



Dizziness Handicap Inventory (DHI)

The purpose of this scale is to identify difficulties that you may be experiencing because of your injury. Please CIRCLE "Yes", "Sometimes", or "No" to each question as it pertains to any of your symptoms becoming more severe.

	<u>YES</u>	<u>SOMETIMES</u>	<u>NO</u>
1) Does looking up aggravate your symptoms?	Y	S	N
2) Because of your injury are you feeling frustrated?	Y	S	N
3) Does walking down the aisle in a grocery store or mall increase your problem?	Y	S	N
4) Do you have difficulty getting out of bed?	Y	S	N
5) Are you restricted in your social activities because of your injury?	Y	S	N
6) Do you have difficulty reading because of your injury?	Y	S	N
7) Does performing household chores, sweeping, putting dishes away, aggravate your symptoms?	Y	S	N
8) Do physical activities aggravate your symptoms?	Y	S	N
9) Because of your injury are you afraid to leave the house without someone with you?	Y	S	N
10) Has your injury caused you to be embarrassed in front of others?	Y	S	N
11) Do quick movements of head aggravate your symptoms?	Y	S	N
12) Because of your injury do you avoid heights?	Y	S	N
13) Does turning over in bed increase any symptoms?	Y	S	N
14) Because of your injury, are you feeling out of balance?	Y	S	N
15) Because of your injury is it difficult to walk by yourself?	Y	S	N
16) Are your symptoms aggravated by walking down a sidewalk?	Y	S	N
17) Is it difficult to concentrate because of your injury?	Y	S	N
18) Is it difficult to walk in the dark because of your injury?	Y	S	N
19) Since your injury, are you afraid to stay home alone?	Y	S	N
20) Has your injury placed stress on your family or friends?	Y	S	N
21) Are you feeling depressed because of your injury?	Y	S	N
22) Is your injury interfering with school or your job?	Y	S	N
23) Are your symptoms aggravated by bending over?	Y	S	N

To each item, the following scores can be assigned:

No=0 Sometimes=2 Yes=4; 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)

Jacobson GP, Newman CW: The development of the Dizziness Handicap Inventory. Arch Oto Head Neck Surg 1990;116:424-7