

Form 151-B – Activities of Daily Life

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		ercici a , com						NO CONTRACTOR			_		
O¹ Exc	ellent	O	² Very	y good		O3 (Good	0	¹⁴ Faiı		O 5	Poor	
Overall,	how w	ould y	ou rate	e your	quality	y of lit	fe? Ma	rk one	circle	e below	/ •		
0	1	2	3	4	5	6	7	8	9	10			
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) ³ G	ood			⁵ Poc	or O	• Ve	ry po	or
What is	your cu	ırrent	weight	:?			pound	ls					
4.1 Ha	ve you	lost r	nore th	an 10 p	oound	s in th	e <u>past 2</u>	2 years	?				
0	o No	0	Yes—	→ <u>'</u>	Were y	you tr	ying to	lose w	eight?	0.	No	01	Yes
4.2 Ha	ve you	gaine	ed more	e than 1	l0 pou	ınds ir	the <u>pa</u>	ast 2 ye	ears?				
0	o No	0	Yes-	→	Were y	you tr	ying to	gain w	eight'.	0.	No	O ¹	Yes
		.Y						1	AFEIY	AREL DET	WEEN	LINES	
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		80			O1 Pho	ne							
	Or Excellent Overall, O O O Worst As bad of than being the are experient available. Or Excellent Or Excell	In general, wou O¹ Excellent Overall, how w O 1 O O Worst As bad or wors than being dead Please think about the sexperiencing available to you O¹ Excellent What is your cu 4.1 Have you O¹ No FFICE USE ONL Date Received: MM DD Y	In general, would you O' Excellent Overall, how would you O 1 2 O O O Worst As bad or worse than being dead Please think about you being, think about you are experiencing, the available to you. How O' Excellent O' Excellent O' No O' No O' 4.2 Have you gaine O' No O' OFFICE USE ONLY Date Received: MM DD YYYY	In general, would you say your Excellent O' Excellent O' Excellent O' Very Overall, how would you rate O' O' O' Worst As bad or worse than being dead Please think about your curr being, think about your phy are experiencing, the people available to you. 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As bad or worse than 10 properties of the people in your current weight? As bad or worse than being dead	In general, would you say your health is: O¹ Excellent O² Very good Overall, how would you rate your quality O¹ 1 2 3 4 5 O O O O O O Worst Halfwa As bad or worse than being dead Please think about your current level of your being, think about your physical health, your experiencing, the people in your life, available to you. How would you describe O¹ Excellent O² Very good O³ G What is your current weight? 4.1 Have you lost more than 10 pound O° No O¹ Yes Were your current weight? 4.2 Have you gained more than 10 pound O° No O¹ Yes Were your current weight? Contact O¹ Pho O No O¹ Yes OFFICE USE ONLY Date Received: MM DD O YYYY Contact O¹ Pho Contact O² Pho Contact O	In general, would you say your health is: Mark O' Excellent O' Very good O' O' Overall, how would you rate your quality of lift O 1 2 3 4 5 6 O O O O O O Worst Halfway As bad or worse than being dead Please think about your current level of well-being, think about your physical health, your e are experiencing, the people in your life, and the available to you. How would you describe you O' Excellent O' Very good O' Good What is your current weight? 4.1 Have you lost more than 10 pounds in the O' No O' Yes Were you try 4.2 Have you gained more than 10 pounds in the O' No O' Yes Were you try OFFICE USE ONLY Date Received: MM DD YYYY Contact Type: O' Phone	In general, would you say your health is: Mark only O' Excellent O' Very good O' Good Overall, how would you rate your quality of life? 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How would you describe your current leve 1 Excellent O² Very good O³ Good O⁴ Fair O What is your current weight?	In general, would you say your health is: Mark only one. O' Excellent O' Very good O' Good O' Fair Overall, how would you rate your quality of life? Mark one circle O 1 2 3 4 5 6 7 8 9 O O O O O O O Worst Halfway As bad or worse than being dead Best than being dead Please think about your current level of well-being. When you thin being, think about your physical health, your emotional health, an are experiencing, the people in your life, and the opportunities or a available to you. How would you describe your current level of working the people in your life, and the opportunities or a available to you. How would you describe your current level of working the people in your life, and the opportunities or a available to you. How would you describe your current level of working the people in your life, and the opportunities or a available to you. 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Mark one circle below O 1 2 3 4 5 6 7 8 9 10 O O O O O O O Worst Halfway Best As bad or worse Best quality of life. Please think about your current level of well-being. When you think about being, think about your physical health, your emotional health, any chalk are experiencing, the people in your life, and the opportunities or resource available to you. How would you describe your current level of well-being. O' Excellent O' Very good O' Good O' Fair O' Poor O' What is your current weight?	In general, would you say your health is: Mark only one. O¹ Excellent O² Very good O³ Good O⁴ Fair O° I Overall, how would you rate your quality of life? Mark one circle below. O¹ 1 2 3 4 5 6 7 8 9 10 O O O O O O O O Worst Halfway Best As bad or worse than being dead Best quality of life Please think about your current level of well-being. When you think about we being, think about your physical health, your emotional health, any challenges are experiencing, the people in your life, and the opportunities or resources yo available to you. How would you describe your current level of well-being? O¹ Excellent O² Very good O³ Good O⁴ Fair O³ Poor O° Ve What is your current weight?	In general, would you say your health is: Mark only one. O' Excellent O' Very good O' Good O' Fair O' Poor Overall, how would you rate your quality of life? Mark one circle below. O' 1 2 3 4 5 6 7 8 9 10 O' O

