Validated health questionnaires

Summary

Name	Use	Length	How to access	Cost	User guide	Age (where stated)
MOST USEFUL						
ONS Wellbeing Indicator	Assessment of subjective wellbeing	4 questions as part of ONS's Integrated Household Survey, alongside work from ONS monthly Opinions Survey.	here	Free	here	
EuroQol EQ-5D-5L	Standardised measure of health status	Five questions plus a scale to rate general health	here	Free (author must be credited)	here	
Short Form Health Survey (SF36)	Generic health questions	36 questions. There is a shorter version (SF-12) with 12 questions.	here	Free (author must be credited)	here	
OTHER VALIDATED QUESTIONNAIRES						
General Health Questionnaire (GHQ)	Assessing minor psychiatric disorders in the general population	Four versions: 12 questions, 28 questions, 30 questions 60 questions	link	£80 + VAT for a pack of 100. Photocopying is not allowed.	Provided on purchase of form	Adolescent upwards
Patient Health Questionnaire (PHQ-9)	Detect depression	9 questions	link	Free: terms here	link	
Core questions from the Scottish Government cross-sectional surveys	Socio demographics plus questions covering disability, self-assessed health, smoking, and caring.	Disability: 2 questions Health: 1 question Smoking: 1 question Caring: 2 questions	link	Free (author must be credited)	Some information available on website	
International Physical Activity Questionnaire (IPAQ)	Assesses physical activity undertaken across a range of domains	Two versions: Long version - 27 questions Short version – 7 questions	link	Free	link	Adults aged 15 -69

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Warwick-Edinburgh Mental Well-being Scale (WEMWBS)	Assessment of mental wellbeing. Used by NHS.	Long version: 14 questions Short version: 7 questions	Long version link Short version link.	Free (author must be credited)	link	
Work Social Adjustment Scale	Assessing whether people's problems are affecting their ability to carry out certain day-to-day tasks. Used by NHS.	5 questions	link.	Free (author must be credited)	Not provided	
Hospital Anxiety and Depression Scale	Measurement of anxiety and depression. Designed for use in hospital medical outpatient clinic.	14 questions	link	Free (author must be credited)	Not provided	
Duke-UNC functional support questionnaire (FSSQ)	Measurement of extent of social support a person has.	14 questions	link	Free (author must be credited)	link	
Dartmouth COOP/WONCA functional health assessment charts	The adult COOP covers physical and emotional function, daily activities, social activities, social support, family communication and health habits. The COOP/WONCA includes physical fitness, emotional feelings, daily and social activities, changes in health, overall health and pain. Used internationally.	9 questions	View a copy here, but official access is from Dartmouth	Admin fee of $100	Request from Dartmouth	
Paediatric Quality of Life Inventory	Measures health-related quality of life (HRQOL) in healthy children and adolescents, and those with acute and chronic health conditions.	Physical functioning (8 questions); emotional functioning (5 questions); social functioning (5 questions) and school functioning (5 questions).	Available by agreeing to a disclaimer on purpose of use, here	is free of charge for non-funded academic study or for a charge of 1058 + 840 Euros per study for non-commercial organisations	Not provided	Children aged 8-12
UCLA Loneliness Scale	Subjective feelings of loneliness and isolation	20 questions	link	Free (author must be credited)	link	
Friendship Scale	Measurement of social isolation and social connection	Six questions	link	Free (author must be credited)	Not provided	
Satisfaction With Life Scale	Global cognitive judgements of satisfaction with life	Five questions	link	Free (author must be credited)	link	

Name	Use	Length	How to access	Cost	User guide	Age (where stated)
Ryff Scales of Psychological Well-being	Psychological well-being	Longer version has 54 questions	Information and ordering here	Administration fee	link	
The Positive and Negative Affect Schedule (PANAS)	Measures extent of different feelings and emotions.		link	Free, provided source is cited (citation is printed on document linked to)	Not provided	
The General Self-Efficacy Scale (GSE)	Assesses general sense of perceived self-efficacy aiming to predict the ability to cope with daily hassle and adaptation to change after experiencing stressful life events	10 questions	link (scroll down for questions)	Free (author must be credited)	Not provided	It is designed for adults or adolescents over the age of 12

