

SF-36

<http://www.ugr.es/~abfr/sf36/>

<html>

```
<head>
  <title>Online Rand36 Score calculator</title>
  <meta content='IE=11,IE=EDGE' http-equiv='X-UA-Compatible' />
  <meta charset="utf-8"/>
  <meta name="viewport" content="width=device-width, initial-scale=1">
  <meta name="keywords" content="RAND 36 calculator, RAND36 calculator,
online RAND36 calculator, RAND 36 score, RAND 36 score calculator"/>
  <link href="css/bootstrap.css" rel="stylesheet" type="text/css"/>
  <style>
    label{cursor:pointer;}
    input[type="checkbox"]{
      cursor:pointer;
    }
```

```
.result_hidden{display:none;}
.result_show{display:block;}
#print_test{float:right;}
#print_score{float:right;}
input[type="checkbox"]:checked + label{
  //font-weight: bold !important;
  background:#FFFFCC;
}
input[type="checkbox"]{
```

```
}
label{
  width:90%;
  display: inline-block;
  vertical-align: top;
}
```

```
.question_paragraph_new_block{
  padding-top:10px;
  margin-left: -25px;
}
```

```
.question_paragraph{
  margin-bottom: 0px;
}
.btn-default{
```

```
}
@media (max-width: 767px) {
```

```

        .btn-group > .btn,
        .btn-group-vertical-custom > .btn {
            position: relative;
            float: left;
        }
        .btn-group-vertical-custom{
            text-align: left !important;
        }
        .btn-group > .btn:hover,
        .btn-group-vertical-custom > .btn:hover,
        .btn-group > .btn:focus,
        .btn-group-vertical-custom > .btn:focus,
        .btn-group > .btn:active,
        .btn-group-vertical-custom > .btn:active,
        .btn-group > .btn.active,
        .btn-group-vertical-custom > .btn.active {
            z-index: 2;
        }
        .btn-group-vertical-custom > .btn,
        .btn-group-vertical-custom > .btn-group,
        .btn-group-vertical-custom > .btn-group > .btn {
            //display: block;
            float: none;
            width: 100%;
            max-width: 100%;
        }
        .btn-group-vertical-custom > .btn-group > .btn {
            float: none;
        }
        .btn-group-vertical-custom > .btn + .btn,
        .btn-group-vertical-custom > .btn + .btn-group,
        .btn-group-vertical-custom > .btn-group + .btn,
        .btn-group-vertical-custom > .btn-group + .btn-group {
            margin-top: -1px;
            margin-left: 0;
        }
        .btn-group-vertical-custom > .btn:not(:first-child):not(:last-child) {
            border-radius: 0;
        }
        .btn-group-vertical-custom > .btn:first-child:not(:last-child)
    {
        border-top-right-radius: 4px;
        border-bottom-right-radius: 0;
        border-bottom-left-radius: 0;
    }
        .btn-group-vertical-custom > .btn:last-child:not(:first-child)
    {
        border-bottom-left-radius: 4px;
        border-top-right-radius: 0;
        border-top-left-radius: 0;
    }

```

```

        }
        .btn-group-vertical-custom > .btn-group:not(:first-
child):not(:last-child) > .btn {
            border-radius: 0;
        }
        .btn-group-vertical-custom > .btn-group:first-child:not(:last-
child) > .btn:last-child,
        .btn-group-vertical-custom > .btn-group:first-child:not(:last-
child) > .dropdown-toggle {
            border-bottom-right-radius: 0;
            border-bottom-left-radius: 0;
        }
        .btn-group-vertical-custom > .btn-group:last-child:not(:first-
child) > .btn:first-child {
            border-top-right-radius: 0;
            border-top-left-radius: 0;
        }
        .btn-group-vertical-custom > .btn-group:before,
        .btn-group-vertical-custom > .btn-group:after {
            content: " ";
            display: table;
        }
        .btn-group-vertical-custom > .btn-group:after {
            clear: both;
        }
    }
    @media (max-width: 530px) {
        li{
            margin-left: -20px;
        }
        .btn-group > .btn,
        .btn-group-vertical-custom > .btn,
        .btn-group-vertical-custom2 > .btn {
            position: relative;
            float: left;
            //text-align: left !important;
        }
    }

```

```

        .btn-group > .btn:hover,
        .btn-group-vertical-custom > .btn:hover,
        .btn-group-vertical-custom2 > .btn:hover,
        .btn-group > .btn:focus,
        .btn-group-vertical-custom > .btn:focus,
        .btn-group-vertical-custom2 > .btn:focus,
        .btn-group > .btn:active,
        .btn-group-vertical-custom > .btn:active,
        .btn-group-vertical-custom2 > .btn:active,
        .btn-group > .btn.active,
        .btn-group-vertical-custom > .btn.active,
        .btn-group-vertical-custom2 > .btn.active {
            z-index: 2;
        }
    }

