



WHODAS 2.0

WORLD HEALTH ORGANIZATION
DISABILITY ASSESSMENT SCHEDULE 2.0

36-item version, interviewer-administered

Introduction

This instrument was developed by the WHO *Classification, Terminology and Standards* team, within the framework of the WHO/National Institutes of Health (NIH) Joint Project on Assessment and Classification of Disability.

Before using this instrument, interviewers must be trained using the manual *Measuring Health and Disability: Manual for WHO Disability Assessment Schedule – WHODAS 2.0* (WHO 2010), which includes an interview guide and other training material.

The versions of the interview available are as follows:

- 36-item – Interviewer-administered^a
- 36-item – Self-administered
- 36-item – Proxy-administered^b
- 12-item – Interviewer-administered^c
- 12-item – Self-administered
- 12-item – Proxy-administered
- 12+24-item – Interviewer-administered

^a A computerized version of the interview (*iShell*) is available for computer-assisted interviews or for data entry

^b Relatives, friends or caretakers

^c The 12-item version explains 81% of the variance of the more detailed 36-item version

For more details of the versions please refer to the WHODAS 2.0 manual *Measuring Health and Disability: Manual for WHO Disability Assessment Schedule – WHODAS 2.0* (WHO 2010).

Permission to translate this instrument into any language should be obtained from WHO, and all translations should be prepared according to the WHO translation guidelines, as detailed in the accompanying manual.

For additional information, please visit www.who.int/whodas or contact:

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This questionnaire contains the interviewer-administered 36-item version of WHODAS 2.0.

Instructions to the interviewer are written in bold and italics – do not read these aloud.

Text for the respondent to hear is written in

standard print in blue.

Read this text aloud.

Section 1 Face sheet

Complete items F1–F5 before starting each interview				
F1	Respondent identity number			
F2	Interviewer identity number			
F3	Assessment time point (1, 2, etc.)			
F4	Interview date	<div>_____</div> <div>day</div>	<div>_____</div> <div>month</div>	<div>_____</div> <div>year</div>
F5	Living situation at time of interview (circle only one)	Independent in community		1
		Assisted living		2
		Hospitalized		3



Section 2 Demographic and background information

This interview has been developed by the World Health Organization (WHO) to better understand the difficulties people may have due to their health conditions. The information that you provide in this interview is confidential and will be used only for research. The interview will take 15–20 minutes to complete.

For respondents from the general population (not the clinical population) say:

Even if you are healthy and have no difficulties, I need to ask all of the questions so that the survey is complete.

I will start with some background questions.

A1	Record sex as observed	Female	1
		Male	2
A2	How old are you now?	_____ years	
A3	How many years in all did you spend <u>studying in school</u> , college or university?	_____ years	
A4	What is your <u>current marital status</u>? (Select the single best option)	Never married	1
		Currently married	2
		Separated	3
		Divorced	4
		Widowed	5
		Cohabiting	6
A5	Which describes your <u>main work status</u> best? (Select the single best option)	Paid work	1
		Self employed, such as own your business or farming	2
		Non-paid work, such as volunteer or charity	3
		Student	4
		Keeping house/ homemaker	5
		Retired	6
		Unemployed (health reasons)	7
		Unemployed (other reasons)	8
		Other (specify) _____ _____	9



Section 3 Preamble

Say to respondent:

The interview is about difficulties people have because of health conditions.

Hand flashcard #1 to respondent and say:

By health condition I mean diseases or illnesses, or other health problems that may be short or long lasting; injuries; mental or emotional problems; and problems with alcohol or drugs.

Remember to keep all of your health problems in mind as you answer the questions. When I ask you about difficulties in doing an activity think about ...

Point to flashcard #1 and explain that "difficulty with an activity" means:

- Increased effort
- Discomfort or pain
- Slowness
- Changes in the way you do the activity.

Say to respondent:

When answering, I'd like you to think back over the past 30 days. I would also like you to answer these questions thinking about how much difficulty you have had, on average, over the past 30 days, while doing the activity as you usually do it.

Hand flashcard #2 to respondent and say:

Use this scale when responding.

Read the scale aloud:

None, mild, moderate, severe, extreme or cannot do.

Ensure that the respondent can easily see flashcards #1 and #2 throughout the interview



Section 4 Domain reviews

Domain 1 Cognition

I am now going to ask some questions about [understanding and communicating](#).

Show flashcards #1 and #2 to respondent

In the past 30 days, how much difficulty did you have in:		None	Mild	Moderate	Severe	Extreme or cannot do
D1.1	Concentrating on doing something for ten minutes?	1	2	3	4	5
D1.2	Remembering to do important things?	1	2	3	4	5
D1.3	Analysing and finding solutions to problems in day-to-day life?	1	2	3	4	5
D1.4	Learning a new task, for example, learning how to get to a new place?	1	2	3	4	5
D1.5	Generally understanding what people say?	1	2	3	4	5
D1.6	Starting and maintaining a conversation?	1	2	3	4	5

Domain 2 Mobility

I am now going to ask you about difficulties in [getting around](#).

Show flashcards #1 and #2

In the past 30 days, how much difficulty did you have in:		None	Mild	Moderate	Severe	Extreme or cannot do
D2.1	Standing for long periods such as 30 minutes?	1	2	3	4	5
D2.2	Standing up from sitting down?	1	2	3	4	5
D2.3	Moving around inside your home?	1	2	3	4	5
D2.4	Getting out of your home?	1	2	3	4	5
D2.5	Walking a long distance such as a kilometre [or equivalent]?	1	2	3	4	5

Please continue to next page...



