

**Table 2** Self-assessment of functionality and quality of life among chronically ill patients in a tertiary care hospital in Saudi Arabia (n = 300)

<b>Parameter</b>	<b>No.</b>	<b>%</b>
<b><i>Mobility</i></b>		
I have no problems walking about	152	50.7
I have some problems walking about	139	46.3
I am confined to bed	9	3.0
<b><i>Self-care</i></b>		
I have no problems with self-care	225	75.0
I have some problems washing or dressing myself	57	19.0
I am unable to wash or dress myself	18	6.0
<b><i>Usual activities</i></b>		
I have no problems with performing my usual activities	160	53.3
I have some problems with performing my usual activities	89	29.7
I am unable to perform my usual activities	51	17.0
<b><i>Pain/discomfort</i></b>		
I have no pain or discomfort	116	38.7
I have moderate pain or discomfort	146	48.7
I have extreme pain or discomfort	38	12.7
<b><i>Anxiety/depression</i></b>		
I am not anxious or depressed	156	52.0
I am moderately anxious or depressed	118	39.3
I am extremely anxious or depressed	26	8.7