Measure: WHODAS 2.0 (World Health Organization Disability Assessment Schedule 2.0): 36-item version, self-administered

Rights granted: The World Health Organization has granted the Publisher permission for the reproduction of this instrument. This material can be reproduced without permission by clinicians for use with their own patients. Any other use, including electronic use, requires written permission from WHO.

Rights holder: World Health Organization (WHO)

To request permission for any other use beyond what is stipulated above, contact: World Health Organization (WHO)

WHODAS 2.0
World Health Organization Disability Assessment Schedule 2.0
36-item version, self-administered

Patient Name: _____ **Age:** _____ **Sex:** ☐ Male ☐ Female **Date:**_____

This questionnaire asks about <u>difficulties due to health/mental health conditions</u>. Health conditions include **diseases or illnesses, other health problems that may be short or long lasting, injuries, mental or emotional problems, and problems with alcohol or drugs.** Think back over the **past 30 days** and answer these questions thinking about how much difficulty you had doing the following activities. For each question, please circle only **one** response.

		1	2	3	4	5	Raw Item Score	Raw Domain Score	Average Domain Score
Numeric scores assigned to each of the items:							*Clinician Use Only*		
In the <u>last 30 days</u>, how much difficulty did you have in:						Extreme or cannot do			
Understanding and communicating		None	Mild	Moderate	Severe				
D1.1	<u>Concentrating</u> on doing something for <u>ten minutes</u>?								
D1.2	<u>Remembering</u> to do <u>important things</u>?								
D1.3	<u>Analyzing and finding solutions to problems</u> in day-to-day life?								
D1.4	<u>Learning</u> a <u>new task</u>, for example, learning how to get to a new place?							____ 30	____ 5
D1.5	<u>Generally understanding</u> what people say?								
D1.6	<u>Starting and maintaining</u> a <u>conversation</u>?								
Getting around		None	Mild	Moderate	Severe	Extreme or cannot do			
D2.1	<u>Standing</u> for <u>long periods</u>, such as <u>30 minutes</u>?								
D2.2	<u>Standing up</u> from sitting down?								
D2.3	<u>Moving</u> around <u>inside your home</u>?							____ 25	____ 5
D2.4	<u>Getting out</u> of your <u>home</u>?								
D2.5	<u>Walking a long distance</u>, such as a kilometer (or equivalent)?								
Self-care		None	Mild	Moderate	Severe	Extreme or cannot do			
D3.1	<u>Washing</u> your <u>whole body</u>?								
D3.2	Getting <u>dressed</u>?								
D3.3	<u>Eating</u>?							____ 20	____ 5
D3.4	Staying <u>by yourself</u> for a <u>few days</u>?								
Getting along with people		None	Mild	Moderate	Severe	Extreme or cannot do			
D4.1	<u>Dealing</u> with people <u>you do not know</u>?								
D4.2	<u>Maintaining a friendship</u>?								
D4.3	<u>Getting along</u> with people who are <u>close</u> to you?							____ 25	____ 5
D4.4	<u>Making new friends</u>?								
D4.5	<u>Sexual</u> activities?								

	Numeric scores assigned to each of the items:	1	2	3	4	5	*Clinician Use Only*		
							Raw Item Score	Raw Domain Score	Average Domain Score
	In the last 30 days, how much difficulty did you have in:								
	Life activities—Household	None	Mild	Moderate	Severe	Extreme or cannot do			
D5.1	Taking care of your household responsibilities?								
D5.2	Doing most important household tasks well?								
D5.3	Getting all of the household work done that you needed to do?							20	5
D5.4	Getting your household work done as quickly as needed?								

Life activities—School/Work

If you work (paid, non-paid, self-employed) or go to school, complete questions D5.5–D5.8, below. Otherwise, skip to D6.1.

	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 work/school?								
D5.6	Doing your most important work/school tasks well?								
D5.7	Getting all of the work done that you need to do?							20	5
D5.8	Getting your work done as quickly as needed?								

Participation in society

	In the past 30 days:	None	Mild	Moderate	Severe	Extreme or cannot do			
D6.1	How much of a problem did you have in joining in community activities (for example, festivities, religious, or other activities) in the same way as anyone else can?								
D6.2	How much of a problem did you have because of barriers or hindrances around you?								
D6.3	How much of a problem did you have living with dignity because of the attitudes and actions of others?								
D6.4	How much time did you spend on your health condition or its consequences?	None	Some	Moderate	A Lot	Extreme		40	5
D6.5	How much have you been emotionally affected by your health condition?								
D6.6	How much has your health been a drain on the financial resources of you or your family?								
D6.7	How much of a problem did your family have because of your health problems?								
D6.8	How much of a problem did you have in doing things by yourself for relaxation or pleasure?								
	General Disability Score (Total):							180	5

if all the items within the "understanding and communicating" domain are rated as being moderate then the average domain score would be 18/6 = 3, indicating moderate disability). The **average general disability score** is calculated by dividing the raw overall score by number of items in the measure (i.e., 36). The individual should be encouraged to complete all of the items on the WHODAS 2.0. If no response is given on 10 or more items of the measure (i.e., more than 25% of the 36 total items), calculation of the simple and average general disability scores may not be helpful. If 10 or more of the total items on the measure are missing but the items for some of the domains are 75%–100% complete, the simple or average domain scores may be used for those domains.

Frequency of Use
To track change in the individual's level of disability over time, the measure may be completed at regular intervals as clinically indicated, depending on the stability of the individual's symptoms and treatment status. Consistently high scores on a particular domain may indicate significant and problematic areas for the individual that might warrant further assessment and intervention.