

Alfred Sandringham Caulfield

OBESITY MULTIDISCIPLINARY MANAGEMENT CLINIC - ASSESSMENTS

Last name*		First name/s*	
Date of birth*		Sex	<input type="checkbox"/> Female <input type="checkbox"/> Male <input type="checkbox"/> Other

*mandatory fields

Date questionnaires completed _____

Return completed questionnaire to: F 03 9076 6938 E ommc@alfred.org.au

Enquires: T 03 9076 2025 (Save questionnaire to your computer to complete electronically)

EPWORTH SLEEPINESS SCALE (ESS)

The following questionnaire will help you measure your general level of daytime sleepiness. You are to rate the chance that you would *doze off or fall asleep* during different routine daytime situations.

Answers to the questions are rated on a reliable scale called the Epworth Sleepiness Scale (ESS).

Each item is rated from 0 to 3: with 0 meaning you would never *doze or fall asleep* in a given situation; and 3 meaning that there is a very high chance that you would *doze or fall asleep* in that situation.

How likely are you to *doze off or fall asleep* in the following situations, in contrast to just feeling tired? Even if you haven't done some of the activities recently, think about how they would have affected you.

Use this scale to choose the most appropriate number for each situation:

- 0 = would never doze
- 1 = slight chance of dozing
- 2 = moderate chance of dozing
- 3 = high chance of dozing

It is important that you **enter a number** (0 to 3) for EACH situation.

SITUATION

CHANCE OF DOZING

SITUATION	0	1	2	3	
Sitting and Reading	0	1	2	3	
Watching Television	0	1	2	3	
Sitting inactive in a public place (theatre/meeting)	0	1	2	3	
As a passenger in a car for an hour without a break	0	1	2	3	
Lying down to rest in the afternoon	0	1	2	3	
Sitting and talking to someone	0	1	2	3	
Sitting quietly after lunch (with no alcohol)	0	1	2	3	
In a car, while stopped in traffic	0	1	2	3	
TOTAL SCORE					

Dr Johns owns the copyright to the ESS (Copyright © M.W.Johns 1990-1997)

Dr Johns permits use of the ESS by individual people (including clinicians and researchers) free of charge

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OVERALL HEALTH STATUS (EQ-5D-5L)

Under each heading, **tick ONE box** that best described your health TODAY

MOBILITY
<input type="checkbox"/> I have no problems with walking around
<input type="checkbox"/> I have slight problems with walking around
<input type="checkbox"/> I have moderate problems with walking around
<input type="checkbox"/> I have severe problems with walking around
<input type="checkbox"/> I am unable to walk around
SELF CARE
<input type="checkbox"/> I have no problems with washing or dressing myself
<input type="checkbox"/> I have slight problems with washing or dressing myself
<input type="checkbox"/> I have moderate problems with washing or dressing myself
<input type="checkbox"/> I have severe problems with washing or dressing myself
<input type="checkbox"/> I am unable to wash or dress myself
USUAL ACTIVITIES <i>(eg, work, study, housework, family or leisure activities)</i>
<input type="checkbox"/> I have no problems doing my usual activities
<input type="checkbox"/> I have slight problems doing my usual activities
<input type="checkbox"/> I have moderate problems doing my usual activities
<input type="checkbox"/> I have severe problems doing my usual activities
<input type="checkbox"/> I am unable to do my usual activities
PAIN / DISCOMFORT
<input type="checkbox"/> I have no pain or discomfort
<input type="checkbox"/> I have slight pain or discomfort
<input type="checkbox"/> I have moderate pain or discomfort
<input type="checkbox"/> I have severe pain or discomfort
<input type="checkbox"/> I have extreme pain or discomfort
ANXIETY / DEPRESSION
<input type="checkbox"/> I am not anxious or depressed
<input type="checkbox"/> I am slightly anxious or depressed
<input type="checkbox"/> I am moderately anxious or depressed
<input type="checkbox"/> I am severely anxious or depressed
<input type="checkbox"/> I am extremely anxious or depressed

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OVERALL HEALTH STATUS (EQ-5D-5L) *Continued*

<p>We would like to know how good or bad your health is TODAY.</p> <p>This scale is numbered from 0 to 100.</p> <p>100 means the <u>best</u> health you can imagine.</p> <p>0 means the <u>worst</u> health you can imagine.</p> <ul style="list-style-type: none"> Mark an X on the scale to indicate how your health is TODAY. <i>(if possible)</i> Now, please write the number you marked on the scale in the box below. <p>YOUR HEALTH TODAY = _____ <i>(Enter number score from ruler scale)</i></p>	<p style="text-align: right;">The best health you can imagine</p> <p style="text-align: right;">The worst health you can imagine</p>
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EuroQol Research Foundation. (2023). EQ-5D-5L | Key References. <https://euroqol.org/information-and-support/documentation/key-references-2/eq-5d-5l-key-references/>

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SELF-EFFICACY FOR MANAGING CHRONIC DISEASE (SEMCD)

For each of the following questions, enter the number that corresponds with your **confidence** that you can do the tasks regularly at the present time.

