


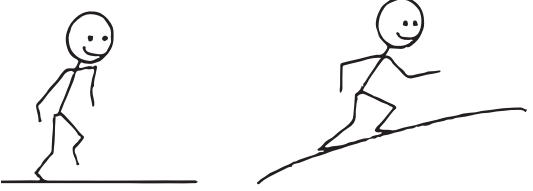


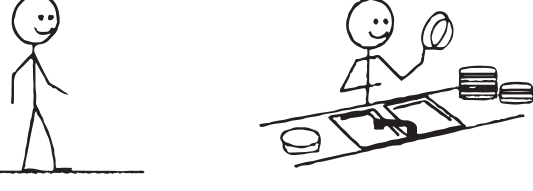
Instructions for Dartmouth COOP Charts

The goal of the charts is to better understand the different areas of one's health. There are nine (9) health questions, each listed on a separate page. Each question has five (5) possible responses. Read each question carefully and then **draw a circle** around a **number** that you feel is right for you. Remember, there is no right or wrong response...and it is important to answer all the questions.

Dartmouth COOP Functional Assessment Charts

Physical Fitness

During the past 2 weeks,
 What was the hardest physical activity
 you could do for at least 2 minutes?


<p>Very heavy – for example:</p> <ul style="list-style-type: none"> • Run, fast pace • Carry a heavy load upstairs or uphill (25 pounds or 10 kilograms) 		1
<p>Heavy – for example:</p> <ul style="list-style-type: none"> • Jog, slow pace • Climb stairs or a hill at moderate pace 		2
<p>Moderate – for example:</p> <ul style="list-style-type: none"> • Walk, medium pace • Carry a heavy load on level ground (25 pounds or 10 kilograms) 		3
<p>Light – for example:</p> <ul style="list-style-type: none"> • Walk, medium pace • Carry light load on level ground 		4
<p>Very light – for example:</p> <ul style="list-style-type: none"> • Walk, slow pace • Wash dishes 		5

Dartmouth COOP Functional Assessment Charts

Feelings

During the past 2 weeks,






How much have you been bothered by emotional problems such as feeling anxious, depressed, irritable or downhearted and blue?

Not at all		1
Slightly		2
Moderately		3
Quite a bit		4
Extremely		5

Dartmouth COOP Functional Assessment Charts

Daily Activities

During the past 2 weeks,
 How much difficulty have you had doing your usual activities or tasks,
 both inside and outside the house because of your physical and emotional health?



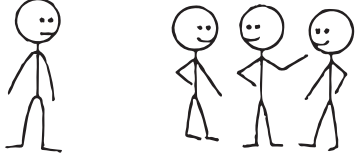
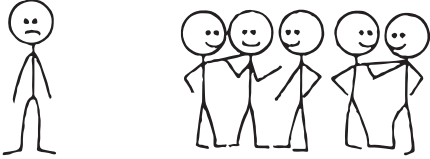

No difficulty at all		1
A little bit of difficulty		2
Some difficulty		3
Much difficulty		4
Could not do		5

Dartmouth COOP Functional Assessment Charts

Social Activities

During the past 2 weeks,






Has your physical and emotional health limited
your social activities with family, friends, neighbors or groups?

Not at all		1
Slightly		2
Moderately		3
Quite a bit		4
Extremely		5

Dartmouth COOP Functional Assessment Charts

Pain






During the past 2 weeks,
How much bodily pain have you generally had?

No pain		1
Very mild pain		2
Mild pain		3
Moderate pain		4
Severe pain		5

Dartmouth COOP Functional Assessment Charts

Change In Health


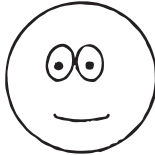
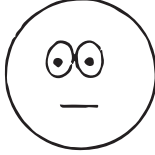


How would you rate your overall health now compared to 2 weeks ago?

Much better		1
A little better		2
About the same		3
A little worse		4
Much worse		5

Dartmouth COOP Functional Assessment Charts

Overall Health

During the past 2 weeks,
how would you rate your health in general?

Excellent		1
Very good		2
Good		3
Fair		4
Poor		5

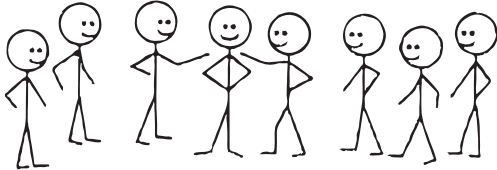
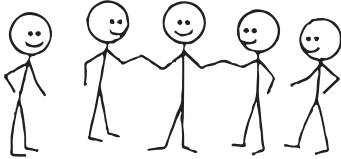



Dartmouth COOP Functional Assessment Charts

Social Support

During the past 2 weeks,

was someone available to help you if you needed and wanted help? For example, if you:

- felt nervous, lonely, or blue
- needed someone to talk to
- needed help just taking care of yourself
- got sick and had to stay in bed
- needed help with daily chores

Yes, as much as I wanted		1
Yes, quite a bit		2
Yes, some		3
Yes, a little		4
No, not at all		5

Dartmouth COOP Functional Assessment Charts

Quality of Life

How have things been going for you during the past 2 weeks?

A vertical ladder chart with 10 rungs. The rungs are numbered 1 to 5 on the right side. The descriptions for each rung are: 1: Very well: could hardly be better; 2: Pretty good; 3: Good and bad parts about equal; 4: Pretty bad; 5: Very bad: could hardly be worse. A stick figure stands to the left of the chart, pointing towards it.

	Very well: could hardly be better	1
	Pretty good	2
	Good and bad parts about equal	3
	Pretty bad	4
	Very bad: could hardly be worse	5