



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.

| No. of items | Observed Range | Mean | Standard Deviation | Internal Consistency Reliability | Test-Retest Reliability |
|--------------|----------------|------|--------------------|----------------------------------|-------------------------|
| 1 | 1-5 | 3.29 | .91 | — | .92 |

Source of Psychometric Data

Stanford Chronic Disease Self-Management Study. Psychometrics reported in Lorig K, Stewart A, Ritter P, González V, Laurent D, & Lynch J, *Outcome Measures for Health Education and other Health Care Interventions*. Thousand Oaks CA: Sage Publications, 1996, p.25.

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

Idler EL, & Angel RJ, Self-rated health and mortality in the NHANES-I epidemiologic follow-up study. *American Journal of Public Health*, 80, 1990, pp.446-452.

Schoenfeld DE, Malmrose LC, Blazer DG, Gold DT, & Seeman TE, Self-rated health and mortality in the high-functioning elderly: A closer look at healthy individuals; MacArthur Field Study of Successful Aging. *Journal of Gerontology: Medical Sciences*, 49, 1994, pp.M109-M115.

U.S. Bureau of the Census, *National Health Interview Survey*. Washington DC: U.S. Dept. of Commerce, 1985.

Ware JE Jr, Nelson EC, Sherbourne CD, & Stewart AL, Preliminary tests of a 6-item general health survey: A patient application; in AL Stewart & JE Ware Jr (Eds), *Measuring Functioning and Well-Being: The Medical Outcomes Study Approach*, Durham NC: Duke University Press, 1992, pp.291-303.

Wolinsky FD, & Johnson RJ, Perceived health status and mortality among older men and women. *Journal of Gerontology: Social Sciences*, 47, 1992, pp.S304-S312.

This scale is free to use without permission

\
Self-Management Resource Center
711 Colorado Avenue
Palo Alto CA 94303
(650) 242-8040
smrc@selfmanagementresource.com
www.selfmanagementresource.com