

## **Nottingham Health Profile**

### Overview:

The Nottingham Health Profile is intended for primary health care, to provide a brief indication of a patient's perceived emotional, social and physical health problems.

### Breakdown of questionnaire

(1) Part I: 38 questions in 6 subareas, with each question assigned a weighted value; the sum of all weighted values in a given subarea adds up to 100

- energy level (EL): 3

I can walk about only indoors.			PA	11.54
I find it hard to bend.			PA	10.57
Everything is an effort.			EL	36.80
I'm waking up in the early hours of the morning.			S	12.57
I'm unable to walk at all.			PA	21.30
I'm finding it hard to make contact with people.			SI	19.36

<b>Question</b>	<b>Yes</b>	<b>No</b>	<b>Section</b>	<b>Weight</b>
The days seem to drag.			ER	7.08
I have trouble getting up and down stairs and steps.			PA	10.79
I find it hard to reach for things.			PA	9.30
I'm in pain when I walk.			P	11.22
I lose my temper easily these days.			ER	9.76
I feel there is nobody that I am close to.			SI	20.13
I lie awake for most of the night.			S	27.26
I feel as if I'm losing control.			ER	13.99
I'm in pain when I'm standing.			P	8.96
I find it hard to get dressed by myself.			PA	12.61
I soon run out of energy.			EL	24.00
I find it hard to stand for long (e.g., at the kitchen sink, waiting in a line).			PA	11.20
I'm in constant pain			P	20.86
It takes me a long time to get going.			S	16.10
I feel I am a burden to people.			SI	22.53
Worry is keeping me awake at night.				

