Spanish Self-Rated Health

Generalmente, ¿Ud. diría que su salud es … ? *(Por favor, marque sólo una respuesta)*

- Excelente.............................1
- Muy buena .........................2
- Buena ..................................3
- Regular .............................4
- Mala ..................................5

**Scoring**

Score the number circled. If two consecutive numbers are circled, choose the higher number (worse health); if two non-consecutive numbers are circled, do not score. The score is the value of this single item only. Range is 1-5; a higher score indicates poorer health.

**Characteristics**


<table>
<thead>
<tr>
<th>No. of items</th>
<th>Observed Range</th>
<th>Mean</th>
<th>Standard Deviation</th>
<th>Internal Consistency Reliability</th>
<th>Test-Retest Reliability</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>1-5</td>
<td>4.04</td>
<td>0.772</td>
<td>—</td>
<td>0.87</td>
</tr>
</tbody>
</table>

**Source of Psychometric Data**


**Comments**

This is the Spanish translation of the item used in the National Health Interview Survey. In a number of studies self-rated health has been found to be an excellent predictor of future health.
References


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