



## Recommended Assessments List

Patient-reported outcomes help address quality of life issues. What follows is a sample of the assessments that can add to your ability to help your patients heal. Use these in addition to your existing screening tools.

### FOR CHRONIC CONDITIONS INCLUDING PAIN

- **Personal Health Inventory:** Gets to the root of what matters to the patient and the personal and social determinants of health.

### PAIN

- Pain Self-Efficacy Questionnaire- Two Item Short Form (PSEQ-2)
- Oswestry Low Back Pain [Disability Questionnaire](#)
- DVPRS [Pain Scale](#)

### WELLNESS & MENTAL HEALTH

- Kemper Assessment
- Cantril's Ladder
- Healthy Days Core Module (CDC HRQOL- 4)
- Patient Health Questionnaire (PHQ-9)
- PROMIS 10 (General Health Quality of Life)

### NUTRITION

- [Starting the Conversation \(STC\)](#) – Food frequency questionnaire
- Mini Nutritional Assessment – [Short Form \(MNA-SF\)](#)

### ACTIVITY

- [Global Physical Activity Questionnaire](#) (GPAQ)
- [Phone Accelerometers](#)

### SLEEP

- [Single Item Sleep Quality Scale \(SQS\)](#)
- [Pittsburg Sleep Quality Index \(PSQI\)](#)

### SOCIAL DETERMINANTS

- Health Begins - Upstream Risks Screening Tool & Guide; Manchanda, Rishi and Gottlieb, Laura (2015). Upstream Risks Screening Tool and Guide V2.6