

SECTION 2. DEMOGRAPHIC AND BACKGROUND INFORMATION

This interview has been developed by the World Health Organization to better understand the difficulties people may have due to their health conditions. The information that you provide in this interview is confidential and will be used only for research.

FOR RESPONDENTS FROM THE GENERAL POPULATION (NOT THE CLINICAL POPULATION) SAY: Even if you are healthy and have no difficulties, it is necessary that I ask all of the questions for completeness.

I will begin with some background questions.

A1	RECORD SEX AS OBSERVED	Female	1
		Male	2

A2	How old are you now?	___/___	years
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A3	How many years in all did you spend <u>studying in school, college or university</u> ?	___/___	years
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A4	What is your <u>current marital status</u> ? (SELECT THE SINGLE BEST OPTION)	Never married	1
		Currently married	2
		Separated	3
		Divorced	4
		Widowed	5
		Cohabiting	6

A5	Which describes your <u>main work status</u> best? (<i>SELECT THE SINGLE BEST OPTION</i>)	Paid work	1
		Self employed, such as own your business or farming	2
		Non paid work, such as volunteer or charity	3
		Student	4
		Keeping house/Homemaker	5
		Retired	6
		Unemployed (health reasons)	7
		Unemployed (other reasons)	8
		Other (<i>specify</i>)	9

SECTION 3

SAY TO RESPONDENT:

The interview is about difficulties people have because of health conditions.

(HAND FLASHCARD #1 TO RESPONDENT). By health condition I mean diseases or illnesses, other health problems that may be short or long lasting, injuries, mental or emotional problems and problems with alcohol or drugs.

I remind you to keep all of your health problems in mind as you answer the questions. When I ask you about difficulties in doing an activity think about *(POINT TO FLASHCARD #1)*.

- Increased effort
- Discomfort or pain
- Slowness
- Changes in the way you do the activity

(POINT TO FLASHCARD #1). When answering, I'd like you to think back over the last 30 days. I also would like you to answer these questions thinking about how much difficulty you have, on average over the past 30 days, while doing the activity as you usually do it.

(HAND FLASHCARD #2 TO RESPONDENT). Use this scale when responding. *(READ SCALE ALOUD)*: None, mild, moderate, severe, extreme or cannot do.

(FLASHCARDS #1 AND #2 SHOULD REMAIN VISIBLE TO THE RESPONDENT THROUGHOUT THE INTERVIEW.)

SECTION 4. CORE QUESTIONS

<i>SHOW FLASHCARD #2 to participant</i>						
<i>In the last 30 days <u>how much difficulty did you have in:</u></i>						
		None	Mild	Moderate	Severe	Extreme or Cannot Do
S1	<u>Standing for long periods</u> such as <u>30 minutes?</u>	1	2	3	4	5
S2	Taking care of your <u>household responsibilities?</u>	1	2	3	4	5
S3	<u>Learning a new task</u> , for example, learning how to get to a new place?	1	2	3	4	5
S4	How much of a problem did you have <u>joining in community activities</u> (for example, festivities, religious or other activities) in the same way as anyone else can?	1	2	3	4	5
S5	How much have <u>you</u> been <u>emotionally affected</u> by your health problems?	1	2	3	4	5

***IF ANY OF S1-S5 ARE ENDORSED (RATED GREATER THAN NONE),
CONTINUE WITH S6-S12***

OTHERWISE, THIS IS THE END OF THE INTERVIEW.

This concludes our interview, thank you for participating.

In the last 30 days <u>how much difficulty did you have in:</u>						
		None	Mild	Moderate	Severe	Extreme or Cannot Do
S6	<u>Concentrating on doing something for ten minutes?</u>	1	2	3	4	5
S7	<u>Walking a long distance such as a kilometre [or equivalent]?</u>	1	2	3	4	5
S8	<u>Washing your whole body?</u>	1	2	3	4	5
S9	<u>Getting dressed?</u>	1	2	3	4	5
S10	<u>Dealing with people you do not know?</u>	1	2	3	4	5
S11	<u>Maintaining a friendship?</u>	1	2	3	4	5
S12	<u>Your day to day work?</u>	1	2	3	4	5

CONTINUE BY ADMINISTERING THE SPECIFIED DOMAINS AS FOLLOWS:

<i>IF QUESTION IS ENDORSED (CODED 2-5)</i>	<i>GO TO</i>	<i>DOMAIN NUMBER</i>
S3 or S6	→	1 on page 7
S1 or S7	→	2 on page 7
S8 or S9	→	3 on page 8
S10 or S11	→	4 on page 8
S2 or S12	→	5 on pages 9-10
S4 or S5	→	6 on page 11

DOMAIN 1 Understanding and Communicating

Now I am going to ask some questions about understanding and communicating.

show flashcards #1 AND #2

for responses greater than NONE (1), ASK: how many days was this difficulty present?

