

Date:

Study ID:

Time Point:



# YORKSHIRE & HUMBERSIDE HAEMATOLOGY NETWORK

**You have been sent this questionnaire because you agreed to be part of the Yorkshire & Humberside Haematology Network.**

**You will already have completed one or more of these questionnaires in the past and by filling in this form now, we can monitor how your well-being has changed over time.**

**Please write clearly and, if choices are given, tick the appropriate box.**

**If you have any questions, or need help filling in this form, please contact us on our Freephone number: 0800 328 0655**

## Follow-up health questionnaire



Under each heading, please tick the ONE box that best describes your health TODAY

**MOBILITY**

- I have no problems in walking about
- I have slight problems in walking about
- I have moderate problems in walking about
- I have severe problems in walking about
- I am unable to walk about

**SELF-CARE**

- I have no problems washing or dressing myself
- I have slight problems washing or dressing myself
- I have moderate problems washing or dressing myself
- I have severe problems washing or dressing myself
- I am unable to wash or dress myself

**USUAL ACTIVITIES** (e.g. work, study, housework, family or leisure activities)

- I have no problems doing my usual activities
- I have slight problems doing my usual activities
- I have moderate problems doing my usual activities
- I have severe problems doing my usual activities
- I am unable to do my usual activities

**PAIN / DISCOMFORT**

- I have no pain or discomfort
- I have slight pain or discomfort
- I have moderate pain or discomfort
- I have severe pain or discomfort
- I have extreme pain or discomfort

**ANXIETY / DEPRESSION**

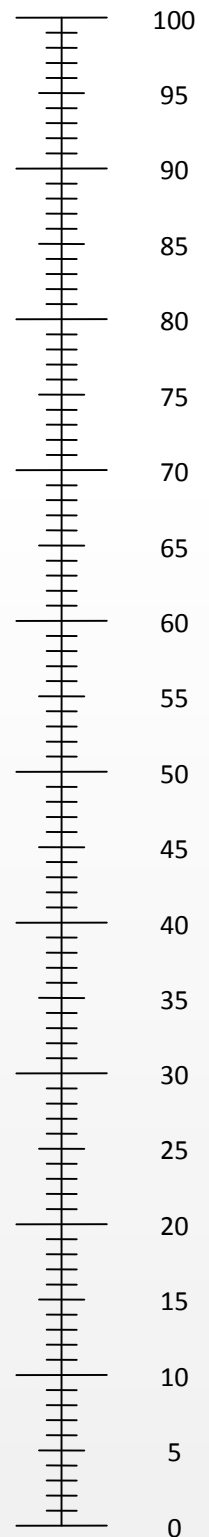
- I am not anxious or depressed
- I am slightly anxious or depressed
- I am moderately anxious or depressed
- I am severely anxious or depressed
- I am extremely anxious or depressed



- We would like to know how good or bad your health is TODAY.
- This scale is numbered from 0 to 100.
- 100 means the best health you can imagine.  
0 means the worst health you can imagine.
- Mark an X on the scale to indicate how your health is TODAY.
- Now, please write the number you marked on the scale in the box below.

YOUR HEALTH TODAY =

The best health  
you can imagine



The worst health  
you can imagine

If there is anything else you would like to tell us, please use the space below:

Signed:

Date form  
completed:

Your contact telephone number  
(in case we have any queries):

Once you have completed the questionnaire, please return it in the stamped addressed envelope provided to:



YHHN Area 3 Seebohm Rowntree Building  
Dept Health Sciences  
University of York  
Heslington, YORK  
YO10 5DD



Freephone: 0800 328 0655



Email: [enquiries@yhhn.org](mailto:enquiries@yhhn.org)

**LEUKAEMIA  
& LYMPHOMA  
RESEARCH** 

Beating Blood Cancers