



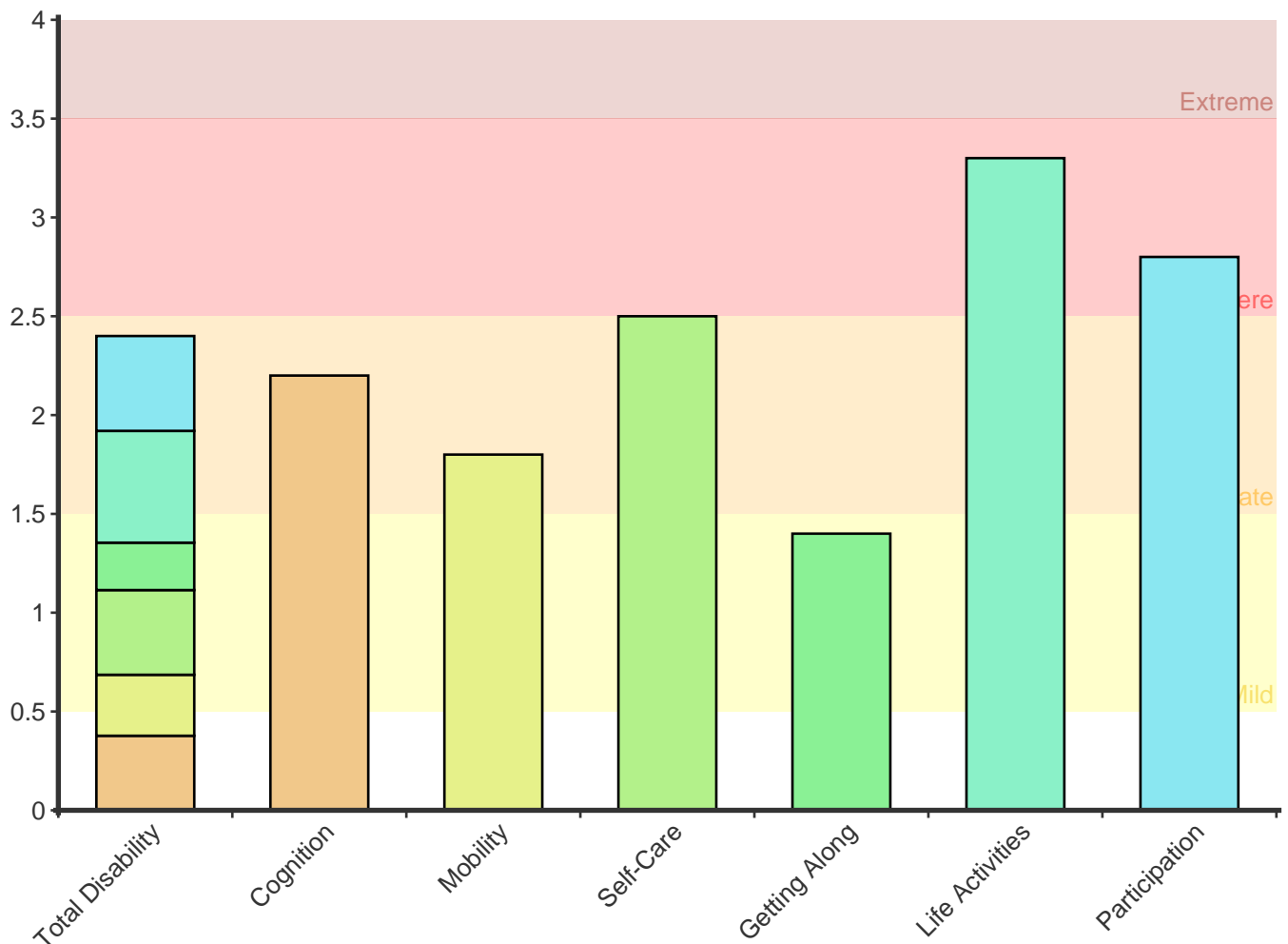
## World Health Organisation Disability Assessment Schedule 2.0 - Self (WHODAS-self)

Client Name	Chrissy Foreman	Date administered	30 Jun 2025
Date of birth (age)	23 Oct 1979 (45)	Time taken	5 min 39s
Assessor	Kimmy Lane		

### Results

	Score (0 to 100)	Percentile	Average Score (0 to 4)	Descriptor
Overall Disability	67	98.1	2.4	Moderate
Cognition	65	98.1	2.2	Moderate
Mobility	56	94.7	1.8	Moderate
Self-Care	80	98.1	2.5	Severe
Getting Along	42	90.4	1.4	Mild
Life Activities	79	98.1	3.3	Severe
Participation	71	98.1	2.8	Severe

### Average Scores





<b>Client Name</b>	Chrissy Foreman
--------------------	-----------------

## Interpretation

According to the WHODAS-self total score, the client is experiencing an overall level of disability in the 'moderate' range.

