



dr. louis hofmeyr

DIZZINESS HANDICAP INVENTORY

Name: _____ DOB: _____ Date: _____

Instructions: The purpose of this questionnaire is to identify difficulties that you may be experiencing because of your dizziness or unsteadiness. Please tick "No" or "Sometimes" or "Yes" to each question.

Answer each question only as it pertains to your dizziness problem.

Item	Question	No	Sometimes	Yes
P1	Does looking up increase your problem?			
E2	Because of your problem, do you feel frustrated?			
F3	Because of your problem, do you restrict your travel for business or recreation?			
P4	Does walking down the aisle of a supermarket increase your problem?			
F5	Because of your problem, do you have difficulty getting into or out of bed?			
F6	Does your problem significantly restrict your participation in social activities such as going out to dinner, the movies, dancing or to parties?			
F7	Because of your problem, do you have difficulty reading?			
P8	Does performing more ambitious activities such as sports or dancing or household chores such as sweeping or putting dishes away increase your problem?			
E9	Because of your problem, are you afraid to leave your home without having someone accompany you?			
E10	Because of your problem, are you embarrassed in front of others?			
P11	Do quick movements of your head increase your problem?			
F12	Because of your problem, do you avoid heights?			
P13	Does turning over in bed increase your problem?			
F14	Because of your problem, is it difficult for you to do strenuous housework or yard work?			
E15	Because of your problem, are you afraid people may think you are intoxicated?			
F16	Because of your problem, is it difficult for you to walk by yourself?			
P17	Does walking down a sidewalk increase your problem?			
E18	Because of your problem, is it difficult for you to concentrate?			
F19	Because of your problem, is it difficult for you to walk around the house in the dark?			
E20	Because of your problem, are you afraid to stay at home alone?			
E21	Because of your problem, do you feel handicapped?			
E22	Has your problem placed stress on your relationship with members of your family or friend?			
E23	Because of your problem, are you depressed?			
F24	Does your problem interfere with your job or household responsibilities?			
P25	Does bending over increase your problem?			

For office use only

Sub Totals

TOTAL

PHYSICAL

FUNCTIONAL

EMOTIONAL

<p>Mild</p> <p>Moderate</p> <p>Severe</p>		

Acknowledgement

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

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