Moderate</td>
<td>Severe</td>
<td>Extreme or cannot do</td>
<td>20</td>
</tr>
<tr>
<td>D2.5 Walking a long distance, such as a kilometer (or equivalent)?</td>
<td>None</td>
<td>Mild</td>
<td>Moderate</td>
<td>Severe</td>
<td>Extreme or cannot do</td>
<td>20</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Self-care</th>
<th></th>
<th></th>
<th></th>
<th>Raw Item Score</th>
<th>Raw Domain Score</th>
<th>Average Domain Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>D3.1 Washing your whole body?</td>
<td>None</td>
<td>Mild</td>
<td>Moderate</td>
<td>Severe</td>
<td>Extreme or cannot do</td>
<td>20</td>
</tr>
<tr>
<td>D3.2 Getting dressed?</td>
<td>None</td>
<td>Mild</td>
<td>Moderate</td>
<td>Severe</td>
<td>Extreme or cannot do</td>
<td>20</td>
</tr>
<tr>
<td>D3.3 Eating?</td>
<td>None</td>
<td>Mild</td>
<td>Moderate</td>
<td>Severe</td>
<td>Extreme or cannot do</td>
<td>20</td>
</tr>
<tr>
<td>D3.4 Staying by yourself for a few days?</td>
<td>None</td>
<td>Mild</td>
<td>Moderate</td>
<td>Severe</td>
<td>Extreme or cannot do</td>
<td>20</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Getting along with people</th>
<th></th>
<th></th>
<th></th>
<th>Raw Item Score</th>
<th>Raw Domain Score</th>
<th>Average Domain Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>D4.1 Dealing with people you do not know?</td>
<td>None</td>
<td>Mild</td>
<td>Moderate</td>
<td>Severe</td>
<td>Extreme or cannot do</td>
<td>25</td>
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<tr>
<td>D4.2 Maintaining a friendship?</td>
<td>None</td>
<td>Mild</td>
<td>Moderate</td>
<td>Severe</td>
<td>Extreme or cannot do</td>
<td>25</td>
</tr>
<tr>
<td>D4.3 Getting along with people who are close to you?</td>
<td>None</td>
<td>Mild</td>
<td>Moderate</td>
<td>Severe</td>
<td>Extreme or cannot do</td>
<td>25</td>
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<tr>
<td>D4.4 Making new friends?</td>
<td>None</td>
<td>Mild</td>
<td>Moderate</td>
<td>Severe</td>
<td>Extreme or cannot do</td>
<td>25</td>
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<tr>
<td>D4.5 Sexual activities?</td>
<td>None</td>
<td>Mild</td>
<td>Moderate</td>
<td>Severe</td>
<td>Extreme or cannot do</td>
<td>25</td>
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<tr>
<td>Raw Item</td>
<td>Score</td>
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<td>Average Domain Score</td>
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<tr>
<td>D5.1</td>
<td>None</td>
<td>Mild</td>
<td>None</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>D5.2</td>
<td>None</td>
<td>Mild</td>
<td>None</td>
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<tr>
<td>D5.3</td>
<td>None</td>
<td>Mild</td>
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<td>D5.4</td>
<td>None</td>
<td>Mild</td>
<td>None</td>
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<tr>
<td>D5.5</td>
<td>None</td>
<td>Mild</td>
<td>None</td>
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<tr>
<td>D5.6</td>
<td>None</td>
<td>Mild</td>
<td>None</td>
<td></td>
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<td>D5.7</td>
<td>None</td>
<td>Mild</td>
<td>None</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>D5.8</td>
<td>None</td>
<td>Mild</td>
<td>None</td>
<td></td>
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</tr>
</tbody>
</table>

**Life activities—Household**

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

**D5.1** Taking care of your household responsibilities?

- None
- Mild
- Moderate
- Severe
- Extreme or cannot do

**D5.2** Doing most important household tasks well?

- None
- Mild
- Moderate
- Severe
- Extreme or cannot do

**D5.3** Getting all of the household work done that you needed to do?

- None
- Mild
- Moderate
- Severe
- Extreme or cannot do

**D5.4** Getting your household work done as quickly as needed?

- None
- Mild
- Moderate
- Severe
- Extreme or cannot do

**Life activities—School/Work**

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:

**D5.5** Your day-to-day work/school?

- None
- Mild
- Moderate
- Severe
- Extreme or cannot do

**D5.6** Doing your most important work/school tasks well?

- None
- Mild
- Moderate
- Severe
- Extreme or cannot do

**D5.7** Getting all of the work done that you need to do?

- None
- Mild
- Moderate
- Severe
- Extreme or cannot do

**D5.8** Getting your work done as quickly as needed?

- None
- Mild
- Moderate
- Severe
- Extreme or cannot do

**Participation in society**

In the past 30 days:

**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?

- None
- Mild
- Moderate
- Severe
- Extreme or cannot do

**D6.2** How much of a problem did you have because of barriers or hindrances around you?

- None
- Mild
- Moderate
- Severe
- Extreme or cannot do

**D6.3** How much of a problem did you have living with dignity because of the attitudes and actions of others?

- None
- Mild
- Moderate
- Severe
- Extreme or cannot do

**D6.4** How much time did you spend on your health condition or its consequences?

- None
- Some
- Moderate
- A Lot
- Extreme or cannot do

**D6.5** How much have you been emotionally affected by your health condition?

- None
- Mild
- Moderate
- Severe
- Extreme or cannot do

**D6.6** How much has your health been a drain on the financial resources of you or your family?

- None
- Mild
- Moderate
- Severe
- Extreme or cannot do

**D6.7** How much of a problem did your family have because of your health problems?

- None
- Mild
- Moderate
- Severe
- Extreme or cannot do

**D6.8** How much of a problem did you have in doing things by yourself for relaxation or pleasure?

- None
- Mild
- Moderate
- Severe
- Extreme or cannot do

**General Disability Score (Total):** 180