

14. How old are you?

\_\_\_\_\_ Years

15. Are you ...?

- 1 Female
- 2 Male

16. Were you born in this country?

- 1 Yes
- 2 No
- 3 Don't Know

17. Were both of your parents born in this country?

- 1 Yes
- 2 No
- 3 Don't Know

18. How many years of formal education (grade school, high school, college, and/or technical school) have you successfully completed?

\_\_\_\_\_ Years

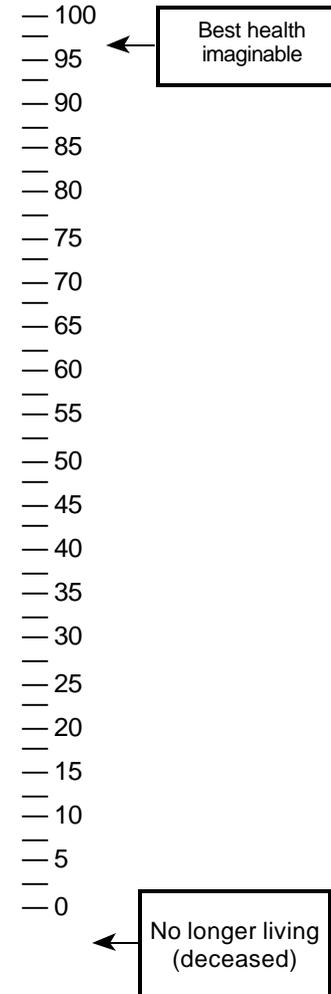
19. Are you of Hispanic, Latino, or of Spanish origin?

- 1 Yes
- 2 No
- 3 Don't Know

20. What race(s) do you consider yourself to be? (Circle all that apply)

- 1 White
- 2 Black or African American
- 3 Asian
- 4 Native Hawaiian or other Pacific Islander
- 5 American Indian or Alaska Native
- 6 Some other race

4. Please place an arrow (◄) by the number on this scale that best represents your health today, where 100 is the Best Health Imaginable and 0 is No Longer Living (deceased).



5. There are different types of places you can get health services. Looking at the list below, please indicate the number of times you went to each of them in the last 30 days for your personal medical care. Write "0" for those that you did not use.

**Times Used**

- \_\_\_\_\_ General Practitioners
- \_\_\_\_\_ Dentists
- \_\_\_\_\_ Specialists
- \_\_\_\_\_ Physiotherapists
- \_\_\_\_\_ Chiropractors
- \_\_\_\_\_ Traditional Healers
- \_\_\_\_\_ Clinic (staffed mainly by nurses, operating separately from a hospital)
- \_\_\_\_\_ Hospital outpatient unit
- \_\_\_\_\_ Hospital inpatient services
- \_\_\_\_\_ Pharmacy (where you talked to someone about your care and did not just purchase medicine)
- \_\_\_\_\_ Home Health Care Services
- \_\_\_\_\_ Other (Specify) \_\_\_\_\_
- \_\_\_\_\_ Don't Know

6. Are you covered by any public or private health insurance funds for visits to doctors or other health care providers where you do not stay overnight (outpatient care)?

- 1 Yes
- 2 No
- 3 Don't Know

7. Are you covered by any public or private health insurance funds for hospital care?

- 1 Yes
- 2 No
- 3 Don't Know

1. In general, how would you rate your health today? *(Please circle the number of your answer.)*

- 1 Very Good
- 2 Good
- 3 Moderate
- 4 Bad
- 5 Very Bad

2. Next, please think about just the last 30 days and answer the following questions by circling the appropriate answer for each question.

In the last 30 days ...	None	Mild	Medium	Severe	Extreme
how much difficulty did you have with moving around? . . . . .	None	Mild	Medium	Severe	Extreme
how much difficulty did you have with self-care, such as washing or dressing yourself? . . . . .	None	Mild	Medium	Severe	Extreme
how much difficulty did you have with work or household activities? . . . . .	None	Mild	Medium	Severe	Extreme
how much pain or discomfort did you have? . . . . .	None	Mild	Medium	Severe	Extreme
how much distress, sadness, or worry did you experience? . . . . .	None	Mild	Medium	Severe	Extreme
how much difficulty did you have with concentrating or remembering things? . . . . .	None	Mild	Medium	Severe	Extreme
how much difficulty did you have with personal relationships or participation in the community? . . . . .	None	Mild	Medium	Severe	Extreme

3. In the last 30 days, how many days were you completely unable to: *(Please write the number of your answer in the blank.)*

