

Health Assessment Questionnaire Disability Index Interpretation

The **Health Assessment Questionnaire Disability Index** (HAQ-DI) is a standardized tool used to evaluate a patient's functional ability and assess the impact of disability on daily activities. Interpretation of the HAQ-DI score helps healthcare providers understand the severity of disability and guide treatment decisions. It is widely utilized in clinical settings to monitor disease progression and patient outcomes.

HAQ-DI Score Range and Interpretation

Score	Level of Disability	Interpretation
0 - 1	Mild/None	No or minimal disability; able to perform most daily activities without difficulty.
1.1 - 2	Moderate	Moderate disability; some difficulty with daily activities but generally independent.
2.1 - 3	Severe	Severe disability; significant difficulty with daily tasks, may require assistance.
3	Very Severe	Complete or near-complete disability; unable to perform most activities without help.

Key Points

- The HAQ-DI consists of questions assessing eight functional domains (e.g., dressing, walking, eating, hygiene).
- Each domain is scored from 0 (no difficulty) to 3 (unable to do).
- An overall HAQ-DI score is calculated as the average of the domain scores.
- Scores help track changes in function over time and guide therapeutic strategies.

References

- Fries JF, et al. "Measurement of patient outcome in arthritis." *Arthritis Rheum*. 1980;23(2):137-145.
- Bruce B, Fries JF. "The Health Assessment Questionnaire (HAQ)." *Clin Exp Rheumatol*. 2005;23(39):S14-S18.