

WHODAS 2.0

World Health Organization Disability Assessment Schedule 2.0

36-item version, self-administered

Patient Name: _____ Age: _____ Sex: ☐ Male ☐ Female Date: _____

This questionnaire asks about difficulties due to health/mental health conditions. Health conditions include **diseases or illnesses, other health problems that may be short or long lasting, injuries, mental or emotional problems, and problems with alcohol or drugs**. Think back over the **past 30 days** and answer these questions thinking about how much difficulty you had doing the following activities. For each question, please circle only **one** response.

Numeric scores assigned to each of the items:							Clinician Use Only							
							1	2	3	4	5	Raw Item Score	Raw Domain Score	Average Domain Score
In the <u>last 30 days</u> , how much difficulty did you have in:														
Understanding and communicating														
D1.1	Concentrating on doing something for <u>ten minutes</u> ?						None	Mild	Moderate	Severe	Extreme or cannot do		30	5
D1.2	Remembering to do <u>important things</u> ?						None	Mild	Moderate	Severe	Extreme or cannot do			
D1.3	Analyzing and finding solutions to problems in day-to-day life?						None	Mild	Moderate	Severe	Extreme or cannot do			
D1.4	Learning a <u>new task</u> , for example, learning how to get to a new place?						None	Mild	Moderate	Severe	Extreme or cannot do			
D1.5	Generally understanding what people say?						None	Mild	Moderate	Severe	Extreme or cannot do			
D1.6	Starting and maintaining a <u>conversation</u> ?						None	Mild	Moderate	Severe	Extreme or cannot do			
Getting around														
D2.1	Standing for <u>long periods</u> , such as <u>30 minutes</u> ?						None	Mild	Moderate	Severe	Extreme or cannot do		25	5
D2.2	Standing <u>up</u> from sitting down?						None	Mild	Moderate	Severe	Extreme or cannot do			
D2.3	Moving around <u>inside your home</u> ?						None	Mild	Moderate	Severe	Extreme or cannot do			
D2.4	Getting <u>out</u> of your <u>home</u> ?						None	Mild	Moderate	Severe	Extreme or cannot do			
D2.5	Walking a <u>long distance</u> , such as a kilometer (or equivalent)?						None	Mild	Moderate	Severe	Extreme or cannot do			
Self-care														
D3.1	Washing your <u>whole body</u> ?						None	Mild	Moderate	Severe	Extreme or cannot do		20	5
D3.2	Getting <u>dressed</u> ?						None	Mild	Moderate	Severe	Extreme or cannot do			
D3.3	Eating?						None	Mild	Moderate	Severe	Extreme or cannot do			
D3.4	Staying <u>by yourself</u> for a <u>few days</u> ?						None	Mild	Moderate	Severe	Extreme or cannot do			
Getting along with people														
D4.1	Dealing with people you do not know?						None	Mild	Moderate	Severe	Extreme or cannot do		25	5
D4.2	Maintaining a <u>friendship</u> ?						None	Mild	Moderate	Severe	Extreme or cannot do			
D4.3	Getting along with people who are <u>close</u> to you?						None	Mild	Moderate	Severe	Extreme or cannot do			
D4.4	Making <u>new friends</u> ?						None	Mild	Moderate	Severe	Extreme or cannot do			
D4.5	Sexual activities?						None	Mild	Moderate	Severe	Extreme or cannot do			

							Clinician Use Only							
Numeric scores assigned to each of the items:							1	2	3	4	5	Raw Item Score	Raw Domain Score	Average Domain Score
In the <u>last 30 days</u> , how much difficulty did you have in:														
Life activities—Household														
D5.1	Taking care of your <u>household responsibilities</u> ?	None	Mild	Moderate	Severe	Extreme or cannot do						20	5	
D5.2	Doing most important household tasks <u>well</u> ?	None	Mild	Moderate	Severe	Extreme or cannot do								
D5.3	Getting all of the household work <u>done</u> that you needed to do?	None	Mild	Moderate	Severe	Extreme or cannot do								
D5.4	Getting your household work done as <u>quickly</u> as needed?	None	Mild	Moderate	Severe	Extreme or cannot do								
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.														
Because of your health condition, in the past <u>30 days</u> , how much <u>difficulty</u> did you have in:														
D5.5	Your day-to-day <u>work/school</u> ?	None	Mild	Moderate	Severe	Extreme or cannot do						20	5	
D5.6	Doing your most important work/school tasks <u>well</u> ?	None	Mild	Moderate	Severe	Extreme or cannot do								
D5.7	Getting all of the work <u>done</u> that you need to do?	None	Mild	Moderate	Severe	Extreme or cannot do								
D5.8	Getting your work done as <u>quickly</u> as needed?	None	Mild	Moderate	Severe	Extreme or cannot do								
Participation in society														
In the past <u>30 days</u> :														
D6.1	How much of a problem did you have in <u>joining in community activities</u> (for example, festivities, religious, or other activities) in the same way as anyone else can?	None	Mild	Moderate	Severe	Extreme or cannot do						40	5	
D6.2	How much of a problem did you have because of <u>barriers or hindrances</u> around you?	None	Mild	Moderate	Severe	Extreme or cannot do								
D6.3	How much of a problem did you have <u>living with dignity</u> because of the attitudes and actions of others?	None	Mild	Moderate	Severe	Extreme or cannot do								
D6.4	How much <u>time</u> did <u>you</u> spend on your health condition or its consequences?	None	Some	Moderate	A Lot	Extreme or cannot do								
D6.5	How much have <u>you</u> been <u>emotionally affected</u> by your health condition?	None	Mild	Moderate	Severe	Extreme or cannot do								
D6.6	How much has your health been a <u>drain on the financial resources</u> of you or your family?	None	Mild	Moderate	Severe	Extreme or cannot do								
D6.7	How much of a problem did your <u>family</u> have because of your health problems?	None	Mild	Moderate	Severe	Extreme or cannot do								
D6.8	How much of a problem did you have in doing things <u>by yourself</u> for <u>relaxation or pleasure</u> ?	None	Mild	Moderate	Severe	Extreme or cannot do								
General Disability Score (Total):												180	5	

