

# Questions regarding dizziness and balance problems HDQ-10

To what extent have you experienced the following during the last 4 weeks:  
(one response to each question)

	Never (not at all)	Rarely (a little)	Sometimes (quite a bit)	Always (very much)
1. Nausea due to dizziness	0	1	2	3
2. Vomiting or retching due to dizziness	0	1	2	3
3. Staying inside all day due to dizziness or balance problems	0	1	2	3
4. Not able to do usual activities (such as household chores or work) due to dizziness or balance problems	0	1	2	3
5. Not able to wash or dress yourself due to dizziness or balance problems	0	1	2	3
6. Unsteady to the point where it is noticeable by other people.	0	1	2	3
7. Unsteady or dizzy so that it makes you afraid of falling	0	1	2	3
8. Worried about the future because of dizziness or balance problems	0	1	2	3
9. Nervous or uneasy due to dizziness or balance problems	0	1	2	3
10. Depressed due to dizziness or balance problems	0	1	2	3