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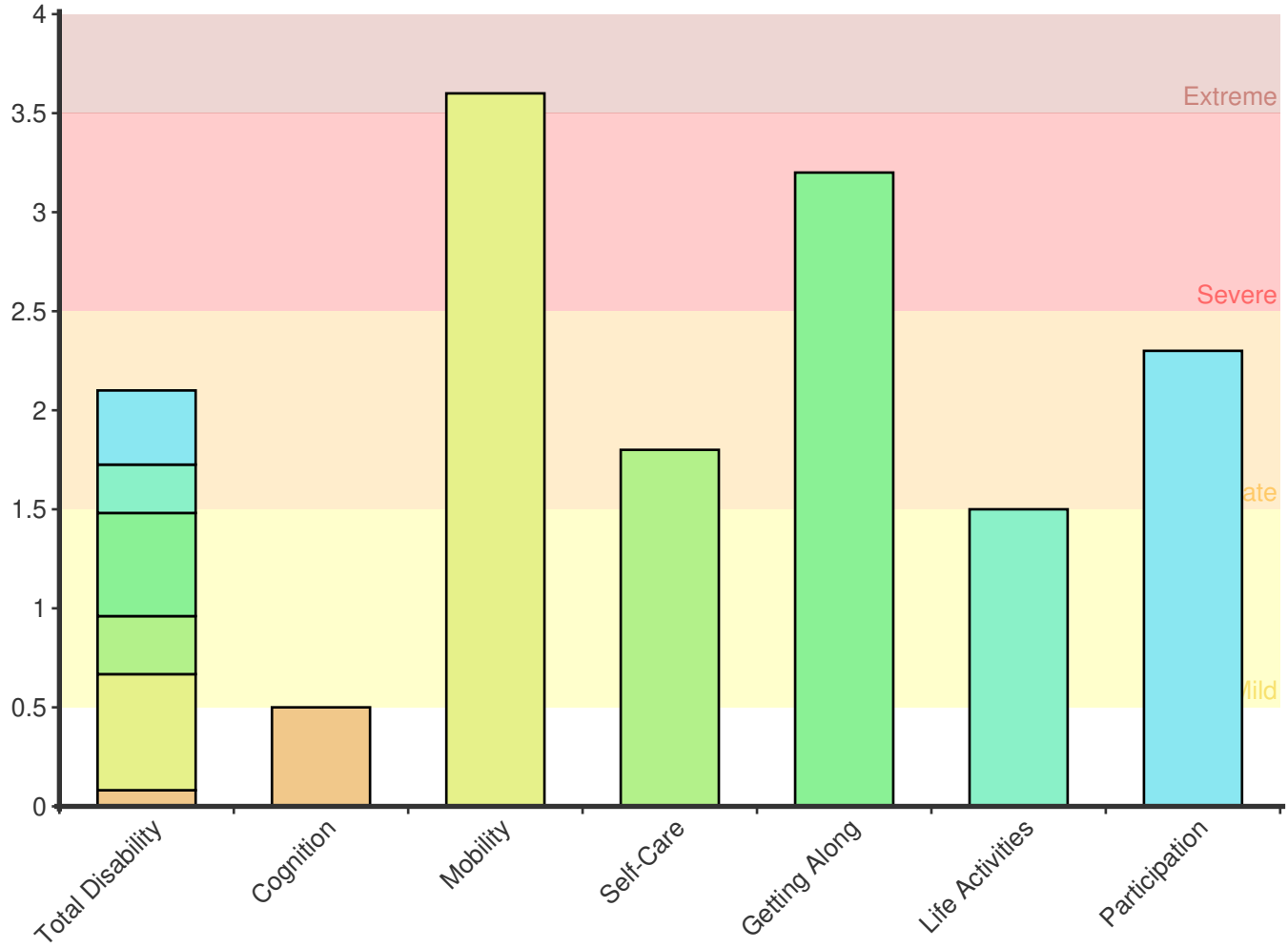
World Health Organisation Disability Assessment Schedule 2.0 - Self (WHODAS-self)

Client Name	Generic Client	*Date administered*	20 May 2024
Date of birth (age)	14 Dec 1980 (43)	*Time taken*	1 min 35s
Assessor	Dr David Hegarty		

