

SF-36

The SF-36 is a health status profile originally designed to measure health status of patients and outcomes of patients.

The original target population was individuals living in the community. The SF-36 is used today in outpatient settings and with community-dwelling older adults.

The 36 questions on the SF-36 are meant to reflect 8 domains of health, including physical functioning, physical role, pain, general health, vitality, social function, emotional role, and mental health. The categories of physical role and emotional role reflect performance at the activity and participation levels.

The SF-36 has been found to be reliable and valid for measuring health-related quality of life of individuals with several chronic health conditions and in several countries. Especially the physical functioning domain of the SF-36 measures mobility disability in several patient populations.

The Short Form 36 (SF-36) was standardized in 1990 as a self-report measure of functional health and well-being. Version 2.0 was published in 1996 (SF-36v2), with copyright and trademark privileges belonging to the Medical Outcomes Trust, Health Assessment Lab, and QualityMetric Incorporated. The SF-36 was designed to be a brief yet comprehensive measure of general health status.

The SF-36 questionnaire consists of eight scales yielding two summary measures: physical and mental health. The physical health measure includes four scales of physical functioning (10 items), role-physical (4 items), bodily pain (2 items), and general health (5 items). The mental health measure is composed of vitality (4 items), social functioning (2 items), role-emotional (3 items), and mental health (5 items). A final item, termed *self-reported health transition*, is answered by the client but is not included in the scoring process. The SF-36 offers a choice of recall format at a standard (4 week) or acute (1 week) time frame. Likert scales and yes/no options are used to assess function and well-being on this 36-item questionnaire. To score the SF-36, scales are standardized with a scoring algorithm or by the SF-36v2 scoring software to obtain a score ranging from 0 to 100. Higher scores indicate better health status, and a mean score of 50 has been articulated as a

normative value for all scales. The SF-36 has been translated into more than 40 languages.

Scores can be summed together from all domains with differing weightings to contribute to two summary scores, a physical component score and a mental component score.

Item numbers	Change original response category *	To recoded value of:
1, 2, 20, 22, 34, 36	1 →	100
	2 →	75
	3 →	50
	4 →	25
	5 →	0
3, 4, 5, 6, 7, 8, 9, 10, 11, 12	1 →	0
	2 →	50
	3 →	100
13, 14, 15, 16, 17, 18, 19	1 →	0
	2 →	100
21, 23, 26, 27, 30	1 →	100
	2 →	80
	3 →	60
	4 →	40
	5 →	20
	6 →	0
24, 25, 28, 29, 31	1 →	0
	2 →	20
	3 →	40
	4 →	60
	5 →	80
	6 →	100
32, 33, 35	1 →	0
	2 →	25
	3 →	50
	4 →	75
	5 →	100

Dimension	Number of items	Sequence of items
Physical functioning	10	3, 4, 5, 6, 7, 8, 9, 10, 11, 12
Social functioning	2	20, 32
Role limitation–Physical	4	13, 14, 15, 16
Role limitation–Emotional	3	17, 18, 19
Mental health	5	24, 25, 26, 28, 30
Vitality	4	23, 27, 29, 31
Bodily pain	2	21, 22
General health	5	1, 33, 34, 35, 36
Health changes	1	2
Total	36	

SF-36, 36-item Short Form Survey

ITEMS	SCALES	Dimensions	
3. Vigorous activities	Scale 1: Physical Functioning (PF)	Dimension A: PHYSICAL HEALTH	Dimension B: MENTAL HEALTH
4. Moderate activities			
5. Lift, carry groceries			
6. Climb several flights			
7. Climb one flight			
8. Bend, kneel			
9. Walk mile			
10. Walk several blocks			
11. Walk one block			
12. Bathe, dress			
13. Cut down time	Scale 2: Role-Physical (RP)		
14. Accomplished less			
15. Limited in kind			
16. Had difficulty	Scale 3: Bodily Pain (BP)		
21. Pain-magnitude			
22. Pain-interfere	Scale 4: General Health (GH)		
1. General health rating			
36. Excellent			
34. As healthy as anyone			
33. Sick easier			
35. Health worse	Scale 5: Vitality (VT)		
23. Pep/life			
27. Energy			
29. Worn out			
31. Tired	Scale 6: Social Functioning (SF)		
32. Social-extent			
20. Social-time	Scale 7: Role-Emotional (RE)		
17. Cut down time			
18. Accomplished less			
19. Not careful	Scale 8: Mental Health (MH)		
24. Nervous			
25. Down in dumps			
26. Peaceful			
28. Blue/sad			
30. Happy			
2. Change in reported health			

Online software to score SF-36- <https://orthotoolkit.com/sf-36/>