PLEASE DO NOT WRITE IN THIS AREA

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This next set of questions are about a typical (or usual) day's activities. Does your health now limit you in these activities and, if so, how much? Mark one circle on each line.

	ininit you in these activities and, if so, now much? N	No, not limited at all	Yes, limited a little	Yes, limited a lot
5.	Vigorous activities, such as running, lifting heavy objects, or strenuous sports	O3	O ²	O
6.	Moderate activities, such as moving a table, vacuuming, bowling, or golfing	O 3	O ²	01
7.	Lifting or carrying groceries	Os	O ²	01
8.	Climbing several flights of stairs	O ₃	O 2	01
9.	Climbing one flight of stairs	Оз	O ²	01
10.	Bending, kneeling, stooping	O 3	O 2	01
11.	Walking more than a mile	O ₃	O ²	01
12.	Walking several blocks	O3	O ²	01
13.	Walking one block	O ₃	O ²	01
4.4	D-41-1 1 1 10	_		Hogas S
14.	Bathing or dressing yourself	O 3	O 2	01
	In the past 4 weeks, how much have you been bothered by pain in your	Mark one	circle on ea	ch line.
	In the past 4 weeks, how much have you been bothered by pain in your			
15.	In the past 4 weeks, how much have you been bothered by pain in your Back	Mark one Not at all	circle on ea Somewhat	ch line. A lot
15. 15.1	In the past 4 weeks, how much have you been bothered by pain in your Back Hips	Mark one Not at all	circle on ea Somewhat	ch line. A lot
15.1 15.2	In the past 4 weeks, how much have you been bothered by pain in your Back Hips Knees	Mark one Not at all	circle on ea Somewhat	ch line. A lot
15.1 15.2 15.3	In the past 4 weeks, how much have you been bothered by pain in your Back Hips Knees Feet	Mark one Not at all O1 O1	circle on ea Somewhat	ch line. A lot O³ O³ O³
15.1 15.2 15.3 15.4	In the past 4 weeks, how much have you been bothered by pain in your Back Hips Knees Feet Hands	Mark one Not at all O1 O1 O1	Circle on ea Somewhat	Ch line. A lot 3 3 3 3 3
15.1 15.2 15.3 15.4 15.5	In the past 4 weeks, how much have you been bothered by pain in your Back Hips Knees Feet Hands Wrists	Mark one Not at all O1 O1 O1 O1	Circle on ea Somewhat	Ch line. A lot 3 3 3 3 3 3
15.1 15.2 15.3 15.4 15.5	In the past 4 weeks, how much have you been bothered by pain in your Back Hips Knees Feet Hands Wrists Shoulders	Mark one Not at all O1 O1 O1 O1	circle on ea Somewhat O² O² O² O² O² O² O²	ch line. A lot 3 3 3 3 3 3 3 3

16. In the past 4 weeks, how often were you bothered by pain?

O¹ Every day (7 days per week) O³ Some days (2–4 days per week)

O2 Most days (5–6 days per week) O4 Rarely (once a week or less)