Results

	Score (0 to 100)	Percentile	Average Score (0 to 4)	Descriptor
Overall Disability	56	94.7	2.1	Moderate
Cognition	15	78.4	0.5	Mild
Mobility	94	99.9	3.6	Extreme
Self-Care	50	94.7	1.8	Moderate
Getting Along	92	99.9	3.2	Severe
Life Activities	42	90.4	1.5	Moderate
Participation	63	98.1	2.3	Moderate

Average Scores



Client Name	Generic Client

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 Mobility domain. Conversely, the client shows a relative strength in the Cognition domain.

Cognition Domain
The client's cognitive functioning is within the 'mild' range. A descriptor of 'mild' suggests that the client may encounter occasional challenges in cognition and/or communication. Despite these mild difficulties, they generally exhibit some level of cognitive functioning and problem-solving skills. However, they may experience occasional struggles in specific areas such as remembering details, staying focused for extended periods, or processing complex information. With some support and accommodations, such as organisational strategies, this client can participate meaningfully in cognitive tasks and daily activities, albeit with some limitations.

Mobility Domain
The client's mobility is within the 'extreme' range. A severity descriptor of 'extreme' indicates that the client experiences profound and pervasive deficits in mobility. Within this domain, this client exhibits severe impairments that significantly impact their daily lives. They may have limited or no ability to walk or stand independently, requiring constant assistance or specialised equipment for mobility. This client typically requires intensive, multidisciplinary interventions and ongoing support to accommodate their mobility challenges and promote their overall well-being and participation in daily activities.

Self-Care Domain
The client's self-care abilities are within the 'moderate' range. A severity descriptor of 'moderate' indicates notable impairments in self-care for the client. They may experience significant difficulties in performing basic self-care activities independently, such as bathing, grooming, dressing, or feeding. These challenges can moderate their ability to maintain personal hygiene, manage their clothing, or feed themselves effectively. clients classified as 'moderate' may require assistance from caregivers or specialised interventions to address their self-care deficits and enhance their independence in daily activities.

Getting Along Domain
The client's ability to get along with others is within the 'severe' range. A severity descriptor of 'severe' indicates that the client faces notable challenges in getting along with people. Within this domain, this client exhibits significant impairments that severely impact their ability to form and maintain relationships, understand social dynamics, or engage in social interactions effectively. They usually have difficulty with social communication, expressing emotions, or understanding social boundaries, and may require social skills training or support from caregivers to facilitate social engagement.

Life Activities Domain
The client's ability to perform life activities is within the 'moderate' range. A severity descriptor of 'moderate' indicates notable impairments in managing household and/or school/work responsibilities for the client. They may experience significant difficulties in performing tasks independently, such as household chores, assignments, or job responsibilities. These challenges can moderate their ability to maintain a functional living environment or meet academic or professional expectations. They may require assistance from caregivers, academic or work accommodations to address their skill deficits and enhance their independence in

Client Name	Generic Client

Interpretation (cont.)

household and/or external activities.

Participation Domain
The client's participation in society is within the 'moderate' range. A severity descriptor of 'moderate' indicates notable impairments in participating in society for the client. They may experience significant difficulties in accessing community resources, forming social connections, or participating in community events and activities. These challenges can moderate their ability to engage with others, contribute to their community, and access opportunities for social inclusion. They may require structured support, community-based interventions, or assistance from caregivers to address their skills deficits and enhance their participation in society.

Questions 37 - 39
The client indicated that they experienced these difficulties for 83% (25 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 83% (25 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 17% (5 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

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Scoring and Interpretation Information (cont.)

e 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 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 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

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Client Responses (cont.)

		None	Mild	Moderate	Severe	Extreme or cannot do
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**
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	If you work (paid, non-paid, self-employed) or go to school, complete questions 25-28 below. Otherwise, skip to question 29. Because of your health condition, in the past 30 days, how much difficulty did you have in: Your day-to-day work/school?	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

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Client Responses (cont.)

		None	Mild	Moderate	Severe	Extreme or cannot do
29	In the past 30 days: 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
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?	
	25	
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?	
	25	
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?	
	5	