

Quick Guide to the Duke Health Profile (Duke)

Description:	The Duke is a well-validated 17-item self-report questionnaire with 11 subscales that measure functional health status and health-related quality of life during a 1-week period. The subscales are: physical health, mental health, social health, perceived health, disability, anxiety, depression, anxiety-depression, self-esteem, pain, and general health.																																																																								
Purpose:	The Duke is used to assess and monitor change in functional health status and health-related quality of life.																																																																								
Target Population:	Adults 18 & over																																																																								
Languages:	The Duke has been translated into Spanish, Russian, French, German, Italian, Korean, Polish, Portuguese, Dutch, Afrikaans, and Taiwanese																																																																								
Scoring and Interpreting:	<p>Raw Score: This is the score in the last digit of the numeral next to the blank checked by the patient for each item. For example, if the second blank is checked for item 10 (blank numeral = 101), then the raw score is "1", because 1 is the last digit of 101.</p> <p>Final score: The final score is the sum of the raw scores multiplied by 10. Total final scores for physical, mental and social health range from 0 to 100, with 0 indicating the worst possible health status and 100 indicating the best possible health status.</p> <table border="1" style="margin-left: auto; margin-right: auto; border-collapse: collapse; text-align: center;"> <thead> <tr> <th colspan="3">SOCIAL HEALTH</th> </tr> <tr> <th>Item #</th> <th>Raw Score</th> <th>Final Score (raw x 10)</th> </tr> </thead> <tbody> <tr><td>2</td><td></td><td></td></tr> <tr><td>6</td><td></td><td></td></tr> <tr><td>7</td><td></td><td></td></tr> <tr><td>15</td><td></td><td></td></tr> <tr><td>16</td><td></td><td></td></tr> <tr><td colspan="2">Sum of Final Scores</td><td></td></tr> <tr> <th colspan="3">PHYSICAL HEALTH</th> </tr> <tr> <th>Item #</th> <th>Raw Score</th> <th>Final Score (raw x 10)</th> </tr> <tr><td>8</td><td></td><td></td></tr> <tr><td>9</td><td></td><td></td></tr> <tr><td>10</td><td></td><td></td></tr> <tr><td>11</td><td></td><td></td></tr> <tr><td>12</td><td></td><td></td></tr> <tr><td colspan="2">Sum of Final Scores</td><td></td></tr> <tr> <th colspan="3">MENTAL HEALTH</th> </tr> <tr> <th>Item #</th> <th>Raw Score</th> <th>Final Score (raw x 10)</th> </tr> <tr><td>1</td><td></td><td></td></tr> <tr><td>4</td><td></td><td></td></tr> <tr><td>5</td><td></td><td></td></tr> <tr><td>13</td><td></td><td></td></tr> <tr><td>14</td><td></td><td></td></tr> <tr><td colspan="2">Sum of Final Scores</td><td></td></tr> </tbody> </table>	SOCIAL HEALTH			Item #	Raw Score	Final Score (raw x 10)	2			6			7			15			16			Sum of Final Scores			PHYSICAL HEALTH			Item #	Raw Score	Final Score (raw x 10)	8			9			10			11			12			Sum of Final Scores			MENTAL HEALTH			Item #	Raw Score	Final Score (raw x 10)	1			4			5			13			14			Sum of Final Scores		
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When to use:	The Duke will be used to track change in patients' symptoms over time. The Behaviorist should complete and score the Duke at every visit with patients 18 years of age and older.																																																																								
Recommended Interventions:	Pay particular attention to social health. When low, consider including an intervention to improve the patient's rate of engaging in social activities.																																																																								

Duke Health Profile (The DUKE)

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INSTRUCTIONS:

Here are a number of questions about your health and feelings. Please read each question carefully and check (X) your best answer. You should answer the questions in your own way. There are no right or wrong answers. (Please ignore the small scoring numbers next to each blank.)

