

Dartmouth COOP Functional Assessment

1. 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

2. Social Activities

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

- Not at all
- Slightly
- Moderately
- Quite a bit
- Extremely

3. Physical Fitness

During the past 4 weeks, what was the hardest type of physical activity you could do for at least 2 minutes?

- Very heavy---Run fast, carry heavy loads uphill
- Heavy---Jog; climb stairs or hill
- Moderate---Walk medium; carry heavy loads
- Light---Walk medium; carry light loads
- Very light---Walk slow; wash dishes

4. 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

5. Chest Pain

During the past 4 weeks, how much chest pain/discomfort have you generally had?

- No pain
- Very mild pain
- Mild pain
- Moderate pain
- Severe pain

6. Musculo-Skeletal Pain

During the past 4 weeks, how much muscular pain/discomfort have you generally had?

- No pain
- Very mild pain
- Mild pain
- Moderate pain
- Severe pain

7. Overall Health

During the past 4 weeks, how would you rate your health in general?

- Excellent
- Very good
- Good
- Fair
- Poor

8. Social Support

During the past weeks, was someone available to help you if you needed help?

For example, if you: felt very nervous, lonely and blue, got sick and had to stay in bed, needed someone to talk to, and/or needed help with daily chores.

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

9. Quality of Life

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

- Very well- could hardly be better
- Pretty good
- Good and bad parts about equal
- Pretty bad
- Very bad: Could hardly be worse