

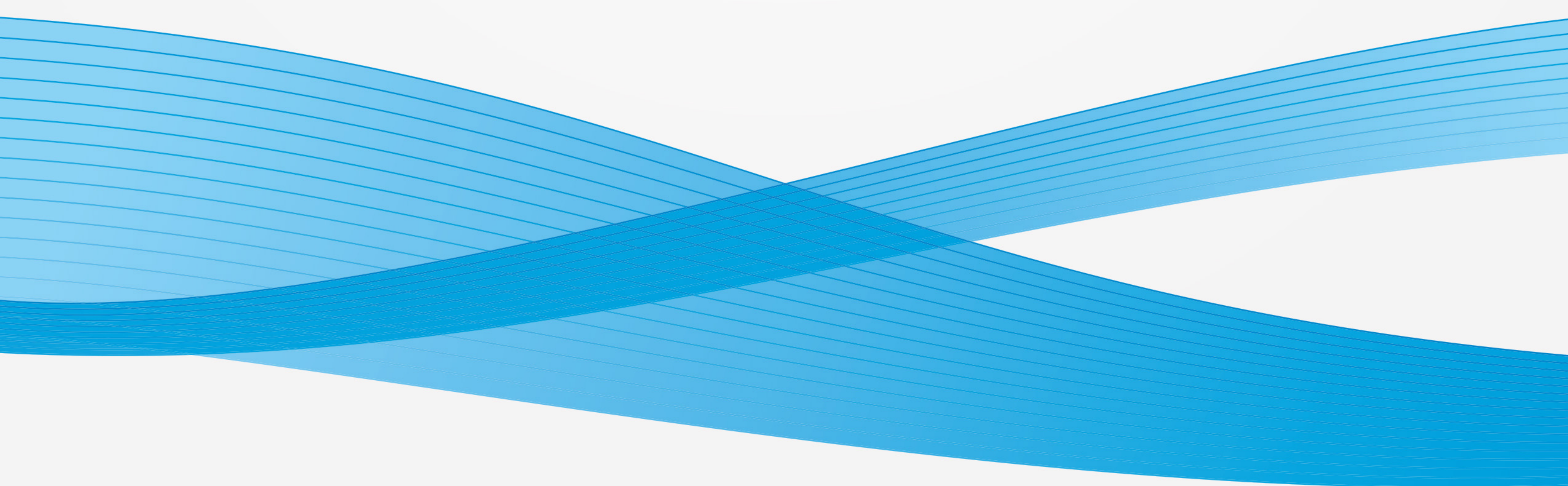


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RAND 36-ITEM HEALTH SERVEY 1.0

Name: _____

Date: ____ / ____ / ____

INSTRUCTION: Please answer all questions by circling **ONE** number for each question.
Do not leave questions blank or circle more than one response to each question.

01 In general, would you say about your health is: (Circle one number)

- | | |
|-----------|---|
| Excellent | 1 |
| Very good | 2 |
| Good | 3 |
| Fair | 4 |
| Poor | 5 |

02 Compared to one year ago, how would you rate your health in general now? (Circle one number)

- | | |
|-----------------|---|
| Much better | 1 |
| Somewhat better | 2 |
| The same | 3 |
| Somewhat worse | 4 |
| Much worse | 5 |



The following questions are about activities you might do during a typical day.
Does your health now limit you in these following activities, if so how much?

(Circle one number each line)		Yes limited a lot	Yes limited a little	No,not limited at all
03	Vigorous activities, such as running, lifting heavy objects, participating in strenuous sports.	1	2	3
04	Moderate activities, such as moving a table, pushing a vacuum cleaner, bowling, or playing golf.	1	2	3
05	Lifting or carrying groceries	1	2	3
06	Climbing several flights of stairs	1	2	3
07	Climbing one flight of stairs	1	2	3
08	Bending, kneeling, or stooping	1	2	3
09	Walking more than one kilometer	1	2	3
10	Walking half a kilometer	1	2	3
11	Walking 100 meters	1	2	3
12	Bathing or dressing yourself	1	2	3



During the past 4 weeks, have you had any of the following problems with your work or other regular daily activities as a result of your **PHYSICAL** health?

