FORM A: FOR SELF-ADMINISTRATION BY THE RESPONDENT (revised 4-2000)

DUKE HEALTH PROFILE (The DUKE)

Copyright © 1989-2014 by the Department of Community and Family Medicine,
Duke University Medical Center, Durham, N.C., U.S.A.

Date Today:_____ Name: _____ ID Number:_____
Date of Birth:_____ Female____ Male____

INSTRUCTIONS: Here are some questions about your health and feelings. Please read each question carefully and check (√) your best answer. You should answer the questions in your own way. There are no right or wrong answers. (Please ignore the small scoring numbers next to each blank.)

	Yes, describes me exactly	Somewhat describes me	No, doesn't describe me at all
1. I like who I am	12	11	10
2. I am not an easy person to get along with	20	21	22
3. I am basically a healthy person	32	31	30
4. I give up too easily	40	41	42
5. I have difficulty concentrating	50	51	52
6. I am happy with my family relationships	62	61	60
7. I am comfortable being around people	72	71	70

TODAY would you have any physical trouble or difficulty:

	None	Some	A Lot
8. Walking up a flight of stairs	82	81	80
9. Running the length of a football field	92	91	90

DURING THE **PAST WEEK**: How much trouble have you had with:

	None	Some	A Lot
10. Sleeping	102	101	100
11. Hurting or aching in any part of your body	112	111	110
12. Getting tired easily	122	121	120
13. Feeling depressed or sad	132	131	130
14. Nervousness	142	141	140

DURING THE **PAST WEEK**: How often did you:

	None	Some	A Lot
15. Socialize with other people (talk or visit with friends or relatives)	150	151	152
16. Take part in social, religious, or recreation activities (meetings, church, movies, sports, parties)	160	161	162

DURING THE **PAST WEEK**: How often did you:

	None	1-4 Days	5-7 Days
17. Stay in your home, a nursing home, or hospital because of sickness, injury, or other health problem.	172	171	170

MANUAL SCORING FOR THE DUKE HEALTH PROFILE

Copyright ©1994-2014 by the Department of Community and Family Medicine
Duke University Medical Center, Durham, N.C., U.S.A.

PHYSICAL HEALTH SCORE

Item		Raw Score*
8	=	_____
9	=	_____
10	=	_____
11	=	_____
12	=	_____
Sum	=	_____ x 10 =

MENTAL HEALTH SCORE

Item		Raw Score*
1	=	_____
4	=	_____
5	=	_____
13	=	_____
14	=	_____
Sum	=	_____ x 10 =

SOCIAL HEALTH SCORE

Item		Raw Score*
2	=	_____
6	=	_____
7	=	_____
15	=	_____
16	=	_____
Sum	=	_____ x 10 =

GENERAL HEALTH SCORE

Physical Health score	=	_____
Mental Health score	=	_____
Social Health score	=	_____
Sum	=	_____ ÷ 3 =

PERCEIVED HEALTH SCORE

Item		Raw Score*
3	=	_____ x 50 =

SELF-ESTEEM SCORE

Item		Raw Score*
1	=	_____
2	=	_____
4	=	_____
6	=	_____
7	=	_____
Sum	=	_____ x 10 =

To calculate the scores in this column the raw scores must be revised as follows:
If 0, change to 2; if 2, change to 0; if 1, no change.

ANXIETY SCORE

Item		Raw Score*	Revised
2	=	_____	_____
5	=	_____	_____
7	=	_____	_____
10	=	_____	_____
12	=	_____	_____
14	=	_____	_____
		Sum =	_____ x 8.333 =

DEPRESSION SCORE

Item		Raw Score*	Revised
4	=	_____	_____
5	=	_____	_____
10	=	_____	_____
12	=	_____	_____
13	=	_____	_____
		Sum =	_____ x 10 =

ANXIETY-DEPRESSION (DUKE-AD) SCORE

Item		Raw Score*	Revised
4	=	_____	_____
5	=	_____	_____
7	=	_____	_____
10	=	_____	_____
12	=	_____	_____
13	=	_____	_____
14	=	_____	_____
		Sum =	_____ x 7.143 =

PAIN SCORE

Item		Raw Score*	Revised
11	=	_____	_____ x 50 =

DISABILITY SCORE

Item		Raw Score*	Revised
17	=	_____	_____ x 50 =

* Raw Score = last digit of the numeral adjacent to the blank checked by the respondent for each item. For example, if the second blank is checked for item 10 (blank numeral = 101), then the raw score is "1", because 1 is the last digit of 101.

Final Score is calculated from the raw scores as shown and entered into the box for each scale. For physical health, mental health, social health, general health, self-esteem, and perceived health, 100 indicates the best health status, and 0 indicates the worst health status. For anxiety, depression, anxiety-depression, pain, and disability, 100 indicates the worst health status and 0 indicates the best health status.

Missing Values: If one or more responses is missing within one of the eleven scales, a score cannot be calculated for that particular scale.