```

```

    }
    .btn-group-vertical-custom > .btn,
    .btn-group-vertical-custom > .btn-group,
    .btn-group-vertical-custom > .btn-group > .btn,
    .btn-group-vertical-custom2 > .btn,
    .btn-group-vertical-custom2 > .btn-group,
    .btn-group-vertical-custom2 > .btn-group > .btn {
        //display: block;
        float: none;
        width: 100%;
        max-width: 100%;
    }
    .btn-group-vertical-custom > .btn-group > .btn,
    .btn-group-vertical-custom2 > .btn-group > .btn {
        float: none;
    }
    .btn-group-vertical-custom > .btn + .btn,
    .btn-group-vertical-custom > .btn + .btn-group,
    .btn-group-vertical-custom > .btn-group + .btn,
    .btn-group-vertical-custom > .btn-group + .btn-group,
    .btn-group-vertical-custom2 > .btn + .btn,
    .btn-group-vertical-custom2 > .btn + .btn-group,
    .btn-group-vertical-custom2 > .btn-group + .btn,
    .btn-group-vertical-custom2 > .btn-group + .btn-group {
        margin-top: -1px;
        margin-left: 0;
    }
    .btn-group-vertical-custom > .btn:not(:first-child):not(:last-
child),
    .btn-group-vertical-custom2 > .btn:not(:first-
child):not(:last-child){
        border-radius: 0;
    }
    .btn-group-vertical-custom > .btn:first-child:not(:last-
child),
    .btn-group-vertical-custom2 > .btn:first-child:not(:last-
child) {
        border-top-right-radius: 4px;
        border-bottom-right-radius: 0;
        border-bottom-left-radius: 0;
    }
    .btn-group-vertical-custom > .btn:last-child:not(:first-
child),
    .btn-group-vertical-custom2 > .btn:last-child:not(:first-
child){
        border-bottom-left-radius: 4px;
        border-top-right-radius: 0;
        border-top-left-radius: 0;
    }
    .btn-group-vertical-custom > .btn-group:not(:first-
child):not(:last-child) > .btn

```

```

        .btn-group-vertical-custom2 > .btn-group:not(:first-
child):not(:last-child) > .btn {
            border-radius: 0;
        }
        .btn-group-vertical-custom > .btn-group:first-child:not(:last-
child) > .btn:last-child,
        .btn-group-vertical-custom > .btn-group:first-child:not(:last-
child) > .dropdown-toggle,
        .btn-group-vertical-custom2 > .btn-group:first-
child:not(:last-child) > .btn:last-child,
        .btn-group-vertical-custom2 > .btn-group:first-
child:not(:last-child) > .dropdown-toggle {
            border-bottom-right-radius: 0;
            border-bottom-left-radius: 0;
        }
        .btn-group-vertical-custom > .btn-group:last-child:not(:first-
child) > .btn:first-child,
        .btn-group-vertical-custom2 > .btn-group:last-
child:not(:first-child) > .btn:first-child {
            border-top-right-radius: 0;
            border-top-left-radius: 0;
        }
        .btn-group-vertical-custom > .btn-group:before,
        .btn-group-vertical-custom > .btn-group:after,
        .btn-group-vertical-custom2 > .btn-group:before,
        .btn-group-vertical-custom2 > .btn-group:after {
            content: " ";
            display: table;
        }
        .btn-group-vertical-custom > .btn-group:after,
        .btn-group-vertical-custom2 > .btn-group:after {
            clear: both;
        }
    }
}

```

```

.print_name{
    font-weight: bold;
}

```

```

/**PRINT**/
@media print {
    .no-print {
        display:none;
    }
    .section-to-print, .section-to-print * {
        display:block!important;
    }
    .section-to-print {
        //position: absolute;
        /*position:static!important;
        left: 0;

```

```
top: 0;*/
```

```
        /*position:absolute !important;
        top:0;
        left:0*/
    }
}
/**PRINT**/
```

```
/**COPY TO CLIPBOARD**/
.tooltipped
{
    position:relative
}
.tooltipped:after
{
    position:absolute;
    z-index:1000000;
    display:none;
    padding:5px 8px;
    font:normal normal 11px/1.5
Helvetica,arial,nimbussansl,liberationsans,freesans,clean,sans-serif,"Segoe
UI Emoji","Segoe UI Symbol";
    color:#fff;
    text-align:center;
    text-decoration:none;
    text-shadow:none;
    text-transform:none;
    letter-spacing:normal;
    word-wrap:break-word;
    white-space:pre;
    pointer-events:none;
    content:attr(aria-label);
    background:rgba(0,0,0,0.8);
    border-radius:3px;
    -webkit-font-smoothing:subpixel-antialiased
}
.tooltipped:before
{
    position:absolute;
    z-index:1000001;
    display:none;
    width:0;
    height:0;
    color:rgba(0,0,0,0.8);
    pointer-events:none;
    content:"";
    border:5px solid transparent
}
.tooltipped:hover:before,.tooltipped:hover:after,.tooltipped:active:before,.
tooltipped:active:after,.tooltipped:focus:before,.tooltipped:focus:after
```

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{
    display:inline-block;
    text-decoration:none
}
.tooltipped-s:after
{
    top:100%;
    right:50%;
    margin-top:5px
}
.tooltipped-s:before
{
    top:auto;
    right:50%;
    bottom:-5px;
    margin-right:-5px;
    border-bottom-color:rgba(0,0,0,0.8)
}
.tooltipped-s:after
{
    -webkit-transform:translateX(50%);
    -ms-transform:translateX(50%);
    transform:translateX(50%)
}
/**COPY TO CLIPBOARD**/

```

