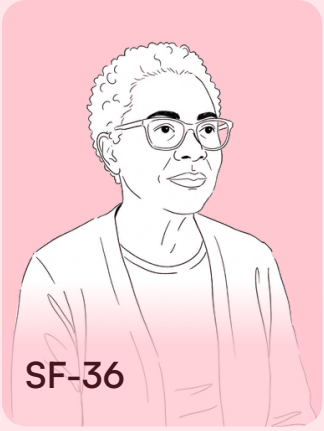


Short Form Health Survey SF-36 (SF-36)

The SF-36 health questionnaire is a standardized tool for assessing health-related quality of life. It measures eight distinct health dimensions, including physical functioning, bodily pain, general health, vitality, social functioning, role-emotional, role-physical, and mental health.

Number of questions	36 questions
Estimated duration	10 minutes
Language	English
Original name	Short Form Health Survey SF-36
Target audience	Adults
Authors	John E. Ware Jr., Cathy Donald Sherbourne (1992)
Category	General

Preview of the 36 questions

In general, would you say your health is:

Excellent | Very good | Good | Fair | Poor

Compared to one year ago, how would you rate your health in general now?

Much better now than one year ago | Somewhat better now than one year ago | About the same | Somewhat worse now than one year ago | Much worse now than one year ago

Does your health now limit you in these activities? If so, how much?

Vigorous activities, such as running, lifting heavy objects, participating in strenuous sports

Yes, limited a lot | Yes, limited a little | No, not limited at all

Does your health now limit you in these activities? If so, how much?

Moderate activities, such as moving a table, pushing a vacuum cleaner, bowling, or playing golf

Yes, limited a lot | Yes, limited a little | No, not limited at all

Does your health now limit you in these activities? If so, how much?

Lifting or carrying groceries

Yes, limited a lot | Yes, limited a little | No, not limited at all

Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

Scoring & interpretation

The SF-36 uses a scoring system based on Likert scales. Each dimension is scored individually, ranging from 0 to 100, where 100 indicates the best possible health status.

Usage

This tool isn't available on Mentaal. To use this questionnaire in your practice, you need a valid license. We invite you to send it directly from the publisher's website.

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★★★★★

“I've been using Mentaal for 2 months now, and this tool has revolutionized the way I see care, and my schedule!”

 Romane L. - Online CBT Psychologist