

Virginia Neurosurgeons

SIDHARTHA CHANDELA, MD | ABRAHAM KADER, MD | RICHARD D. MURRAY, MD | NIKHIL R. NAYAK, MD

Name: _____ DOB: _____ Date: _____

EuroQOL-5D* Quality-of-Life Measure

The EQ-5D is a survey to track quality-of-life in patients across a range of medical conditions. Under each heading, please check the **ONE** box that best describes your health **TODAY**.

1) Mobility

- I have no problems in walking about
- I have some problems in walking about
- I am confined to bed

2) Self-Care

- I have no problems with self-care
- I have some problems with washing or dressing myself
- I am unable to wash or dress myself

3) Usual Activities (e.g. work, study, housework, family or leisure activities)

- I have no problems with performing my usual activities
- I have some problems with performing my usual activities
- I am unable to perform my usual activities

4) Pain / Discomfort

- I have no pain or discomfort
- I have moderate pain or discomfort
- I have extreme pain or discomfort

5) Anxiety / Depression

- I am not anxious or depressed
- I am moderately anxious or depressed
- I am extremely anxious or depressed

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