

MHAQ

MODIFIED HEALTH ASSESSMENT QUESTIONNAIRE (MHAQ)

Functional assessment tools such as the MHAQ measure disease-related disability, discomfort, and quality of life in patients with RA. Please check the response that best describes your usual abilities OVER THE COURSE OF THE LAST WEEK.

ARE YOU ABLE TO:	WITHOUT ANY DIFFICULTY	WITH SOME DIFFICULTY	WITH MUCH DIFFICULTY	UNABLE TO DO
Dress yourself, including tying shoelaces and doing buttons?	___ 0	___ 1	___ 2	___ 3
Get in and out of bed?	___ 0	___ 1	___ 2	___ 3
Lift a full cup or glass to your mouth?	___ 0	___ 1	___ 2	___ 3
Walk outdoors on flat ground?	___ 0	___ 1	___ 2	___ 3
Wash and dry your entire body?	___ 0	___ 1	___ 2	___ 3
Bend down to pick up clothing from the floor?	___ 0	___ 1	___ 2	___ 3
Turn regular faucets on and off?	___ 0	___ 1	___ 2	___ 3
Get in and out of a bus, car, train, or airplane?	___ 0	___ 1	___ 2	___ 3
Subtotal				
TOTAL				

Source: Pincus T, Yazici Y, Bergman M. Development of a multi-dimensional health assessment questionnaire (MD-HAQ) for the infrastructure of standard clinical care. *Clin Exp Rheumatol*. 2005;23(Suppl 39):S19-S28.

HOW TO SCORE THE MHAQ

1. Ask the patient to complete the entire questionnaire by circling the appropriate responses while in the waiting room prior to his/her visit.
2. Add the totals from each of the four columns to get the patient's MHAQ score.
3. Divide this score by 8—your result should fall between 0.0 and 3.0. The higher the score, the greater the overall disability. MHAQ scores <0.3 are considered normal, although the average MHAQ in the general population increases with age.

MHAQ EXAMPLE

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ARE YOU ABLE TO:	WITHOUT ANY DIFFICULTY	WITH SOME DIFFICULTY	WITH MUCH DIFFICULTY	UNABLE TO DO
Dress yourself, including tying shoelaces and doing buttons?	___ 0	<u>X</u> 1	___ 2	___ 3
Get in and out of bed?	<u>X</u> 0	___ 1	___ 2	___ 3
Lift a full cup or glass to your mouth?	___ 0	___ 1	<u>X</u> 2	___ 3
Walk outdoors on flat ground?	___ 0	___ 1	<u>X</u> 2	___ 3
Wash and dry your entire body?	___ 0	<u>X</u> 1	___ 2	___ 3
Bend down to pick up clothing from the floor?	___ 0	<u>X</u> 1	___ 2	___ 3
Turn regular faucets on and off?	<u>X</u> 0	___ 1	___ 2	___ 3
Get in and out of a bus, car, train, or airplane?	<u>X</u> 0	___ 1	___ 2	___ 3
Subtotal	0	3	4	0
TOTAL	7/8 = 0.875			

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