DUKE HEALTH PROFILE (The DUKE)

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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

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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.