

**Rand 36-Item Health Survey (SF-36)**  
(Hays et al., 1993)

1. In general, would you say your health is:
2. Compared to one year ago, how would you rate your health in general now?

The following items are about activities you might do during a typical day. Does your health now limit you in these activities? If so, how much?

3. Vigorous activities, such as running, lifting heavy objects, participating in strenuous sports
4. Moderate activities, such as moving a table, pushing a vacuum cleaner, bowling, or playing golf
5. Lifting or carrying groceries
6. Climbing several flights of stairs
7. Climbing one flight of stairs
8. Bending, kneeling, or stooping
9. Walking more than a mile
10. Walking several blocks
11. Walking one block
12. Bathing or dressing yourself

During the past 4 weeks, have you had any of the following problems with your work or other regular daily activities as a result of your physical health?

13. Cut down the amount of time you spent on work or other activities
14. Accomplished less than you would like
15. Were limited in the kind of work or other activities
16. Had difficulty performing the work or other activities (for example, it took extra effort)

During the past 4 weeks, have you had any of the following problems with your work or other regular daily activities as a result of any emotional problems (such as feeling depressed or anxious)?

17. Cut down the amount of time you spent on work or other activities
18. Accomplished less than you would like
19. Didn't do work or other activities as carefully as usual
  
20. During the past 4 weeks, to what extent has your physical health or emotional problems interfered with your normal social activities with family, friends, neighbours, or groups?
21. How much bodily pain have you had during the past 4 weeks?
22. During the past 4 weeks, how much did pain interfere with your normal work (including both work outside the home and housework)?

These questions are about how you feel and how things have been with you during the past 4 weeks. For each question, please give the one answer that comes closest to the way you have been feeling. How much of the time during the past 4 weeks ...

23. Did you feel full of pep?
24. Have you been a very nervous person?
25. Have you felt so down in the dumps that nothing could cheer you up?
26. Have you felt calm and peaceful?
27. Did you have a lot of energy?
28. Have you felt downhearted and blue?

29. Did you feel worn out?  
30. Have you been a happy person?  
31. Did you feel tired?
32. During the past 4 weeks, how much of the time has your physical health or emotional problems interfered with your social activities (like visiting with friends, relatives, etc.)?

How TRUE or FALSE is each of the following statements for you?

33. I seem to get sick a little easier than other people  
34. I am as healthy as anybody I know  
35. I expect my health to get worse  
36. My health is excellent

**Item Responses:**

Item 1:

- **1 – Excellent**
- **2 – Very good**
- **3 – good**
- **4 – Fair**
- **5 – Poor**

Item 2:

- **1 – Much better now than one year ago**
- **2 – Somewhat better now than one year ago**
- **3 – About the same**
- **4 – Somewhat worse now than one year ago**
- **5 – Much worse now than one year ago**

Items 3-12:

- **1 – Yes, limited a lot**
- **2 – Yes, limited a little**
- **3 – No, not limited at all**

Items 13-19:

- **1 – Yes**
- **2 – No**

Items 20 and 22:

- **1 – Not at all**
- **2 – Slightly**
- **3 – Moderately**

- 4 – Quite a bit
- 5 – Extremely

Item 21:

- 1 – Not at all
- 2 – A little bit
- 3 – Moderately
- 4 – Quite a bit
- 5 - Extremely

**Scoring Instructions:**

Scoring the RAND 36-Item Health Survey 1.0 is a two-step process. First, pre-coded numeric values are recoded per the scoring key given below. Note that all items are scored so that a high score defines a more favorable health state. In addition, each item is scored on a 0 to 100 range so that the lowest and highest possible scores are set at 0 and 100, respectively. Scores represent the percentage of total possible score achieved. In step 2, items in the same scale are averaged together to create the 8 scale scores. The sub-scale section below lists the items averaged together to create each scale. Items that are left blank (missing data) are not taken into account when calculating the scale scores. Hence, scale scores represent the average for all items in the scale that the respondent answered.

**Scoring Key:**

Items 1, 2, 20, 22, 34, 36:

- 1 -> 100
- 2 -> 75
- 3 -> 50
- 4 -> 25
- 5 -> 0

Items 3-12:

- 1 -> 0
- 2 -> 50
- 3 -> 100

Items 13-19:

- 1 -> 0
- 2 -> 100

Items 21, 23, 26, 27, 30:

- 1 -> 100
- 2 -> 80
- 3 -> 60
- 4 -> 40
- 5 -> 20
- 6 -> 0

Items 32, 33, 35:

- 1 -> 0
- 2 -> 25
- 3 -> 50
- 4 -> 75
- 5 -> 100

**Sub-scales:**

- Physical functioning: items 3-12
- Role limitations due to physical health: items 13-16
- Role limitations due to emotional problems: items 17-19
- Energy / fatigue: items 23, 27, 29, 31
- Emotional well-being: items 24-26, 28, 30
- Social functioning: items 20, 32
- Pain: items 21, 22
- General health: items 1, 33-36

**Citation:**

Hays, R. D., Sherbourne, C. D., & Mazel, R. M. (1993). The Rand 36-Item health survey 1.0. *Economic Evaluation, 2*, 217-227.