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, hooovering, 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.
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.