```

</style>
</head>

```

```

<body>
  <div id="content" class="container">
    <div class="row">
      <div id="rand36test" class="no-print col-xs-12 col-sm-12 col-
md-9 col-lg-8">
        <a name="begin_test"></a>
        <h1>RAND 36 Score Calculator</h1>
        <h2>RAND 36-Item Health Survey v1.0 Questionnaire
Items</h2>
        <p>Fill in the RAND 36 questionnaire, the RAND 36 result
score will be automatically calculated.</p>
        <div id="screen_width"></div>
        <div id="questionnaire">
          <a name="q1"></a>
          <ol>
            <!--QUESTION 1-->
            <li><p class="question_paragraph">In general,
would you say your health is:</p>
              <div class="btn-group btn-group-vertical"
id="q1">
                <button type="button" class="btn btn-
default"

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<button type="button" class="btn btn-
default" value="0">Yes, Limited a Lot</button>
<button type="button" class="btn btn-
default" value="50">Yes, Limited a Little</button>
<button type="button" class="btn btn-
default" value="100">No, Not limited at All</button>
</div>
<a name="q4"></a>
</li>
<!--QUESTION 4-->
<li>
<p class="question_paragraph"><strong>Moderate
activities</strong>, such as moving a table, pushing a vacuum cleaner,
bowling, or playing golf</p>
<div class="btn-group btn-group-vertical-
custom2" id="q4">
<button type="button" class="btn btn-
default" value="0">Yes, Limited a Lot</button>
<button type="button" class="btn btn-
default" value="50">Yes, Limited a Little</button>
<button type="button" class="btn btn-
default" value="100">No, Not limited at All</button>
</div>
<a name="q5"></a>
</li>
<!--QUESTION 5-->
<li>
<p class="question_paragraph">Lifting or
carrying groceries</p>
<div class="btn-group btn-group-vertical-
custom2" id="q5">
<button type="button" class="btn btn-
default" value="0">Yes, Limited a Lot</button>
<button type="button" class="btn btn-
default" value="50">Yes, Limited a Little</button>
<button type="button" class="btn btn-
default" value="100">No, Not limited at All</button>
</div>
<a name="q6"></a>
</li>
<!--QUESTION 6-->
<li>
<p class="question_paragraph">Climbing
<strong>several</strong> flights of stairs</p>
<div class="btn-group btn-group-vertical-
custom2" id="q6">
<button type="button" class="btn btn-
default" value="0">Yes, Limited a Lot</button>
<button type="button" class="btn btn-
default" value="50">Yes, Limited a Little</button>
<button type="button" class="btn btn-

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default" value="100">No, Not limited at All</button>
    </div>
    <a name="q7"></a>
</li>
<!--QUESTION 7-->
<li>
    <p class="question_paragraph">Climbing
<strong>one</strong> flight of stairs</p>
    <div class="btn-group btn-group-vertical-
custom2" id="q7">
        <button type="button" class="btn btn-
default" value="0">Yes, Limited a Lot</button>
        <button type="button" class="btn btn-
default" value="50">Yes, Limited a Little</button>
        <button type="button" class="btn btn-
default" value="100">No, Not limited at All</button>
    </div>
    <a name="q8"></a>
</li>
<!--QUESTION 8-->
<li>
    <p class="question_paragraph">Bending,
kneeling, or stooping</p>
    <div class="btn-group btn-group-vertical-
custom2" id="q8">
        <button type="button" class="btn btn-
default" value="0">Yes, Limited a Lot</button>
        <button type="button" class="btn btn-
default" value="50">Yes, Limited a Little</button>
        <button type="button" class="btn btn-
default" value="100">No, Not limited at All</button>
    </div>
    <a name="q9"></a>
</li>
<!--QUESTION 9-->
<li>
    <p class="question_paragraph">Walking
<strong>more than a mile</strong></p>
    <div class="btn-group btn-group-vertical-
custom2" id="q9">
        <button type="button" class="btn btn-
default" value="0">Yes, Limited a Lot</button>
        <button type="button" class="btn btn-
default" value="50">Yes, Limited a Little</button>
        <button type="button" class="btn btn-
default" value="100">No, Not limited at All</button>
    </div>
    <a name="q10"></a>
</li>
<!--QUESTION 10-->
<li>

