

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_ AGE: \_\_\_\_\_ Score Totals: \_\_\_\_\_; E \_\_\_\_\_; F \_\_\_\_\_; P \_\_\_\_\_  
 (100) (36) (36) (28)

## DIZZINESS HANDICAP INVENTORY

Please **CIRCLE** the correct response:

1. I have dizziness/unsteadiness: [1] 1 per month [2] > 1 but < 4 per month [3] more than one per week  
 2. My dizziness/unsteadiness is: [1] mild [2] moderate [3] severe

**INSTRUCTIONS: (Please read carefully):** The purpose of the scale is to identify difficulties that you may be experiencing because of your dizziness or unsteadiness. Please answer "YES", "SOMETIMES", or "NO" to each question. Answer each question as it pertains to your dizziness or unsteadiness problem only.

	YES	SOMETIMES	NO
P1. Does looking up increase your problem?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
E2. Because of your problem, do you feel frustrated?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
F3. Because of your problem, do you restrict your travel for business or recreation?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
P4. Does walking down the aisle of a supermarket increase your problem?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
F5. Because of your problem, do you have difficulty getting into or out of bed?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
F6. Does your problem significantly restrict your participation in social activities such as going out to dinner, going to movies, dancing, or to parties?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
F7. Because of your problem, do you have difficulty reading?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
P8. Does performing more ambitious activities like sports, dancing, household chores such as sweeping or putting dishes away increase your problem?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
E9. Because of your problem, are you afraid to leave your home without someone accompanying you?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
E10. Because of your problem, have you been embarrassed in front of others?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
P11. Do quick movements of your head increase your problem?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
F12. Because of your problem, do you avoid heights?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
P13. Does turning over in bed increase your problem?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
F14. Because of your problem, is it difficult for you to do strenuous house work or yard work?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
E15. Because of your problem, are you afraid people may think you are intoxicated?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
F16. Because of your problem, is it difficult for you to go for a walk by yourself?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
P17. Does walking down a sidewalk increase your problem?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
E18. Because of your problem, is it difficult for you to concentrate?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
F19. Because of your problem, is it difficult for you to walk around your house in the dark?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
E20. Because of your problem, are you afraid to stay home alone?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
E21. Because of your problem, do you feel handicapped?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
E22. Has your problem placed stress on your relationships with members of your family or friends?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
E23. Because of your problem, are you depressed?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
F24. Does your problem interfere with your job or household responsibilities?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
P25. Does bending over increase your problem?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

*Jacobson GP, Newman CW. The development of the Dizziness Handicap Inventory. Arch Otolaryngol Head Neck Surg. 1990 Apr; 116(4): 424-7*

## SCORING METHOD FOR DIZZINESS HANDICAP INVENTORY

**E** = Emotionally based questions (#'s 2, 9, 10, 15, 18, 20, 21, 22, 23)  
9 questions total

**F** = Functionally based questions (#'s 3, 5, 6, 7, 12, 14, 16, 19, 24)  
9 questions total

**P** = Physically based questions (#'s 1, 4, 8, 11, 13, 17, 25)  
7 questions total

### SCORE VALUES

"YES" = 4 POINTS

"SOMETIMES" = 2 POINTS

"NO" = 0 POINTS

### FINAL SCORES

**EMOTIONAL** = total sum of columns for the "E" questions above / Pt's total (9X4=36) or,  
**Patients Score (E questions) / Pt total score**

**FUNCTIONAL** = total sum of columns for the "F" questions above / total possible (9X4=36) or,  
**Patients Score (F questions) / Pt total score**

**PHYSICAL** = total sum of columns for the "P" questions above / total possible (7X4=28) or,  
**Patients Score (P questions) / Pt total score**

**TOTAL COMPOSITE SCORE** = (E + F + P questions) / 100

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