DIZZINESS HANDICAP INVENTORY

Name: ____________________________________  Date: __________________________

Part I
Instructions: The purpose of this scale is to identify difficulties that you may be experiencing because of your dizziness or unsteadiness. Please indicate answer by circling “yes” or “no” or “sometimes” for each question. Answer each question as it pertains to your dizziness or unsteadiness problem only.

P1. Does looking up increase your problem?  Yes  No  Sometimes
E2. Because of your problem, do you feel frustrated?  Yes  No  Sometimes
F3. Because of your problem, do you restrict your travel for business or recreation?  Yes  No  Sometimes
P4. Does walking down the aisle of a supermarket increase your problem?  Yes  No  Sometimes
F5. Because of your problem, do you have difficulty getting into or out of bed?  Yes  No  Sometimes
F6. Does your problem significantly restrict your participation in social activities such as going out to dinner, going to the movies, dancing, or to parties?  Yes  No  Sometimes
F7. Because of your problem, do you have difficulty reading?  Yes  No  Sometimes
P8. Does performing more ambitious activities like sports, dancing, household chores such as sweeping or putting away dishes increase your problem?  Yes  No  Sometimes
E9. Because of your problem, are you afraid to leave your home without having someone accompany you?  Yes  No  Sometimes
E10. Because of your problem, have you been embarrassed in front of others  Yes  No  Sometimes
P11. Do quick movements of your head increase your problem?  Yes  No  Sometimes
F12. Because of your problem, do you avoid heights?  Yes  No  Sometimes
P13. Does turning over in bed increase your problem?  Yes  No  Sometimes
F14. Because of your problem, is it difficult for you to do strenuous housework or yard work?  Yes  No  Sometimes
E15. Because of your problem, are you afraid people might think you are intoxicated?  Yes  No  Sometimes
F16. Because of your problem, is it difficult for you to go for a walk by yourself?  Yes  No  Sometimes
P17. Does walking down a sidewalk increase your problem?  Yes  No  Sometimes
E18. Because of your problem, is it difficult for you to concentrate?  Yes  No  Sometimes
F19. Because of your problem, is it difficult for you walk around the house in the dark?  
Yes  No  Sometimes

E20. Because of your problem, are you afraid to stay home alone?  
Yes  No  Sometimes

E21. Because of your problem, do you feel handicapped?  
Yes  No  Sometimes

E22. Has your problem placed stress on your relationships with members of your family or friends?  
Yes  No  Sometimes

E23. Because of your problem, are you depressed?  
Yes  No  Sometimes

F24. Does your problem interfere with your job or household responsibilities?  
Yes  No  Sometimes

P25. Does bending over increase your problem?  
Yes  No  Sometimes

Part II

Instructions: Put a check in the box that best describes you.

☐ Negligible symptoms (0)
☐ Bothersome symptoms (1)
☐ Performs usual work duties but symptoms interfere with outside activities (2)
☐ Symptoms disrupt performance of both usual work duties and outside activities (3)
☐ Currently on medical leave or had to change jobs because of symptoms (4)
☐ Unable to work for over one year or established permanent disability with compensation payments (5)

STOP HERE

Yes  Sometimes  No

P(7)x4 = ___ + ___x2 = ___ + ___x0 = ___ Physical Items _____ (28)

E(9)x4 = ___ + ___x2 = ___ + ___x0 = ___ Emotional Items _____ (36)

F(9)x4 = ___ + ___x2 = ___ + ___x0 = ___ Functional Items _____ (36)

TOTAL (max 100 pts)