

Appendix 1 (as supplied by the authors): Health domains measured by the SF-8, definitions and response options

Health domain	Definition	Response options	Assigned SF-36 score*	SF-8 US norm scores [†]
General health	Overall rating of health in past week	Very poor	22.8	49.4
		Poor	32.6	
		Fair	38.4	
		Good	46.4	
		Very good	52.8	
		Excellent	59.5	
Physical functioning	Extent of physical health problems limiting usual physical activities (e.g., walking, climbing stairs) in past week	Could not do physical activities	21.5	48.3
		Quite a lot	30.3	
		Somewhat	40.1	
		Very little	48.3	
		Not at all	54.1	
Role – physical	Extent of difficulties in past week doing daily work (at home and away from home) because of physical health	Could not do daily work	23.0	48.6
		Quite a lot	28.3	
		Somewhat	38.7	
		Very little	46.9	
		Not at all	54.0	
Bodily pain	Extent of bodily pain in past week	Very severe	25.5	50.0
		Severe	31.5	
		Moderate	40.1	
		Mild	47.7	
		Very mild	53.4	
		None	60.8	
Vitality	Extent of energy in past week	None	28.1	50.1
		A little	35.8	
		Some	45.2	
		Quite a lot	55.6	
		Very much	61.8	
Social functioning	Extent of physical health or emotional problems limiting usual social activities with family or friends in past week	Could not do social activities	23.4	48.5
		Quite a lot	29.5	
		Somewhat	40.4	
		Very little	49.5	
		Not at all	55.3	
Role – emotional	Extent of personal or emotional problems in past week limiting ability to do usual work, school or other daily activities	Could not do daily activities	21.7	47.0
		Quite a lot	29.3	
		Somewhat	38.1	
		Very little	45.7	
		Not at all	52.4	
Mental health	Extent of having been bothered by emotional problems (e.g., feeling anxious, depressed, irritable) in past week	Extremely	21.4	49.0
		Quite a lot	31.6	
		Somewhat	41.5	
		Very little	49.6	
		Not at all	58.8	

*The SF-36 measures each health domain, using 2–10 Likert-scaled items. Health domains in the SF-36 are scored by transforming the score of each item (minimum 1, maximum 2–6, depending on the item) into a 0–100 scale, and averaging scores of each health domain. Therefore, SF-36 health domain scores have a possible range of 0–100, while SF-8 health domain scores have smaller possible ranges.

[†]Health domain scores above and below the respective normative health domain score indicate above or below average health, respectively, as compared to the US normative population.