

Immune Status Questionnaire (ISQ)

Please indicate how often you have had the following complaints in the past 12 months:

	Never	Sometimes	Regularly	Often	(Almost) always
Sudden high fever					
Diarrhea					
Headache					
Skin problems (e.g. acne & eczema)					
Muscle and joint pain					
Common Cold					
Coughing					

How you feel at this moment?

A	I score my general health the following grade (0 = very bad; 10 = very good)
B	I score my immune functioning the following grade (0 = very bad; 10 = very good)
C	Do you have reduced immune functioning at this moment?	Yes	No
D	Do you have a chronic disease? If yes, please specify:	Yes	No

Source:

Development and Validation of the Immune Status Questionnaire (ISQ)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6926937/>

ISQ Scoring instructions.

Raw Score	Final Score
≥15	0
14	1
13	2
11, 12	3
10	4
8, 9	5
7	6
6	7
5	8
3, 4	9
≤2	10

Each item of the ISQ can be scored as follows: Never = 0 points; Sometimes = 1 point; Regularly = 2 points; Often = 3 points; (Almost) always = 4 points; Calculate the sum score of the 7 ISQ items. To obtain the final ISQ score, translate the “raw” ISQ scores as follows: Interpretation: 0 = very poor, 10 excellent perceived immune status. Cut off for reduced immune functioning: ISQ < 6.

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