

## SADQH 21 Scoring

1. Every day this week=3            4-6 days this week=2            1-4 days  
this week=1            Not at all this week=0
2. Every day this week=3            4-6 days this week=2            1-4 days  
this week=1            Not at all this week=0
3. Every day this week=3            4-6 days this week=2            1-4 days  
this week=1            Not at all this week=0
4. Every day this week=0            4-6 days this week=1            1-4 days  
this week=2            Not at all this week=3
5. Every day this week=3            4-6 days this week=2            1-4 days  
this week=1            Not at all this week=0
6. Every day this week=3            4-6 days this week=2            1-4 days  
this week=1            Not at all this week=0
7. Every day this week=0            4-6 days this week=1            1-4 days  
this week=2            Not at all this week=3
8. Every day this week=3            4-6 days this week=2            1-4 days  
this week=1            Not at all this week=0
9. Every day this week=3            4-6 days this week=2            1-4 days  
this week=1            Not at all this week=0
10. Every day this week=3            4-6 days this week=2            1-4 days  
this week=1            Not at all this week=0
11. Every day this week=3            4-6 days this week=2            1-4 days  
this week=1            Not at all this week=0
12. Every day this week=0            4-6 days this week=1            1-4 days  
this week=2            Not at all this week=3
13. Every day this week=3            4-6 days this week=2            1-4 days  
this week=1            Not at all this week=0
14. Every day this week=3            4-6 days this week=2            1-4 days  
this week=1            Not at all this week=0
15. Every day this week=0            4-6 days this week=1            1-4 days  
this week=2            Not at all this week=3

16. Every day this week=0      4-6 days this week=1      1-4 days  
     this week=2      Not at all this week=3
17. Every day this week=0      4-6 days this week=1      1-4 days  
     this week=2      Not at all this week=3
18. Every day this week=0      4-6 days this week=1      1-4 days  
     this week=2      Not at all this week=3
19. Every day this week=3      4-6 days this week=2      1-4 days  
     this week=1      Not at all this week=0
20. Every day this week=0      4-6 days this week=1      1-4 days  
     this week=2      Not at all this week=3
21. Every day this week=0      4-6 days this week=1      1-4 days  
     this week=2      Not at all this week=3