In comparison to the other domains, the client is experiencing the most disability in the Life Activities domain. Conversely, the client shows a relative strength in the Getting Along domain.

### Cognition Domain

The client's cognitive functioning is within the 'moderate' range. A severity descriptor of 'moderate' indicates notable impairments in communication and/or cognitive functioning for the client. They may experience significant difficulties in understanding instructions, processing information, or solving problems independently. These challenges can affect their ability to perform tasks related to work, household management, and social interactions. They may require structured support to accommodate their cognitive deficits and enhance their independence.

### Mobility Domain

The client scored in the 'moderate' range with clinically significant strengths and weaknesses. However, there was a large amount of variability in responses within the Mobility domain, so it is recommended that the individual items be inspected rather than only relying on the broader domain level rating. For example, item 7 ('Standing for long periods such as 30 minutes?') was a clinically significant weakness, marked as extreme, while item 8 ('Standing up from sitting down?') was a significant strength, scored as mild.

### Self-Care Domain

The client's self-care abilities are within the 'severe' range. A severity descriptor of 'severe' implies that the client faces significant challenges in self-care. Within this domain, this client exhibits notable impairments that severely impact their ability to perform basic self-care tasks independently. They may require extensive assistance or supervision from caregivers for activities such as bathing, dressing, grooming, or feeding.

### Getting Along Domain

The client's ability to get along with others is within the 'mild' range. A descriptor of 'mild' suggests that the client may encounter occasional challenges in getting along with people. Despite these mild difficulties, they generally exhibit some level of social competence and interpersonal skills. However, they may experience occasional struggles in specific or challenging interpersonal situations such as initiating conversations, interpreting nonverbal cues, or understanding social norms. With some support and accommodations, this client can participate meaningfully in social interactions and develop positive relationships, albeit with some limitations.

### Life Activities Domain

The client's ability to perform life activities is within the 'severe' range. A severity descriptor of 'severe' implies that the client faces notable challenges in managing household and/or school/work responsibilities. Within this domain, this client exhibits significant impairments that considerably impact their ability to perform tasks independently. They may require extensive assistance or supervision from caregivers for activities such as household chores, assignments, or job tasks.

### Participation Domain

The client's participation in society is within the 'severe' range. A descriptor of 'severe' indicates



<b>Client Name</b>	Chrissy Foreman
--------------------	-----------------

## Interpretation (cont.)

that the client faces profound challenges in participating in society. Within this domain, they exhibit significant impairments that considerably impact their ability to engage with others, access community resources, or participate in social activities. They may have difficulty forming social connections, accessing transportation, or participating in community events independently, which is why they may need ongoing support to help them avoid social isolation or exclusion from societal opportunities.

### Questions 37 - 39

The client indicated that they experienced these difficulties for 73% (22 days) of the time in the past 30 days. The client indicated that they were unable to carry out their usual activities or work for 20% (6 days) of the time in the past 30 days due to health conditions. The client indicated that they had to cut back or reduce their usual activities or work for 40% (12 days) of the time in the past 30 days due to health conditions.

## Scoring and Interpretation Information

For comprehensive information on the WHODAS-self, [see here](#).

There are two scoring methods used for the WHODAS 2.0:

1. Score (and its percentile)
2. Average score (and its descriptor)

The first score is determined using “item-response-theory” (IRT), where it takes into account multiple levels of difficulty for each WHODAS 2.0 item (1-36). Converting the summary score into a metric ranging from 0 to 100 (where 0 = no disability; 100 = full disability). A percentile is provided that allows for a comparison to a large sample ( $n = 1,431$ ) from a wide variety of populations (general population, populations with physical problems, populations with mental or emotional problems, populations with alcohol and drug use problems) from over 21 countries (WHO, 2010). A percentile of 50 indicates that an individual is experiencing an average level of disability when compared to members of the sample.

The average scores are comparable to the WHODAS 5-point scale, which allows the clinician to think of the individual's disability in terms of none (0-0.49), mild (0.5-1.49), moderate (1.5-2.49), severe (2.5-3.49), or extreme (3.5-4). The average domain score is calculated by dividing the raw domain score by the number of items in the domain. The average general disability score is calculated by dividing the raw overall score by number of items in the measure (i.e., 36). Average scores should be emphasised when the client misses optional items as its scoring caters for these missing items, whereas the complex scoring method does not.

