



## INSTRUCTIONS FOR SF-12 ITEM HEALTH SURVEY SFH, VERSION 3.0, QUESTION BY QUESTION (QxQ)

### I. GENERAL INSTRUCTIONS

The SF-12 Item Health Survey should be completed during the participant's Clinic Visit 5.

**Header Information:** The header information consists of key fields which uniquely identify each recorded instance of a form. For the Event field, record if this is happening at Visit 5 or another event.

0a. Date of Collection: Record the date the data was collected or abstracted. Select the date from the pop-up calendar in the data management system (DMS) or type the date in the space provided. Dates should be entered in the mm/dd/yyyy format.

0b. Staff Code: Record the SPIROMICS staff code of the person who collected or abstracted the data. This code is assigned to each person at each site by the GIC. If you do not have a staff code and are collecting SPIROMICS data, please contact the GIC in order to receive your own individual staff code.

### II. DETAILED INSTRUCTIONS FOR EACH ITEM

Item 1. **Health status.** Select only one option among the five possible choices.

- Select Excellent if subject reports having excellent general health.
- Select Very good if subject reports having very good general health.
- Select Good if subject reports having good general health.
- Select Fair if subject reports having fair general health.
- Select Poor if subject reports having poor general health.

Item 2a. **Health limits activities.** Select only one option among the three possible choices.

- Select Yes, limited a lot if subject reports limiting a lot his/her moderate activities, such as moving a table, pushing a vacuum cleaner, bowling, or playing golf because of his/her general health.
- Select Yes, limited a little if subject reports limiting a little his/her moderate activities, such as moving a table, pushing a vacuum cleaner, bowling, or playing golf because of his/her general health.
- Select No, not at all limited if subject reports not at all limiting moderate activities, such as moving a table, pushing a vacuum cleaner, bowling, or playing golf because of his/her general health.

Item 2b. **Health limits climbing several flights of stairs.** Select only one option among the three possible choices.

- Select Yes, limited a lot if subject reports limiting a lot climbing several flights of stairs because of his/her general health.
- Select Yes, limited a little if subject reports limiting a little climbing several flights of stairs because of his/her general health.
- Select No, not at all limited if subject reports not at all limiting climbing several flights of stairs because of his/her general health.

Item 3a. **Time having accomplished less due to health.** Select only one option among the five possible choices.

- Select All of the time if subject reports accomplishing less than s/he would like all of the time as a result of his/her general health during the last four weeks.
- Select Most of the time if subject reports accomplishing less than s/he would like most of the time as a result of his/her general health during the last four weeks.
- Select Some of the time if subject reports accomplishing less than s/he would like some of the time as a result of his/her general health during the last four weeks.
- Select A little bit of the time if subject reports accomplishing less than s/he would like a little bit of the time as a result of his/her general health during the last four weeks.
- Select None of the time if subject reports accomplishing less than s/he would like none of the time as a result of his/her general health during the last four weeks.

Item 3b. **Time limited in the kind of work or other regular daily activities.** Select only one option among the five possible choices.

- Select All of the time if subject reports being limited in the kind of work or other regular daily activities s/he does all of the time as a result of his/her general health during the last four weeks.
- Select Most of the time if subject reports being limited in the kind of work or other regular daily activities s/he does most of the time as a result of his/her general health during the last four weeks.
- Select Some of the time if subject reports being limited in the kind of work or other regular daily activities s/he does some of the time as a result of his/her general health during the last four weeks.
- Select A little bit of the time if subject reports being limited in the kind of work or other regular daily activities s/he does a little bit of the time as a result of his/her general health during the last four weeks.
- Select None of the time if subject reports being limited in the kind of work or other regular daily activities s/he does none of the time as a result of his/her general health during the last four weeks.

Item 4a. **Time having accomplished less due to emotions.** Select only one option among the five possible choices.

- Select All of the time if subject reports accomplishing less than s/he would like all of the time as a result of any emotional problems, such as feeling depressed or anxious during the last four weeks.
- Select Most of the time if subject reports accomplishing less than s/he would like most of the time as a result of any emotional problems, such as feeling depressed or anxious during the last four weeks.
- Select Some of the time if subject reports accomplishing less than s/he would like some of the time as a result of any emotional problems, such as feeling depressed or anxious during the last four weeks.
- Select A little bit of the time if subject reports accomplishing less than s/he would like a little bit of the time as a result of any emotional problems, such as feeling depressed or anxious during the last four weeks.
- Select None of the time if subject reports accomplishing less than s/he would like none of the time as a result of any emotional problems, such as feeling depressed or anxious during the last four weeks.