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        <p class="question_paragraph">Walking
<strong>several blocks</strong></p>
        <div class="btn-group btn-group-vertical-
custom2" id="q10">
                <button type="button" class="btn btn-
default" value="0">Yes, Limited a Lot</button>
                <button type="button" class="btn btn-
default" value="50">Yes, Limited a Little</button>
                <button type="button" class="btn btn-
default" value="100">No, Not limited at All</button>
        </div>
        <a name="q11"></a>
</li>
<!--QUESTION 11-->
<li>
        <p class="question_paragraph">Walking
<strong>one block</strong></p>
        <div class="btn-group btn-group-vertical-
custom2" id="q11">
                <button type="button" class="btn btn-
default" value="0">Yes, Limited a Lot</button>
                <button type="button" class="btn btn-
default" value="50">Yes, Limited a Little</button>
                <button type="button" class="btn btn-
default" value="100">No, Not limited at All</button>
        </div>
        <a name="q12"></a>
</li>
<!--QUESTION 12-->
<li>
        <p class="question_paragraph">Bathing or
dressing yourself</p>
        <div class="btn-group btn-group-vertical-
custom2" id="q12">
                <button type="button" class="btn btn-
default" value="0">Yes, Limited a Lot</button>
                <button type="button" class="btn btn-
default" value="50">Yes, Limited a Little</button>
                <button type="button" class="btn btn-
default" value="100">No, Not limited at All</button>
        </div>
        <a name="q13"></a>
        <p class="question_paragraph_new_block">During
the <strong>past 4 weeks</strong>, have you had any of the following
problems with your work or other regular daily activities <strong>as a
result of your physical health</strong>?</p>
        </li>
<!--QUESTION 13-->
<li>
        <p class="question_paragraph">Cut down the
amount of time you spent on work or other activities</p>

```


[illegible]

[illegible]

```
</li>
<!--QUESTION 22-->
<li><p class="question_paragraph">During the
<strong>past 4 weeks,</strong> how much did <strong>pain</strong> interfere
with your normal work (including both work outside the home and
housework)?</p>

    <div class="btn-group btn-group-vertical"
id="q22">

        <button type="button" class="btn btn-
default" value="100">&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&~
&nbsp;&nbsp;&nbsp;&nbsp;&~Not at
all&nbsp;&nbsp;&nbsp;&nbsp;&~</button>

        <button type="button" class="btn btn-
default" value="75">&nbsp;&nbsp;&nbsp;&~A little
bit&nbsp;&nbsp;&~</button>

        <button type="button" class="btn btn-
default"
value="50">&nbsp;&~Moderately&nbsp;&~
&nbsp;&~</button>

        <button type="button" class="btn btn-
default" value="25">&nbsp;&~Quite a
bit&nbsp;&~</button>

        <button type="button" class="btn btn-
default"
value="0">&nbsp;&~Extremely&nbsp;&~
&nbsp;&~</button>
    </div>
    <a name="q23"></a>
    <p class="question_paragraph_new_block">These
questions are about how you feel and how things have been with you
<strong>during the past 4 weeks</strong>. For each question, please give the
one answer that comes closest to the way you have been feeling.</p>
    <p class="question_paragraph_new_block">How
much of the time during the <strong>past 4 weeks</strong> . . .</p>
</li>
<!--QUESTION 23-->
<li>
    <p class="question_paragraph">Did you feel
full of pep?</p>

    <div class="btn-group btn-group-vertical-
custom" id="q23">

        <button type="button" class="btn btn-
default" value="100">All of the Time</button>

        <button type="button" class="btn btn-
default" value="80">Most of the Time</button>

        <button type="button" class="btn btn-
default" value="60">A Good Bit of the Time</button>

        <button type="button" class="btn btn-
default" value="40">Some of the Time</button>

        <button type="button" class="btn btn-
default" value="20">A Little of the Time</button>

        <button type="button" class="btn btn-
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default" value="0">None of the Time</button>
    </div>
    <a name="q24"></a>
</li>
<!--QUESTION 24-->
<li>
    <p class="question_paragraph">Have you been a
very nervous person?</p>
    <div class="btn-group btn-group-vertical-
custom" id="q24">
        <button type="button" class="btn btn-
default" value="0">All of the Time</button>
        <button type="button" class="btn btn-
default" value="20">Most of the Time</button>
        <button type="button" class="btn btn-
default" value="40">A Good Bit of the Time</button>
        <button type="button" class="btn btn-
default" value="60">Some of the Time</button>
        <button type="button" class="btn btn-
default" value="80">A Little of the Time</button>
        <button type="button" class="btn btn-
default" value="100">None of the Time</button>
    </div>
    <a name="q25"></a>
</li>
<!--QUESTION 25-->
<li>
    <p class="question_paragraph">Have you felt so
down in the dumps that nothing could cheer you up?</p>
    <div class="btn-group btn-group-vertical-
custom" id="q25">
        <button type="button" class="btn btn-
default" value="0">All of the Time</button>
        <button type="button" class="btn btn-
default" value="20">Most of the Time</button>
        <button type="button" class="btn btn-
default" value="40">A Good Bit of the Time</button>
        <button type="button" class="btn btn-
default" value="60">Some of the Time</button>
        <button type="button" class="btn btn-
default" value="80">A Little of the Time</button>
        <button type="button" class="btn btn-
default" value="100">None of the Time</button>
    </div>
    <a name="q26"></a>
</li>
<!--QUESTION 26-->
<li>
    <p class="question_paragraph">Have you felt
calm and peaceful?</p>
    <div class="btn-group btn-group-vertical-

