



Spanish Self-Rated Health

Generalmente, ¿Ud. diría que su salud es ... ? (Por favor, marque sólo una respuesta).....

- Excelente..... 1
- Muy buena.....2
- Buena3
- Regular.....4
- Mala.....5

Scoring

Score the number circled. If two consecutive numbers are circled, choose the higher number (worse health); if two non-consecutive numbers are circled, do not score. The score is the value of this single item only. Range is 1-5; a higher score indicates poorer health.

Characteristics

Tested on 272 Spanish-speaking subjects. N=25 for test-retest.

No. of items	Observed Range	Mean	Standard Deviation	Internal Consistency Reliability	Test-Retest Reliability
1	1-5	4.04	0.772	—	0.87

Source of Psychometric Data

Spanish Outcome Measures Study. Psychometrics reported in: González V, Stewart A, Ritter P, Lorig K, Translation and validation of arthritis outcome measures into Spanish. *Arthritis and Rheumatism*, 38(10),1995, pp.1429-1446.

Comments

This is the Spanish translation of the item used in the National Health Interview Survey. In a number of studies self-rated health has been found to be an excellent predictor of future health.

References

González V, Stewart A, Ritter P, Lorig K, Translation and validation of arthritis outcome measures into Spanish. *Arthritis and Rheumatism*, 38(10),1995, pp.1429-1446.

Idler EL, & Angel RJ, Self-rated health and mortality in the NHANES-I epidemiologic follow-up study. *American Journal of Public Health*, 80, 1990, pp.446-452.

Schoenfeld DE, Malmrose LC, Blazer DG, Gold DT, & Seeman TE, Self-rated health and mortality in the high-functioning elderly: A closer look at healthy individuals; MacArthur Field Study of Successful Aging. *Journal of Gerontology: Medical Sciences*, 49, 1994, pp.M109-M115.

U.S. Bureau of the Census, *National Health Interview Survey*. Washington DC: U.S. Dept. of Commerce, 1985.

Ware JE Jr, Nelson EC, Sherbourne CD, & Stewart AL, Preliminary tests of a 6-item general health survey: A patient application; in AL Stewart & JE Ware Jr (Eds), *Measuring Functioning and Well-Being: The Medical Outcomes Study Approach*, Durham NC: Duke University Press, 1992, pp.291-303.

Wolinsky FD, & Johnson RJ, Perceived health status and mortality among older men and women. *Journal of Gerontology: Social Sciences*, 47, 1992, pp.S304-S312.

This scale is free to use without permission

Self-Management Resource Center
smrc@selfmanagementresource.com
<https://selfmanagementresource.com>