**Availability:**

Please visit this website for more information about the instrument: [Dizziness Handicap Inventory (DHI)](#).

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**Classification:**

**Supplemental-Highly Recommended:** Sports-Related Concussion (SRC) Subacute (after 72 hours to 3 months) and Persistent/Chronic (3 months and greater post concussion) as a symptom reports/inventories (if dizziness is described in the Post-Concussion Symptom Scale)

**Supplemental:** Acute Hospitalized, Concussion/Mild TBI, Moderate/Severe TBI: Rehabilitation, and Traumatic Brain Injury (TBI)

**Short Description of Instrument:**

The Dizziness Handicap Inventory (DHI), a 25-item self-report questionnaire was developed to evaluate the self-perceived handicapping effects imposed by vestibular system disease (Jacobson & Newman, 1990). The items in the DHI are subgrouped into functional, emotional and physical domains representing aspects of dizziness and unsteadiness.

**Sports-Related Concussion Specific:**

**Advantages:** The DHI is generally widely used and translated into 14 languages (Mutlu & Serbetcioglu 2013). It has been used in other medical disorders to measure self-perceived handicapping effects, in aspects of dizziness and unsteadiness in functional, emotional and physical domains (Mutlu & Serbetcioglu 2013). For example it was used in vestibular system disease (Jacob & Newman, 1990).

**Limitations:** Items of the DHI do not evaluate the otological or neurovegetative symptoms and does not assess the effects of dizziness on self-care activities. In concussion/mtTBI management, it has been rarely used so far.

**Scoring:**

**Scoring:** Functional domain: 9 questions, 36 points; Emotional domain: 9 questions, 36 points, and Physical domain: 7 questions, 28 points

Answers to questions are graded: 0 (No); 2 (Sometimes); 4 (Yes)

Maximum score = 100 (28 points for physical, 36 points each for emotional and functional domains)

**Scores:** Scores greater than 10 points should be referred to balance specialists for further evaluation.

Mild Handicap: 16–34 points
Moderate Handicap: 36–52 points
Severe Handicap: 54+ points
### References:

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