How confident are you that you can

enter the number

1	How confident are you that you can keep the fatigue caused by your disease from interfering with the things you want to do?	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 10%;"></td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%;"></td> </tr> <tr> <td style="text-align: center;">not at all</td> <td style="text-align: center;">1</td> <td style="text-align: center;">2</td> <td style="text-align: center;">3</td> <td style="text-align: center;">4</td> <td style="text-align: center;">5</td> <td style="text-align: center;">6</td> <td style="text-align: center;">7</td> <td style="text-align: center;">8</td> <td style="text-align: center;">9</td> <td style="text-align: center;">10</td> <td style="text-align: center;">totally</td> </tr> <tr> <td style="text-align: center;">confident</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td style="text-align: center;">confident</td> </tr> </table>												not at all	1	2	3	4	5	6	7	8	9	10	totally	confident											confident
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2	How confident are you that you can keep the physical discomfort or pain of your disease from interfering with the things you want to do?	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 10%;"></td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%;"></td> </tr> <tr> <td style="text-align: center;">not at all</td> <td style="text-align: center;">1</td> <td style="text-align: center;">2</td> <td style="text-align: center;">3</td> <td style="text-align: center;">4</td> <td style="text-align: center;">5</td> <td style="text-align: center;">6</td> <td style="text-align: center;">7</td> <td style="text-align: center;">8</td> <td style="text-align: center;">9</td> <td style="text-align: center;">10</td> <td style="text-align: center;">totally</td> </tr> <tr> <td style="text-align: center;">confident</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td style="text-align: center;">confident</td> </tr> </table>												not at all	1	2	3	4	5	6	7	8	9	10	totally	confident											confident
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3	How confident are you that you can keep the emotional distress caused by your disease from interfering with the things you want to do?	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 10%;"></td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%;"></td> </tr> <tr> <td style="text-align: center;">not at all</td> <td style="text-align: center;">1</td> <td style="text-align: center;">2</td> <td style="text-align: center;">3</td> <td style="text-align: center;">4</td> <td style="text-align: center;">5</td> <td style="text-align: center;">6</td> <td style="text-align: center;">7</td> <td style="text-align: center;">8</td> <td style="text-align: center;">9</td> <td style="text-align: center;">10</td> <td style="text-align: center;">totally</td> </tr> <tr> <td style="text-align: center;">confident</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td style="text-align: center;">confident</td> </tr> </table>												not at all	1	2	3	4	5	6	7	8	9	10	totally	confident											confident
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4	How confident are you that you can keep any other symptoms or health problems you have from interfering with the things you want to do?	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 10%;"></td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%;"></td> </tr> <tr> <td style="text-align: center;">not at all</td> <td style="text-align: center;">1</td> <td style="text-align: center;">2</td> <td style="text-align: center;">3</td> <td style="text-align: center;">4</td> <td style="text-align: center;">5</td> <td style="text-align: center;">6</td> <td style="text-align: center;">7</td> <td style="text-align: center;">8</td> <td style="text-align: center;">9</td> <td style="text-align: center;">10</td> <td style="text-align: center;">totally</td> </tr> <tr> <td style="text-align: center;">confident</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td style="text-align: center;">confident</td> </tr> </table>												not at all	1	2	3	4	5	6	7	8	9	10	totally	confident											confident
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5	How confident are you that you can do the different tasks and activities need to manage your health condition so as to reduce your need to see a doctor?	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 10%;"></td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%;"></td> </tr> <tr> <td style="text-align: center;">not at all</td> <td style="text-align: center;">1</td> <td style="text-align: center;">2</td> <td style="text-align: center;">3</td> <td style="text-align: center;">4</td> <td style="text-align: center;">5</td> <td style="text-align: center;">6</td> <td style="text-align: center;">7</td> <td style="text-align: center;">8</td> <td style="text-align: center;">9</td> <td style="text-align: center;">10</td> <td style="text-align: center;">totally</td> </tr> <tr> <td style="text-align: center;">confident</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td style="text-align: center;">confident</td> </tr> </table>												not at all	1	2	3	4	5	6	7	8	9	10	totally	confident											confident
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6	How confident are you that you can do things other than just taking medication to reduce how much your illness affects your everyday life?	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 10%;"></td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%;"></td> </tr> <tr> <td style="text-align: center;">not at all</td> <td style="text-align: center;">1</td> <td style="text-align: center;">2</td> <td style="text-align: center;">3</td> <td style="text-align: center;">4</td> <td style="text-align: center;">5</td> <td style="text-align: center;">6</td> <td style="text-align: center;">7</td> <td style="text-align: center;">8</td> <td style="text-align: center;">9</td> <td style="text-align: center;">10</td> <td style="text-align: center;">totally</td> </tr> <tr> <td style="text-align: center;">confident</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td style="text-align: center;">confident</td> </tr> </table>												not at all	1	2	3	4	5	6	7	8	9	10	totally	confident											confident
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Self-Efficacy for Managing Chronic Diseases 6-item Scale References Lorig, K.R., Sobel, D.S., Ritter, P.L., Laurent, D., Hobbs, M. (2001). Effect of a self management program for patients with chronic disease. Effective Clinical Practice, 4, 256-262

To optimize your care, we will ask you to complete these health assessment questionnaires for your initial appointment, as well as at the 6-month and 12-month milestones.

Thank you for taking the time to complete these questionnaires.