RECORD NUMBER OF DAYS (0 - 30)

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

	None	Mild	Moderate	Severe	Extreme or Cannot Do	Number Days
D1.2 <u>Remembering to do important things?</u>	1	2	3	4	5	_____ D1.2d
D1.3 <u>Analysing and finding solutions to problems in day to day life?</u>	1	2	3	4	5	_____ D1.3d
D1.5 <u>Generally understanding what people say?</u>	1	2	3	4	5	_____ D1.5d
D1.6 <u>Starting and maintaining a conversation?</u>	1	2	3	4	5	_____ D1.6d

DOMAIN 2 Getting Around

I am now going to ask you about difficulties in getting around.

SHOW FLASHCARDS #1 AND #2

for responses greater than NONE (1), ASK: how many days was this difficulty present?

RECORD NUMBER OF DAYS (0-30)

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

	None	Mild	Moderate	Severe	Extreme or Cannot Do	Number Days
D2.2 <u>Standing up from sitting down?</u>	1	2	3	4	5	_____ D2.2d
D2.3 <u>Moving around inside your home?</u>	1	2	3	4	5	_____ D2.3d
D2.4 <u>Getting out of your home?</u>	1	2	3	4	5	_____ D2.4d

DOMAIN 3 Self Care

I am now going to ask you about difficulties in taking care of yourself.

SHOW FLASHCARDS #1 AND #2

for responses greater than NONE (1), **SHOW FLASHCARD #3**

ASK: how many days was this difficulty present?

RECORD NUMBER OF DAYS (0-30) _____

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

	None	Mild	Moderate	Severe	Extreme or Cannot Do	Number Days
D3.3 <u>Eating?</u>	1	2	3	4	5	_____ D3.3d
D3.4 <u>Staying by yourself for a few days?</u>	1	2	3	4	5	_____ D3.4d

DOMAIN 4 Getting along with people

I am now going to ask you about difficulties in getting along with people. Please remember that I am asking only about difficulties that are due to health problems. By this I mean diseases or illnesses, injuries, mental or emotional problems and problems with alcohol or drugs.

SHOW FLASHCARDS #1 AND #2

for responses greater than NONE (1), **SHOW FLASHCARD #3**

ASK: how many days was this difficulty present?

RECORD NUMBER OF DAYS (0-30) _____

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

	None	Mild	Moderate	Severe	Extreme or Cannot Do	Number Days
D4.3 <u>Getting along with people who are close to you?</u>	1	2	3	4	5	_____ D4.3d
D4.4 <u>Making new friends?</u>	1	2	3	4	5	_____ D4.4d
D4.5 <u>Sexual activities?</u>	1	2	3	4	5	_____ D4.5d

DOMAIN 5 Life Activities

Household Activities

The following questions are about activities involved in maintaining your household, and in caring for the people with whom you live or those close to you. These activities include cooking, cleaning, shopping, caring for others and caring for your belongings.

D5.1 How many hours do you spend in these activities in a typical week? RECORD NUMBER OF HOURS /

SHOW FLASHCARDS #1 AND #2

for responses greater than NONE (1), ASK: how many days was this difficulty present?

RECORD NUMBER OF DAYS (0-30) _____

Because of your health condition, in the last 30 days, how much difficulty did you have in:

	None	Mild	Moderate	Severe	Extreme or Cannot Do	Number Days
D5.3 Doing your most important household tasks <u>well</u> ?	1	2	3	4	5	<u> </u> D5.3d
D5.4 Getting all the household work <u>done</u> that you needed to do?	1	2	3	4	5	<u> </u> D5.4d
D5.5 Getting your household work done as <u>quickly</u> as needed?	1	2	3	4	5	<u> </u> D5.5d

IF ANY OF D5.2 – D5.5 ARE RATED GREATER THAN NONE (1), ASK:

D5.6 In the last 30 days, on how many days did you reduce or completely miss household work because of your health condition? RECORD NUMBER OF DAYS /

IF RESPONDENT WORKS (PAID, NON-PAID, SELF EMPLOYED) OR GOES TO SCHOOL, COMPLETE QUESTIONS D5.7-D5.13. OTHERWISE, SKIP TO D6.1 ON THE NEXT PAGE

Now I will ask some questions about your work or school activities.

