

WHODAS 2.0

The WHODAS 2.0 asks about difficulties due to health conditions, including diseases, illnesses, other health problems that may be short or long-lasting, injuries, mental or emotional problems, and problems with alcohol or drugs.

36-item WHODAS 2.0

| | |
|---|-------------------------------|
| <i>This questionnaire contains the interviewer-administered 36-item version of WHODAS 2.0.</i> | |
| Name: | Date of birth: |
| Gender: | Date of assessment: |
| Contact information: | Years of education completed: |
| Living situation: | |
| Independent in community Assisted living Hospitalized | |
| Primary work status: | |
| Employed Self-employed Non-paid work (e.g. volunteer/charity) Student Homemaker Retired Unemployed (due to health reasons) Unemployed (due to health reasons) Others (specify): | |
| Marital status: | |
| Never married Currently married Separated Divorced Widowed Cohabiting | |

Instructions: Please respond to each question by selecting the option that best describes your experience over the past 30 days. Choose one response per question.

Domain 1: Understanding and communicating

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

| | None | Mild | Moderate | Severe | Extreme or cannot do |
|---|------|------|----------|--------|----------------------|
| D1.1 Concentrating on doing something for ten minutes? | | | | | |
| D1.2 Remembering to do important things? | | | | | |
| D1.3 Analyzing and finding solutions to problems in day-to-day life? | | | | | |
| D1.4 Learning a new task, for example, learning how to get to a new place? | | | | | |
| D1.5 Generally understanding what people say? | | | | | |
| D1.6 Starting and maintaining a conversation? | | | | | |

Domain 2: Getting around

| | None | Mild | Moderate | Severe | Extreme or cannot do |
|---|------|------|----------|--------|----------------------|
| D2.1 Standing for long periods, such as 30 minutes? | | | | | |
| D2.2 Standing up from sitting down? | | | | | |
| D2.3 Moving around inside your home? | | | | | |
| D2.4 Getting out of your home? | | | | | |
| D2.5 Walking a long distance, such as a kilometer (or equivalent)? | | | | | |

| Domain 3: Self-care | | | | | |
|---|-------------|-------------|-----------------|---------------|-----------------------------|
| | None | Mild | Moderate | Severe | Extreme or cannot do |
| D3.1 Washing your whole body? | | | | | |
| D3.2 Getting dressed? | | | | | |
| D3.3 Eating | | | | | |
| D3.4 Staying by yourself for a few days? | | | | | |
| Domain 4: Getting along with people | | | | | |
| | None | Mild | Moderate | Severe | Extreme or cannot do |
| D4.1 Dealing with people you do not know? | | | | | |
| D4.2 Maintaining a friendship? | | | | | |
| D4.3 Getting along with people who are close to you? | | | | | |
| D4.4 Making new friends? | | | | | |
| D4.5 Sexual activities? | | | | | |
| Domain 5: Life activities–household | | | | | |
| | None | Mild | Moderate | Severe | Extreme or cannot do |
| D5.1 Taking care of your household responsibilities? | | | | | |
| D5.2 Doing most important household tasks well? | | | | | |
| D5.3 Getting all of the household work done that you needed to do? | | | | | |
| D5.4 Getting your household work done as quickly as needed? | | | | | |

Domain 5: Life activities– school/work

(If you work (paid, non-paid, self-employed) or go to school, complete questions D5.5–D5.8, below. Otherwise, skip to D6.1.)

| | None | Mild | Moderate | Severe | Extreme or cannot do |
|---|------|------|----------|--------|----------------------|
| D5.5 Your day-to-day work/school? | | | | | |
| D5.6 Doing your most important work/school tasks well? | | | | | |
| D5.7 Getting all of the work done that you need to do? | | | | | |
| D5.8 Getting your work done as quickly as needed? | | | | | |

Domain 6: Participation in society

In the past 30 days:

| | None | Mild | Moderate | Severe | Extreme or cannot do |
|--|------|------|----------|--------|----------------------|
| D6.1 How much of a problem did you have in joining in community activities (for example, festivities, religious, or other activities) in the same way as anyone else can? | | | | | |
| D6.2 How much of a problem did you have because of barriers or hindrances around you? | | | | | |
| D6.3 How much of a problem did you have living with dignity because of the attitudes and actions of others? | | | | | |
| D6.4 How much time did you spend on your health condition or its consequences? | | | | | |
| D6.5 How much have you been emotionally affected by your health condition? | | | | | |
| D6.6 How much has your health been a drain on the financial resources of you or your family? | | | | | |
| D6.7 How much of a problem did your family have because of your health problems? | | | | | |
| D6.8 How much of a problem did you have in doing things by yourself for relaxation or pleasure? | | | | | |

Scoring and interpretation:

- Numeric scores assigned to each of the items: 1 = None, 2 = Mild, 3 = Moderate, 4 = Severe, 5 = Extreme or cannot do
- The WHODAS 2.0 36-item version allows for two primary scoring methods: **Simple scoring** and **Complex scoring**, depending on the level of detail and resources available.

