

# 12-Item Short Form Health Survey (SF-12)

Category: Quality of Life | Items: 12 | Time: ~3 min

## Description / When to Use

Brief 12-item version of SF-36 for large surveys and routine monitoring.

## Instructions for Respondent

Please read each statement carefully and respond based on how you have felt over the specified time period. There are 12 items in this scale. Estimated completion time: 3 minutes.

## Scale Items

[Full item list not shown in this educational summary. Please refer to the original publication for complete items.]

## Response Options

Please refer to the original publication for specific response options.

## Scoring Guide

Two summary scores: Physical Component Summary (PCS) and Mental Component Summary (MCS). Standardized mean 50, SD 10.

## Cutoff Interpretation

Score Range	Severity	Recommended Action
0-25	Poor health	Consider intervention
26-50	Fair health	Monitor
51-100	Good health	Maintain

## Psychometric Properties

Cronbach's alpha: 0.89 | Test-retest reliability: 0.82

Validity: Explains 90% of variance in SF-36 scales.

## License

Free to use with citation

## Citation (APA Format)

Ware, J. E., Kosinski, M., & Keller, S. D. (1996). A 12-Item Short-Form Health Survey. *Medical Care*, 34(3), 220-233.

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