Os Never

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17.	7. How long have you been bothered by pain?										
	O¹ Never (I ha	ive not be	en bothe	red by pa	ain)	0	6 mo	nths-1 yea	ar		
	O ² Less than 1	month				0	1-5 y	1–5 years			
	O ³ 1–3 months	S				O ⁷ More than 5 years					
	O4 3–6 months	S									
					NT .		1144		0 1	**	
18.	In the past 7 day	<u>ys</u>			Not a	II P	A little bit	Somewha	Quite at a bit	-	
18.1	How much di day to day ac	THE RESERVE THE PARTY OF THE PA	terfere w	ith your	01		O ²	O ₃	04		
18.2	How much di around the ho	-	terfere w	ith work	01		O ²	O ₃	O4	O 5	
18.3	How much di ability to part	The state of the s					O ²	O ₃	O4	O 5	
18.4	How much di household ch		terfere w	ith your	01		O 2	O ³	O4	O 5	
19.	19. In the past 7 days, how would you rate your pain on average? Mark one circle below.										
	0 1	2 3	3 4	5	6	7	8	9 1	10		
	0 0	2 3	3 4	5	6	7 O	8	0	0		
	0 1 O O No pain	2 3	3 4	5	6	7	0	O (o st		
Th	O O No pain	0 0	0 0	0	0	0	O imag	O (Wor ginable pai	o st in	e activities	
for	No pain is next set of que yourself. Help of	estions as	sk about l	o now muc	ch help	(if	imag any) yo	Worginable pai	st in do routin	e activities	
for	O O No pain	estions as	sk about l	o now muc	ch help	(if ce f	imag any) yo rom an	Worginable paid ou need to other person	st in do routin on or usin	ng a device	
for	No pain is next set of que yourself. Help of	estions as	sk about l	o now muc getting as	ch help	(if ce f	imag any) yo rom an By mys withou	Worginable paid ou need to other personal with the sound of the control of the co	st in do routing on or using the Come ur	ng a device ompletely nable to do	
for M:	No pain No pain is next set of que yourself. Help ourk one circle for	estions as can be de or each q	sk about he fined as government.	o now muc getting as	ch help	(if ce f	imag any) yo rom an By mys withou help	Work ginable paid ou need to other perse self W ut so	st in do routing on or using the urely this	ng a device ompletely nable to do s by mysel	
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for Ma 20.	No pain No pain is next set of que yourself. Help our ark one circle for Can you feed you Can you dress a	estions as can be de or each q I ourself?	sk about he fined as go westion. can do the ess yourse	now muc getting as his activi	ch help	(if ce f	imag any) yo rom an By mys withou help	Work ginable paid ou need to other person self W ut so he	on or using the control of the contr	ompletely nable to do s by mysel	
20. 21. 22.	No pain No pain is next set of que yourself. Help our rk one circle for Can you feed you Can you dress a Can you get in	estions as can be de or each q I ourself? and undre	sk about he fined as a guestion. can do the ess yourse of bed you	now muc getting as his activi	ch help	(if ce f	imagany) yoʻrom an By mys withou help	Work ginable paid ou need to other person self W ut so he	ost in do routin on or usin with checked this	ompletely nable to do s by mysel	
20. 21. 22. 23.	No pain No pain is next set of que yourself. Help of ark one circle for Can you feed you Can you dress a Can you get in a	estions as can be de or each quite ourself? and undre and out out out out out or side.	sk about he fined as government. can do the ess yourse of bed you hower?	now muc getting as nis activi	ch help	(if ce f	imagany) yoʻrom and By mysiling without help	Work ginable paid ou need to other person self W ut so he	ost in do routin on or usin ith ome ur elp this	ompletely nable to do s by mysel	
20. 21. 22. 23. 24.	No pain No pain is next set of que yourself. Help our rk one circle for Can you dress a Can you get in a Can you take a Can you do you	estions as can be de or each quantity and undre and out or bath or single arrown gr	sk about he fined as guestion. can do the ess yourse of bed you hower?	now mucketting as activities acti	ch help ssistan ty:	o (if ce f	imag any) yo irom an By mys withou help	Working inable pair ou need to other personal with the sound the s	of st in do routing on or using the come under this come of the co	ompletely nable to do s by mysel	
20. 21. 22. 23. 24.	No pain No pain is next set of que yourself. Help of ark one circle for Can you feed you Can you dress a Can you get in a	estions as can be de or each quantity and undre and out or bath or single arrown gr	sk about he fined as guestion. can do the ess yourse of bed you hower?	now mucketting as activities acti	ch help ssistan ty:	o (if ce f	imagany) yoʻrom and By mysiling without help	Working inable pair ou need to other personal with the sound the s	ost in do routin on or usin ith ome ur elp this	ompletely nable to do s by mysel	

