

The Vestibular Activities and Participation (VAP) Questionnaire

Name:

Date:

Time:

This questionnaire evaluates the effect of dizziness and/or balance problems on your ability to do things. Please rate your difficulty (if any) on each item. If you do not perform a particular activity or it is not part of your lifestyle, check NA (not applicable).

Due to your dizziness/imbalance, how much difficulty did you have recently in:		None	Mild	Moderate	Severe	Unable to do	NA
1	Focusing attention (concentration, remembering)						
2	Carrying out your daily routine (managing and completing your daily routine)						
3	Handling stress & other psychological demands (driving a vehicle during heavy traffic or taking care of many children)						
4	Lying down (get into or out of bed) or turning over in bed						
5	Sitting from lying down						
6	Moving from sitting to standing						
7	Bending over or picking up objects from the ground						
8	Lifting and carrying objects						
9	Reaching overhead and down						
10	Walking short distances (e.g. around the house, outside to a nearby car)						
11	Walking long distances						
12	Walking on different surfaces (icy sidewalks, uneven surfaces)						
13	Walking around obstacles: in crowds, across parking lot						
14	Climbing (up & down stairs, elevator, escalator)						
15	Running						
16	Moving around within the home (e.g. moving between rooms or from floor to floor)						
17	Moving around within buildings other than your home						
18	Moving around using equipment (e.g. walker, wheelchair)						
19	Using transportation (traveling using private or public transportation-being a passenger)						

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20	Operating a vehicle: driving a car or riding a bicycle						
21	Washing whole body (bathing in a bathtub or shower)						
22	Shopping						
23	Preparing meals (planning, organizing, cooking and serving meals for oneself and others)						
24	Doing housework: washing & drying clothes & garments; cleaning cooking area & utensils; cleaning living area; & disposing of garbage						
25	Taking care of animals (e.g. feeding, cleaning & exercising pets or farm animals)						
26	Assisting household members with self care (e.g. eating, bathing, dressing) and/or assisting household members in movement (e.g. moving outside the home)						
27	Family relationships						
28	School education (engaging in all school related responsibilities & privileges)						
29	Vocational training (engaging in all activities at a trade school)						
30	Higher education (engaging in all the activities of advanced educational programs beyond high school)						
31	Maintaining a job (e.g. remunerative employment, non-remunerative employment)						
32	Recreation and leisure (engaging in any form of play, recreational, or leisure activities)						
33	Sports (engaging in competitive and formal or informal organized games, performed alone or in a group)						
34	Socializing (e.g. visiting friends or relatives, going to dinner, movies, or parties)						