Do any household work: \_\_\_\_\_ days  
 Go to work: \_\_\_\_\_ days

*If not employed, please check here*

21. Please provide this information for all the people in your household, starting with yourself.

Household Member No.	Relation to You (e.g., wife, son, mother)	Gender (F for Female; M for Male)	Age (Years)	Education (Number of Years)
yourself				
2				
3				
4				
5				
6				
7				
8				
9				
10				

22. Which income category does your household fall into (net income, before taxes, and other deductions)?

- 1 Less than \$20,000
- 2 \$20,000 to \$39,999
- 3 \$40,000 to \$59,999
- 4 \$60,000 to \$79,999
- 5 \$80,000 to \$99,999
- 6 \$100,000 or more

9. Here are some health situations that people sometimes face. For each one, how would you rate how much distress, sadness or worry this person experiences? (Please circle one answer for each.)

How do you rate how much distress, sadness or worry this person experiences?  
(Please circle your answer.)



Jan feels nervous and anxious. She is depressed nearly every day for 3-4 hours thinking negatively about the future, but feels better in the company of people or when doing something that really interests her. . . . .

None Mild Moderate Severe Extreme

Carol remains happy and cheerful most of the time, but once a week feels worried about things at work. She gets depressed once a month and loses interest but is able to come out of this mood within a few hours. . . . .

None Mild Moderate Severe Extreme

Ken remains happy and cheerful almost all the time. He is very enthusiastic and enjoys life. . . . .

None Mild Moderate Severe Extreme

9. (continued)

How do you rate how much distress, sadness or worry this person experiences?  
(Please circle your answer.)



Roberta feels depressed all the time, weeps frequently and feels completely hopeless. She feels she has become a burden, feels it is better to be dead than alive, and often plans suicide. . . . .

None Mild Moderate Severe Extreme

Evan feels worried all the time about things at work and home, and feels that they will go wrong. He gets depressed once a week for a day, thinking negatively about the future, but is able to come out of this mood within a few hours. . . . .

None Mild Moderate Severe Extreme

John feels tense and on edge all the time. He is depressed nearly everyday and feels hopeless. He also has a low self esteem, is unable to enjoy life, and feels that he has become a burden... . . . . .

None Mild Moderate Severe Extreme

8. Here are some everyday situations that people sometimes face. For each one, how would you rate this person's difficulty with moving around? (Please circle one answer for each.)

How do you rate this person's difficulty with moving around?  
(Please circle your answer.)



Paul is an active athlete who runs long distance races of 15 miles twice a week and engages in soccer with no problems.. . . . None    Mild    Moderate    Severe    Extreme

Margaret feels chest pain and gets breathless after walking distances of up to 200 yards, but is able to do so without assistance. Bending and lifting objects such as groceries produces pain . . . . . None    Mild    Moderate    Severe    Extreme

David is paralyzed from the neck down. He is confined to bed and must be fed and bathed by someone else . . . . . None    Mild    Moderate    Severe    Extreme

12. Next, please tell us how much emphasis should be given to each of these goals by also distributing 100 points. Remember, each goal can get any number of points, from 0 to 100, but the total **MUST** add up to 100.

How many of your 100 points should be given to each?

Improve the average level of health in the U.S. . . . . \_\_\_\_\_

Improve the equality of health and health care in the U.S. . . . . \_\_\_\_\_

**Total = 100 points**

13. Finally, here are two final goals. Please tell us how much emphasis each of these goals should get in the U.S. by distributing 100 points for them.

How many points would you give to each?

The average level of people's rights for dignity, confidentiality, and the right to choose their own health provider. . . . . \_\_\_\_\_

Equality among all in people's rights for dignity, confidentiality, and the right to choose their own health provider. . . . . \_\_\_\_\_

**Total = 100 points**

10. Listed below are three possible goals for health care in the United States. We want to know which of these goals you think is the most and least important. Please put a "1" in the box for the goal you think is "Most Important," a "2" in the box for the "Second Most Important," and a "3" for the "Least Important."

- Improve the health of everyone. This goal means:
  - \$ All people live longer with less illness.
  - \$ There is more equality in people's health, their illnesses, and how long they live.
  
- Improve how people are treated when they receive health care. This goal means:
  - \$ Rights of the individual for dignity, autonomy, confidentiality, and clear communication are respected.
  - \$ Basic amenities—adequate social support and people's choice of a health care provider.
  - \$ All people are treated equally.
  