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custom" id="q26">
    <button type="button" class="btn btn-
default" value="100">All of the Time</button>
    <button type="button" class="btn btn-
default" value="80">Most of the Time</button>
    <button type="button" class="btn btn-
default" value="60">A Good Bit of the Time</button>
    <button type="button" class="btn btn-
default" value="40">Some of the Time</button>
    <button type="button" class="btn btn-
default" value="20">A Little of the Time</button>
    <button type="button" class="btn btn-
default" value="0">None of the Time</button>
    </div>
    <a name="q26"></a>
</li>
<!--QUESTION 27-->
<li>
    <p class="question_paragraph">Did you have a
lot of energy?</p>
    <div class="btn-group btn-group-vertical-
custom" id="q27">
        <button type="button" class="btn btn-
default" value="100">All of the Time</button>
        <button type="button" class="btn btn-
default" value="80">Most of the Time</button>
        <button type="button" class="btn btn-
default" value="60">A Good Bit of the Time</button>
        <button type="button" class="btn btn-
default" value="40">Some of the Time</button>
        <button type="button" class="btn btn-
default" value="20">A Little of the Time</button>
        <button type="button" class="btn btn-
default" value="0">None of the Time</button>
    </div>
    <a name="q28"></a>
</li>
<!--QUESTION 28-->
<li>
    <p class="question_paragraph">Have you felt
downhearted and blue?</p>
    <div class="btn-group btn-group-vertical-
custom" id="q28">
        <button type="button" class="btn btn-
default" value="0">All of the Time</button>
        <button type="button" class="btn btn-
default" value="20">Most of the Time</button>
        <button type="button" class="btn btn-
default" value="40">A Good Bit of the Time</button>
        <button type="button" class="btn btn-
default" value="60">Some of the Time</button>

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```
<button type="button" class="btn btn-
default" value="80">A Little of the Time</button>
<button type="button" class="btn btn-
default" value="100">None of the Time</button>
</div>
<a name="q29"></a>
</li>
<!--QUESTION 29-->
<li>
<p class="question_paragraph">Did you feel
worn out?</p>
<div class="btn-group btn-group-vertical-
custom" id="q29">
<button type="button" class="btn btn-
default" value="0">All of the Time</button>
<button type="button" class="btn btn-
default" value="20">Most of the Time</button>
<button type="button" class="btn btn-
default" value="40">A Good Bit of the Time</button>
<button type="button" class="btn btn-
default" value="60">Some of the Time</button>
<button type="button" class="btn btn-
default" value="80">A Little of the Time</button>
<button type="button" class="btn btn-
default" value="100">None of the Time</button>
</div>
<a name="q30"></a>
</li>
<!--QUESTION 30-->
<li>
<p class="question_paragraph">Have you been a
happy person?</p>
<div class="btn-group btn-group-vertical-
custom" id="q30">
<button type="button" class="btn btn-
default" value="100">All of the Time</button>
<button type="button" class="btn btn-
default" value="80">Most of the Time</button>
<button type="button" class="btn btn-
default" value="60">A Good Bit of the Time</button>
<button type="button" class="btn btn-
default" value="40">Some of the Time</button>
<button type="button" class="btn btn-
default" value="20">A Little of the Time</button>
<button type="button" class="btn btn-
default" value="0">None of the Time</button>
</div>
<a name="q31"></a>
</li>
<!--QUESTION 31-->
<li>
```

```

                <p class="question_paragraph">Did you feel
tired?</p>

                <div class="btn-group btn-group-vertical-
custom" id="q31">

                    <button type="button" class="btn btn-
default" value="0">All of the Time</button>
                    <button type="button" class="btn btn-
default" value="20">Most of the Time</button>
                    <button type="button" class="btn btn-
default" value="40">A Good Bit of the Time</button>
                    <button type="button" class="btn btn-
default" value="60">Some of the Time</button>
                    <button type="button" class="btn btn-
default" value="80">A Little of the Time</button>
                    <button type="button" class="btn btn-
default" value="100">None of the Time</button>
                </div>
                <a name="q32"></a>
            </li>
            <!--QUESTION 32-->
            <li><p class="question_paragraph">During the
<strong>past 4 weeks,</strong> how much of the time has your
<strong>physical health or emotional problems</strong> interfered with your
social activities (like visiting with friends, relatives, etc.)?</p>
                <div class="btn-group btn-group-vertical"
id="q32">

                    <button type="button" class="btn btn-
default" value="0">&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&~ All of
the Time&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&~</button>
                    <button type="button" class="btn btn-
default" value="25">Most of the Time</button>
                    <button type="button" class="btn btn-
default" value="50">Some of the Time</button>
                    <button type="button" class="btn btn-
default" value="75">A Little of the Time</button>
                    <button type="button" class="btn btn-
default" value="100">None of the Time</button>
                </div>
                <a name="q33"></a>
                <p class="question_paragraph_new_block">How
TRUE or FALSE is <u>each</u> of the following statements for you.</p>
            </li>
            <!--QUESTION 33-->
            <li>
                <p class="question_paragraph">I seem to get
sick a little easier than other people</p>
                <div class="btn-group btn-group-vertical-
custom" id="q33">

                    <button type="button" class="btn btn-
default" value="0">Definitely True</button>
                    <button type="button" class="btn btn-

```

