

Duke Health Profile - 8 (DUKE-8)

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Date Today: _____ Name: _____ ID Number: _____
Date of Birth: _____ Female ___ Male ___

INSTRUCTIONS: Here are some questions about your health and feelings. Please read each question carefully and check (✓) your best answer. You should answer the questions in your own way. There are no right or wrong answers. (Please ignore the small scoring numbers next to each blank.)

	Yes, describes me exactly	Somewhat describes me	No, doesn't describe me at all
1. I am basically a healthy person	_____ 12	_____ 11	_____ 10
2. I have difficulty concentrating	_____ 20	_____ 21	_____ 22
3. I am comfortable being around people	_____ 32	_____ 31	_____ 30

TODAY would you have any physical trouble or difficulty:

	None	Some	A Lot
4. Walking up a flight of stairs	_____ 42	_____ 41	_____ 40

DURING THE PAST WEEK: How much trouble have you had with:

	None	Some	A Lot
5. Hurting or aching in any part of your body.....	_____ 52	_____ 51	_____ 50
6. Feeling depressed or sad	_____ 62	_____ 61	_____ 60

DURING THE PAST WEEK: How often did you:

	None	Some	A Lot
7. Socialize with other people (talk or visit with friends or relatives).....	_____ 70	_____ 71	_____ 72
8. Stay in your home, a nursing home, or hospital because of sickness, injury, or other health problem.	_____ 82	_____ 81	_____ 80

MANUAL SCORING FOR THE DUKE-8

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<u>Item</u>	<u>Item Score*</u>	<u>PHYSICAL HEALTH SCORE**</u>
4 =	_____	□
5 =	_____	
Sum =	_____ x 25 =	

<u>Item</u>	<u>Item Score*</u>	<u>MENTAL HEALTH SCORE**</u>
2 =	_____	□
6 =	_____	
Sum =	_____ x 25 =	

<u>Item</u>	<u>Item Score*</u>	<u>SOCIAL HEALTH SCORE**</u>
3 =	_____	□
7 =	_____	
Sum =	_____ x 25 =	

<u>Item</u>	<u>Item Score*</u>	<u>PERCEIVED HEALTH SCORE**</u>
1 =	_____ x 50 =	□

<u>Item</u>	<u>Item Score*</u>	<u>DISABILITY SCORE**</u>
8 =	_____ x 50 =	□

<u>Item</u>	<u>Item Score*</u>	<u>OVERALL HEALTH SCORE**</u>
1 =	_____	□
2 =	_____	
3 =	_____	
4 =	_____	
5 =	_____	
6 =	_____	
7 =	_____	
8 =	_____	
Sum =	_____ x 6.25 =	

* Item Score = last digit of the numeral adjacent to the blank checked by the respondent for each item. For example, if the second blank is checked for Item 8 (blank numeral = 81), then the item score is "1", because 1 is the last digit of 81.

** Scale Score is calculated from the item scores as shown and entered into the box for each scale. 100 indicates the best health status, and 0 indicates the worst health status.

Missing Values: If one or more item scores are missing within one of the scales, a score cannot be calculated for that scale.

Revised August 14, 2016