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WHODAS 2.0

World Health Organization Disability Assessment Schedule 2.0

36-item version, self-administered

The adult self-administered version of the World Health Organization Disability Assessment Schedule 2.0 (WHODAS 2.0) is a 36-item measure that assesses disability in adults age 18 years and older. It assesses disability across six domains, including understanding and communicating, getting around, self-care, getting along with people, life activities (i.e., household, work, and/or school activities), and participation in society. If the adult individual is of impaired capacity and unable to complete the form (e.g., a patient with dementia), a knowledgeable informant may complete the proxy-administered version of the measure, which is available at www.psychiatry.org/dsm5. Each item on the self-administered version of the WHODAS 2.0 asks the individual to rate how much difficulty he or she has had in specific areas of functioning during the past 30 days.

WHODAS 2.0 Scoring Instructions Provided by World Health Organization

WHODAS 2.0 Summary Scores: There are two basic options for computing the summary scores for the WHODAS 2.0 36-item full version.

Simple: The scores assigned to each of the items—“none” (1), “mild” (2), “moderate” (3), “severe” (4), and “extreme” (5)—are summed. This method is referred to as simple scoring because the scores from each of the items are simply added up without recoding or collapsing of response categories; thus, there is no weighting of individual items. This approach is practical to use as a hand-scoring approach, and may be the method of choice in busy clinical settings or in paper-and-pencil interview situations. As a result, the simple sum of the scores of the items across all domains constitutes a statistic that is sufficient to describe the degree of functional limitations.

Complex: The more complex method of scoring is called “item-response-theory” (IRT)–based scoring. It takes into account multiple levels of difficulty for each WHODAS 2.0 item. It takes the coding for each item response as “none,” “mild,” “moderate,” “severe,” and “extreme” separately, and then uses a computer to determine the summary score by differentially weighting the items and the levels of severity. The computer program is available from the WHO Web site. The scoring has three steps:

- Step 1—Summing of recoded item scores within each domain.
- Step 2—Summing of all six domain scores.
- Step 3—Converting the summary score into a metric ranging from 0 to 100 (where 0 = no disability; 100 = full disability).

WHODAS 2.0 Domain Scores: WHODAS 2.0 produces domain-specific scores for six different functioning domains: cognition, mobility, self-care, getting along, life activities (household and work/school) and participation.

WHODAS 2.0 Population Norms: For the population norms for IRT-based scoring of the WHODAS 2.0 and for the population distribution of IRT-based scores for WHODAS 2.0, please see http://www.who.int/classifications/icf/Pop_norms_distrib_IRT_scores.pdf

Additional Scoring and Interpretation Guidance for DSM-5 Users

The clinician is asked to review the individual’s response on each item on the measure during the clinical interview and to indicate the self-reported score for each item in the section provided for “Clinician Use Only.” However, if the clinician determines that the score on an item should be different based on the clinical interview and other information available, he or she may indicate a corrected score in the raw item score box. Based on findings from the DSM-5 Field Trials in adult patient samples across six sites in the United States and one in Canada, DSM-5 recommends calculation and use of average scores for each domain and for general disability. The **average scores** are comparable to the WHODAS 5-point scale, which allows the clinician to think of the individual’s disability in terms of none (1), mild (2), moderate (3), severe (4), or extreme (5). The average domain and general disability scores were found to be reliable, easy to use, and clinically useful to the clinicians in the DSM-5 Field Trials. The **average domain score** is calculated by dividing the raw domain score by the number of items in the domain (e.g.,

if all the items within the “understanding and communicating” domain are rated as being moderate then the average domain score would be $18/6 = 3$, indicating moderate disability). The **average general disability score** is calculated by dividing the raw overall score by number of items in the measure (i.e., 36). The individual should be encouraged to complete all of the items on the WHODAS 2.0. If no response is given on 10 or more items of the measure (i.e., more than 25% of the 36 total items), calculation of the simple and average general disability scores may not be helpful. If 10 or more of the total items on the measure are missing but the items for some of the domains are 75%–100% complete, the simple or average domain scores may be used for those domains.

Frequency of Use

To track change in the individual’s level of disability over time, the measure may be completed at regular intervals as clinically indicated, depending on the stability of the individual’s symptoms and treatment status. Consistently high scores on a particular domain may indicate significant and problematic areas for the individual that might warrant further assessment and intervention.