

## 01.02 Functional Status Questionnaire

### Overview:

The Functional Status Questionnaire can be used as a self-administered functional assessment for a patient seen in primary care. It provides information on the patient's physical psychological social and role functions. It can be used both to screen initially for problems and to monitor the patient over time.

### Sections:

- (1) physical function in the activities of daily living
- (2) psychological function
- (3) role function
- (4) social function
- (5) variety of performance measures

#### Physical Function (Activities of Daily Living or ADL)

Basic ADL: During the past month have you had difficulty with

- (1) Taking care of yourself that is eating dressing or bathing?
- (2) Moving in or out of a bed or chair?
- (3) Walking indoors such as around your home?

| Response                              | Points |
|---------------------------------------|--------|
| usually did with no difficulty        | 4      |
| some difficulty                       | 3      |
| much difficulty                       | 2      |
| usually did not do because of healthy | 1      |
| usually did not do for other reason   | 0      |

where:

- I will assume that "usually did not do for other reasons" is not a "valid" response so that the ((maximum response score) - (minimum response score)) =3; see scoring example on page 145

Intermediate ADL: During the past month have you had difficulty with:

- (1) Walking several blocks?
- (2) Walking one block or climbing one flight of stairs?
- (3) Doing work around the house such as cleaning light yard work or home maintenance?
- (4) Doing errands such as grocery shopping?

(5) Driving a car or using public transportation?

(6) Doing vigorous activities such as running lifting heavy objects or participating in strenuous sports?

| Response                              | Points |
|---------------------------------------|--------|
| usually did with no difficulty        | 4      |
| some difficulty                       | 3      |
| much difficulty                       | 2      |
| usually did not do because of healthy | 1      |
| usually did not do for other reason   | 0      |

#### Psychological Function (Mental Health)

During the past month:

(1) Have you been a very nervous person?

(2) Have you felt calm and peaceful?

(3) Have you felt downhearted and blue?

(4) Were you a happy person?

(5) Do you feel so down in the dumps that nothing could cheer you up?

| Response to 1 3 and 5  | Points |
|------------------------|--------|
| all of the time        | 1      |
| most of the time       | 2      |
| a good bit of the time | 3      |
| some of the time       | 4      |
| a little of the time   | 5      |
| none of the time       | 6      |

| Response to 2 and 4    | Points |
|------------------------|--------|
| all of the time        | 6      |
| most of the time       | 5      |
| a good bit of the time | 4      |

|                      |   |
|----------------------|---|
| some of the time     | 3 |
| a little of the time | 2 |
| none of the time     | 1 |

where:

- ((maximum response score) - (minimum response score)) = 5

#### Social/Role Function

If you were employed during the past month how was your work performance?

- (1) Done as much work as others in similar jobs?
- (2) Worked for short periods of time or taken frequent rests because of your health?
- (3) Worked your regular number of hours?
- (4) Done your job as carefully and accurately as others with similar jobs?
- (5) Worked at your usual job but with some changes because of your health?
- (6) Feared losing your job because of your health?

| <b>Response to 2 5 and 6</b> | <b>Points</b> |
|------------------------------|---------------|
| all of the time              | 1             |
| most of the time             | 2             |
| some of the time             | 3             |
| none of the time             | 4             |

| <b>Response to 1 3 and 4</b> | <b>Points</b> |
|------------------------------|---------------|
| all of the time              | 4             |
| most of the time             | 3             |
| some of the time             | 2             |
| none of the time             | 1             |

where:

- ((maximum response score) - (minimum response score)) = 3

Social Activity: During the past month have you :

(1) Had difficulty visiting with relatives or friends?

(2) Had difficulty participating in community activities such as religious services social activities or volunteer work?

(3) Had difficulty taking care of other people such as family members?

| Response                             | Points |
|--------------------------------------|--------|
| usually did with no difficulty       | 4      |
| some difficulty                      | 3      |
| much difficulty                      | 2      |
| usually didn't do because of health  | 1      |
| usually did not do for other reasons | 0      |

where:

- I will assume that "usually did not do for other reasons" is not a "valid" response so that the ((maximum response score) - (minimum response score)) =3; see scoring example on page 145

Quality of social interaction: During the past month have you:

(1) Isolated yourself from people around you?

(2) Acted affectionate toward others?

(3) Acted irritable toward those around you?

(4) Made unreasonable demands on your family and friends?

(5) Gotten along well with other people?

| Response to 1 3 and 4  | Points |
|------------------------|--------|
| all of the time        | 1      |
| most of the time       | 2      |
| a good bit of the time | 3      |
| some of the time       | 4      |
| a little of the time   | 5      |
| none of the time       | 6      |

| Response to 2 and 5 | Points |
|---------------------|--------|
| all of the time     | 6      |

|                        |   |
|------------------------|---|
| most of the time       | 5 |
| a good bit of the time | 4 |
| some of the time       | 3 |
| a little of the time   | 2 |
| none of the time       | 1 |

where:

- $((\text{maximum response score}) - (\text{minimum response score})) = 5$
- The subgroups of questions are scored in reverse. Since Table2 indicates that 0% is poor and 100% is good I have scored as in the tables above.

#### Single Item Questions

(1) Which of the following statements describes your work situation during the past month?

- working full-time
- working part-time
- unemployed looking for work
- unemployed because of my health
- retired because of my health
- retired for some other reason

(2) During the past month how many days did illness or injury keep you in bed all or most of the time:

- Responses: from 0 to 31 days

(3) During the past month how many days did you cut down on the things you usually do for one-half day or more because of your illness or injury?:

- Responses: from 0 to 31 days

(4) During the past month how satisfied were you with your sexual relationships?

- very satisfied
- satisfied
- not sure
- dissatisfied
- very dissatisfied
- did not have any sexual relationships

(5) How do you feel about your health?

- very satisfied
- satisfied
- not sure
- dissatisfied
- very dissatisfied

(6) During the past month about how often did you get together with friends or relatives such as going out together visiting in each other's home or talking on the telephone?

- every day
- several times a week
- about once a week
- 2 or 3 times a month
- about once a month
- not at all

#### Scoring

transformed scale score =

$$= (((\text{SUM of response scores for each grouping}) / (\text{number of questions with valid information})) - 1) * (100 / ((\text{maximum valid response score}) - (\text{minimum valid response score})))$$

#### Interpretation

Based on the diagram in Table 2 (page 145) the following are approximations were made from the length of the lines for the indicated warning zones.

| Parameter                               | Warning Zone | Good     |
|-----------------------------------------|--------------|----------|
| basic activities of daily living        | 0 - 87       | 88 - 100 |
| intermediate activities of daily living | 0 - 77       | 78 - 100 |
| mental health                           | 0 - 70       | 71 - 100 |
| work performance (see note)             | 0 - 78       | 79 - 100 |
| social activities                       | 0 - 78       | 79 - 100 |
| quality of interactions                 | 0 - 69       | 70 - 100 |

Note: Work performance not shown in table so made same was social activities.

If the person scores within the warning zone then the patient has a problem that needs to be investigated more.

#### References:

Erratum. J Gen Intern Med. 1986; 1: 427.

Jette AM Davies AR et al. The Functional Status Questionnaire: Reliability and validity when used in primary care. J Gen Intern Med. 1986; 1: 143-149.