

ASCQ-Me Stiffness Impact

Survey Instructions

◆ Answer all the questions by checking the box to the left of your answer.

1. In the past 7 days, how often were your joints very stiff when you woke up?

- Never
- Rarely
- Sometimes
- Often
- Always

2. In the past 7 days, how often were your joints very stiff during the day?

- Never
- Rarely
- Sometimes
- Often
- Always

3. In the past 7 days, how often were your joints so stiff during the day that you could not move?

- Never
- Rarely
- Sometimes
- Often
- Always

4. In the past 7 days, how often did you wake up so stiff that you could not move?

- Never
- Rarely
- Sometimes
- Often
- Always

5. In the past 7 days, how often did it take you a very long time to get out of bed because of stiffness?

- Never
- Rarely
- Sometimes
- Often
- Always