The two scoring methods are used for each of the 6 domains:

1. Cognition (q 1 - 6) – Assesses communication and thinking activities; specific areas assessed include concentrating, remembering, problem solving, learning and communicating.
2. Mobility (q 7 - 11) – Assesses activities such as standing, moving around inside the home, getting out of the home and walking a long distance.
3. Self-care (q 12 - 15) – Assesses hygiene, dressing, eating and staying alone.
4. Getting along (q 16 - 20) – Assesses interactions with other people and difficulties that might be encountered with this life domain due to a health condition; in this context, “other people” includes those known intimately or well (e.g. spouse or partner, family members or close friends) and those not known well (e.g. strangers).
5. Life activities (q 21 - 28; note, questions 25-28 are optional if not relevant) – Assesses

**Client Name** | Chrissy Foreman**Scoring and Interpretation Information (cont.)**

difficulty with day-to-day activities (i.e. those that people do on most days, including those associated with domestic responsibilities, leisure, work and school).

6. Participation (q 29 - 36) – Assesses social dimensions, such as community activities; barriers and hindrances in the world around the respondent; and problems with other issues, such as maintaining personal dignity.

If there is excessive variability (i.e., some extreme responses) within a domain score (NovoPsych 2024), it will be noted in the interpretive text. In these cases, it is recommended that the domain score be de-emphasised in favour of an examination of individual items to determine the client's strengths and weaknesses.

Plots are displayed upon first administration that show the average scores for the total and domains.

Upon multiple administrations of the WHODAS, longitudinal plots will be displayed for the total average score and for the domain average scores. This allows the practitioner to see if there has been any change in total and domain-level functioning for the client over time.

**Client Responses**

		None	Mild	Moderate	Severe	Extreme or cannot do
1	Concentrating on doing something for ten minutes?	0	1	2	3	4
2	Remembering to do important things?	0	1	2	3	4
3	Analysing and finding solutions to problems in day-to-day life?	0	1	2	3	4
4	Learning a new task, for example, learning how to get to a new place?	0	1	2	3	4
5	Generally understanding what people say?	0	1	2	3	4
6	Starting and maintaining a conversation?	0	1	2	3	4
7	Standing for long periods such as 30 minutes?	0	1	2	3	4
8	Standing up from sitting down?	0	1	2	3	4
9	Moving around inside your home?	0	1	2	3	4
10	Getting out of your home?	0	1	2	3	4
11	Walking a long distance such as a kilometre (or equivalent)?	0	1	2	3	4





**Client Name** | Chrissy Foreman

## Client Responses (cont.)

		None	Mild	Moderate	Severe	Extreme or cannot do
12	Washing your whole body?	0	1	2	3	4
13	Getting dressed?	0	1	2	3	4
14	Eating?	0	1	2	3	4
15	Staying by yourself for a few days?	0	1	2	3	4
16	Dealing with people you do not know?	0	1	2	3	4
17	Maintaining a friendship?	0	1	2	3	4
18	Getting along with people who are close to you?	0	1	2	3	4
19	Making new friends?	0	1	2	3	4
20	Sexual activities?	0	1	2	3	4
21	Taking care of your household responsibilities?	0	1	2	3	4
22	Doing most important household tasks well?	0	1	2	3	4
23	Getting all the household work done that you needed to do?	0	1	2	3	4
24	Getting your household work done as quickly as needed?	0	1	2	3	4
25	<small>If you work (paid, non-paid, self-employed) or go to school, complete questions 25-28 below. Otherwise, skip to question 29.</small> Because of your health condition, in the past 30 days, how much difficulty did you have in: <small>Your day-to-day work/school?</small>	0	1	2	3	4
26	Doing your most important work/school tasks well?	0	1	2	3	4
27	Getting all the work done that you need to do?	0	1	2	3	4
28	Getting your work done as quickly as needed?	0	1	2	3	4
29	<small>In the past 30 days:</small> How much of a problem did you have in joining in community activities (for example, festivities, religious or other activities) in the same way as anyone else can?	0	1	2	3	4
30	How much of a problem did you have because of barriers or hindrances in the world around you?	0	1	2	3	4



**Client Name** | Chrissy Foreman

### Client Responses (cont.)

		None	Mild	Moderate	Severe	Extreme or cannot do
31	How much of a problem did you have living with dignity because of the attitudes and actions of others?	0	1	2	3	4
32	How much time did you spend on your health condition, or its consequences?	0	1	2	3	4
33	How much have you been emotionally affected by your health condition?	0	1	2	3	4
34	How much has your health condition been a drain on the financial resources of you or your family?	0	1	2	3	4
35	How much of a problem did your family have because of your health problems?	0	1	2	3	4
36	How much of a problem did you have in doing things by yourself for relaxation or pleasure?	0	1	2	3	4
37	Overall, in the past 30 days, how many days were these difficulties present?					
	22					
38	In the past 30 days, for how many days were you totally unable to carry out your usual activities or work because of any health condition?					
	6					
39	In the past 30 days, not counting the days that you were totally unable, for how many days did you cut back or reduce your usual activities or work because of any health condition?					
	12					