```

default" value="25">Mostly True</button>
                                <button type="button" class="btn btn-
default" value="50">Don't Know</button>
                                <button type="button" class="btn btn-
default" value="75">Mostly False</button>
                                <button type="button" class="btn btn-
default" value="100">Definitely False</button>
                                </div>
                                <a name="q34"></a>
                                </li>
                                <!--QUESTION 34-->
                                <li>
                                    <p class="question_paragraph">I am as healthy
as anybody I know</p>
                                    <div class="btn-group btn-group-vertical-
custom" id="q34">
                                        <button type="button" class="btn btn-
default" value="100">Definitely True</button>
                                        <button type="button" class="btn btn-
default" value="75">Mostly True</button>
                                        <button type="button" class="btn btn-
default" value="50">Don't Know</button>
                                        <button type="button" class="btn btn-
default" value="25">Mostly False</button>
                                        <button type="button" class="btn btn-
default" value="0">Definitely False</button>
                                        </div>
                                        <a name="q35"></a>
                                    </li>
                                    <!--QUESTION 35-->
                                    <li>
                                        <p class="question_paragraph">I expect my
health to get worse</p>
                                        <div class="btn-group btn-group-vertical-
custom" id="q35">
                                            <button type="button" class="btn btn-
default" value="0">Definitely True</button>
                                            <button type="button" class="btn btn-
default" value="25">Mostly True</button>
                                            <button type="button" class="btn btn-
default" value="50">Don't Know</button>
                                            <button type="button" class="btn btn-
default" value="75">Mostly False</button>
                                            <button type="button" class="btn btn-
default" value="100">Definitely False</button>
                                            </div>
                                            <a name="q36"></a>
                                        </li>
                                        <!--QUESTION 36-->
                                        <li>
                                            <p class="question_paragraph">My health is

```

```

excellent</p>
                                <div class="btn-group btn-group-vertical-
custom" id="q36">
                                <button type="button" class="btn btn-
default" value="100">Definitely True</button>
                                <button type="button" class="btn btn-
default" value="75">Mostly True</button>
                                <button type="button" class="btn btn-
default" value="50">Don't Know</button>
                                <button type="button" class="btn btn-
default" value="25">Mostly False</button>
                                <button type="button" class="btn btn-
default" value="0">Definitely False</button>
                                </div>
                                </li>
                                </ol>
                                </div>
                                </div>
                                </div>
                                <div class="row">
                                <div id="rand36result" class="section-to-print col-xs-12 col-
sm-12 col-md-9 col-lg-8">
                                <h2>Results RAND 36-Item Health Survey v1.0</h2>
                                <div id="print_date" class="hidden"></div>
                                <p id="print_name" class="print_name"></p>
                                <p><em>Scores represent the percentage of total possible
score achieved. (Total possible score is 100%)</em></p>
                                <p>Physical functioning: <b
id="physical_functioning"></b></p>
                                <p>Role limitations due to physical health: <b
id="limitations_physical"></b></p>
                                <p>Role limitations due to emotional problems: <b
id="limitations_emotional"></b></p>
                                <p>Energy/fatigue: <b id="energy"></b></p>
                                <p>Emotional well-being: <b id="emotional"></b></p>
                                <p>Social functioning: <b id="social"></b></p>
                                <p>Pain: <b id="pain"></b></p>
                                <p>General health: <b id="general_health"></b></p>
                                <p>Health change: <b id="health_change"></b></p>
                                </div>
                                </div>
                                <div class="row">
                                <div class="no-print col-xs-12 col-sm-12 col-md-9 col-lg-8">
                                <hr>
                                <h2>Save results RAND 36</h2>
                                <button onclick="window.print()" class="btn btn-primary"
style="margin-bottom:15px;">Print Results</button>
                                <button class="btn btn-primary btn_copy" data-clipboard-
target="#rand36result" style="margin-bottom:15px;">Copy Results to
clipboard</button>
                                <br>

```

```

        <div id="div_result_name" class="form-group">
            <label class="control-label col-xs-4 col-md-2"
for="result_name">Name on print: </label>
            <div class="col-xs-8">
                <input type="text" id="result_name" class="form-
control"/>
            </div>
        </div>
        <br>
    </div>
</div>
<div class="row">
    <div class="no-print col-xs-12 col-sm-12 col-md-9 col-lg-8">
        <hr>
        <h2>RAND 36 information</h2>
        <p>Results are calculated as described by: <a
href="http://www.rand.org/health/surveys_tools/mos/mos_core_36item_scoring.h
tml">http://www.rand.org/health/surveys_tools/mos/mos_core_36item_scoring.ht
ml</a></p>
        <p>This survey was reprinted with permission from the RAND
Corporation. Copyright © the RAND Corporation. RAND's permission to
reproduce the survey is not an endorsement of the products, services, or
other uses in which the survey appears or is applied.</p>
    </div>
</div>
<script type="text/javascript" src="js/jquery-1.11.3.min.js"></script>
<script type="text/javascript" src="js/clipboard.min.js"></script>
<script>
    //SIMPLE JS EASY TO COPY AND USE :)
    $(".btn-group > .btn").click(function() {
$(this).addClass("active").siblings().removeClass("active");
        var array_div_id = ['#physical_functioning',
'#limitations_physical', '#limitations_emotional', '#energy', '#emotional',
'#social', '#pain', '#general_health', '#health_change'];//order is
important!
        var array_physical_functioning = [3, 4, 5, 6, 7,
8, 9, 10, 11, 12];//0
        var array_limitations_physical = [13, 14, 15,
16];//1
        var array_limitations_emotional = [17, 18, 19];//2
        var array_energy = [23, 27, 29, 31];//3
        var array_emotional = [24, 25, 26, 28, 30];//4
        var array_social = [20, 32];//5
        var array_pain = [21, 22];//6
        var array_general_health = [1, 33, 34, 35, 36];//7
        var array_health_change = [2];//8
        var array_questions = [array_physical_functioning,
array_limitations_physical, array_limitations_emotional, array_energy,
array_emotional, array_social, array_pain, array_general_health,
array_health_change];

```