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WH	ĺ	Form 151-B – Activities of Da	aily L	ife			
2	6.	The next questions ask about companionship.		Hardly ever	Some of the time	Often	
2	6.1	How often do you feel that you lack companions	ship?	01	O ²	Оз	
2	6.2	2 How often do you feel left out?		01	O ²	O ₃	
2	6.3	How often do you feel isolated from others?		01	O ²	O ³	
2	27.	Do you live alone? Oo No Oo Yes					
2	8.	Please mark the circle that best describes your curr	ent l	iving arran	gement:		
		O Independently in the community (for	O٩	In a skille	d nursing faci	lity	
	example in your home or apartment) O² With a family member other than your spouse, such as a sibling or daughter/son						
		O ₃ In an assisted living facility					
2	29.	Does the place (home, apartment, assisted living faservices for older people (such as help with transpose) No O¹ Yes 29.1 Are you currently O° No O¹ Yes	ortati y rec	on, meals,	medicines, or	bathing)?	
3	0.	In the past year, have you stayed in a nursing home	e?	O° No	O¹ Yes		
	Ple	is next set of questions are about some hard things case try to think back over the past year to remember the answer that seems best.					
-)	at the amount are an			and it upset n		
()ve	er the past year:	No	Not too much	Moderately (Medium)	Very much	
3	1.	Did your spouse or partner have a serious illness?	0.	01	O ²	O ³	
3	2.	Did a close friend or family member die or have a serious illness (other than your spouse or partner)?	0.	01	O 2	O ₃	
3	3.	Did you have any major problems with money?	00	01	O ²	O3	
3	4.	Did you have a divorce or break-up with a spouse or partner?	00	01	O ²	O ³	
3	5.	Did a family member or close friend have a divorce or break-up?	0.	01	O ²	O3	
3	6.	Did you have a major conflict with children or	00	01	O ²	O3	

grandchildren?

				Ye	s, and i	t upset n	ne:
Ove	er the p	oast year:	No	Not to much		derately ledium)	Very much
37.	mugg	ou have any major accidents, disasters, ging, unwanted sexual experiences, robberies milar events?	, Oº	01		O²	O³
38.		ou or a family member or close friend lose job or retire?	0.	0,		O ²	O ₃
39.	pushe	you physically abused by being hit, slapped ed, shoved, punched or threatened with a on by a family member or close friend?	00	01		O²	Os
40.	of, ser or wo yours	you verbally abused by being made fun verely criticized, told you were a stupid orthless person, or threatened with harm to elf, your possessions, or your pets, by a fami over or close friend?	O °	01		O²	O 3
41.	Did a	pet die?	00	01		O ²	Os
42.	Did y	our spouse or partner die?	0.	O1		O 2	O 3
	right			that best Rarely	describe Some- times		ou feel Always
	42.1	I feel myself longing or yearning for my spouse or partner who died—I miss them so much it's hard to care about anything else.	0.	O1	O ²	O ₃	04
	42.2	I think about this person so much that it's hard for me to do the things I normally do.		O1	O 2	O ₃	O4
43.	Please	e answer the following questions about you	rself. T	Γry not to	let an a	answer to	o one

43. Please answer the following questions about yourself. Try not to let an answer to one question affect your answer to other questions. Mark one circle on each line.

		Strongly Disagree	Disagree	Neutral (In-between)	Agree	Strongly Agree
43.1	In unclear times, I usually expect the best.	0,	O ²	O ₃	O4	O 5
43.2	If something can go wrong for me, it will.	0,	O 2	O 3	O4	O 5

		Strongly Disagree	Disagree	Neutral (In-between)	Agree	Strongly Agree
43.3	I'm always hopeful about my future.	01	O ²	O ₃	O4	Os
43.4	I hardly ever expect things to go my way.	01	O ²	O3	O4	O 5
43.5	I rarely count on good things happening to me.	01	O ²	O 3	O4	O 5
43.6	Overall, I expect more good things to happen to me than bad.	01	O 2	O ₃	O 4	O 5

44. This set of questions asks you to think about the future.

		Absolutely Agree	Somewhat Agree	Neutral (In-between)		Absolutely Disagree	
44.1	I feel that it is impossible to reach the goals I would like to strive for.		O 2	O³	0+	O 5	
44.2	The future seems to me to)					

be hopeless, and I can't believe that things are changing for the better.

