

## Section B HEALTH STATES

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11. Paul is an active athlete who runs long distance races of 20 kilometres twice a week and plays soccer with no problems.

How would you rate his difficulty with moving around?

**READ**

- 1 - None
- 2 - Mild
- 3 - Moderate
- 4 - Severe, or
- 5 - Extreme
- 6 - DK/NA

12. Jan feels nervous and anxious. He is depressed nearly every day for 3 to 4 hours thinking negatively about the future, but feels better in the company of people or when doing something that really interests him.

How would you rate how much distress, sadness or worry he experiences?

**READ**

- 1 - None
- 2 - Mild
- 3 - Moderate
- 4 - Severe, or
- 5 - Extreme
- 6 - DK/NA

13. Margaret feels chest pain and gets breathless after walking distances of up to 200 metres, but is able to do so without assistance. Bending and lifting objects such as groceries produces pain.

How would you rate her difficulty with moving around?

**READ**

- 1 - None
- 2 - Mild
- 3 - Moderate
- 4 - Severe, or
- 5 - Extreme
- 6 - DK/NA

14. Henriette remains happy and cheerful most of the time, but once a week feels worried about things at work. She gets depressed once a month and loses interest, but is able to come out of this mood within a few hours.

How would you rate how much distress, sadness or worry she experiences?

**READ**

- 1 - None
- 2 - Mild
- 3 - Moderate
- 4 - Severe, or
- 5 - Extreme
- 6 - DK/NA

15. David is paralysed from the neck down. He is confined to bed and must be fed and bathed by somebody else.

How would you rate his difficulty with moving around?

**READ**

- 1 - None
- 2 - Mild
- 3 - Moderate
- 4 - Severe, or
- 5 - Extreme
- 6 - DK/NA

16. Ken remains happy and cheerful almost all the time. He is very enthusiastic and enjoys life.

How would you rate how much distress, sadness or worry he experiences?

**READ**

- 1 - None
- 2 - Mild
- 3 - Moderate
- 4 - Severe, or
- 5 - Extreme
- 6 - DK/NA

17. Roberta feels depressed all the time, weeps frequently and feels completely hopeless. She feels she has become a burden, feels it is better to be dead than alive, and often plans suicide.

How would you rate how much distress, sadness or worry she experiences?

**READ**

- 1 - None
- 2 - Mild
- 3 - Moderate
- 4 - Severe, or
- 5 - Extreme
- 6 - DK/NA

18. Mary has no problems with moving around or using her hands, arms and legs. She jogs 4 kilometres twice a week without any problems.  
How would you rate her difficulty with moving around?

**READ**

- 1 - None
- 2 - Mild
- 3 - Moderate
- 4 - Severe, or
- 5 - Extreme
- 6 - DK/NA

19. Eva feels worried all the time about things at work and home, and feels that they will go wrong. She gets depressed once a week for a day, thinking negatively about the future, but is able to come out of this mood within a few hours.  
How would you rate how much distress, sadness or worry she experiences?

**READ**

- 1 - None
- 2 - Mild
- 3 - Moderate
- 4 - Severe, or
- 5 - Extreme
- 6 - DK/NA

20. Rob is able to walk distances of up to 200 metres without any problems but feels breathless after walking one kilometre or climbing up more than one flight of stairs. He has no problems with day-to-day physical activities, such as carrying food from the market.  
How would you rate his difficulty with moving around?

**READ**

- 1 - None
- 2 - Mild
- 3 - Moderate
- 4 - Severe, or
- 5 - Extreme
- 6 - DK/NA

21. Louis is able to move his arms and legs, but requires assistance in standing up from a chair or walking around the house. Any bending is painful and lifting is impossible.  
How would you rate his difficulty with moving around?

**READ**

- 1 - None
- 2 - Mild
- 3 - Moderate
- 4 - Severe, or
- 5 - Extreme
- 6 - DK/NA

22. John feels tense and on edge all the time. He is depressed nearly every day and feels hopeless. He also has a low self esteem, is unable to enjoy life, and feels that he has become a burden.

How would you rate how much distress, sadness or worry he experiences?

**READ**

- 1 - None
- 2 - Mild
- 3 - Moderate
- 4 - Severe, or
- 5 - Extreme
- 6 - DK/NA