```

        //create questions array for easy var set: example
array_set_questions[question_number]['question_array','question_score','ques
tion_filled']

        var array_set_questions = [];
        var index;
        for (index = 0; index < array_questions.length;
++index) {

                var index_sub;
                var array_sub_questions =
array_questions[index];

                for (index_sub = 0; index_sub <
array_sub_questions.length; ++index_sub) {
                        var question_number =
array_sub_questions[index_sub];

                        array_set_questions[question_number] =
[index, 0, 0]; //example
array_set_questions[question_number]['question_array','question_score','ques
tion_filled']

                                }
                } //total loop 36
        //set array set questions with answers
        var question_number;
        $('.active').each(function() {
                question_number =
$(this).parent().attr('id').substring(1); //substring remove q
                var question_array =
array_set_questions[question_number];
                question_array[1] = $(this).attr('value');
                question_array[2] = 1;
                array_set_questions[question_number] =
question_array;

        });

```

```

        var array_sub_answers = [];
        for (index = 0; index < array_questions.length;
++index) {

                var index_sub;
                var array_sub_questions =
array_questions[index];

                for (index_sub = 0; index_sub <
array_sub_questions.length; ++index_sub) {
                        var question_number =
array_sub_questions[index_sub];

                        //var question_array_number = index;
                        var question_answer_array =
array_set_questions[question_number];

                        //push empty or else error V"V
                        if (typeof
array_sub_answers[question_answer_array[0]] == 'undefined') {
                                array_sub_answers[question_answer_array[0]] = [];

```

```
}
```

```

//array_sub_answers e.g.
array_sub_answers[physical_functioning(0)].push(question_number,question_score,question_filled);
array_sub_answers[question_answer_array[0]].push([question_number,
question_answer_array[1], question_answer_array[2]]);
    }
} //total loop 36

```

```

var array_questions_sub_not_filled = []; //example
=
array_questions_sub_not_filled[physical_functioning(0)].push(question_number);

```

```

array_questions_sub_not_filled[10] = 0;
for (index = 0; index < array_sub_answers.length;
++index) {
    var group_answers_filled_count = 0;
    var group_answers_score = 0;
    var array_group_answer_score = [];
    var index_sub;
    var array_group_answers =
array_sub_answers[index];
    for (index_sub = 0; index_sub <
array_group_answers.length; ++index_sub) {
        var question_number =
array_group_answers[index_sub][0];
        var question_score =
~~array_group_answers[index_sub][1]; //~~ converts string to integer roughly
the same as Math.floor WATCH OUT (but why it became a string...)
        var question_filled =
array_group_answers[index_sub][2];
        if (question_filled == 0) {
            if (typeof
array_questions_sub_not_filled[index] == 'undefined') {
array_questions_sub_not_filled[index] = [];
            }
            array_questions_sub_not_filled[index].push(question_number);
        } else {
            group_answers_filled_count++;
array_group_answer_score.push(question_score);
            group_answers_score += question_score;
        }
    }
}

```

```

if (index_sub + 1 ==
array_group_answers.length) {
    var div_text = "";
    var group_score = group_answers_score
/ group_answers_filled_count;
    var group_score_txt =

```



```
});
```

```
clipboard.on('error', function(e) {
    console.error('Action:', e.action);
    console.error('Trigger:', e.trigger);
```

```
        showTooltip(e.trigger,
fallbackMessage(e.action));
    });
```

```
var btns = document.querySelectorAll('.btn_copy');
```

```
function(e) {
    for (var i = 0; i < btns.length; i++) {
        btns[i].addEventListener('mouseleave',
            e.currentTarget.setAttribute('class', 'btn
btn-primary btn_copy');
            e.currentTarget.removeAttribute('aria-
label');
        });
    }
}
```

```
function showTooltip(elem, msg) {
    elem.setAttribute('class', 'btn btn-primary
btn_copy tooltipped tooltipped-s');
    elem.setAttribute('aria-label', msg);
}
```

```
// Simplistic detection, do not use it in
production

function fallbackMessage(action) {
    var actionMsg = '';
    var actionKey = (action === 'cut' ? 'X' :
'C');
```

```
{
    if (/iPhone|iPad/i.test(navigator.userAgent))
        actionMsg = 'No support :(';
    }
    else if (/Mac/i.test(navigator.userAgent)) {
        actionMsg = 'Press ⌘-' + actionKey + ' to
' + action;
    }
    else {
        actionMsg = 'Press Ctrl-' + actionKey + '
to ' + action;
    }
}
```