D5.7 How many hours do you spend in work (which includes school) in a typical week? RECORD NUMBER OF HOURS ___ / ___

SHOW FLASHCARDS #1 AND #2

for responses greater than NONE (1), ASK: how many days was this difficulty present?

RECORD NUMBER OF DAYS (0-30) _____

Because of your health condition, in the last 30 days how much difficulty did you have in:

	None	Mild	Moderate	Severe	Extreme or Cannot Do	Number Days
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D5.9	Doing your most important work tasks well?	1	2	3	4	5	_____ D5.9d
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D5.10	Getting all the work <u>done</u> that you need to do?	1	2	3	4	5	_____ D5.10d
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D5.11	Getting your work done as <u>quickly</u> as needed?	1	2	3	4	5	_____ D5.11d
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D5.12	Have you had to work at a <u>lower level</u> because of a health condition?				No Yes		1 2
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D5.13	Did you <u>earn less money</u> as the result of a health condition?				No Yes		1 2
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IF ANY OF D5.8 – D5.11 ARE RATED GREATER THAN NONE (1), ASK:

D5.14 In the last 30 days, on how many days did you miss work for half a day or more because of your health condition? RECORD NUMBER OF DAYS ___ / ___

DOMAIN 6 Participation in Society

Now, I am going to ask you about your participation in society and the impact of your health problems on you and your family. Some of these questions may involve problems that go beyond the last 30 days, however in answering, please focus on the last 30 days. Again, I remind you to answer these questions while thinking about health problems: physical, mental or emotional, alcohol or drug related.

SHOW FLASHCARDS #1 AND #2

NOTE THAT THE NUMBER OF DAYS FOR EACH QUESTION IN THIS DOMAIN IS NOT REQUESTED.

In the last 30 days:		None	Mild	Moderate	Severe	Extreme or Cannot Do
D6.2	How much of a problem did you have because of <u>barriers or hindrances</u> in the world around you?	1	2	3	4	5
D6.3	How much of a problem did you have <u>living with dignity</u> because of the attitudes and actions of others?	1	2	3	4	5
D6.4	How much <u>time</u> did <u>you</u> spend on your health condition, or its consequences?	1	2	3	4	5
D6.6	How much has your health been a <u>drain on the financial resources</u> of you or your family?	1	2	3	4	5
D6.7	How much of a problem did your <u>family</u> have because of your health problems?	1	2	3	4	5
D6.8	How much of a problem did you have in doing things <u>by yourself</u> for <u>relaxation</u> or <u>pleasure</u> ?	1	2	3	4	5

This concludes our interview, thank you for participating.

Health Conditions:

- Diseases, illnesses or other health problems
- Injuries
- Mental or emotional problems
- Problems with alcohol
- Problems with drugs

Having difficulty with an activity means:

- Increased effort
- Discomfort or pain
- Slowness
- Changes in the way you do the activity

Think about the past 30 days only

Flashcard #1

This instrument was developed by the WHO's *Classification, Terminology and Standards Team (CTS)* within the framework of the WHO/NIH Joint Project on Assessment and Classification of Disability.

The proper use of this instrument requires appropriate training of interviewers including use of the Manual for WHODAS 2.0 which includes an interview guide and other training material. The computerized version of the interview (I shell) is available for computer assisted interviews or for data entry.

The WHODAS 2.0 is available in the following versions:

- 12 item version
- 36 item version
- 12+24 item version

Each version can be interview administered. The 12 item version and the 36 item version is also available in self-administered format and proxy (i.e. relatives, friends, caretakers) administered format. The 12 item version explains 81% of the variance of the more detailed 36 item version.

For more details of the versions please refer to the WHODAS 2.0 Manual, WHO 2009.

Permission to translate this instrument into any language should be obtained from WHO. All translations should be prepared according to the WHO translation guidelines.

For additional information, please visit www.who.int/icf/whodas or contact:

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