

VERTIGO HANDICAP QUESTIONNAIRE

The statements below describe ways in which vertigo can affect peoples' lives. (Throughout the questionnaire the word "vertigo" is used to describe the feelings which you may call dizziness, giddiness or unsteadiness). We would like you to indicate whether vertigo has affected you life in any of these ways by circling a number between 0 and 4. The response categories are:

0	1	2	3	4
never	occasionally	sometimes	often	always

Please read each statement and then circle a number to indicate how much of the time (if at all) vertigo affects your life in the way at present.

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|-----|---|---------|---|---|---|---|---|----------|
| 1 | I find that the vertigo does restrict me socially | (Never) | 0 | 1 | 2 | 3 | 4 | (Always) |
| 2* | I can still take part in active leisure pursuits (e.g. swimming, dancing, sports) | (Never) | 0 | 1 | 2 | 3 | 4 | (Always) |
| 3 | Some of my friends or relations get impatient because of the vertigo | (Never) | 0 | 1 | 2 | 3 | 4 | (Always) |
| 4* | I can move around quickly and freely | (Never) | 0 | 1 | 2 | 3 | 4 | (Always) |
| 5 | I feel less confident than I used to | (Never) | 0 | 1 | 2 | 3 | 4 | (Always) |
| 6 | I am happy to go out alone | (Never) | 0 | 1 | 2 | 3 | 4 | (Always) |
| 7 | My vertigo means that my family life is restricted | (Never) | 0 | 1 | 2 | 3 | 4 | (Always) |
| 8 | I find some of my less active hobbies difficult (e.g. sewing, reading) | (Never) | 0 | 1 | 2 | 3 | 4 | (Always) |
| 9* | I am still able to travel despite the vertigo | (Never) | 0 | 1 | 2 | 3 | 4 | (Always) |
| 10 | I try to avoid bending over | (Never) | 0 | 1 | 2 | 3 | 4 | (Always) |
| 11* | My family takes the vertigo in its stride | (Never) | 0 | 1 | 2 | 3 | 4 | (Always) |
| 12 | My friends are unsure how to react and do not really understand | (Never) | 0 | 1 | 2 | 3 | 4 | (Always) |
| 13 | I think that there may be something seriously wrong with me | (Never) | 0 | 1 | 2 | 3 | 4 | (Always) |
| 14* | People are understanding about the problems that the vertigo causes | (Never) | 0 | 1 | 2 | 3 | 4 | (Always) |
| 15 | I get anxious in case I have an unexpected attack of vertigo | (Never) | 0 | 1 | 2 | 3 | 4 | (Always) |
| 16* | During an attack of vertigo I can carry on with whatever I am doing | (Never) | 0 | 1 | 2 | 3 | 4 | (Always) |
| 17 | I find the attacks frightening | (Never) | 0 | 1 | 2 | 3 | 4 | (Always) |

- 18* I am able to walk long distances (Never) 0 1 2 3 4 (Always)
- 19 The vertigo worries me (Never) 0 1 2 3 4 (Always)
- 20 I avoid making plans in advance in case I cannot get there on the day (Never) 0 1 2 3 4 (Always)
- 21* I find I can carry out everyday activities without difficulty e.g. shopping, gardening, jobs around the house) (Never) 0 1 2 3 4 (Always)
- 22 I am afraid of spoiling things for others (Never) 0 1 2 3 4 (Always)
- 23 I get rather depressed because of the vertigo (Never) 0 1 2 3 4 (Always)
- 24* During an attack of vertigo, if I just sit down I am fine (Never) 0 1 2 3 4 (Always)
- 25 If I have an attack of vertigo in public I get embarrassed (Never) 0 1 2 3 4 (Always)
- 26 Are you currently employed? (Please tick) Yes _____ No _____
- If you answered "Yes" to question 26 please answer question b) and c) only
- If you answered "No" to question 26 please answer question a) only
- a) Did you give up work because of vertigo? Yes _____ No _____
- b) Have you changed the kind of work you do because of vertigo? Yes _____ No _____
- c) Does vertigo cause you any difficulties at work? Yes _____ No _____

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