

# Nottingham Health Profile

## Overview

The Nottingham Health Profile is intended for primary health care, to provide a brief indication of a patient's perceived emotional, social and physical health problems.

## Breakdown of questionnaire

### Part I:

There are 38 questions in 6 subareas, with each question assigned a weighted value; the sum of all weighted values in a given sub area adds up to 100.

- energy level (EL): 3
- pain (P): 8
- emotional reaction (ER): 9
- sleep (S): 5
- social isolation (SI): 5
- physical abilities (PA): 8

### Part II:

There are life areas affected

## Completing questionnaire

- Each question is answered with "Yes" or "No".
- It is important that all questions are answered.
- If the patient is not sure whether to say "yes" or "no" to a problem, s/he are instructed to answer the one more true at that time.

### Part I

Questions	Yes	No	Section	Weight
I'm tired all the time.			EL	39.20
I have pain at night.			P	12.91
Things are getting me down.			ER	10.47
I have unbearable pain.			P	19.74
I take pills to help me sleep.			S	22.37
I've forgotten what it's like to enjoy myself.			ER	9.31
I'm feeling on edge.			ER	7.22
I find it painful to change position.			P	9.99
I feel lonely			SI	22.01
I can walk about only indoors.			PA	11.54

Questions	Yes	No	Section	Weight
I find it hard to bend.			PA	10.57
Everything is an effort.			EL	36.80
I'm waking up in the early hours of the morning.			S	12.57
I'm unable to walk at all.			PA	21.30
I'm finding it hard to make contact with people.			SI	19,36
The days seem to drag.			ER	7.08
I have trouble getting up and down stairs and steps.			PA	10.79
I find it hard to reach for things.			PA	9.30
I'm in pain when I walk.			P	11.22
I lose my temper easily these days.			ER	9.76
I feel there is nobody that I am close to.			SI	20.13
I lie awake for most of the night.			S	27.26
I feel as if I'm losing control.			ER	13.99
I'm in pain when I'm standing.			P	8.96
I find it hard to get dressed by myself			PA	12.61
I soon run out of energy.			EL	24.00
I find it hard to stand for long (e.g., at the kitchen sink, waiting in a line).			PA	11.20
I'm in constant pain.			P	20.86
It takes me a long time to get to sleep.			S	16.10
I feel I am a burden to people.			SI	22.53
Worry is keeping me awake at night.			ER	13.95
I feel that life is not worth living.			ER	16.21
I sleep badly at night			S	21.70
I'm finding it hard to get along with people.			SI	15.97
I need help to walk about outside (e.g., a walking aid or someone to support me).			PA	12.69
I'm in pain when going up or down stairs.			P	5.83
I wake up feeling depressed.			ER	12.01
I'm in pain when I'm sitting.			P	10.49

## Part II

Is your present state of health causing problems with:	Yes	No
Your work? (that is a paid employment)		
Looking after the home? (cleaning & cooking, repairs, odd jobs around the home, etc.)		
Your social life? (going out, seeing friends, going to the movies, etc.)		
Your home life? (that is, relationships with other people in your home)		
Your sex life?		
Your interests and hobbies? (sports, arts and crafts, do-it-yourself, etc.)		
Your vacations? (summer or winter vacations, weekends away, etc.)		

### Interpretation

- The number of questions in each section is affected.
- The relative level affected, in which the sum of the relative weights is subtracted from 100%, giving values between 0 and 1, with 0 indicating poor and 1 good health.

### Additional notes