

Duke Activity Status Index (DASI)

The Duke Activity Status Index is a self-administered questionnaire that measures a patient's functional capacity. It can be used to get a rough estimate of a patient's peak oxygen uptake.

Item	Activity	Yes	No
1	Can you take care of yourself (eating, dressing, bathing, or using the toilet)?		
2	Can you walk indoors such as around your house?		
3	Can you walk a block or two on level ground?		
4	Can you climb a flight of stairs or walk up a hill?		
5	Can you run a short distance?		
6	Can you do light work around the house like dusting or washing dishes?		
7	Can you do moderate work around the house like vacuuming, sweeping floors, or carrying in groceries?		
8	Can you do heavy work around the house like scrubbing floors or lifting and moving heavy furniture?		
9	Can you do yardwork like raking leaves, weeding, or pushing a power mower?		
10	Can you have sexual relationship?		
11	Can you participate in moderate recreational activities like golf, bowling, dancing, doubles tennis, or throwing a baseball or football?		
12	Can you participate in strenuous sports like swimming, singles tennis, football, basketball or skiing?		

Source: American College of Sports Medicine's Guidelines for Exercise Testing and Prescription, 6th Edition, 2000, pp. 175-176

PATIENT HEALTH QUESTIONNAIRE (PHQ-9)

NAME: _____

DATE: _____

Over the last 2 weeks, how often have you been bothered by any of the following problems? (use "✓" to indicate your answer)

	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed, or hopeless	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself—or that you are a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed. Or the opposite—being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9. Thoughts that you would be better off dead, or of hurting yourself	0	1	2	3

TOTAL: _____

10. If you checked off any problems, how <i>difficult</i> have these problems made it for you to do your work, take care of things at home, or get along with other people?	Not difficult at all _____
	Somewhat difficult _____
	Very difficult _____
	Extremely difficult _____

DARTMOUTH COOP QUALITY OF LIFE

Name: _____ Date: _____

Please circle the answer that best describes how you felt during the past 4 weeks.

FEELINGS

During the past 4 weeks...

How much have you been bothered by emotional problems such as feeling anxious, depressed, irritable or downhearted and blue?

Not at all	
Slightly	
Moderately	
Quite a bit	
Extremely	

DAILY ACTIVITIES

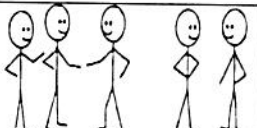
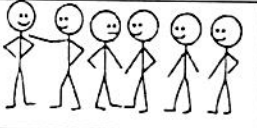
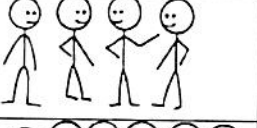
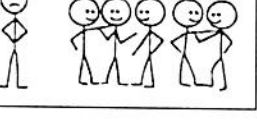
During the past 4 weeks...

How much difficulty have you had doing your usual activities or tasks, both inside and outside the house because of your physical and emotional health?

No difficulty at all	
A little bit of difficulty	
Some difficulty	
Much difficulty	
Could not do	

SOCIAL ACTIVITIES

During the past 4 weeks...
emotional health
limited your social activities with family,
friends, neighbors or groups?

Not at all	
Slightly	
Moderately	
Quite a bit	
Extremely	

CHANGE IN HEALTH

How would you rate your overall
health now compared to 4 weeks ago?

Much better	
A little better	
About the same	
A little worse	
Much worse	

PAIN

During the past 4 weeks...Has your physical and
How much bodily pain have
you generally had?

No pain	
Very mild pain	
Mild pain	
Moderate pain	
Severe pain	

OVERALL HEALTH

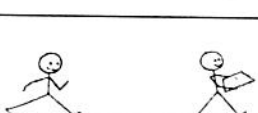
During the past 4 weeks...
How would you rate your health
in general?

Excellent	
Very good	
Good	
Fair	
Poor	

PHYSICAL FITNESS

During the past 4 weeks...

What was the hardest physical activity you could do for at least 12 minutes?

