

CORE-Q

Name *

First Name

Last Name

Email *

example@example.com

Date *



Date

Brief label for your health condition *

(Eg. concussion, migraines, chronic fatigue syndrome, etc.)

Sensory Tolerance

Over the past week, on average, how long can you do the following activities before your symptoms start or worsen?

Look at a screen

- 0-5 minutes
- 6-30 minutes
- 31-60 minutes
- 61-90 minutes
- 90-120 minutes+
- N/A

Use smartphone

- 0-5 minutes
- 6-30 minutes
- 31-60 minutes
- 61-90 minutes
- 90-120 minutes+
- N/A

See lights (eg. sun, fluorescent, headlights)

- 0-5 minutes
- 6-30 minutes
- 31-60 minutes
- 61-90 minutes
- 90-120 minutes+
- N/A

Listen to noises

- 0-5 minutes
- 6-30 minutes
- 31-60 minutes
- 61-90 minutes
- 90-120 minutes+
- N/A

Physical Activity Tolerance

Over the past week, on average, how long can you do the following activities before your symptoms start or worsen?

Light physical activity

- 0-5 minutes
- 6-30 minutes
- 31-60 minutes
- 61-90 minutes
- 90-120 minutes+
- N/A

Moderate physical activity

- 0-5 minutes
- 6-30 minutes
- 31-60 minutes
- 61-90 minutes
- 90-120 minutes+
- N/A

Vigorous physical activity

- 0-5 minutes
- 6-30 minutes
- 31-60 minutes
- 61-90 minutes
- 90-120 minutes+
- N/A

Mental Activities

Over the past week, on average, how long can you do the following activities before your symptoms start or worsen?

Learn something new

- 0-5 minutes
- 6-30 minutes
- 31-60 minutes
- 61-90 minutes
- 90-120 minutes+
- N/A

Read words on paper

- 0-5 minutes
- 6-30 minutes
- 31-60 minutes
- 61-90 minutes
- 90-120 minutes+
- N/A

Write ideas down

- 0-5 minutes
- 6-30 minutes
- 31-60 minutes
- 61-90 minutes
- 90-120 minutes+
- N/A

Do more than one task at a time

- 0-5 minutes
- 6-30 minutes
- 31-60 minutes
- 61-90 minutes
- 90-120 minutes+
- N/A

Converse with 1 person

- 0-5 minutes
- 6-30 minutes
- 31-60 minutes
- 61-90 minutes
- 90-120 minutes+
- N/A

Convrse with a group of people

- 0-5 minutes
- 6-30 minutes
- 31-60 minutes
- 61-90 minutes
- 90-120 minutes+
- N/A

Life Activities

Over the past week, on average, how long can you do the following activities before your symptoms start or worsen?

Take care of yourself

- 0-5 minutes
- 6-30 minutes
- 31-60 minutes
- 61-90 minutes
- 90-120 minutes+
- N/A

Take care of others

- 0-5 minutes
- 6-30 minutes
- 31-60 minutes
- 61-90 minutes
- 90-120 minutes+
- N/A

Take care of pets

- 0-5 minutes
- 6-30 minutes
- 31-60 minutes
- 61-90 minutes
- 90-120 minutes+
- N/A

Prepare meals

- 0-5 minutes
- 6-30 minutes
- 31-60 minutes
- 61-90 minutes
- 90-120 minutes+
- N/A

Do housework

- 0-5 minutes
- 6-30 minutes
- 31-60 minutes
- 61-90 minutes
- 90-120 minutes+
- N/A

Drive

- 0-5 minutes
- 6-30 minutes
- 31-60 minutes
- 61-90 minutes
- 90-120 minutes+
- N/A

Ride public transportation

- 0-5 minutes
- 6-30 minutes
- 31-60 minutes
- 61-90 minutes
- 90-120 minutes+
- N/A

Grocery shop

- 0-5 minutes
- 6-30 minutes
- 31-60 minutes
- 61-90 minutes
- 90-120 minutes+
- N/A

Do your usual work/school activities

- 0-5 minutes
- 6-30 minutes
- 31-60 minutes
- 61-90 minutes
- 90-120 minutes+
- N/A

Other difficulties

How many of the activities above can you do in a typical day before your symptoms start or worsen?

- | | | | | | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

If you did too much in a day and your symptoms got worse, how long would it typically take for symptoms to go back to usual?

- 0-5 minutes
- 6-30 minutes
- 31-60 minutes
- 61-90 minutes
- 90-120 minutes+
- N/A

Social Participation

Over the past week, on average, how long can you do the following activities before your symptoms start or worsen?

Go to a restaurant

- 0-5 minutes
- 6-30 minutes
- 31-60 minutes
- 61-90 minutes
- 90-120 minutes+
- N/A

Go to the movies

- 0-5 minutes
- 6-30 minutes
- 31-60 minutes
- 61-90 minutes
- 90-120 minutes+
- N/A

Go to small social event

- 0-5 minutes
- 6-30 minutes
- 31-60 minutes
- 61-90 minutes
- 90-120 minutes+
- N/A

Go to a large social event

- 0-5 minutes
- 6-30 minutes
- 31-60 minutes
- 61-90 minutes
- 90-120 minutes+
- N/A

Attend a crowded event

- 0-5 minutes
- 6-30 minutes
- 31-60 minutes
- 61-90 minutes
- 90-120 minutes+
- N/A

Individual Influences on Recovery

How much do the following things affect your functional recovery?

Health & Knowledge

Your overall physical health

	1	2	3	4	5	
Negatively affects your recovery	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Positively affects your recovery

Your current knowledge about your condition

	1	2	3	4	5	
Negatively affects your recovery	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Positively affects your recovery

Mental Health

Your mental health

	1	2	3	4	5	
Negatively affects your recovery	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Positively affects your recovery

Accepting your new sense of self since your condition

1 2 3 4 5

Negatively affects your recovery Positively affects your recovery

Your ability to cope with day-to-day frustrations

1 2 3 4 5

Negatively affects your recovery Positively affects your recovery

Your ability to cope with a stressful event

1 2 3 4 5

Negatively affects your recovery Positively affects your recovery

Cognitive Health

Your ability to manage the household

1 2 3 4 5

Negatively affects your recovery Positively affects your recovery

Your ability to work or study at your previous level of quality

1 2 3 4 5

Negatively affects your recovery Positively affects your recovery

Your ability to manage money and personal finances

1 2 3 4 5

Negatively affects your recovery Positively affects your recovery

Social Health

Relationships with family and friends

1 2 3 4 5

Negatively affects your recovery Positively affects your recovery

Attitude of family and friends

1 2 3 4 5

Negatively affects your recovery Positively affects your recovery

Using social media

1 2 3 4 5

Negatively affects your recovery Positively affects your recovery

Environment

Having enough money to meet your needs

1 2 3 4 5

Negatively affects your recovery Positively affects your recovery

Access to healthcare

1 2 3 4 5

Negatively affects your recovery Positively affects your recovery

Level of support you're getting at home

1 2 3 4 5

Negatively affects your recovery Positively affects your recovery

Level of support from friends, colleagues, support groups

1 2 3 4 5

Negatively affects your recovery Positively affects your recovery

Level of support at work or school

1 2 3 4 5

Negatively affects your recovery Positively affects your recovery

Feeling safe

1 2 3 4 5

Negatively affects your recovery Positively affects your recovery

Spending time outdoors

1 2 3 4 5

Negatively affects your recovery Positively affects your recovery

Dealing with insurance company

1 2 3 4 5

Negatively affects your recovery Positively affects your recovery

Finished? *

Yes

Submit