

# 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:
<b>Living situation:</b>	
Independent in community Assisted living Hospitalized	
<b>Primary work status:</b>	
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):	
<b>Marital status:</b>	
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
<b>D1.1</b> Concentrating on doing something for ten minutes?					
<b>D1.2</b> Remembering to do important things?					
<b>D1.3</b> Analyzing and finding solutions to problems in day-to-day life?					
<b>D1.4</b> Learning a new task, for example, learning how to get to a new place?					
<b>D1.5</b> Generally understanding what people say?					
<b>D1.6</b> Starting and maintaining a conversation?					

**Domain 2: Getting around**

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

<b>Domain 3: Self-care</b>					
	<b>None</b>	<b>Mild</b>	<b>Moderate</b>	<b>Severe</b>	<b>Extreme or cannot do</b>
<b>D3.1</b> Washing your whole body?					
<b>D3.2</b> Getting dressed?					
<b>D3.3</b> Eating					
<b>D3.4</b> Staying by yourself for a few days?					
<b>Domain 4: Getting along with people</b>					
	<b>None</b>	<b>Mild</b>	<b>Moderate</b>	<b>Severe</b>	<b>Extreme or cannot do</b>
<b>D4.1</b> Dealing with people you do not know?					
<b>D4.2</b> Maintaining a friendship?					
<b>D4.3</b> Getting along with people who are close to you?					
<b>D4.4</b> Making new friends?					
<b>D4.5</b> Sexual activities?					
<b>Domain 5: Life activities–household</b>					
	<b>None</b>	<b>Mild</b>	<b>Moderate</b>	<b>Severe</b>	<b>Extreme or cannot do</b>
<b>D5.1</b> Taking care of your household responsibilities?					
<b>D5.2</b> Doing most important household tasks well?					
<b>D5.3</b> Getting all of the household work done that you needed to do?					
<b>D5.4</b> 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
<b>D5.5</b> Your day-to-day work/school?					
<b>D5.6</b> Doing your most important work/school tasks well?					
<b>D5.7</b> Getting all of the work done that you need to do?					
<b>D5.8</b> 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
<b>D6.1</b> 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?					
<b>D6.2</b> How much of a problem did you have because of barriers or hindrances around you?					
<b>D6.3</b> How much of a problem did you have living with dignity because of the attitudes and actions of others?					
<b>D6.4</b> How much time did you spend on your health condition or its consequences?					
<b>D6.5</b> How much have you been emotionally affected by your health condition?					
<b>D6.6</b> How much has your health been a drain on the financial resources of you or your family?					
<b>D6.7</b> How much of a problem did your family have because of your health problems?					
<b>D6.8</b> 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](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:
<b>Living situation:</b>	
Independent in community Assisted living Hospitalized	
<b>Primary work status:</b>	
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):	
<b>Marital status:</b>	
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**

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

**Domain 6: Participation in society**

	<b>None</b>	<b>Mild</b>	<b>Moderate</b>	<b>Severe</b>	<b>Extreme or cannot do</b>
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
- 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: 12-item version, self-administered*. <https://www.cms.gov/files/document/whodas-20-instrument.pdf>