

How to Score the Rand SF-36 Questionnaire

STEP 1: SCORING QUESTIONS:

QUESTION NUMBER	ORIGINAL RESPONSE	RECORDED VALUE
1, 2, 20, 22, 34, 36	1	100
	2	75
	3	50
	4	25
	5	0
3, 4, 5, 6, 7, 8, 9, 10, 11, 12	1	0
	2	50
	3	100
13, 14, 15, 16, 17, 18, 19	1	0
	2	100
21, 23, 26, 27, 30	1	100
	2	80
	3	60
	4	40
	5	20
	6	0
24, 25, 28, 29, 31	1	0
	2	20
	3	40
	4	60
	5	80
	6	100
32, 33, 35	1	0
	2	25
	3	50
	4	75
	5	100

STEP 2: AVERAGING ITEMS TO FORM 8 SCALES:

SCALE	NUMBER OF ITEMS	AFTER RECORDING AS PER TABLE 1, AVERAGE THE FOLLOWING ITEMS
Physical functioning	10	3, 4, 5, 6, 7, 8, 9, 10, 11, 12
Role limitations due to physical health	4	13, 14, 15, 16
Role limitations due to emotional problems	3	17, 18, 19
Energy/ fatigue	4	23, 27, 29, 31
Emotional well being	5	24, 25, 26, 28, 30
Social functioning	2	20, 32
Pain	2	21, 22
General health	5	1, 33, 34, 35, 36

STEP 3: FIGURING SCORES:

RAND recommends the following straightforward approach to scoring the RAND 36-Item Health Survey.

All questions are scored on a scale from 0 to 100, with 100 representing the highest level of functioning possible. Aggregate scores are compiled as a percentage of the total points possible, using the RAND scoring table (STEP I chart).

The scores from those questions that address each specific area of functional health status (STEP II chart) are then averaged together, for a final score within each of the 8 dimensions measured. (eg pain, physical functioning etc.)

For example, to measure the patients energy/fatigue level, add the scores from questions 23, 27, 29, and 31. If a patient circled 4 on 23, 3 on 27, 3 on 29 and left 31 blank, use table 1 to score them.

An answer of 4 to Q23 is scored as 40, 3 to Q27 is scored as 60, and 3 to Q29 is scored as 40. Q31 is omitted. The score for this block is $40+60+40=140$. Now we divide by the 3 answered questions to get a total of 46.7. Since a score of 100 represents high energy with no fatigue, the lower score of 46.7% suggests the patient is experiencing a loss of energy and is experiencing some fatigue.

All 8 categories are scored in the same way. Using this questionnaire at the beginning and during the course of care, we can track the progress of the 8 parameters mentioned in the STEP II chart. Pretty nifty, eh?