Most useful questionnaires for affordable warmth schemes

EuroQol EQ-5D-5L tool

This is a short health questionnaire developed by the EuroQoL Group; a network of multi-disciplinary researchers established in 1987. The EQ-5D-5L has been validated in six countries with diverse patient populations. The EQ-5D is a standardised measure of health status developed by the group which aims to provide a simple generic measure of health for clinical and economic appraisal. The EQ-5D-5L was developed as this includes five available response option for 'no problems', 'slight problems', 'moderate problems', 'severe problems' and 'extreme problems'), under each of the five headings; 'mobility', 'self-care', 'usual activities', 'pain/discomfort' and 'anxiety/depression'. Under each of these listed headings the respondent selects the option which is most suitable to them. At the end of the questionnaire they have an option to mark their health on a scale ranging from 0 to 100 with 0 being the 'worst health you can imagine' and 100 being the 'best health you can imagine'. It is available for free from here.

A user guide with data collection and analysis guidance is available here. To summarise some of the key information, the analysis would usually start by coding the responses provided ranging from '1' for 'no problems' to '5' for 'extreme' problems, and missing values are coded as '9'. The health scale is scored using the figure which participants mark. This data can then be entered into a database and presented either as descriptive data within a health profile, used as a measure of overall self-rated health status or presented from the index value. The health profile could be presented within a table with the frequency or the proportion of reported problems for each level/dimension. This could be broken down to include the proportions per subgroup, e.g. age, before vs. after treatment etc. The data can also be divided between 'no problems' (level 1) and 'problems' (levels 2 to 5), therefore changing the profile into frequencies of reported problems. These data could be presented in tables or graphs. To present all aspects of the data, or the index values, a central tendency and measure of dispersion can be included. This could include the mean values and the standard deviations, or where the data are skewed, the median values and the 25th and 75th percentiles. The T-test may be useful for pre-post comparison studies. This can also be presented in tables or charts.

Short Form Health Survey (SF-36)

This is a set of generic health questions for self-administration which were developed as part of the Medical Outcomes Study which has been running for over 30 years. The SF-36 is based on the four weeks prior to the respondent filling out the questionnaire. It includes eight health concepts: physical functioning, bodily pain, role limitations due to physical health problems, role limitations due to personal and emotional problems, emotional well-being, social functioning, energy/fatigue, and general health perceptions. The responses required are generally based on selecting yes/no responses. It is available for free from here, the scoring system, terms and conditions and further information are all available here. When printing and distributing the survey, the user must credit RAND as the developers of the instrument. There is a shorter version called the SF-12.

Other validated health questionnaires

General Health Questionnaire (GHQ)

This is a is a 'screening device' for assessing minor psychiatric disorders in the general population, through research studies, community and non-psychiatric clinical settings such as primary care or general medical out-patients. It's not suitable for children but can be used for all other age groups from adolescent upwards. Generally it is sensitive

to short-term psychiatric disorders as it compares the respondent's current state from their usual state, but not to long-standing attributes of the respondent. The GHQ is available in four different versions varying in depth from the GHQ-12; a quick reliable and sensitive short form which is recommended for research studies to a fully detailed 60-item questionnaire. The form comes with a GHQ user's guide which provides guidance on setting-up localised validation studies. It is available at a cost of £80.00 + VAT for a pack of 100 from this link. At the point of purchase information must be provided on the brief details of the project, how many administrations the study will require, whether the study will use all of the items as they stand or some of the questions within a larger questionnaire and whether you are a student or clinical practitioner. Translations of the study are available. Photocopying the GHQ is treated as theft.

