

36-Item Short Form Health Survey (SF-36)

Category: Quality of Life | Items: 36 | Time: ~7 min

Description / When to Use

36-item health survey measuring functional health and well-being from patient's perspective.

Instructions for Respondent

Please read each statement carefully and respond based on how you have felt over the specified time period. There are 36 items in this scale. Estimated completion time: 7 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

Eight subscales (0-100 each) and two summary component scores (PCS and MCS). Higher = better health.

Subscales:

- Physical Functioning: 10 items
- Role-Physical: 4 items
- Bodily Pain: 2 items
- General Health: 5 items
- Vitality: 4 items
- Social Functioning: 2 items
- Role-Emotional: 3 items
- Mental Health: 5 items

Cutoff Interpretation

Score Range	Severity	Recommended Action
0-25	Poor health	Consider intervention
26-50	Fair health	Monitor
51-75	Good health	Maintain
76-100	Excellent health	Maintain

Psychometric Properties

Cronbach's alpha: 0.93 | Test-retest reliability: 0.86

Validity: Most widely used generic health status measure; validated in 100+ languages.

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Citation (APA Format)

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