Simple scoring:

- Add the scores for all 36 items across the six domains. This provides a straightforward total score representing the degree of functional disability.
 - The total score ranges from 36 (no disability) to 180 (complete disability).
 - Higher scores indicate greater levels of disability.

Complex scoring method:

- This method uses an Item Response Theory (IRT)-based algorithm and requires computer assistance for precise calculations. It accounts for the differential weighting of items and severity levels.
 - Recoded item scores are summed within each domain to produce domain-specific scores.
 - The scores for all six domains are summed to produce a raw total score.
 - The total score is converted to a scale of **0–100**, where: **0 = No Disability; 100 = Full Disability**

Note: Use the Simple Method for quick, manual scoring in clinical or interview settings. Opt for the Complex Method when a detailed, weighted analysis is needed and computational tools are available

General disability score (total):

Reference:

World Health Organization. (n.d.). *WHODAS 2.0 (World Health Organization Disability Assessment Schedule 2.0): 36-item version, self-administered*. https://www.psychiatry.org/File%20Library/Psychiatrists/Practice/DSM/APA_DSM5_WHO_DAS-2-Self-Administered.pdf

WHODAS 2.0

The WHODAS 2.0 asks about difficulties due to health conditions, including diseases, illnesses, other health problems that may be short or long-lasting, injuries, mental or emotional problems, and problems with alcohol or drugs

12-item WHODAS 2.0

| | |
|---|-------------------------------|
| <i>This questionnaire contains the self-administered 12-item version of WHODAS 2.0.</i> | |
| Name: | Date of birth: |
| Gender: | Date of assessment: |
| Contact information: | Years of education completed: |
| Living situation: | |
| Independent in community Assisted living Hospitalized | |
| Primary work status: | |
| Employed Self-employed Non-paid work (e.g. volunteer/charity) Student Homemaker Retired Unemployed (due to health reasons) Unemployed (due to health reasons) Others (specify): | |
| Marital status: | |
| Never married Currently married Separated Divorced Widowed Cohabiting | |

Instructions: Please respond to each question by selecting the option that best describes your experience over the past 30 days. Choose one response per question.

Domain 1: Understanding and communicating

| | None | Mild | Moderate | Severe | Extreme or cannot do |
|---|------|------|----------|--------|----------------------|
| Concentrating on doing something for ten minutes? | | | | | |
| Learning a new task, for example, learning how to get to a new place? | | | | | |

Domain 2: Getting around

| | None | Mild | Moderate | Severe | Extreme or cannot do |
|---|------|------|----------|--------|----------------------|
| Standing for long periods, such as 30 minutes? | | | | | |
| Walking a long distance, such as a kilometer (or equivalent)? | | | | | |

Domain 3: Self-care

| | None | Mild | Moderate | Severe | Extreme or cannot do |
|--------------------------|------|------|----------|--------|----------------------|
| Washing your whole body? | | | | | |
| Getting dressed? | | | | | |

Domain 4: Getting along with people

| | None | Mild | Moderate | Severe | Extreme or cannot do |
|--------------------------------------|------|------|----------|--------|----------------------|
| Dealing with people you do not know? | | | | | |
| Maintaining a friendship? | | | | | |

Domain 5: Life activities

| | None | Mild | Moderate | Severe | Extreme or cannot do |
|---|-------------|-------------|-----------------|---------------|-----------------------------|
| Taking care of your household responsibilities? | | | | | |
| Your day-to-day work or school activities? | | | | | |

Domain 6: Participation in society

| | None | Mild | Moderate | Severe | Extreme or cannot do |
|--|-------------|-------------|-----------------|---------------|-----------------------------|
| Joining in community activities (e.g., festivities, religious activities) in the same way as others? | | | | | |
| How much have you been emotionally affected by your health condition? | | | | | |

Scoring and interpretation:

- Numeric scores assigned to each of the items: 1 = None, 2 = Mild, 3 = Moderate, 4 = Severe, 5 = Extreme or cannot do
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Note: Use the Simple Method for quick, manual scoring in clinical or interview settings. Opt for the Complex Method when a detailed, weighted analysis is needed and computational tools are available

General disability score (total):

Reference:

World Health Organization. (n.d.). *WHODAS 2.0: 12-item version, self-administered*. <https://www.cms.gov/files/document/whodas-20-instrument.pdf>