Item 4b. **Time limited in the kind of work or other regular daily activities.** Select only one option among the five possible choices.

- Select All of the time if subject reports being limited in the kind of work or other regular daily activities s/he does all of the time as a result of any emotional problems, such as feeling depressed or anxious during the last four weeks.
- Select Most of the time if subject reports being limited in the kind of work or other regular daily activities s/he does most of the time as a result of any emotional problems, such as feeling depressed or anxious during the last four weeks.
- Select Some of the time if subject reports being limited in the kind of work or other regular daily activities s/he does some of the time as a result of any emotional problems, such as feeling depressed or anxious during the last four weeks.
- Select A little bit of the time if subject reports being limited in the kind of work or other regular daily activities s/he does a little bit of the time as a result of any emotional problems, such as feeling depressed or anxious during the last four weeks.
- Select None of the time if subject reports being limited in the kind of work or other regular daily activities s/he does none of the time as a result of any emotional problems, such as feeling depressed or anxious during the last four weeks.

Item 5. **Pain interfering with work.** Select only one option among the five possible choices.

- Select Not at all if subject reports no pain interfering with his/her normal work (including both work outside the home and housework).
- Select A little bit if subject reports that pain did interfere a little bit with his/her normal work (including both work outside the home and housework) during the last four weeks.
- Select Moderately if subject reports that pain did interfere moderately with his/her normal work (including both work outside the home and housework) during the last four weeks.
- Select Quite a bit if subject reports that pain did interfere quite a bit with his/her normal work (including both work outside the home and housework) during the last four weeks.
- Select Extremely if subject reports that pain did interfere extremely with his/her normal work (including both work outside the home and housework) during the last four weeks.

Item 6a. **Time felt calm and peaceful.** Select only one option among the five possible choices.

- Select All of the time if subject reports feeling calm and peaceful all of the time during the last four weeks.
- Select Most of the time if subject reports feeling calm and peaceful most of the time during the last four weeks.
- Select Some of the time if subject reports feeling calm and peaceful some of the time during the last four weeks.
- Select A little bit of the time if subject reports feeling calm and peaceful a little bit of the time during the last four weeks.
- Select None of the time if subject reports feeling calm and peaceful none of the time during the last four weeks.

Item 6b. **Time have a lot of energy.** Select only one option among the five possible choices.

- Select All of the time if subject reports having a lot of energy all of the time during the last four weeks.
- Select Most of the time if subject reports having a lot of energy most of the time during the last four weeks.
- Select Some of the time if subject reports having a lot of energy some of the time during the last four weeks.
- Select A little bit of the time if subject reports having a lot of energy a little bit of the time during the last four weeks.
- Select None of the time if subject reports having a lot of energy none of the time during the last four weeks.

Item 6c. **Time felt downhearted and depressed.** Select only one option among the five possible choices.

- Select All of the time if subject reports feeling downhearted and depressed all of the time during the last four weeks.
- Select Most of the time if subject reports feeling downhearted and depressed most of the time during the last four weeks.
- Select Some of the time if subject reports feeling downhearted and depressed some of the time during the last four weeks.
- Select A little bit of the time if subject reports feeling downhearted and depressed a little bit of the time during the last four weeks.
- Select None of the time if subject reports feeling downhearted and depressed none of the time during the last four weeks.

Item 7. **Time physical health or emotional problems interfered with social activities.** Select only one option among the five possible choices.

- Select All of the time if subject reports that physical health or emotional problems interfered with his/her social activities (like visiting with friends, relatives, etc.) all of the time during the last four weeks.
- Select Most of the time if subject reports that physical health or emotional problems interfered with his/her social activities (like visiting with friends, relatives, etc.) most of the time during the last four weeks.
- Select Some of the time if subject reports that physical health or emotional problems interfered with his/her social activities (like visiting with friends, relatives, etc.) some of the time during the last four weeks.
- Select A little bit of the time if subject reports that physical health or emotional problems interfered with his/her social activities (like visiting with friends, relatives, etc.) a little bit of the time during the last four weeks.
- Select None of the time if subject reports that physical health or emotional problems interfered with his/her social activities (like visiting with friends, relatives, etc.) none of the time during the last four weeks.

Save and close the form.