

Mental function

Due to your arm problems:

	Not at all	Very much
	↓	↓
8. Do you feel sad?	_____	_____
9. Do you feel discouraged?	_____	_____
10. Do you have a lack of self-confidence?	_____	_____
11. Do you feel stressed?	_____	_____

Household activities

How well are you able to:

	Very well	Not at all	Not applicable
	↓	↓	↓
12. Clean (scrub, vacuum, mop)?	_____	_____	<input type="radio"/>
13. Cook?	_____	_____	<input type="radio"/>
14. Iron?	_____	_____	<input type="radio"/>
15. Work in the garden?	_____	_____	<input type="radio"/>

Mobility activities

How well are you able to:

	Very well	Not at all	Not applicable
	↓	↓	↓
16. Perform tasks with the arm elevated (eg, hang out the laundry)?	_____	_____	<input type="radio"/>
17. Lift or carry heavy objects (eg, a filled bucket or shopping bags)?	_____	_____	<input type="radio"/>
18. Sleep on the affected side?	_____	_____	<input type="radio"/>
19. Perform computer work (>30 min)?	_____	_____	<input type="radio"/>
20. Sunbathe?	_____	_____	<input type="radio"/>
21. Drive a car?	_____	_____	<input type="radio"/>
22. Walk (>2 km)?	_____	_____	<input type="radio"/>
23. Ride a bike?	_____	_____	<input type="radio"/>

Life and social activities

How well are you able to:

	Very well	Not at all	Not applicable
	↓	↓	↓
24. Go on vacation	_____	_____	<input type="radio"/>
25. Perform your hobbies?	_____	_____	<input type="radio"/>
26. Practice sports?	_____	_____	<input type="radio"/>
27. Wear your clothes of choice?	_____	_____	<input type="radio"/>
28. Do your job?	_____	_____	<input type="radio"/>
29. Do social activities (eg, going to parties, concerts, restaurant)?	_____	_____	<input type="radio"/>