

## PDQ-39 Questionnaire

Due to having Parkinson's disease,  
how often **during the last month** have you....

Please circle **one** for each question

	Never	Occasionally	Sometimes	Often	Always
1. Had difficulty doing the leisure activities which you would like to do?	1	2	3	4	5
2. Had difficulty looking after your home?	1	2	3	4	5
3. Had difficulty carrying bags of shopping?	1	2	3	4	5
4. Had problems walking half a mile?	1	2	3	4	5
5. Had problems walking 100 yards?	1	2	3	4	5
6. Had problems getting around around the house as easily as you would like?	1	2	3	4	5
7. Had difficulty getting around in public?	1	2	3	4	5
8. Needed someone else to accompany you when you went out?	1	2	3	4	5
9. Felt frightened or worried about falling over in public?	1	2	3	4	5
10. Been confined to the house more than you would like?	1	2	3	4	5
11. Had difficulty washing yourself?	1	2	3	4	5
12. Had difficulty dressing yourself?	1	2	3	4	5
13. Had problems doing up your shoe laces?	1	2	3	4	5
14. Had problems writing clearly?	1	2	3	4	5
15. Had difficulty cutting up your food?	1	2	3	4	5
16. Had difficulty holding a drink without spilling it?	1	2	3	4	5
17. Felt depressed?	1	2	3	4	5
18. Felt isolated and lonely?	1	2	3	4	5

19. Felt weepy or tearful?	1	2	3	4	5
20. Felt angry or bitter?	1	2	3	4	5
21. Felt anxious?	1	2	3	4	5
22. Felt worried about your future?	1	2	3	4	5
23. Felt you had to conceal your Parkinson's from people?	1	2	3	4	5
24. Avoided situations which involve eating or drinking in public?	1	2	3	4	5
25. Felt embarrassed in public due to having Parkinson's disease?	1	2	3	4	5
26. Felt worried by other people's reaction to you?	1	2	3	4	5
27. Had problems with your close personal relationships?	1	2	3	4	5
28. Lacked support in the ways you need from your spouse/ partner?	1	2	3	4	5
	If you do not have a spouse/ partner tick here <input type="checkbox"/>				
29. Lacked support in the ways you need from your family/ close friends?	1	2	3	4	5
30. Unexpectedly fallen asleep during the day?	1	2	3	4	5
31. Had problems with your concentration?	1	2	3	4	5
32. Felt your memory was bad?	1	2	3	4	5
33. Had distressing dreams or hallucinations?	1	2	3	4	5
34. Had difficulty with your speech?	1	2	3	4	5
35. Felt unable to communicate with people properly?	1	2	3	4	5
36. Felt ignored by people?	1	2	3	4	5
37. Had painful muscle cramps or spasms?	1	2	3	4	5
38. Had aches and pains in your joints or body?	1	2	3	4	5
39. Felt unpleasantly hot or cold?	1	2	3	4	5