

# Blue Carott

## SF-36 Health Survey

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Age: 38

Gender: Female

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### Interpretation of SF-36 Health Survey

The SF-36 report provides a standardized measurement of your health status during the past 4 weeks based upon your point of view. It quantifies your perceptions about your general health status, quality-of-life, sense of well-being, and your ability to function. The SF-36 report is a valid tool used by health providers to measure the outcome of health promotion programs. The report was designed to be self-administered by people over age 14 including healthy as well as chronically acutely ill individuals.

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### Physical Functioning

The Physical Functioning score identifies how much health limits your physical activities such as walking, climbing stairs, bending, lifting, and exercise. A low score indicates limitations in performing all activities. A high score indicates the ability to perform all types of physical activities including vigorous exercise.

### Role Physical

The Role Physical score identifies how much physical health interferes with your work or other daily activities. A low score indicates your physical health creates problems with daily activities including accomplishing less than wanted, limitations in the kind of activities, or difficulty in performing activities. A high score indicates your physical health has not caused problems with work or daily activities.

### Bodily Pain

The Bodily Pain score identifies the intensity of pain and the effect of pain on normal work both inside and outside the home. A low score indicates very severe and extremely limiting pain. A high score indicates no pain or limitations due to pain.

### General Health

The General Health score provides an evaluation of health, including current health, health outlook, and resistance to illness. A low General Health score indicates you perceive your health as poor and likely to get worse. A high score indicates you perceive your health as excellent.

### Vitality

The Vitality score identifies the extent to which you feel tired and worn out. A low Vitality score indicates you feel tired and worn out all of the time. A high score indicates you have felt full of pep and energy during the past 4 weeks.

### Social Functioning

The Social Functioning score identifies the extent to which physical health or emotional problems interfere with normal social activities. A low score indicates extreme and frequent interference. A high score indicates no interference during the past 4 weeks.

### Role Emotional

The Role Emotional score identifies the extent to which emotional problems interfere with work or other daily activities. A low score indicates emotional problems interfere with activities including decreased time spent on activities, accomplishing less, and not working as carefully as usual. A high score indicates no interference with activities due to emotional problems.

### Mental Health

The Mental Health score identifies general mental health including depression, anxiety, and behavioral-emotional control. A low score indicates feeling of nervousness and depression all of the time. A high score indicates you have felt peaceful, happy, and calm during the past 4 weeks.