



## 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 your answer by circling “yes” or “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<br>such as going out to dinner, 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<br>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<br>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<br>or yard work?   | Yes | No | Sometimes |
| E15. Because of your problem, are you afraid people might think that you<br>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
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

Jacobson, G.P., Newman, C.W. (1990). The development of the Dizziness Handicap Inventory. *Archives of Otolaryngology-Head and Neck Surgery*, 116(4), 424-7.

Therapist Use ONLY

Yes	Sometimes	No	
P <sub>(7)</sub> _____ x 4 = _____	_____ x 2 = _____	_____ x 0 = _____	Physical Items _____ (28)
E <sub>(9)</sub> _____ x 4 = _____	_____ x 2 = _____	_____ x 0 = _____	Emotional Items _____ (36)
F <sub>(9)</sub> _____ x 4 = _____	_____ x 2 = _____	_____ x 0 = _____	Functional Items _____ (36)
			Total _____