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Otolaryngology
Head and Neck
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Allergy Management
Balance Disorders
Audiology

DIZZINESS HANDICAP INVENTORY

Name: _____ Date: _____

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", "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 yardwork? | 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 |

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Dizziness Handicap Inventory, cont.

Page 2

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 to 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

This section will be completed by your therapist

Scoring: yes = 4 points; sometimes = 2 points; no = 0 points.

Functional Subscale = F
Emotional Subscale = E
Physical Subscale = P

Functional Subscale: _____ /36
Emotional Subscale: _____ /28
Physical Subscale: _____ /30
Total Score: _____ /100

Reference: Jacobson G., Newman C., The Development of the Dizziness Handicap Inventory.
Arch Otolaryngology Head Neck Surgery Vol. 116, April 1990.

Courtesy: The American Institute of Balance