International Hip Outcome Tool (12 item version) (iHOT-12)

Name: _____ Date: _____

QUALITY OF LIFE QUESTIONNAIRE FOR YOUNG, ACTIVE PEOPLE WITH HIP PROBLEMS. These questions ask about the problems you may be experiencing in your hip, how these problems affect your life, and the emotions you may feel because of these problems. Please indicate the severity by marking the line below each question with a slash. If you put a mark on the far left, it means that you feel you are significantly impaired. If you put a mark on the far right, it means that you do not think that you have any problems with your hip. If the mark is placed in the middle of the line, this indicates that you are moderately disabled, or in other words, between the extremes of 'significantly impaired' and 'no problems at all'. It is important to put your mark at either end of the line if the extreme descriptions accurately reflect your situation. Please let your answers describe the typical situation in the last month. Tip: if you don't do an activity, imagine how your hip would feel if you had to try it. The patient also states which hip (left or right) the survey is about.

1. Overall, how much pain do you have in your hip/groin?
_____ mm on a 100 mm visual analogue line (0 = left end, 100 = right end)

2. How difficult is it for you to get up and down off the floor/ground?
_____ mm on a 100 mm visual analogue line (0 = left end, 100 = right end)

3. How difficult is it for you to walk long distances?
_____ mm on a 100 mm visual analogue line (0 = left end, 100 = right end)

4. How much trouble do you have with grinding, catching or clicking in your hip?
_____ mm on a 100 mm visual analogue line (0 = left end, 100 = right end)

5. How much trouble do you have pushing, pulling, lifting or carrying heavy objects?
_____ mm on a 100 mm visual analogue line (0 = left end, 100 = right end)

6. How concerned are you about cutting/changing directions during your sport or recreational activities?
_____ mm on a 100 mm visual analogue line (0 = left end, 100 = right end)

7. How much pain do you experience in your hip after activity?
_____ mm on a 100 mm visual analogue line (0 = left end, 100 = right end)

8. How concerned are you about picking up or carrying children because of your hip?
_____ mm on a 100 mm visual analogue line (0 = left end, 100 = right end)

9. How much trouble do you have with sexual activity because of your hip?
_____ mm on a 100 mm visual analogue line (0 = left end, 100 = right end)

10. How much of the time are you aware of the disability in your hip?
_____ mm on a 100 mm visual analogue line (0 = left end, 100 = right end)

11. How concerned are you about your ability to maintain your desired fitness level?
_____ mm on a 100 mm visual analogue line (0 = left end, 100 = right end)

12. How much of a distraction is your hip problem?
_____ mm on a 100 mm visual analogue line (0 = left end, 100 = right end)

Scoring
Each item is a 100 mm visual analogue line. The score of an item is the distance of the mark from the left end (0 = significantly impaired, 100 = no problems). The overall iHOT-12 score is the mean of the item scores.
iHOT-12 score: _____ / 100

Source: Griffin, D. R., Parsons, N., Mohtadi, N. G., & Safran, M. R. (2012). A short version of the International Hip Outcome Tool (iHOT-12) for use in routine clinical practice. Arthroscopy, 28(5), 611-616.
Online calculator and more: physiotutors.com/questionnaires