

Irgl

Impact of rheumatic diseases on health and lifestyle

Name: _____
Date of birth: _____
Sex: male/female
Years of education: _____
Date: _____

Marital Status :
 single
 living together
 married
 divorced
 widow or widower

Instruction.

The statements in this inventory describe to the way a rheumatic disease might influence one's health and lifestyle. Most statements do refer to the last month. In case of a different time period this is clearly indicated in the instruction. Take your time when you work from one statement to the next. There is no right or wrong answer; it is rather your opinion that matters.

Please indicate your agreement with each statement. Use the following answer key:

1. almost never
2. sometimes
3. often
4. almost always

An example:

The next statement refers to the situation in the **past month**.

	almost never	some- times	often	almost always
I was able to walk 5 to 10 minutes.	1	2	3	4

It does not matter if you perform the described activity with or without aids. Only the possibility to perform a certain activity matters.

If you was **often** able to walk 5 to 10 minutes in the past month, with or without aids, you circle **the number 3**.

In this case your answer is as follows:

	almost never	some- times	often	almost always
I was able to walk 5 to 10 minutes.	1	2	③	4

One by one you complete the list of statements. Again there are no right or wrong answers; it only matters what you think you would do. Please complete the following inventory.

The following statements refer to the past month.

	almost never	some- times	often	almost always
	1	2	3	4
1. I had to stay indoors most of the day because of my health.	1	2	3	4
2. I spend most of the time sitting in a chair because of my health.	1	2	3	4
3. I was able to:				
a. walk the stairs.	1	2	3	4
b. ride a bike in the vicinity.	1	2	3	4
c. walk (30 to 60 minutes).	1	2	3	4
d. walk several stairs without a rest.	1	2	3	4
e. ride a bike (30 to 60 minutes).	1	2	3	4
4. I was able to:				
a. button my blouse/shirt.	1	2	3	4.
b. tie my shoe-laces.	1	2	3	4
c. to open a previously opened pot.	1	2	3	4
d. turn regular faucets on and off.	1	2	3	4
e. take money out of an open purse in order to pay in a shop.	1	2	3	4
f. cut meat.	1	2	3	4
g. open a can.	1	2	3	4
h. vacume.	1	2	3	4
5. During the past month I suffered from swollen (and eventually painful) joints.	1	2	3	4
6. During the past month my arthritis caused pain.	1	2	3	4

The following statements refer to the past month.

For each statement please mark an “X” the reply that best seems to fit you.

7. The joint pain I suffered in the past month, I would describe as:

- very bad
- bad
- reasonable
- little
- hardly of no pain

8. During the past month I suffered from **very and/or severe pain** because of my arthritis.

- almost always
- often
- sometimes
- almost never


9. If I compare the gravity of my arthritis during the past month with that of the previous months, there would be:

- a worsening: more pain and/or swollen joints
- a stabilized situation
- an improvement: less pain and/or swollen joints

10. During the past month the duration of my morning-stiffness usually lasted for:

- more than 2 hours
- 1- 2 hours
- 30 minutes – 1 hour
- less than 30 minutes
- I had no morning-stiffness

10a. Indicate by means of an “X” on the line below your overall fatigue the past month.

no fatigue  worst fatigue ever

The following statements refer to the past week.

11. The following statements refer to mood and feelings. For each statement mark an “X” the reply that best seems to fit you.

- a. cheerful not
 a little
 fairly
 much
 very much

- g. dishearted not
 a little
 fairly
 much
 very much

- b. glad not
 a little
 fairly
 much
 very much

- h. low spirited not
 a little
 fairly
 much
 very much

- c. depressed not
 a little
 fairly
 much
 very much

- i. disconsolate not
 a little
 fairly
 much
 very much

- d. pleased not
 a little
 fairly
 much
 very much

- j. good humored not
 a little
 fairly
 much
 very much

- e. gloomy not
 a little
 fairly
 much
 very much

- k. sad not
 a little
 fairly
 much
 very much

- f. full of life not
 a little
 fairly
 much
 very much

- l. happy not
 a little
 fairly
 much
 very much

The following statements refer to the past month.

12. The statements below inquire about overall feelings and thoughts. There are no right or wrong answers; it is rather your first opinion that matters. Circle the number that best seems to fit you.

	almost never	some- times	often	almost always
a. I feel pleasant.	1	2	3	4
b. I feel contented.	1	2	3	4
c. I worry too much about unimportant matters.	1	2	3	4
d. I am happy.	1	2	3	4
e. I am troubled by unpleasant thoughts .	1	2	3	4
f. I feel safe.	1	2	3	4
g. I am contented.	1	2	3	4
h. I have trouble letting go of certain thoughts.	1	2	3	4
i. I take disappointments too much at heart.	1	2	3	4
j. I become tense and shaken when I think of my worries of the past period.	1	2	3	4

The following questions and statements refer to the past six months.

The following questions refer to your social life.

13. How many people in your neighborhood you are so familiar with that you visit each other at home?

Proceed as follows: make a list of the first names of these persons and count these. Next add this number in the following statement:

I have people that I visit and who visit me at home.

14. How many people you consider to be good friends, that is to say, people with whom you feel at ease and who you can talk frankly to about matters concerning yourself (you may include relatives).

Proceed as follows: make a list of the first names of these persons and count these. Next add this number in the following statement:

I have good friends.

15. The following statements refer to your relationships the past six months. Please circle the number that best seems to fit you.

	almost never	some- times	often	almost always
a. I speak confidently with others.	1	2	3	4
b. Others come to me for support and advice.	1	2	3	4
c. Friends and relatives visit me.	1	2	3	4
d. When I am tense or under pressure, there is somebody to help me.	1	2	3	4
e. When I have a pleasant experience, there is someone I can share it with.	1	2	3	4
f. When I am in pain, there is someone who will support me.	1	2	3	4
g. I discuss personal problems with others.	1	2	3	4
h. I visit friends or relatives.	1	2	3	4
i. Others come to me with their personal problems.	1	2	3	4
j. When I am, sad there is someone to share it with me.	1	2	3	4
k. When I need help with tasks I cannot perform, there is someone to help me.	1	2	3	4

The following statements refer to the impact of the rheumatic disease on your daily life.

16. **Generally speaking** the rheumatic disease affects the following aspects in my daily life:

	almost never	some- times	often	almost always
a. Work/study	1	2	3	4
b. Household activities	1	2	3	4
c. Hobbies	1	2	3	4
d. Vacation	1	2	3	4
e. Leisure time	1	2	3	4
f. Sexuality	1	2	3	4
g. Eating habits	1	2	3	4
h. Sleeping habits	1	2	3	4
i. Relationship with friends and acquaintances	1	2	3	4
j. Contacts with my family	1	2	3	4
In case you are living together with a spouse or partner:				
k. Relationship with spouse or partner	1	2	3	4

Please check if you answered all statements!