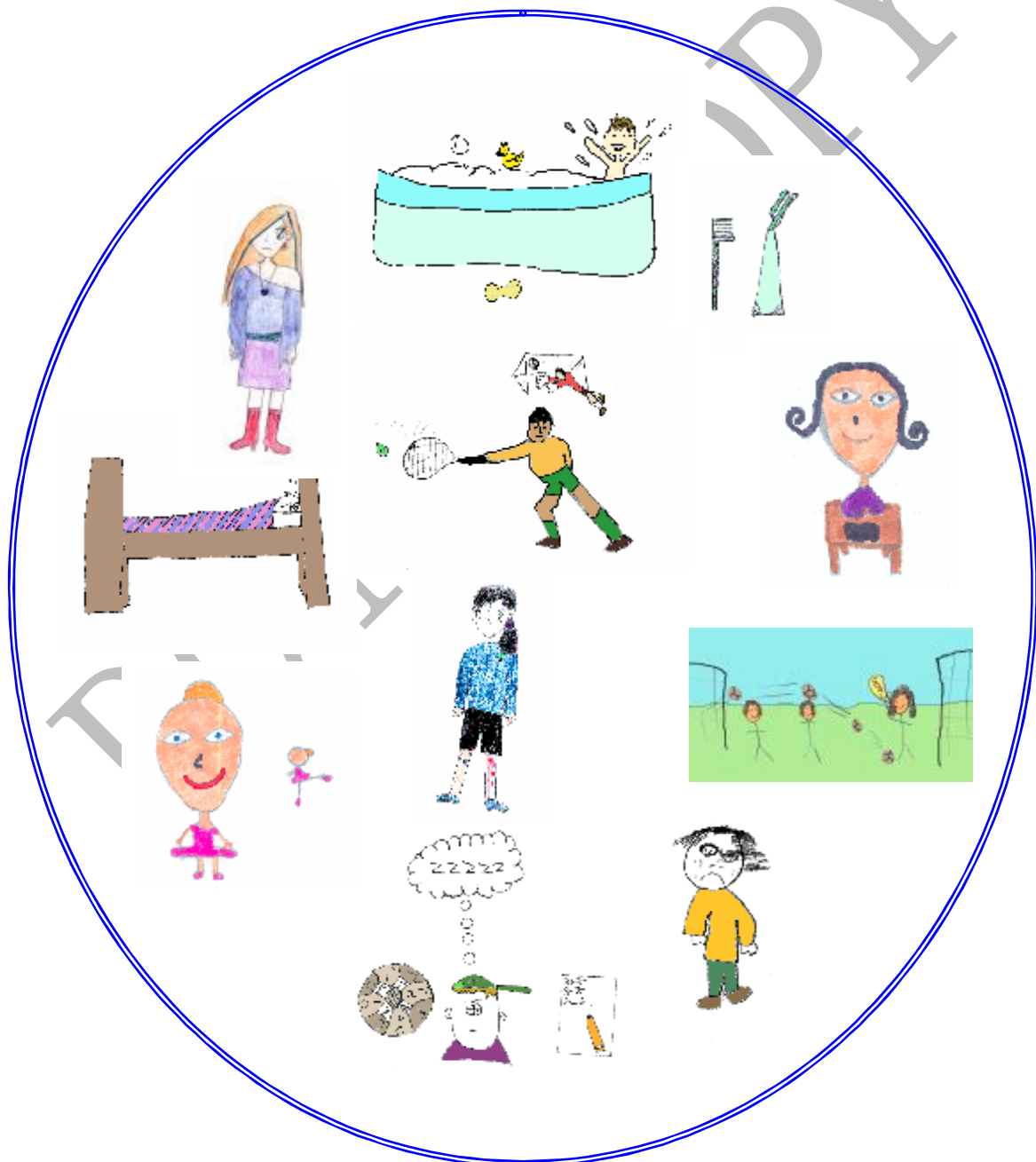




The University Of Sheffield.



# Child Health Utility 9D



# Instructions

These questions ask about how you are **today**. For each question, read all the choices and decide which one is most like you **today**.

Then put a tick in the box next to it like this . Only tick **one** box for each question.

## Example

Today I feel quite upset so I will tick this box.

### Upset

- I don't feel upset today
- I feel a little bit upset today
- I feel a bit upset today
- I feel quite upset today
- I feel very upset today

Now think about and answer the rest of the questions below

### 1. Worried

- I don't feel worried today
- I feel a little bit worried today
- I feel a bit worried today
- I feel quite worried today
- I feel very worried today

### 2. Sad

- I don't feel sad today
- I feel a little bit sad today
- I feel a bit sad today
- I feel quite sad today
- I feel very sad today

### 3. Pain

- I don't have any pain today
- I have a little bit of pain today
- I have a bit of pain today
- I have quite a lot of pain today
- I have a lot of pain today

**4. Tired**

- I don't feel tired today
- I feel a little bit tired today
- I feel a bit tired today
- I feel quite tired today
- I feel very tired today

**5. Annoyed**

- I don't feel annoyed today
- I feel a little bit annoyed today
- I feel a bit annoyed today
- I feel quite annoyed today
- I feel very annoyed today

**6. School Work/Homework (such as reading, writing, doing lessons)**

- I have no problems with my schoolwork/homework today
- I have a few problems with my schoolwork/homework today
- I have some problems with my schoolwork/homework today
- I have many problems with my schoolwork/homework today
- I can't do my schoolwork/homework today

**7. Sleep**

- Last night I had no problems sleeping
- Last night I had a few problems sleeping
- Last night I had some problems sleeping
- Last night I had many problems sleeping
- Last night I couldn't sleep at all

**8. Daily routine (things like eating, having a bath/shower, getting dressed)**

- I have no problems with my daily routine today
- I have a few problems with my daily routine today
- I have some problems with my daily routine today
- I have many problems with my daily routine today
- I can't do my daily routine today

**9. Able to join in activities (things like playing out with your friends, doing sports, joining in things)**

- I can join in with any activities today
- I can join in with most activities today
- I can join in with some activities today
- I can join in with a few activities today
- I can join in with no activities today