	Yes, describes me exactly	Somewhat describes me	No, doesn't describe me at all	
1. I like who I am	12	11	10	
2. I am not an easy person to get along with	20	21	22	
3. I am basically a healthy person	32	31	30	
4. I give up too easily	40	41	42	
5. I have difficulty concentrating	50	51	52	
6. I am happy with my family relationships	62	61	60	
7. I am comfortable being around people	72	71	70	

TODAY, would you have any physical trouble or difficulty:

	None	Some	A Lot	
8. Walking up a flight of stairs	82	81	80	
9. Running the length of a football field	92	91	90	

DURING THE PAST WEEK: How much trouble have you had with:

	None	Some	A Lot	
10. Sleeping	102	101	100	
11. Hurting or aching in any part of your body	112	111	110	
12. Getting tired easily	122	121	120	
13. Feeling depressed or sad	132	131	130	
14. Nervousness	142	141	140	

DURING THE PAST WEEK, How often did you:

	None	Some	A Lot	
15. Socialize with other people (talk or visit with friends or relatives)	150	151	152	
16. Take part in social, religious, or recreation activities (meetings, church, movies, sports, parties)	160	161	162	

DURING THE PAST WEEK: How often did you:

	None	1-4 Days	5-7 Days	
17. Stay in your home, a nursing home, or hospital because of sickness, injury, or other health problem	172	171	170	

MANUAL SCORING FOR THE DUKE HEALTH PROFILE

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<u>Item</u>	<u>Raw Score*</u>	
8 =	_____	<u>PHYSICAL HEALTH SCORE</u>
9 =	_____	
10 =	_____	
11 =	_____	
12 =	_____	
Sum =	_____ x 10 =	

<u>Item</u>	<u>Raw Score*</u>	
1 =	_____	<u>MENTAL HEALTH SCORE</u>
4 =	_____	
5 =	_____	
13 =	_____	
14 =	_____	
Sum =	_____ x 10 =	

<u>Item</u>	<u>Raw Score*</u>	
2 =	_____	<u>SOCIAL HEALTH SCORE</u>
6 =	_____	
7 =	_____	
15 =	_____	
16 =	_____	
Sum =	_____ x 10 =	

<u>GENERAL HEALTH SCORE</u>		
Physical Health score =	_____	
Mental Health score =	_____	
Social Health score =	_____	
Sum =	_____ + 3 =	

<u>PERCEIVED HEALTH SCORE</u>		
<u>Item</u>	<u>Raw Score*</u>	
3 =	_____	

<u>Item</u>	<u>Raw Score*</u>	
1 =	_____	<u>SELF-ESTEEM SCORE</u>
2 =	_____	
4 =	_____	
6 =	_____	
7 =	_____	
Sum =	_____ x 10 =	

To calculate the scores in this column the raw scores must be revised as follows:
If 0, change to 2; if 2, change to 0; if 1, no change.

<u>Item</u>	<u>Raw Score*</u>	<u>Revised</u>	
2 =	_____	_____	<u>ANXIETY SCORE</u>
5 =	_____	_____	
7 =	_____	_____	
10 =	_____	_____	
12 =	_____	_____	
14 =	_____	_____	
Sum = _____			x 8.333 =

<u>Item</u>	<u>Raw Score*</u>	<u>Revised</u>	
4 =	_____	_____	<u>DEPRESSION SCORE</u>
5 =	_____	_____	
10 =	_____	_____	
12 =	_____	_____	
13 =	_____	_____	
Sum = _____			x 10 =

<u>Item</u>	<u>Raw Score*</u>	<u>Revised</u>	
4 =	_____	_____	<u>ANXIETY-DEPRESSION (DUKE-AD) SCORE</u>
5 =	_____	_____	
7 =	_____	_____	
10 =	_____	_____	
12 =	_____	_____	
13 =	_____	_____	
14 =	_____	_____	x 7.143 =

<u>PAIN SCORE</u>		
<u>Item</u>	<u>Raw Score*</u>	<u>Revised</u>
11 =	_____	_____
x 50 =		

<u>DISABILITY SCORE</u>		
<u>Item</u>	<u>Raw Score*</u>	<u>Revised</u>
17 =	_____	_____
x 50 =		

* Raw Score = last digit of the numeral adjacent to the blank checked by the respondent for each item. For example, if the second blank is checked for item 10 (blank numeral = 101), then the raw score is "1", because 1 is the last digit of 101.

Final Score is calculated from the raw scores as shown and entered into the box for each scale. For physical health, mental health, social health, general health, self-esteem, and perceived health, 100 indicates the best health status, and 0 indicates the worst health status. For anxiety, depression, anxiety-depression, pain, and disability, 100 indicates the worst health status and 0 indicates the best health status.

Missing Values: If one or more responses is missing within one of the eleven scales, a score cannot be calculated for that particular scale.