(Circle one number on each line)		Yes	No
13	Cut down the amount of time you spent on work or other activities.	1	2
14	Accomplished less than you would like.	1	2
15	Were limited in the kind of work or other activities.	1	2
16	Had difficulty performing work or other activities, for example (It took extra effort).	1	2

During the past 4 weeks, have you had any of the following problems with your work or other regular daily activities as a result of any **EMOTIONAL** problems (such as feeling depressed or anxious)?

(Circle one number on each line)		Yes	No
17	Cut down the amount of time you spent on work or other activities.	1	2
18	Accomplished less than you like.	1	2
19	Didn't do work or other activities as carefully as usual.	1	2



(Circle one number)

20 During the past 4 weeks, to what extent has your physical health or emotional problems interfered with your normal social activities with family, friends, neighbours or group.

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

21 How much bodily pain have you had during the past 4 weeks.

- 1 None
- 2 Very Mild
- 3 Mild
- 4 Moderate
- 5 Severe
- 6 very severe

22 During the past 4 weeks, how much did pain interfere with your normal work (Including both work outside the home and housework).

- 1 Not at all
- 2 A little
- 3 Moderately
- 4 Quite a bit
- 5 Extremely



The following questions are about how you feel and how things have been with you during the past 4 weeks. For each question, please give the one answer that comes closest to the way you have been feeling.

How much of the time during the last 4 weeks

	All The Time	Most of the Time	A good bit of Time	Some of the Time	A little of the Time	None of the Time
23 Did you feel full of life?	1	2	3	4	5	6
24 How you been a very nervous person.	1	2	3	4	5	6
25 Have you felt so down in the dumps that nothing could cheer you up.	1	2	3	4	5	6
26 Have you felt calm and peaceful.	1	2	3	4	5	6
27 Did you have a lot of energy?	1	2	3	4	5	6
28 Have you felt down.	1	2	3	4	5	6
29 Did you feel worn out?	1	2	3	4	5	6
30 Have you been a happy person.	1	2	3	4	5	6
31 Did you feel tired.	1	2	3	4	5	6



(Circle one number)

32 During the **past 4 weeks**, how much of the time has your physical health or emotional problems interfered with your social activities (like visiting friends, relative, etc)?

- All of the time 1
- Most of the time 2
- Some of the time 3
- A little of the time 4
- None of the time 5

How true or false is each of following statements for you?

(Circle one number)	Definitely True	Mostly True	Don't Know	Mostly False	Definitely False
33 I seem to get sick a little easier than other people	1	2	3	4	5
34 I am as healthy as anybody I know	1	2	3	4	5
35 I expect my health to get worse	1	2	3	4	5
36 My health is excellent	1	2	3	4	5



MULTI-DIMENSIONAL BODY SELF RELATIONS QUESTIONNAIRE

The following section contains a series of statements about how people might think, feel, or behave.

You are asked to indicate the extent to which each statement pertains to you personally .

Read each statement carefully. Circle the most appropriate number on the scale below for each question.

1 = Definitely disagree 2 = Mostly disagree 3 = Neither agree nor disagree
4 = Mostly agree 5 = Definitely agree

1	1	2	3	4	5	Before going out in public, I always notice how I look.
2	1	2	3	4	5	I am careful to buy clothes that will make me look my best.
3	1	2	3	4	5	My body is sexually appealing.
4	1	2	3	4	5	I like my looks just the way they are.
5	1	2	3	4	5	I check my appearance in a mirror whenever I can.
6	1	2	3	4	5	Before going out, I usually spend a lot of time getting ready.
7	1	2	3	4	5	Most people would consider me good-looking.
8	1	2	3	4	5	It is important that I always look good.
9	1	2	3	4	5	I use very few grooming product.
10	1	2	3	4	5	I like the way I look without my clothes.
11	1	2	3	4	5	I am self-conscious if my grooming isn't right.
12	1	2	3	4	5	I usually wear whatever is handy without caring how it looks.
13	1	2	3	4	5	I like the way my clothes fit me.
14	1	2	3	4	5	I don't care what people think about my appearance.
15	1	2	3	4	5	I take special care with my hair grooming.
16	1	2	3	4	5	I am physically unattractive.
17	1	2	3	4	5	I never think about my appearance.
18	1	2	3	4	5	I am always trying to improve my physical appearance.



