**Please tick the box which represents your answer (for example ☑).**

All questions refer to **last week**.

1. **How would you describe the overall level of fatigue and/or tiredness you have experienced?**

2. **How would you describe the overall level of neck, back or hip pain of the AS disease you have had?**

3. **How would you describe the overall level of pain and/or swelling you have had in joints other than neck, back or hip?**

4. **How would you describe the overall level of discomfort you have had from any areas tender to touch or pressure?**

5. **How would you describe the overall level of morning stiffness you have had since wake up time?**

6. **How long does your morning stiffness last from the time you wake up?**

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**Please indicate your level of ability with each of the following activities during the last week (for example ☑).**

An aid is a piece of equipment that helps you do an activity or movement

1. **Putting on your socks or tights without help or an aid.**

2. **Bending forward from the waist to pick up a pen from the floor without an aid.**

3. **Reaching up to a high shelf without help or aids.**

4. **Getting up from an armless chair without using your hands or any other help.**

5. **Getting up off the floor from lying on your back without help.**

6. **Standing without support for 10 minutes without discomfort.**

7. **Climbing 12-15 steps without the use of hand rail or walking aid (one foot on each step).**

8. **Looking over your shoulder without turning your body.**

9. **Doing physically demanding activities (for example physiotherapy exercises, washing a car or sports).**

10. **Doing a full day’s activities, at home or at work.**
6. لیست‌سان بدن حسیت باید 9 دقیقه بدن ناراحتی.

7. برای 12 دقیقه حسیت باید بدن ناراحتی باشد.

8. لیست‌سان بدن هوشی باید 9 دقیقه بدن ناراحتی.

9. لیست‌سان بدن هوشی باید 12 دقیقه بدن ناراحتی.

10. لیست‌سان بدن هوشی باید 15 دقیقه بدن ناراحتی.

PASS

Considering all the different ways your disease is affecting you, if you would stay in this state for the next months, do you consider that your current state is satisfactory?

[ ] بله [ ] خیر