```
    return actionMsg;
}
```

```
/**CLIPBOARD**/
```

```

    /**RESIZE TEST**/
    /*var $window = $(window);
    var resizeId;
    var scrollTopSmall = 0;
    var scrollTopMargin = 145;
    resize();
    $(window).resize(function() {
    clearTimeout(resizeId);
    resizeId = setTimeout(resize, 100);
    });
    function resize() {
    $('#screen_width').text($window.width() + 'w ' +
$window.height() + 'h');
    }*/
    /**RESIZE TEST**/
    });

</script>
</body>

```

```
</html>
```

El SF-36 es un cuestionario de salud, utilizado en investigaciones médicas, de salud mental y, en general, en investigaciones relacionadas con la salud.

Ofrece una perspectiva general del estado de salud de la persona con la ventaja de que es fácil y rápido de rellenar, a la vez que también es sencillo de evaluar.

A la vez, permite valorar numéricamente diferentes aspectos de la salud de la persona, por lo que se convierte en una herramienta para cualquier investigación relacionada con la salud.

Contiene 36 preguntas que abordan diferentes aspectos relacionados con la vida cotidiana de la persona que rellena el cuestionario.

Estas preguntas se agrupan y miden en 8 apartados que se valoran independientemente y dan lugar a 8 dimensiones que mide el cuestionario.

Las 8 dimensiones son:

Funcionamiento Físico.

Limitación por problemas físicos.

Dolor corporal.

Funcionamiento o rol social.

Salud mental.

Limitación por problemas emocionales.

Vitalidad, energía o fatiga.

Percepción general de la salud.

Han aparecido 2 versiones de este cuestionario. Siendo muy parecidas entre sí, aunque la versión 2 incorpora mejoras.

Las preguntas del cuestionario piden respuestas relacionadas con el mes anterior. Sin embargo, tanto para la versión 1 y como para la versión 2 hay una adaptación (llamada versión águda), cuya diferencia radica en que pide las respuestas con relación a la semana anterior.

Este cuestionario se ha empleado de forma individual, colectiva y, en ocasiones, se ha utilizado por vía telefónica.

Hay 2 formas de evaluar el cuestionario. La más avanzada exige un cálculo más complejo. La forma sencilla permite hacer los cálculos con una simple calculadora.

Las puntuaciones de cada una de las 8 dimensiones del SF-36 oscilan entre los valores 0 y 100. Siendo 100 un resultado que indica una salud óptima y 0 reflejaría un estado de salud muy malo.

Existen versiones simplificadas del SF-36 en las que se reducen el número de preguntas.

Tabla1. Contenido de las escalas del SF-36

Dimensión	N.º de ítems	Significado de las puntuaciones de 0 a 100	
		«Peor» puntuación (0)	«Mejor» puntuación (100)
Función física	10	Muy limitado para llevar a cabo todas las actividades físicas, incluido bañarse o ducharse, debido a la salud	Lleva a cabo todo tipo de actividades físicas incluidas las más vigorosas sin ninguna limitación debido a la salud
Rol físico	4	Problemas con el trabajo u otras actividades diarias debido a la salud física	Ningún problema con el trabajo u otras actividades diarias debido a la salud física
Dolor corporal	2	Dolor muy intenso y extremadamente limitante	Ningún dolor ni limitaciones debidas a él
Salud general	5	Evalúa como mala la propia salud y cree posible que empeore	Evalúa la propia salud como excelente
Vitalidad	4	Se siente cansado y exhausto todo el tiempo	Se siente muy dinámico y lleno de energía todo el tiempo
Función social	2	Interferencia extrema y muy frecuente con las actividades sociales normales, debido a problemas físicos o emocionales	Lleva a cabo actividades sociales normales sin ninguna interferencia debido a problemas físicos o emocionales
Rol emocional	3	Problemas con el trabajo y otras actividades diarias debido a problemas emocionales	Ningún problema con el trabajo y otras actividades diarias debido a problemas emocionales
Salud mental	5	Sentimiento de angustia y depresión durante todo el tiempo	Sentimiento de felicidad, tranquilidad y calma durante todo el tiempo
Ítem de Transición de salud	1	Cree que su salud es mucho peor ahora que hace 1 año	Cree que su salud general es mucho mejor ahora que hace 1 año

Schwannoma del nervio vestibular

El cuestionario SF36 no se correlacionó con la capacidad de trabajo y vida independiente en pacientes tratados quirúrgicamente de [schwannoma del nervio vestibular](#).

Las mujeres y los pacientes mayores de 50 años con tumores más grandes tienen un alto riesgo de reducción de la capacidad de trabajo tras el tratamiento quirúrgico. Estos resultados ponen en duda la validez de este cuestionario de calidad de vida en la evaluación de los resultados tras la cirugía de las lesiones benignas de la [base del cráneo](#) ¹⁾.

1)

Al-Shudifat AR, Kahlon B, Höglund P, Soliman AY, Lindskog K, Siesjö P. Age, gender and tumour size

predict work capacity after surgical treatment of vestibular schwannomas. J Neurol Neurosurg Psychiatry. 2013 Sep 20. doi: 10.1136/jnnp-2013-305168. [Epub ahead of print] PubMed PMID: 24058202.

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