Form Approved

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Your Health and Health Opinions

# Your opinion matters!

# [MEPS logo]

### Understanding how people feel about their health and health care is an important goal of MEPS. Please take a few minutes to answer the questions in this booklet.

Survey Instructions

### Please answer every question by marking one box. If you are unsure about how to answer a question, please give the best answer you can.

* You are sometimes told to skip over some questions in this survey. When this happens you will see arrows that tell you what questions to answer next, like this:

Yes

No Skip to Question 3

Next Question

This Booklet Should Be Completed By

REGION:

RUID:

PID:

NAME:

Version:

DOB:

Your participation is voluntary and all of your answers will be kept confidential to the extent permitted by law. If you have any questions about this booklet, please call Alex Scott at 1­800­945­MEPS (6377).

Store your completed booklet in the envelope provided. Have it ready to give to your interviewer at his or her next visit.

This survey is authorized under 42 U.S.C. 299a. The confidentiality of your responses to this survey is protected by Sections 944(c) and 308(d) of the Public Health Service Act [42 U.S.C. 299c­3(c) and 42 U.S.C. 242m(d)]. Information that could identify you will not be disclosed unless you have consented to that disclosure. Public reporting burden for this collection of information is estimated to average 7 minutes per response, the estimated time required to complete the survey. An agency may not conduct or sponsor, and a person is not required to respond to, a collection of information unless it displays a currently valid OMB control number. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to: AHRQ Reports Clearance Officer Attention: PRA, Paperwork Reduction Project (0935­0118) AHRQ, 540 Gaither Road, Room # 5036, Rockville, MD 20850.

[DHHS logo]

The Agency for Healthcare Research and Quality and The Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services

Your Health Care in the Last 12 Months

1. In the last 12 months, did you have an illness, injury, or condition that needed care right away in a clinic, emergency room, or doctor’s office?

Yes

No Skip to Question 3

1. In the last 12 months, when you needed care right away how often did you get care as soon as you thought you needed?

Never

Sometimes

Usually

Always

1. In the last 12 months, not counting the times you needed care right away, did you make any appointments for your health care at a doctor’s office or clinic?

Yes

No Skip to Question 5

1. In the last 12 months, not counting the times you needed care right away, how often did you get an appointment for your health care at a doctor’s office or clinic as soon as you thought you needed?

Never

Sometimes

Usually

Always

1. In the last 12 months, not counting the times you went to an emergency room, how many times did you go to a doctor’s office or clinic to get health care for yourself?

None Skip to Question 18

1

2

3

4

5 to 9

10 or more

1. In the last 12 months, did you or a doctor believe you needed any care, tests, or treatment?

Yes

No Skip to Question 8

1. In the last 12 months, how often was it easy to get the care, tests, or treatment you or a doctor believed necessary?

Never

Sometimes

Usually

Always

1. In the last 12 months, how often did doctors or other health providers listen carefully to you?

Never

Sometimes

Usually

Always

1. In the last 12 months, how often did doctors or other health providers explain things in a way that was easy to understand?

Never

Sometimes

Usually

Always

1. In the last 12 months, how often did doctors or other health providers show respect for what you had to say?

Never

Sometimes

Usually

Always

1. In the last 12 months, how often did doctors or other health providers spend enough time with you?

Never

Sometimes

Usually

Always

1. In the last 12 months, did a doctor or other health provider give you instructions about what to do about a specific illness or health condition?

Yes

No Skip to Question 15

1. In the last 12 months, how often were these instructions easy to understand?

Never

Sometimes

Usually

Always

1. In the last 12 months, how often did doctors or other health providers ask you to describe how you were going to follow these instructions?

Never

Sometimes

Usually

Always

1. In the last 12 months, did you have to fill out or sign any forms at a doctor’s or other health provider’s office?

Yes

No Skip to Question 17

1. In the last 12 months, how often were you offered help in filling out a form at the doctor’s or other health provider’s office?

Never

Sometimes

Usually

Always

1. Using any number from 0 to 10 where 0 is the worst health care possible and 10 is the best health care possible, what number would you use to rate all your health care in the last 12 months?

