



## Stanford HAQ 8-Item Disability Scale

Please check (✓) the **one** best answer for your abilities.

At this moment, are you able to:	Without ANY difficulty	With SOME difficulty	With MUCH difficulty	UNABLE to do
1. Dress yourself, including tying shoelaces and doing buttons? .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Get in and out of bed? .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Lift a full cup or glass to your mouth? .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Walk outdoors on flat ground? .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Wash and dry your entire body? .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Bend down to pick up clothing from the floor? .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Turn faucets on and off? .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Get in and out of a car? .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Scoring

Score the number circled for each item. If more than one consecutive number is circled for one item, code the higher number (more difficulty). If responses are not consecutive, code as blank. The disability index is the mean of the eight items. If more than 2 items are blank, do not score the index.

### Characteristics

Tested on 611 subjects with chronic disease.

No. of items	Observed Range	Mean	Standard Deviation	Internal Consistency Reliability	Test-Retest Reliability
1	0-1.88	0.384	0.409	.85	NA

## Source of Psychometric Data

Stanford/Garfield Kaiser Chronic Disease Dissemination Study. Psychometrics reported in: Lorig KR, Sobel, DS, Ritter PL, Laurent, D, Hobbs, M. Effect of a self-management program on patients with chronic disease. *Effective Clinical Practice*, 4, 2001,pp. 256-262.

## Comments

This is a short version of the 22-item disability scale in the Stanford Health Assessment Questionnaire. The 8-item scale was originally developed in Spanish. We have replaced the numbers with check boxes on the print version. It should be noted that the items have been chosen as they represent use of every major joint in the body. While closely related to an ADL scale this is not an ADL scale but rather a disability scale. This scale is available in Spanish.

## References

Lorig KR, Sobel, DS, Ritter PL, Laurent, D, Hobbs, M. Effect of a self-management program on patients with chronic disease. *Effective Clinical Practice*, 4, 2001,pp. 256-262.

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