BECK DEPRESSION QUESTIONNAIRE

01

- (0) I do not feel sad.
- (1) I feel sad.
- (2) I am sad all the time and I can't snap out of it.
- (3) I am so sad or unhappy that I can't stand it.

02

- (0) I am not particularly discouraged about the future.
- (1) I feel discourage about the future.
- (2) I feel have nothing to look forward to.
- (3) I feel the future is hopeless and that things cannot improve.

03

- (0) I do not feel like a failure.
- (1) I feel I have failed more than the average person.
- (2) As I look back on my life, all I can see is a lot of failures.
- (3) I feel I am a complete failure as a person.

04

- (0) I get as much satisfaction out of things as I used to.
- (1) I don't enjoy things the way I used to.
- (2) I don't get real satisfaction out of anything any more.
- (3) I am dissatisfied or bored with everything.

05

- (0) I don't feel particularly guilty
- (1) I feel guilty a good part of the time.
- (2) I feel quite guilty most of the time.
- (3) I feel guilty all of the time.

06

- (0) I don't feel I am being punished.
- (1) I feel i may be punished.
- (2) I expect to be punished.
- (3) I fell I am being punished.



BECK DEPRESSION QUESTIONNAIRE

07

- (0) I don't feel disappointed in myself.
- (1) I am disappointed in myself.
- (2) I am disgusted with myself.
- (3) I hate myself.

08

- (0) I don't feel I am any worse than anybody else.
- (1) I am critical of myself for my weaknesses or mistakes.
- (2) I blame myself all the time for my faults.
- (3) I blame myself for everything bad that happens.

09

- (0) I am no more irritated now than I ever am.
- (1) I get annoyed or irritated more easily than I used to.
- (2) I feel irritated all the time now.
- (3) I don't get irritated at all by the things that used to irritate me.

10

- (0) I have not lost interest in other people.
- (1) I am less interested in other people than I used to be.
- (2) I have lost most of my interest in other people.
- (3) I have lost all of my interest in other people.

11

- (0) I make decisions about as well as I ever could.
- (1) I put off making decisions more than I used to.
- (2) I have greater difficulty in making decisions than before.
- (3) I can't make decision at all anymore.

12

- (0) I don't feel i look any worse than I used to.
- (1) I am worried that I am looking old or unattractive.
- (2) I feel that there are permanent changes in my appearance that make me look unattractive.
- (3) I believe that I look ugly.



BECK DEPRESSION QUESTIONNAIRE

13

- (0) I can work about as well as before.
- (1) It takes an extra effort to get started at doing something.
- (2) I have to push myself very hard to do anything.
- (3) I can't do any work at all.

14

- (0) I can sleep as well as usual.
- (1) I don't sleep as well as I used to.
- (2) I wake up 1-2 hours earlier than usual and find it hard to get back to sleep.
- (3) I wake up several hours earlier than I used to and I cannot go back to sleep.

15

- (0) I don't get more tired than usual.
- (1) I get tired more easily than I used to.
- (2) I get tired from doing almost anything
- (3) I am too tired to do anything.

16

- (0) My appetite is no worse than usual.
- (1) My appetite is not as good as it used to be.
- (2) My appetite is much worse now.
- (3) I have no appetite at all any more.

17

- (0) I don't have any thoughts of killing myself.
- (1) I have thought of killing myself but I could not carry them out.
- (2) I would like to kill myself.
- (3) I would kill myself if I had the chance.

18

- (0) I don't cry any more than usual.
- (1) I cry more now than I used to .
- (2) I cry all the time now.
- (3) I used to be able to cry, but now I can't cry even though I want to.



BECK DEPRESSION QUESTIONNAIRE

19

- (0) I am no more worried about my health than usual.
- (1) I am worried about my physical problems such as aches and pains; or upset stomach; or constipation.
- (2) I am very worried about physical problems and it is hard to think of much else.
- (3) I am so worried about my physical problems that I cannot think about anything else.

20

- (0) I haven't lost much weight, if any, lately.
- (1) I have lost more than 5 pounds.
- (2) I have lost more than 10 pounds.
- (3) I have lost more than 15 pounds.

21

- (0) I have not noticed any recent change in my interest in sex.
- (1) I am less interested in sex than I used to be.
- (2) I am much less interested in sex now.
- (3) I have lost interest in sex completely.