



Dizziness Handicap Inventory

Name: _____ DOB: _____ Date: _____

Instructions: The purpose of this scale is to identify difficulties that you may be experiencing because of your dizziness or unsteadiness. Please answer "yes" (Y), "no" (N) or "sometimes" (S) to each question.

Answer each question as it applies to your dizziness or unsteadiness only.

Item	Question		Y	N	S
1	Does looking up increase your problem?	P			
2	Because of your problem, do you feel frustrated?	E			
3	Because of your problem, do you restrict your travel for business or recreation?	F			
4	Does walking down the aisle of a supermarket increase your problem?	P			
5	Because of your problem, do you have difficulty getting into or out of bed?	F			
6	Does your problem significantly restrict your participation in social activities such as going out to dinner, the movies, dancing or to parties?	F			
7	Because of your problem, do you have difficulty reading?	F			
8	Does performing more ambitious activities such as sports or dancing or household chores such as sweeping or putting dishes away increase your problem?	P			
9	Because of your problem, are you afraid to leave your home without having someone accompany you?	E			
10	Because of your problem, are you embarrassed in front of others?	E			
11	Do quick movements of your head increase your problem?	P			
12	Because of your problem, do you avoid heights?	F			
13	Does turning over in bed increase your problem?	P			
14	Because of your problem, is it difficult for you to do strenuous housework or yard work?	F			
15	Because of your problem, are you afraid people may think you are intoxicated?	E			
16	Because of your problem, is it difficult for you to walk by yourself?	F			
17	Does walking down a sidewalk increase your problem?	P			
18	Because of your problem, is it difficult for you to concentrate?	E			
19	Because of your problem, is it difficult for you to walk around the house in the dark?	F			
20	Because of your problem, are you afraid to stay at home alone?	E			
21	Because of your problem, do you feel handicapped?	E			
22	Has your problem placed stress on your relationship with members of your family or friends?	E			
23	Because of your problem, are you depressed?	E			
24	Does your problem interfere with your job or household responsibilities?	F			
25	Does bending over increase your problem?	P			
			x4	x0	x2

P: _____ E: _____ F: _____ **TOTAL:** _____



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Scoring for Dizziness Handicap Inventory

Evaluation	Total Functional	Total Emotional	Total Physical	TOTAL SCORE
Reassess #1				
Reassess #2				
Reassess #3				
Reassess #4				

The patient is asked to answer each question as it pertains to dizziness or unsteadiness problems, specifically considering their condition during the last month. Questions are designed to incorporate functional (F), physical (P), and emotional (E) impacts on disability.

To each item, the following scores can be assigned:

No = 0 | Sometimes = 2 | Yes = 4

Scores:

Scores greater than 10 points should be referred to balance specialists for further evaluation.

16-34 points (mild handicap)

36-54 points (moderate handicap)

54+ points (severe handicap)

Notes:

1. Subjective measure of the patient's perception of handicap due to dizziness.
2. Top score is 100 (maximum perceived disability).
3. Bottom score is 0 (no perceived disability).
4. The following 5 items can be useful in predicting BPPV.
 - Does looking up increase your problem?
 - Because of your problem, do you have difficulty getting into or out of bed?
 - Do quick movements of your head increase your problem?
 - Does bending over increase your problem?
5. Can use subscale scores to track change as well.

References:

Asmundson, G., Stein, M., & Ireland, D. (1999). A factor analytic study of the dizziness handicap inventory: Does it assess phobic avoidance in vestibular referrals? *J Vestib Res.* 9(1): 63-68.

Jacobson, G., Newman, C., Hunter, L., & Balzer, G. (1991). Balance function test correlates of the Dizziness Handicap Inventory. *J Am Acad Audiol.* 2(4): 253-260.

Jacobson, G. & Newman, C. (1990). The development of the Dizziness Handicap Inventory. *Arch Otolaryngol Head Neck Surg.* 116(4): 424-427.



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