

## The Dizziness Handicap Inventory ( DHI )

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| P1. Does looking up increase your problem?  | <input type="radio"/> Yes<br><input type="radio"/> Sometimes<br><input type="radio"/> No |
| E2. Because of your problem, do you feel frustrated?  | <input type="radio"/> Yes<br><input type="radio"/> Sometimes<br><input type="radio"/> No |
| F3. Because of your problem, do you restrict your travel for business or recreation?  | <input type="radio"/> Yes<br><input type="radio"/> Sometimes<br><input type="radio"/> No |
| P4. Does walking down the aisle of a supermarket increase your problems?  | <input type="radio"/> Yes<br><input type="radio"/> Sometimes<br><input type="radio"/> No |
| F5. Because of your problem, do you have difficulty getting into or out of bed?   | <input type="radio"/> Yes<br><input type="radio"/> Sometimes<br><input type="radio"/> No |
| F6. Does your problem significantly restrict your participation in social activities, such as going out to dinner, going to the movies, dancing, or going to parties? | <input type="radio"/> Yes<br><input type="radio"/> Sometimes<br><input type="radio"/> No |
| F7. Because of your problem, do you have difficulty reading?  | <input type="radio"/> Yes<br><input type="radio"/> Sometimes<br><input type="radio"/> No |
| P8. Does performing more ambitious activities such as sports, dancing, household chores (sweeping or putting dishes away) increase your problems?                     | <input type="radio"/> Yes<br><input type="radio"/> Sometimes<br><input type="radio"/> No |
| E9. Because of your problem, are you afraid to leave your home without having someone accompany you?  | <input type="radio"/> Yes<br><input type="radio"/> Sometimes<br><input type="radio"/> No |
| E10. Because of your problem have you been embarrassed in front of others?  | <input type="radio"/> Yes<br><input type="radio"/> Sometimes<br><input type="radio"/> No |
| P11. Do quick movements of your head increase your problem?   | <input type="radio"/> Yes<br><input type="radio"/> Sometimes<br><input type="radio"/> No |
| F12. Because of your problem, do you avoid heights?   | <input type="radio"/> Yes<br><input type="radio"/> Sometimes<br><input type="radio"/> No |
| P13. Does turning over in bed increase your problem?  | <input type="radio"/> Yes<br><input type="radio"/> Sometimes<br><input type="radio"/> No |
| F14. Because of your problem, is it difficult for you to do strenuous homework or yard work?  | <input type="radio"/> Yes<br><input type="radio"/> Sometimes<br><input type="radio"/> No |
| E15. Because of your problem, are you afraid people may think you are intoxicated?  | <input type="radio"/> Yes<br><input type="radio"/> Sometimes<br><input type="radio"/> No |
| F16. Because of your problem, is it difficult for you to go for a walk by yourself?   | <input type="radio"/> Yes<br><input type="radio"/> Sometimes<br><input type="radio"/> No |
| P17. Does walking down a sidewalk increase your problem?  | <input type="radio"/> Yes<br><input type="radio"/> Sometimes<br><input type="radio"/> No |
| E18. Because of your problem, is it difficult for you to concentrate  | <input type="radio"/> Yes<br><input type="radio"/> Sometimes<br><input type="radio"/> No |
| F19. Because of your problem, is it difficult for you to walk around your house in the dark?  | <input type="radio"/> Yes<br><input type="radio"/> Sometimes<br><input type="radio"/> No |

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| E20. Because of your problem, are you afraid to stay home alone?                                 | <input type="radio"/> Yes<br><input type="radio"/> Sometimes<br><input type="radio"/> No |
| E21. Because of your problem, do you feel handicapped?   | <input type="radio"/> Yes<br><input type="radio"/> Sometimes<br><input type="radio"/> No |
| E22. Has the problem placed stress on your relationships with members of your family or friends? | <input type="radio"/> Yes<br><input type="radio"/> Sometimes<br><input type="radio"/> No |
| E23. Because of your problem, are you depressed?   | <input type="radio"/> Yes<br><input type="radio"/> Sometimes<br><input type="radio"/> No |
| F24. Does your problem interfere with your job or household responsibilities?                    | <input type="radio"/> Yes<br><input type="radio"/> Sometimes<br><input type="radio"/> No |
| P25. Does bending over increase your problem?  | <input type="radio"/> Yes<br><input type="radio"/> Sometimes<br><input type="radio"/> No |

Used with permission from GP Jacobson.

Jacobson GP, Newman CW: The development of the Dizziness Handicap Inventory. *Arch Otolaryngol Head Neck Surg* 1990;116: 424-427

### DHI Scoring Instructions

The patient is asked to answer each question as it pertains to dizziness or unsteadiness problems, specifically considering their condition during the last month. Questions are designed to incorporate functional (F), physical (P), and emotional (E) impacts on disability.

To each item, the following scores can be assigned:

No=0 Sometimes=2 Yes=4

Scores:

Scores greater than 10 points should be referred to balance specialists for further evaluation.

16-34 Points (mild handicap)

36-52 Points (moderate handicap)

54+ Points (severe handicap)