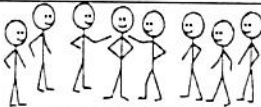
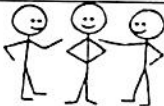
Very heavy (for ex.) -- run, fast pace -- carry a heavy load upstairs or uphill (25lbs/10kgs)	
Heavy (for example) -- jog, slow pace -- carry a heavy load on level ground (25lbs/10kgs)	
Moderate (for ex.) -- walk, fast pace -- carry a heavy load on level ground (25lbs/10kgs)	
Light (for example) -- walk, medium pace -- carry light load on level ground (10lbs/10kgs)	
Very light (for ex.) -- walk, slow pace -- wash dishes	

SOCIAL SUPPORT

During the past 4 weeks...

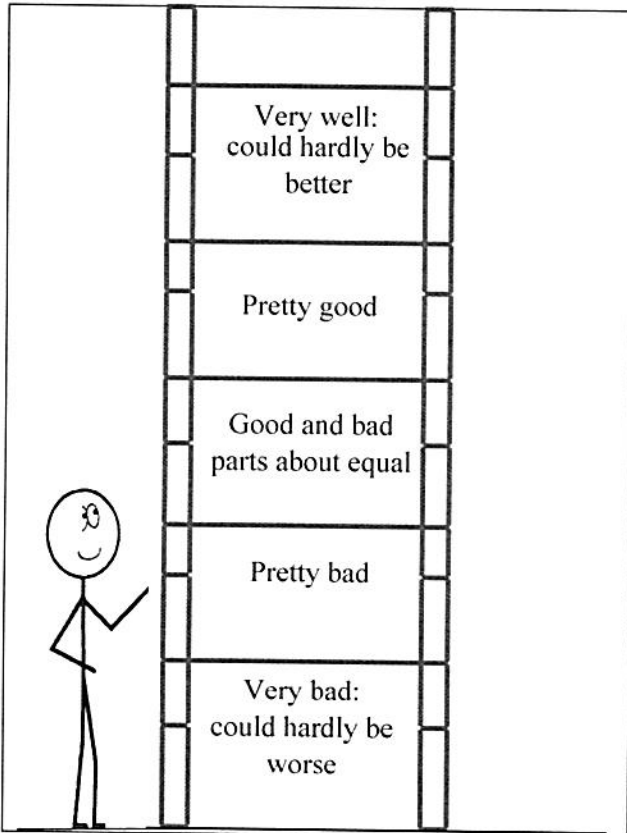
Was someone available to help you if you needed and wanted help? For example, if you

- Felt very nervous, lonely or blue
- Got sick and had to stay in bed
- Needed someone to talk to
- Needed help with daily chores
- Needed help just taking care of yourself

Yes, as much as I wanted	
Yes, quite a bit	
Yes, some	
Yes, a little	
No, not at all	

QUALITY OF LIFE

How have things been going for you during the past 4 weeks?



TOTAL SCORE:

RATE YOUR PLATE

Think about the way you usually eat. For each food choice, put a check mark in column A, B or C.

	A	B	C
Meat Cuts <i>Fresh Beef, Pork, Lamb, Veal</i>	Usually eat lean cuts from the round loin or leg; ham; Or, seldom eat meat	Sometimes eat higher-fat cuts, such as chuck, ribs, brisket, T-bone steak, prime rib	Usually/often eat higher-fat cuts
Chicken and Turkey	Usually eat without skin	Sometimes eat with skin	Usually eat with skin
Ground Meat and Poultry	Usually eat 5-7% fat (93-95% lean); ground turkey breast Or, seldom eat meat	Usually eat 10-15% fat; ground turkey (dark & white meat)	Usually/often eat regular ground meat with 20% fat or more
Processed Meat and Poultry <i>Cold cuts, Hot Dogs, Sausage, Breakfast Meats</i>	Usually eat lower-fat choices from lean meat or poultry; veggie breakfast links Or, seldom eat	Sometimes eat higher-fat choices, such as salami, bologna, hot dogs, bacon, sausage	Usually/often eat higher-fat choices
Portion Size of Meat and Poultry <i>Cooked or Processed</i>	Usually eat (< 3 oz.)* *deck of card size	Usually eat medium portions (4-6 oz.)	Usually/often eat large portions (7 oz. or more)
Fish and Shellfish	Usually eat twice a week or more, especially oily fish like salmon herring or sardines	Usually eat any type once a week	Usually eat any type less than once a week
Cooking Methods <i>For Poultry, Fish, Meat</i>	Usually cook without added fat or use vegetable oil spray	Sometimes cook with added fat or deep fry	Usually/often cook with added fat or deep fry
Meatless Meals <i>Veggie Burgers, Vegetable or Bean Soups, Meatless Spaghetti Sauce, Tofu, Rice & Beans</i>	Usually eat twice a week or more	Usually eat less than twice a week	Rarely eat meatless meals
Whole Eggs	Usually eat 3 or less a week OR egg substitutes OR egg whites only	Sometimes eat 4 or more	Usually eat 4 or more a week
Milk	Usually use 1% or skim milk, fat-free or low-fat yogurt, fat-free $\frac{1}{2}$ & $\frac{1}{2}$	Sometimes use 2% or whole milk, full-fat yogurt, regular $\frac{1}{2}$ & $\frac{1}{2}$	Usually use 2% or whole milk, full-fat yogurt, light cream
Cheese <i>Includes cheese for pizza, sandwiches, snacks, mixed dishes, etc.</i>	Usually eat reduced-fat or part-skim Or seldom eat	Sometimes eat regular cheese (cheddar, Swiss, and American)	Usually eat regular cheese
Dairy Foods <i>1 serving = 1 c. milk or yogurt, 1 1/2 oz. cheese</i>	Usually eat or drink 2 or more servings a day	Usually eat or drink 1 serving a day	Rarely eat or drink

