

Cognit Electronic Health Record

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Date Time: 11/3/2020@11:14:33

Quiz Title: 0.10.0 Rand 36 Item Health Survey 1.0

Quiz Total: 89

0. The RAND-36 is perhaps the most widely used health-related quality of life (HRQoL) survey instrument in the world today. It is comprised of 36 items that assess eight health concepts: physical functioning, role limitations caused by physical health problems, role limitations caused by emotional problems, social functioning, emotional well-being, energy/fatigue, pain, and general health perceptions. Physical and mental health summary scores are also derived from the eight RAND-36 scales.

User Answer
I consent to complete the survey
Total Score: 0

1. In general, would you say your health is:

User Answer (1=Poor, 2=Below Average, 3=Average, 4=Above Average, 5=Excellent)	
In general, would you say your health is:	Average (3)
Total Score	3

2. Compared to one year ago, how would you rate your general health right now?

User Answer (1=Much better than one year ago, 2=Somewhat better than one year ago, 3=Uncertain, 4=Somewhat worse now than one year ago, 5=Much worse now than one year ago)	
Compared to one year ago, how would you rate your general health right now?	Somewhat better than one year ago (2)
Total Score	2

3. The following items are about activities you might do during a typical day: Does your health now limit you in these activities? If so, how much?

User Answer (1=No, not limited at all, 2=Yes, limited a little, 3=Yes, limited a lot)	
3. Vigorous activities, such as running, lifting heavy objects, participating in strenuous sports	No, not limited at all (1)
4. Moderate activities, such as moving a table pushing a vacuum cleaner, bowling or playing golf	Yes, limited a little (2)
5. Lifting or carrying groceries	Yes, limited a lot (3)
6. Climbing several flights of stairs	Yes, limited a little (2)
7. Climbing one flight of stairs	No, not limited at all (1)
8. Bending, kneeling or stooping	Yes, limited a little (2)
9. Walking more than a mile	Yes, limited a lot (3)
10. Walking several blocks	Yes, limited a little (2)
11. Walking one block	No, not limited at all (1)

12. Bathing or dressing yourself	Yes, limited a little (2)
Total Score	19

13. 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?

User Answer (1=No, 2=Yes)	
13. Cut down the amount of time you spend on work or other activities	No (1)
14. Accomplish less than you would like	Yes (2)
15. Were limited in the kind of work or other activities	No (1)
16. Had difficulty performing the work or other activities (for example, took extra effort)	Yes (2)
Total Score	6

17. 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 any emotional problems?: (depressed, anxious)

User Answer (1=No, 2=Yes)	
17. Cut down the amount of time you spend on work or other activities	No (1)
18. Accomplish less than you would like	Yes (2)
19. Didn't do work or other activities as carefully as usual	No (1)
Total Score	4

20. During the past 4 weeks, to what extent has your physical health or emotional: problems interfered with your normal social activities with family, friends, neighbors or groups?

User Answer (1=Not at all, 2=Slightly, 3=Moderately, 4=Quite a bit, 5=Good)	
20. During the past 4 weeks, to what extent has your physical health or emotional: problems interfered with your normal social activities with family, friends, neighbors or groups?	Slightly (2)
Total Score	2

21. How much bodily pain have you had during the past 4 weeks:

User Answer (1=None, 2=Very Mild, 3=Mild, 4=Moderate, 5=Severe, 6=Very Severe)	
21. How much bodily pain have you had during the past 4 weeks:	Mild (3)
Total Score	3

22. During the past 4 weeks, how much did pain interfere with your normal work (including both work outside the home and housework)?

User Answer (1=Not at all, 2=Slightly, 3=Moderately, 4=Quite a bit, 5=Extremely)	
22. During the past 4 weeks, how much did pain interfere with your normal work (including both work outside the home and housework)?	Quite a bit (4)
Total Score	4

23. These questions are about how you feel and how things have been with you during the past 4 weeks. For each question, 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 . . .

User Answer (1=None of the Time, 2=A little of the time , 3=Some of the time , 4=A good bit of time , 5=Most of the time , 6=All of the time)	
23. Did you feel full of pep?	None of the Time (1)
24. Have you been a very nervous person?	A little of the time (2)
25. Have you felt so down in the dumps that nothing could cheer you up?	Some of the time (3)
26. Have you felt calm and peaceful?	A good bit of time (4)
27. Do you have a lot of energy?	Most of the time (5)
28. Have you felt downhearted and blue?	All of the time (6)
29. Did you feel worn out?	Most of the time (5)
30. Have you been a happy person?	A good bit of time (4)
31. Do you feel tired?	Some of the time (3)
Total Score	33

32. During the past 4 weeks, to what extent has your physical health or emotional problems interfered with your normal social activities like visiting with family, friends, relatives, etc.?

User Answer (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)	
32. During the past 4 weeks, to what extent has your physical health or emotional problems interfered with your normal social activities like visiting with family, friends, relatives, etc.?	Some of the time (3)
Total Score	3

33. How TRUE or FALSE is each of the following statements for you?

User Answer (1=Definitely False, 2=Mostly False, 3=Don't know , 4=Mostly True, 5=Definitely True)	
33. I seem to get sick a little easier than other people	Definitely False (1)
34. I am as healthy as anybody I know	Mostly False (2)
35. I expect my health to get worse	Don't know (3)
36. My health is excellent.	Mostly True (4)
Total Score	10