

SILC QUESTION ON SELF-PERCEIVED HEALTH

PH010 How is your health in general; would you say it was...

RUNNING PROMPT

Very good	1
Good	2
Fair	3
Bad	4
Or very bad	5

The measurement of self-perceived health (SPH) is, by its very nature, subjective. The notion is restricted to an assessment coming from the individual and not from anyone outside that individual, whether an interviewer, health care worker or relative. SPH is influenced by impressions or opinions from others, but is the result after these impressions have been processed by the individual relative to their own beliefs and attitudes. The reference is to health in general rather than the present state of health, as the question is not intended to measure temporary health problems. It is expected to include the different dimensions of health, i.e. physical, social and emotional function and biomedical signs and symptoms. It omits any reference to an age. It is not time limited. Five answers categories are proposed. Two (very good and good) are at the upper end of the scale and two (bad and very bad) are at the lower. It is also important to note that the intermediate category 'fair' should be translated into an appropriately neutral term, as far as possible keeping in mind cultural interpretations, in the various languages. For this question a proxy should be limited as much as possible.

This question is the same SPH question than the one included in the Minimum European Health Module ([MEHM](#))

Source:

[Questionnaires](#)

Additional information on SILC can be found at [Eurostat](#) or [The European Health Survey System](#)