Whole Grains <i>1 serving = 1 oz. slice bread; ½ English Muffin; 1 c. cereal; ½ c. rice, pasta; 5 crackers; tortilla; mini bagel, 3 c. light popcorn</i>	Usually eat 3 or more servings a day, 100% whole wheat bread & pasta, brown rice, whole grain cereals (oatmeal, raisin bran, Wheaties)	Sometimes eat 1 or 2 servings a day	Usually eat mostly refined grains (white bread, white rice, saltine crackers, corn flakes, rice krispies, special K)
Fruits & Vegetables <i>Includes legumes 1 c. = medium whole fruit or potato, large tomato or ear corn 2 c. raw leafy greens</i>	Usually eat 4-5 cups a day	Usually eat 2-3 cups a day	Usually eat 0-1 cup a day
Cooking Method <i>For vegetables, pasta, rice</i>	Usually prepare without fat & sauces OR use vegetable oil spray	Sometimes prepare with sauce, butter, margarine, oil	Usually prepare with sauce, butter, margarine oil
Fat Type in Cooking <i>Includes baking</i>	Usually use olive or Canola oil Or, usually cook without added fat	Usually use other oils, tub margarine	Usually use butter, bacon drippings, stick margarine, lard, shortening
Salt from Processed Foods	Always/usually compare and choose the lower-sodium options	Sometimes consider sodium content	Rarely/never consider sodium content
Spreads <i>Added at the table on bread, potatoes, vegetables, pancakes, sandwiches, etc.</i>	Usually use spray or light tub margarine Or, seldom use	Usually use regular tub margarine	Usually use butter or stick margarine
Salad Dressings and Mayonnaise	Usually use fat-free or low-fat salad dressing & mayonnaise Or, seldom use	Usually use light salad dressing & mayonnaise	Usually use regular salad dressings & mayonnaise
Snack Foods	Usually eat plain pretzels, light popcorn, baked chips Or, seldom eat	Sometimes eat regular chips & popcorn, flavored pretzels	Usually/often eat regular chips & popcorn
Nuts & Seeds <i>Includes nut butters serving size = ¼ c. nuts, 2 T. peanut butter</i>	Usually eat 3 servings or more a week	Usually eat 1-2 servings a week	Usually eat 1 or less serving a week Or, seldom eat
Frozen Desserts	Usually eat sherbet, sorbet, fruit juice bars, low-fat ice cream or frozen yogurt Or, seldom eat	Sometimes eat regular ice cream, ice cream bars/sandwiches	Usually eat regular ice cream, ice cream bars/sandwiches
Sweet, Pastries and Candy	Usually eat angel food cake, low-fat or fat-free products Or, seldom eat	Sometimes eat donuts, cookies, cake, pie, pastry, or chocolate candy	Usually/often eat donuts, cookies, cake, pie, pastry or chocolate candy
Eating Out <i>Eat in or take out, any meal</i>	Seldom eat out or usually choose lower-fat menu items	Usually eat 1-2 times a week	Usually eat 3 times a week or more