0 Worst health care possible

1

2

3

4

5

6

7

8

9

10 Best health care possible

1. Do you currently smoke?

Yes

No Skip to Question 20

1. In the last 12 months, did a doctor advise you to quit smoking?

Yes

No

Had no visits in the last 12 months

1. In the last 2 years, has your blood pressure been checked by a doctor, nurse, or other health professional?

Yes

No

Getting Health Care from a Specialist

When you answer the next questions, do not include dental visits.

1. Specialists are doctors like surgeons, heart doctors, allergy doctors, skin doctors, and others who specialize in one area of health care.

In the last 12 months, did you or a doctor think you needed to see a specialist?

Yes

No Skip to Question 23

1. In the last 12 months, how often was it easy to see a specialist that you needed to see?

Never

Sometimes

Usually

Always

General Health

1. In general, would you say your health is:

Excellent

Very good

Good

Fair

Poor

The following questions are about activities you might do during a typical day. Does your health now limit you in these activities? If so, how much?

1. Moderate activities, such as moving a table, pushing a vacuum cleaner, bowling, or playing golf

Yes, limited a lot

Yes, limited a little

No, not limited at all

1. Climbing several flights of stairs

Yes, limited a lot

Yes, limited a little

No, not limited at all

During the past 4 weeks, how much of the time have you had any of the following problems with your work or other regular daily activities as a result of your physical health?

1. Accomplished less than you would like

All of the time

Most of the time

Some of the time

A little of the time

None of the time

1. Were limited in the kind of work or other activities

All of the time

Most of the time

Some of the time

A little of the time

None of the time

During the past 4 weeks, how much of the time have you had any of the following problems with your work or other regular daily activities as a result of any emotional problems (such as feeling depressed or anxious)?

1. Accomplished less than you would like

All of the time

Most of the time

Some of the time

A little of the time

None of the time

1. Did work or other activities less carefully than usual

All of the time

Most of the time

Some of the time

A little of the time

None of the time

1. During the past 4 weeks, how much did pain interfere with your normal work (including both work outside the home and housework)?

Not at all

A little bit

Moderately

Quite a bit

Extremely

These questions are about how you feel and how things have been with you during the past 4 weeks. For each question, please give the one answer that comes closest to the way you have been feeling.

How much of the time during the past 4 weeks:

1. Have you felt calm and peaceful?

All of the time

Most of the time

Some of the time

A little of the time

None of the time

1. Did you have a lot of energy?

All of the time

Most of the time

Some of the time

A little of the time

None of the time

1. Have you felt downhearted and depressed?

All of the time

Most of the time

Some of the time

A little of the time

None of the time

1. During the past 4 weeks, how much of the time has your physical health or emotional problems interfered with your social activities (like visiting with friends, relatives, etc.)?

All of the time

Most of the time

Some of the time

A little of the time

None of the time

The following questions ask about how you have been feeling during the past 30 days. For each question, please mark the box that best describes how often you had this feeling.

During the past 30 days, about how often did you feel...

1. ...nervous?
2. ...hopeless?
3. ...restless or fidgety?
4. ...so sad that nothing could cheer you up?
5. ...that everything was an effort?
6. ...worthless?

All of the time

Most of the time

Some of the time

A little of the time

None of the time

The following two questions ask about how you have been feeling in the past 2 weeks.

Over the last 2 weeks, how often have you been bothered by any of the following problems?

1. Little interest or pleasure in doing things.
2. Feeling down, depressed, or hopeless.

Nearly every day

More than half the days

Several days

Not at all

Opinions about Health

For items 43­46, please mark one of the boxes to indicate how strongly you agree or disagree for each statement. If you are uncertain, mark the box for uncertain.

1. I’m healthy enough that I really don’t need health insurance.
2. Health insurance is not worth the money it costs.
3. I’m more likely to take risks than the average person.
4. I can overcome illness without help from a medically trained person.

Disagree strongly

Disagree somewhat

Uncertain

Agree somewhat

Agree strongly

Date Completed:

If this booklet was not completed by the person named on the front, who completed it:

What is this person's relationship to the person named on the front:

Thank you for taking the time to complete this survey.

Remember to store it in the envelope provided.

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(SF­12v2 Standard, US Version 2.0)