Patient Health Questionnaire (PHQ-9)

The PHQ-9 is a simple set of questions which seek to detect depression in respondents. It is designed by Pfizer and targeted for use by clinicians or students. The question responses are all on the scale ranging from 'not at all' to 'nearly everyday' in connection to factors which have bothered respondents such as 'feeling, down, depressed or hopeless'; 'poor appetite' or 'over-eating'. Each question is concerned with the two week period leading up to the respondent completing the survey. It is available from here. As the questionnaire relies on patient self-report, all responses should be verified by the clinician and a definitive diagnosis made on clinical grounds. The full terms of use defined by Pfizer are available here, and the user guide is here. The questionnaire has been field-tested in an office practice.

Core questions from the Scottish Government cross-sectional surveys

The Core questions are used in all Scottish cross-sectional surveys (from January 2012) and they allow data to be pooled, some questions are designed for use in interviews. The questions are broad and cover general socio-demographic topics in addition to disability (two survey questions), self-assessed health (one survey question), smoking (one survey question), caring (two interview questions), mental well-being (using WEMWBS) and perception of local crime rate (one survey question). The health-related questions could e useful for description, but do not include any measure of severity so are not as useful for measuring changes over a period of time or after an intervention. The questions are available for free from here. The questions are recommended for use in other surveys for comparison with National results.

Warwick-Edinburgh Mental Well-being Scale (WEMWBS)

This is a scale of 14 positively worded items, with five response categories ('none of the time' to 'all of the time'), for assessment of mental wellbeing and is used by the NHS (named Warwick-Edinburgh as those were the universities who developed it around 2006). It includes both hedonic (def. relating to pleasure) and eudaemonic (def. conducive to happiness) perspectives. It is available for free from here. There is also a short version of the WEMWBS, which can be found here. A user guide can be found here.

Work Social Adjustment Scale

This short questionnaire aims to assess whether people's problems are affecting their ability to carry out certain day-to-day tasks. It consists of five questions for which people can respond using a number ranging from 0 (not at all) to 8 (very severely). This results in a score from 0 to 40; between 10 and 20 is considered to be associated with significant functional impairments, over 20 moderately severe or worse psychopathology and scores below 10 associated with 'subclinical populations'. The questionnaire has been developed within the 'Serenity Programme' which is based on cognitive behaviour therapy (CBT) and designed by a consultant nurse therapist working within the NHS. It is available for free here.

Hospital anxiety and depression scale (HADS)

This consists of 14 questions where respondents choose one response from a choice of four. Respondents should be advised to provide immediate responses and not consider the question for too long. The questions are divided between those that relate to anxiety (marked with an A) and those that relate to depression (marked with a D). The scale was developed and found to be effective when tested in a hospital medical outpatient clinic, as reported in 1982. It is available for free from here.

Duke-UNC functional support questionnaire (FSSQ)

This is a one page questionnaire consisting of eight questions within a matrix table where respondents can select answers ranging from 5 (as much as they would like) to 1 (much less than I would like). The questions are related to interactions with other people such as 'I have people who care what happens to me'. It is available for free from here, with further information available on administration, scoring and limitations here. This questionnaire would be useful for measuring social isolation.

Dartmouth COOP/WONCA functional health assessment charts

This is a general functional status measure designed for clinical use in primary care. The Dartmouth COOP/WONCA charts are international. The adult COOP covers physical and emotional function, daily activities, social activities, social support, family communication and health habits. The COOP/WONCA is similar and includes physical fitness, emotional feelings, daily and social activities, changes in health, overall health and pain (optional). They also contain a scaling system for responses from 1 (no impairment) to 5 (most impairment). A copy of the COOP charts can be viewed here, but the charts should be obtained from Dartmouth, and there is a one-off administration fee of $100.

