

Exercise 1: SF-36

After completing this exercise, you will be able to: (1) work with the widely used Short-Form 36 Health Status Questionnaire (SF-36); (2) explain some of the advantages and limitations of standardized health status questionnaires used to obtain subjective assessments of health.

- Review the description of the SF-36 questionnaire and the scales being measured as given in Lecture 2 (Emily Agree).
- Go to <http://www.sf-36.org/demos/SF-36.html> and complete and score the questionnaire.
- Reflect on how well you believe that these scores adequately measure your current health status. Do you believe that you would give the same responses if you repeated the questionnaire in one week?
- Read the following article: Mallinson, S. (2002). Listening to respondents: a qualitative assessment of the Short-Form 36 Health Status Questionnaire. *Soc Sci Med*, 54 (1), 11-21.