

English translation of the items of the MSQPT

- 1 Compared to half a year ago, how would you describe your general health now?
- 2 When I wake up in the morning, I feel rested.
- 3 I can dress myself without assistance.
- 4 I can take a shower on my own.
- 5 I can take a bath on my own.
- 6 I have problems brushing my teeth.
- 7 I have problems standing safe.
- 8 A. How far can you walk on flat ground without sitting down?
B. How far can you walk on flat ground without sitting down?
- 9 A. How many steps can you walk downstairs?
B. How many steps can you walk upstairs?
- 10 I can get in and out of a car by myself.
- 11 I can use the public traffic by myself.
- 12 A. To what extend are you limited in strenuous activities like running, lifting heavy objects or doing an intensive work out?
B To what extend are you limited in medium heavy activities like moving a table, hoovering, bowling or playing golf?
C To what extend are you limited in lifting and carrying shopping bags?
- 13 I have difficulties in writing.
- 14 I feel vital and have energy.
- 15 I have problems with my balance.
- 16 Spasticity is one of my symptoms.
- 17 I have enough physical strength to manage my daily life.
- 18 How strong is your fatigue?
- 19 I can manage my fatigue.
- 20 I have pain that bothers me.
- 21 Disturbances of sensitivity affect my daily life.
- 22 I can engage myself in activities that I like.
- 23 I can grade my activities in a way that the symptoms of my MS do not get worse.
- 24 I have troubles with my bladder.
- 25 I have troubles with my defecation.
- 26 In my daily life, I feel myself resilient.
- 27 I can actively participate in family life and in my circle of friends.
- 28 I can go on a daily trip away from home.
- 29 I am afraid of the possible consequences of MS.
- 30 I have specific goals that I like to achieve.