The name originates from the Dartmouth Primary Care Cooperative Information Project (COOP project) and the World Organisation of National Colleges, Academies, and Academic Associations of General Practices/Family Physicians. They are available for a single $100 administration fee and the pack includes an overview, assessment of function and measures information. They can be ordered via an email link on this page and a manual can be found here.

Paediatric Quality of Life Inventory

The PedsQL Measurement Model is a modular approach to measuring health-related quality of life (HRQOL) in healthy children and adolescents, and those with acute and chronic health conditions. The PedsQL Measurement Model aims to integrate both generic and core scales and disease-specific modules into one measurement system. There are two versions; one for parents to report on their child and one for children to report on themselves: both aimed for children aged 8-12. The questions within these two are based on problems within physical functioning (8 questions); emotional functioning (5 questions); social functioning (5 questions) and school functioning (5 questions) and each one requires an answer on a scale ranging from 'never' to 'almost always'. They are both available by agreeing to a disclaimer on purpose of use, here. The tool is free of charge for non-funded academic study or for a charge of 1058 + 840 Euros per study for non-commercial organisations, to account for the Owner's Royalty Fees and the Mapi research Trust's Distribution fees respectively; additional modules are chargeable at 300 Euros each. There are also annual subscription options. The tool is protected by copyright and the user agreement describes the conditions for use which includes prohibition from modification or duplication of the questionnaire.

UCLA Loneliness Scale

This is a 20-item scale designed to measure subjective feelings of loneliness as well as feelings of isolation. Each question requires an answer on the scale of O: 'I often feel this way', to N: 'I never feel this way'. The scale is available for free download, with guidance on interpreting the results and a brief history on the development of the scale (1978) from here.

Satisfaction With Life Scale

This is a five-item instrument which aims to measure global cognitive judgements of satisfaction with life and usually takes about one minute to complete. The five questions such as 'in most ways my life is ideal', require an answer ranging from 1: strongly disagree to 7: strongly agree. This is copyrighted but free to use providing the authors are credited: 'Ed Diener, Robert A. Emmons, Randy J. Larsen and Sharon Griffin as noted in the 1985 article in the *Journal of Personality Assessment'*. It can be downloaded here, along with guidance on interpreting the results.

Ryff Scales of Psychological Well-being

This is a questionnaire consisting of 54 questions (there are two other versions available) used to judge psychological well-being, each of which require an answer on a scale of 1 (strongly disagree) to 6 (strongly agree). Some of the answers are reverse scored. The well-being facets include self-acceptance, establishment of quality ties to other, a sense of autonomy and thought in action, the ability to manage complex environments to suit personal needs and values, the pursuit of meaningful goals and a sense of purpose in life, continued growth and development as a person. It is available to use without charge but institutions must pay for the cost of reproducing it from the electronic master file, which is sent upon request and available here.

The Positive and Negative Affect Schedule (PANAS)

This scale questionnaire consists of 20 words that describe different feelings and emotions. Alongside each word, respondents are required to mark a 1 (very slightly or not at all) to 5 (extremely) in relation to how they feel at that moment, *or* within the last week. The words used include 'interested', 'irritable', 'inspired', 'nervous' and 'jittery'. It is available to use for free and available here. This is under copyright by the American Psychological Association and should be cited when used (using the citation at the bottom of the schedule).

The General Self-Efficacy Scale (GSE)

This is designed to assess a general sense of perceived self-efficacy aiming to predict the ability to cope with daily hassle and adaptation to change after experiencing stressful life events. It is designed for adults or adolescents over the age of 12. The scale is usually self-administered as part of a larger questionnaire with a preference on mixing the questions amongst others with the same response categories. The responses are on a four-point scale ranging from 1 (not at all true) to 4 (exactly true). The questions include 'I am confident I could deal efficiently with unexpected events' and 'I can solve most problems if I invest the necessary effort'. The questions are available for free providing the scale is correctly cited, from here and a FAQs page here. It is available in 33 languages.