



World Health Organisation Disability Assessment Schedule 2.0 - Proxy (WHODAS-proxy)

Instructions:

This question asks about difficulties due to health conditions experienced by the person about whom you are responding in your role as friend, relative or carer. Health conditions include diseases or illnesses, other health problems 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, to the best of your knowledge, answer these questions thinking about how much difficulty your friend, relative or carer had while doing the following activities (Note: the questionnaire uses the term “relative” to mean “friend”, “relative” or “carer”).

In the past 30 days, how much difficulty did your relative have in:

		None	Mild	Moderate	Severe	Extreme or cannot do
1	Concentrating on doing something for ten minutes?	0	1	2	3	4
2	Remembering to do important things?	0	1	2	3	4
3	Analysing and finding solutions to problems in day-to-day life?	0	1	2	3	4
4	Learning a new task, for example, learning how to get a new place?	0	1	2	3	4
5	Generally understanding what people say?	0	1	2	3	4
6	Starting and maintaining a conversation?	0	1	2	3	4
7	Standing for long periods such as 30 minutes?	0	1	2	3	4
8	Standing up from sitting down?	0	1	2	3	4
9	Moving around inside their home?	0	1	2	3	4
10	Getting out of their home?	0	1	2	3	4
11	Walking a long distance such as a kilometre (or equivalent)?	0	1	2	3	4
12	Washing his or her whole body?	0	1	2	3	4



		None	Mild	Moderate	Severe	Extreme or cannot do
13	Getting dressed?	0	1	2	3	4
14	Eating?	0	1	2	3	4
15	Staying by himself or herself for a few days?	0	1	2	3	4
16	Dealing with people he or she does not know?	0	1	2	3	4
17	Maintaining a friendship?	0	1	2	3	4
18	Getting along with people who are close to him or her?	0	1	2	3	4
19	Making new friends?	0	1	2	3	4
20	Sexual activities?	0	1	2	3	4
21	Taking care of his or her household responsibilities?	0	1	2	3	4
22	Doing his or her most important household tasks well?	0	1	2	3	4
23	Getting all the household work done that is needed?	0	1	2	3	4
24	Getting the household work done as quickly as needed?	0	1	2	3	4
25	In the past 30 days, how much difficulty did your relative have in: His or her day-to-day work/school?	0	1	2	3	4
26	Doing his or her most important work/school tasks well?	0	1	2	3	4
27	Getting all the work done that is needed?	0	1	2	3	4
28	Getting the work done as quickly as needed?	0	1	2	3	4
29	In the past 30 days: How much of a problem did your relative have in joining in community activities (for example, festivities, religious or other activities) in the same way as anyone else can?	0	1	2	3	4
30	How much of a problem did your relative have because of barriers or hindrances in the world around him or her?	0	1	2	3	4
31	How much of a problem did your relative have living with dignity because of the attitudes and actions of others?	0	1	2	3	4
32	How much time did your relative spend on his or her health condition, or its consequences?	0	1	2	3	4



		None	Mild	Moderate	Severe	Extreme or cannot do
33	How much has your relative been emotionally affected by his or her health condition?	0	1	2	3	4
34	How much has his or her health condition been a drain on his or her financial resources or on the financial resources of other relatives?	0	1	2	3	4
35	How much of a problem did you or the rest of his or her family have because of his or her health problems?	0	1	2	3	4
36	How much of a problem did your relative have in doing things by himself or herself for relaxation or pleasure?	0	1	2	3	4
37	Overall, in the past 30 days, how many days were these difficulties present?					
38	In the past 30 days, for how many days was your relative totally unable to carry out his or her usual activities or work because of any health condition?					
39	In the past 30 days, not counting the days that your relative was totally unable, for how many days did your relative cut back or reduce his or her usual activities or work because of any health condition?					

Developer Reference:

Ustun, T.B, Kostanjsek, N., Chatterji, S., Rehm, J (Ed.). (2010). Measuring health and disability : manual for WHO Disability Assessment Schedule (?WHODAS 2.0)?. World Health Organization. [https://www.who.int/publications/i/item/measuring-health-and-disability-manual-for-who-disability-assessment-schedule-\(-whodas-2.0\)](https://www.who.int/publications/i/item/measuring-health-and-disability-manual-for-who-disability-assessment-schedule-(-whodas-2.0))