Self-Rated Health

In general, would you say your health is: ........................................... (Circle one)

Excellent .............................. 1  
Very good ............................ 2  
Good ................................. 3  
Fair ................................. 4  
Poor ............................... 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. A higher score indicates poorer health.

Characteristics
Tested on 1,129 subjects with chronic disease. N=51 for test-retest.

<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>3.29</td>
<td>.91</td>
<td>—</td>
<td>.92</td>
</tr>
</tbody>
</table>

Source of Psychometric Data

Comments
This item is 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. This scale available in Spanish.

References


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