SF-8™ Health Survey

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.
For each of the following questions, please mark an [x] in the one box that best describes your
answer.

1. Overall, how would you rate your health during the past 4 weeks?
   - Excellent
   - Very Good
   - Good
   - Fair
   - Poor
   - Very Poor

2. During the past 4 weeks, how much did physical health problems limit your usual physical
   activities (such as transfers or going places)?
   - Not at all
   - Very little
   - Somewhat
   - Quite a lot
   - Could not do physical activities

3. During the past 4 weeks, how much difficulty did you have doing your daily work, both at home
   and away from home, because of your physical health?
   - Not at all
   - Very little
   - Somewhat
   - Quite a lot
   - Could not do daily work

4. How much bodily pain have you had during the past 4 weeks?
   - None
   - Very mild
   - Mild
   - Moderate
   - Severe
   - Very severe

5. During the past 4 weeks, how much energy did you have?
   - Very much
   - Quite a lot
   - Some
   - A little
   - None

6. During the past 4 weeks, how much did your physical health or emotional problems limit your
   usual social activities with family or friends?
   - Not at all
   - Very little
   - Somewhat
   - Quite a lot
   - Could not do social activities

7. During the past 4 weeks, how much have you been bothered by emotional problems (such as
   feeling anxious, depressed or irritable)?
   - Not at all
   - Slightly
   - Moderately
   - Quite a lot
   - Extremely

8. During the past 4 weeks, how much did personal or emotional problems keep you from doing
   your usual work, school or other daily activities?
   - Not at all
   - Very little
   - Somewhat
   - Quite a lot
   - Could not do daily activities

Thank you for completing these questions.