Domain 3 Self-care

I am now going to ask you about difficulties in [taking care of yourself](#).

Show flashcards #1 and #2

In the past 30 days, how much difficulty did you have in:		None	Mild	Moderate	Severe	Extreme or cannot do
D3.1	Washing your whole body?	1	2	3	4	5
D3.2	Getting dressed?	1	2	3	4	5
D3.3	Eating?	1	2	3	4	5
D3.4	Staying by yourself for a few days?	1	2	3	4	5

Domain 4 Getting along with people

I am now going to ask you about difficulties in [getting along with people](#). Please remember that I am asking only about difficulties that are due to health problems. By this I mean diseases or illnesses, injuries, mental or emotional problems and problems with alcohol or drugs.

Show flashcards #1 and #2

In the past 30 days, how much difficulty did you have in:		None	Mild	Moderate	Severe	Extreme or cannot do
D4.1	Dealing with people you do not know?	1	2	3	4	5
D4.2	Maintaining a friendship?	1	2	3	4	5
D4.3	Getting along with people who are close to you?	1	2	3	4	5
D4.4	Making new friends?	1	2	3	4	5
D4.5	Sexual activities?	1	2	3	4	5

Please continue to next page...



Domain 5 Life activities

5(1) Household activities

I am now going to ask you about activities involved in maintaining your household, and in caring for the people who you live with or are close to. These activities include cooking, cleaning, shopping, caring for others and caring for your belongings.

Show flashcards #1 and #2

Because of your health condition, in the past 30 days, how much difficulty did you have in:		None	Mild	Moderate	Severe	Extreme or cannot do
D5.1	Taking care of your household responsibilities ?	1	2	3	4	5
D5.2	Doing your most important household tasks well ?	1	2	3	4	5
D5.3	Getting all the household work done that you needed to do?	1	2	3	4	5
D5.4	Getting your household work done as quickly as needed?	1	2	3	4	5

If any of the responses to D5.2–D5.5 are rated greater than none (coded as “1”), ask:

D5.01	In the past 30 days, on how many days did you reduce or completely miss household work because of your health condition?	Record number of days ____
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If respondent works (paid, non-paid, self-employed) or goes to school, complete questions D5.5–D5.10 on the next page. Otherwise, skip to D6.1 on the following page.



5(2) Work or school activities

Now I will ask some questions about your work or school activities.

Show flashcards #1 and #2

Because of your health condition, in the past 30 days how much difficulty did you have in:		None	Mild	Moderate	Severe	Extreme or cannot do
D5.5	Your day-to-day <u>work/school</u> ?	1	2	3	4	5
D5.6	Doing your most important work/school tasks <u>well</u> ?	1	2	3	4	5
D5.7	Getting all the work <u>done</u> that you need to do?	1	2	3	4	5
D5.8	Getting your work done as <u>quickly</u> as needed?	1	2	3	4	5
D5.9	Have you had to work at a <u>lower level</u> because of a health condition?				No	1
					Yes	2
D5.10	Did you <u>earn less money</u> as the result of a health condition?				No	1
					Yes	2

If any of D5.5–D5.8 are rated greater than none (coded as “1”), ask:

D5.02	In the past 30 days, on how many days did you <u>miss work for half a day or more</u> because of your health condition?	Record number of days ____
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Domain 6 Participation

Now, I am going to ask you about your participation in society and the impact of your health problems on you and your family. Some of these questions may involve problems that go beyond the past 30 days, however in answering, please focus on the past 30 days. Again, I remind you to answer these questions while thinking about health problems: physical, mental or emotional, alcohol or drug related.

Show flashcards #1 and #2

In the past 30 days:		None	Mild	Moderate	Severe	Extreme or cannot do
D6.1	How much of a problem did you have <u>joining in community activities</u> (for example, festivities, religious or other activities) in the same way as anyone else can?	1	2	3	4	5
D6.2	How much of a problem did you have because of <u>barriers or hindrances</u> in the world around you?	1	2	3	4	5
D6.3	How much of a problem did you have <u>living with dignity</u> because of the attitudes and actions of others?	1	2	3	4	5
D6.4	How much <u>time</u> did <u>you</u> spend on your health condition or its consequences?	1	2	3	4	5
D6.5	How much have <u>you</u> been <u>emotionally affected</u> by your health condition?	1	2	3	4	5
D6.6	How much has your health been a <u>drain on the financial resources</u> of you or your family?	1	2	3	4	5
D6.7	How much of a problem did your <u>family</u> have because of your health problems?	1	2	3	4	5
D6.8	How much of a problem did you have in doing things <u>by yourself</u> for <u>relaxation or pleasure</u> ?	1	2	3	4	5



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Interview

H1	Overall, in the past 30 days, <u>how many days</u> were these difficulties present?	Record number of days ____
H2	In the past 30 days, for how many days were you <u>totally unable</u> to carry out your usual activities or work because of any health condition?	Record number of days ____
H3	In the past 30 days, not counting the days that you were totally unable, for how many days did you <u>cut back</u> or <u>reduce</u> your usual activities or work because of any health condition?	Record number of days ____

This concludes the interview. Thank you for participating.



Health conditions:

- **Diseases, illnesses or other health problems**
- **Injuries**
- **Mental or emotional problems**
- **Problems with alcohol**
- **Problems with drugs**

Having difficulty with an activity means:

- **Increased effort**
- **Discomfort or pain**
- **Slowness**
- **Changes in the way you do the activity**

Think about the past 30 days only.

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Flashcard 2

