



## Self-Rated Health

In general, would you say your health is:.....(Circle one)

- Excellent..... 1
- Very good ..... 2
- Good ..... 3
- Fair ..... 4
- Poor..... 5

### Scoring

Score the number circled. If two consecutive numbers are circled, choose the higher number (worse health); if two non-consecutive numbers are circled, do not score. The score is the value of this single item only. A higher score indicates poorer health.

### Characteristics

Tested on 1,129 subjects with chronic disease. N=51 for test-retest.

No. of items	Observed Range	Mean	Standard Deviation	Internal Consistency Reliability	Test-Retest Reliability
1	1-5	3.29	.91	—	.92

### Source of Psychometric Data

Stanford Chronic Disease Self-Management Study. Psychometrics reported in Lorig K, Stewart A, Ritter P, González V, Laurent D, & Lynch J, *Outcome Measures for Health Education and other Health Care Interventions*. Thousand Oaks CA: Sage Publications, 1996, p.25.

### Comments

This item is used in the National Health Interview Survey. In a number of studies self-rated health has been found to be an excellent predictor of future health. This scale available in Spanish.

### References

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Wolinsky FD, & Johnson RJ, Perceived health status and mortality among older men and women. *Journal of Gerontology: Social Sciences*, 47, 1992, pp.S304-S312.

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