45. Rate how intensely you felt each emotion during the past 24 hours. Mark one circle on each line.

e	ach line.	Not at all	A little bit	Moderately	A great deal	Extremely
45.1	Amusement	01	O ²	O3	O4	O 5
45.2	Awe	O1	O 2	O ³	O4	O 5
45.3	Gratitude	01	O ²	O ³	04	Os
45.4	Норе	O1	O 2	O3	O4	O 5
45.5	Interest	01	O ²	O ³	O4	O 5
45.6	Joy	0	O 2	O3	O4	O 5
45.7	Love	01	O2	O3	O4	O 5
45.8	Pride	O1	O 2	O ³	O4	O 5
45.9	Serenity	01	O ²	O ³	O4	O 5



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Questions 46–51 ask about your feelings during the <u>past week</u>. For each of the statements, indicate the choice that tells how often you felt this way.

J	Rarely or none of the time (less than 1 day)	Some or a little of the time (1–2 days)	Occasionally or a moderate amount of time (3–4 days)	Most or all of the time (5–7 days)
46. You felt depressed (blue or down	n) O'	O 2	O 3	O4
47. Your sleep was restless	01	O ²	O3	O+
48. You enjoyed life	O1	O 2	O3	O4
49. You had crying spells	01	O ²	Os	O4
50. You felt sad	O+	O 2	O3	O4
51. You felt that people disliked you	0	O ²	O ₃	O4
52. In the past year, have you had 2		1	C1, 1.11	

52.	In the past year, have you had 2 weeks or more during which you felt sad, blue or
	depressed, or lost pleasure in things that you usually cared about or enjoyed?
	O No O Yes

53.	Have you had 2 years or more in your life when you felt depressed or sad most days,
	even if you felt okay sometimes?

O• No	0	Yes	53.1	If yes, have you felt depressed or sad much of the					
				time in the past year?	O• No	O¹ Yes			

This next set of questions are about emotions you may have been feeling. Mark one circle for each statement.

	w true have the following been for you this past week (7 days)?	Not at all	A little	Somewhat	Quite a bit	Very much
54.	I am not interested in activities that will expand my horizons.	00	01	O ²	O ³	O ⁴
55.	I think it is important to have new experiences that challenge how you think about yourself and the world.	00	01	O ²	O³	O4
56.	When I think about it, I haven't really improved much as a person over the years	0.	0	O ²	O ³	O٠
57.	I have the sense that I have developed a lot as a person over time.	0.	01	O ²	Os	O4
58.	For me, life has been a continuous process of learning, changing, and growth.	0.	O1	O 2	O³	O٠
	I gave up trying to make big improvements or changes in my life a long time ago.	00	01	O2	O3	04

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	w true have the following been for you his <u>past week</u> (7 days)?	Not at all	A little	Some- what	Quite a bit	Very much
60.	I do not enjoy being in new situations that require me to change my old familiar ways of doing things.	0.	O1	O ²	O3	O4
61.	I live life one day at a time and don't really think about the future.	0.	01	O ²	O ₃	04
62.	I have a sense of direction and purpose in life.	0.	01	O ²	O3	04
63.	I don't have a good sense of what it is I'm trying to accomplish in life.	0.	01	O ²	O ₃	04
64.	My daily activities often seem trivial and unimportant to me.	0.	O1	O 2	O³	O4
65.	I enjoy making plans for the future and working to make them a reality.	0.	01	O ²	O3	O4
66.	I am an active person in carrying out the plans I set for myself.	0.	01	O 2	O ₃	O4
67.	Some people wander aimlessly through life, but I am not one of them.	0.	O1	O ²	O ₃	04
68.	I sometimes feel as if I've done all there is to do in life.	0.	01	O 2	O ₃	04
69.	I felt peaceful.	0.	0	O ²	O3	04
70.	I had a reason for living.	0.	O1	O 2	O 3	O4
71.	My life has been productive.	0.	01	O ²	O ³	04
72.	I had trouble feeling peace of mind.	0.	O1	O 2	O3	O4
73.	I felt a sense of purpose in my life.	0.	0	O ²	O3	O4
74.	I was able to reach down deep into myself for comfort.	0.	O1	O 2	O ₃	O4
75.	I felt a sense of harmony within myself.	00	01	O ²	O 3	O4
76.	My life lacked meaning and purpose.	0.	01	O 2	O ₃	O4
77.	I found comfort in my faith or spiritual beliefs.	0.	01	O ²	O3	04
78.	I found strength in my faith or spiritual beliefs.	0.	01	O 2	O 3	O4
79.	I am always hopeful about my future.	00	0	O ²	Os	O4

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