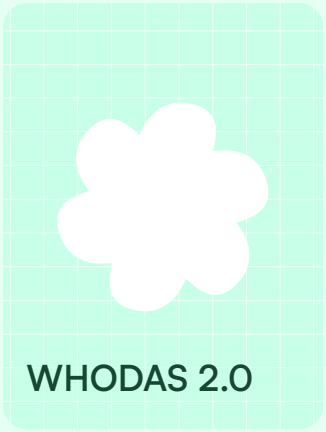


World Health Organization Disability Assessment Schedule 2.0 (WHODAS 2.0)

The WHODAS 2.0 is a standardized WHO questionnaire designed to measure the functional impact of a physical, mental, or addiction-related health problem in adults. In its full 36-item version, the most widely used in specialized clinical practice, it explores six domains of functioning: cognition, mobility, self-care, getting along with others, life activities, and participation in society. This tool is particularly useful for objectively assessing psychosocial disability, documenting the severity of limitations, monitoring changes over the course of care, and comparing levels of functioning across different disorders.

Number of questions	36 questions
Estimated duration	10 minutes
Language	English
Original name	World Health Organization Disability Assessment Schedule 2.0
Target audience	Adults
Authors	Tevfik Bedirhan Ustun, Nenad Kostanjsek, Somnath Chatterji, Jürgen Rehm (2010)

Preview of the 36 questions

In the last 30 days, how much difficulty did you have in:

Concentrating on doing something for ten minutes?

None | Mild | Moderate | Severe | Extreme or cannot do

In the last 30 days, how much difficulty did you have in:

Remembering to do important things?

None | Mild | Moderate | Severe | Extreme or cannot do

In the last 30 days, how much difficulty did you have in:

Analyzing and finding solutions to problems in day-to-day life?

None | Mild | Moderate | Severe | Extreme or cannot do

In the last 30 days, how much difficulty did you have in:

Learning a new task, for example, learning how to get to a new place?

None | Mild | Moderate | Severe | Extreme or cannot do

In the last 30 days, how much difficulty did you have in:

Generally understanding what people say?

None | Mild | Moderate | Severe | Extreme or cannot do

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

Each item is rated on 5 levels of difficulty, from "none" to "extreme or cannot do". In simple scoring, the responses to all items are added up, with a higher score indicating greater disability. In complex scoring, responses are weighted using the IRT method, first by domain and then as an overall score converted to a scale from 0 to 100. Domain scores can be calculated for cognition, mobility, self-care, getting along, life activities, and participation. Items concerning work or school are interpreted only if they are applicable.

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“It's a real plus in sessions to assess the patient, and a very rich basis for discussion to deepen the clinical work.”

Elodie C. - CBT Psychologist