- Charge people what they can afford. This goal means:
  - \$ Everyone pays a fair share of the costs of health care.
  - \$ Healthy people share costs for the services for the ill.
  - \$ Higher income people pay some of the health care costs for lower income people.

11. Suppose you could tell our nation's doctors, insurance companies, and the government how much emphasis should be placed on achieving these goals. It would be most helpful to us if you did this by distributing "100 points" according to the emphasis you would like to see placed on achieving each goal. The more emphasis you want on a goal, the more points it should be given. You can give any number of points, from 0 to 100, to each goal, but the total MUST add up to 100.

How many of your 100 points would you give to each?

Improve the health of everyone. .... \_\_\_\_\_

Improve how people are treated when they receive health care. .... \_\_\_\_\_

Charge people what they can afford. .... \_\_\_\_\_

**Total = 100 points**

8. (Continued)

How do you rate this person's difficulty with moving around?  
(Please circle your answer.)

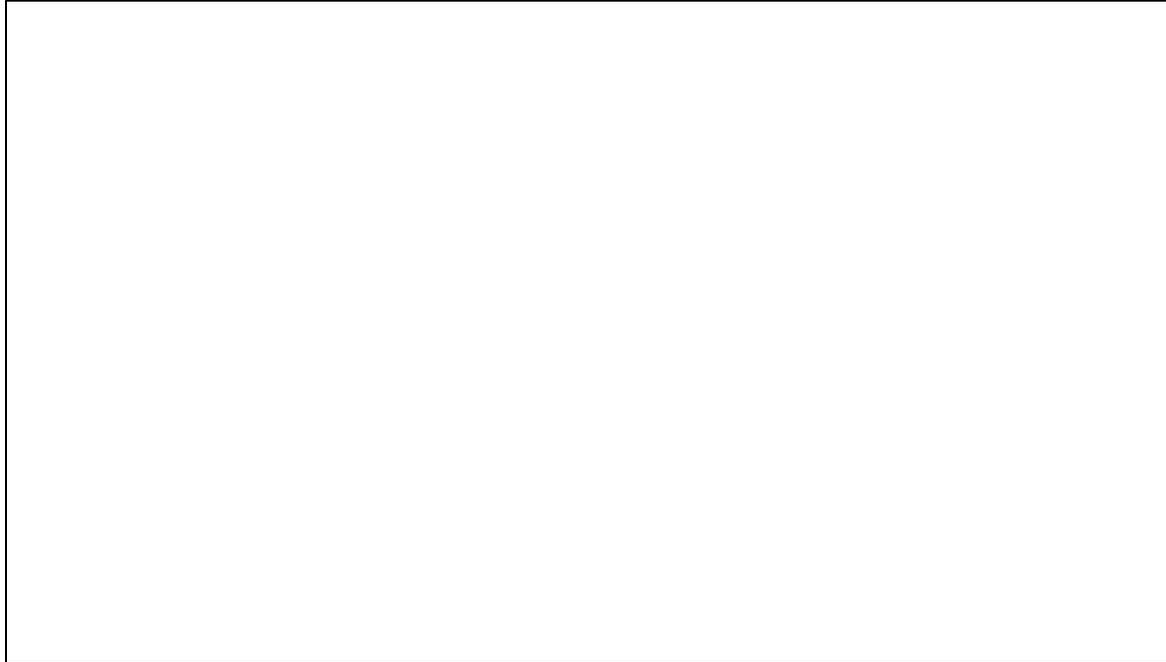


Mary has no problems with moving around or using her hands, arms and legs. She jogs 3 miles twice a week without any problems ..... None      Mild      Moderate      Severe      Extreme

Rob is able to walk distances of up to 200 yards without any problems but feels breathless after walking half of a mile or climbing up more than one flight of stairs. He has no problems with day-to-day physical activities, such as carrying food from the market ..... None      Mild      Moderate      Severe      Extreme

Louis is able to move his arms and legs, but requires assistance in standing up from a chair or walking around the house. Any bending is painful and lifting is impossible. .... None      Mild      Moderate      Severe      Extreme

Thank you very much for your help with this world-wide survey of people experiences in getting health care. If you would like to make any additional comments, please use this space.



## **Health Care Experiences in the United States: A Nationwide Survey of 5,000 adults**

**Please return your completed questionnaire to:**

***The Social & Economic Sciences Research Center  
Washington State University  
PO Box 641801  
Pullman, WA 99164-1801  
USA***

***Thank You!***