THE PERCEIVED QUALITY OF LIFE SCALE[©] (PQOL)

U.S. English Version



University of Washington Seattle, Washington United States of America

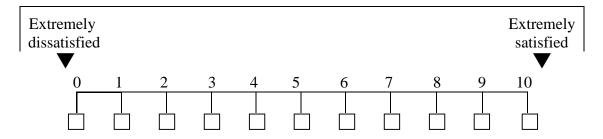
Emblem...Soul Catcher: a Northwest Coast Indian symbol of physical and mental well-being. Artist: Marvin Oliver

Satisfaction with Health and Life

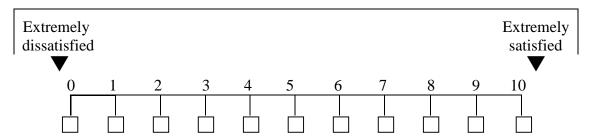
We would like to know how satisfied you are with different aspects of your life. Each item below has a scale where "0" is Extremely Dissatisfied and "10" is Extremely Satisfied. [For each item, mark an 🗷 in the box of the number that shows your own level of satisfaction.]

How dissatisfied or satisfied are you with:

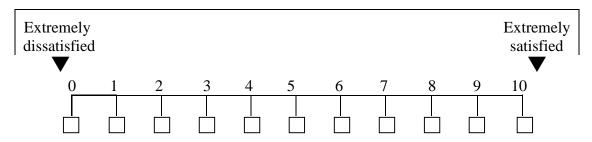
1. Your physical health (the health of your body)?



2. How well you care for yourself, for example, preparing meals, bathing, or shopping?



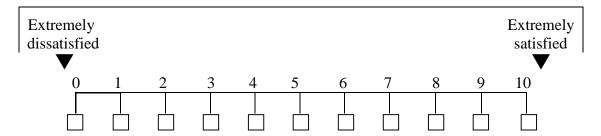
3. How well you think and remember?



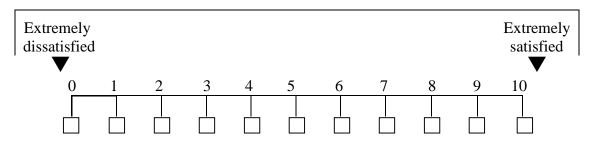
(Please turn the page)

How dissatisfied or satisfied are you with:

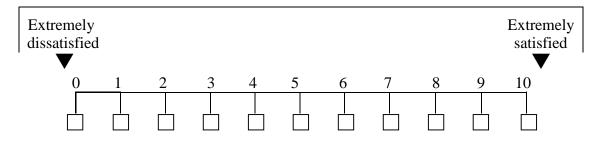
4. The amount of walking you do?



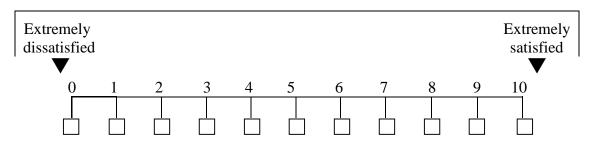
5. How often you get outside the house, for example, going into town, using public transportation or driving?



6. How well you carry on a conversation, for example, speaking clearly, hearing others, or being understood?



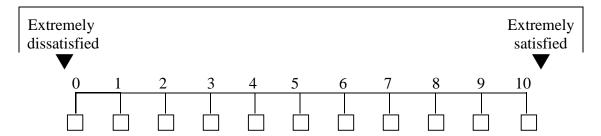
7. The kind and amount of food you eat?



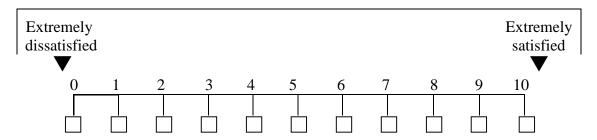
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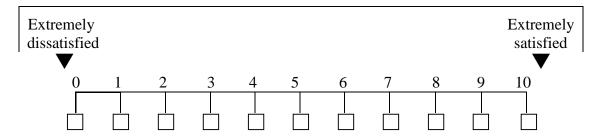
8. How often you see or talk to your family and friends?



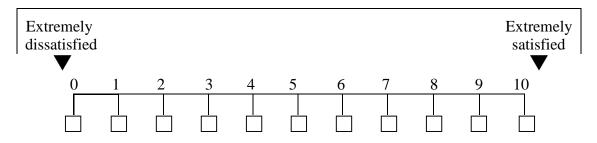
9. The help you get from your family and friends, for example, helping in an emergency, fixing your house, or doing errands?



10. The help you give to your family and friends?



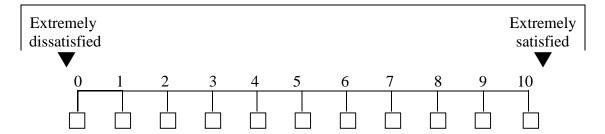
11. Your contribution to your community, for example, a neighborhood, religious, political or other group?



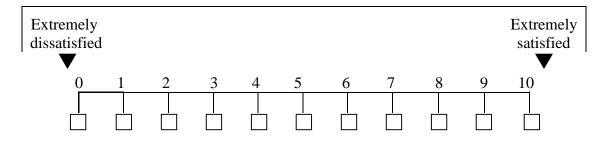
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How dissatisfied or satisfied are you with:

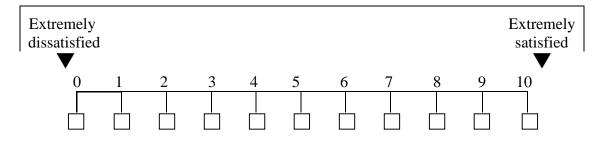
12. Your retirement or current job?



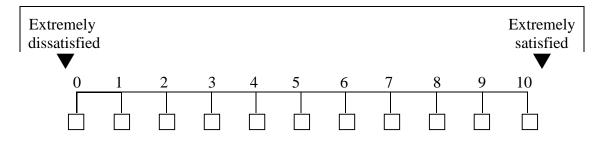
13. The kind and amount of recreation or leisure you have?



14. Your level of sexual activity or lack of sexual activity?



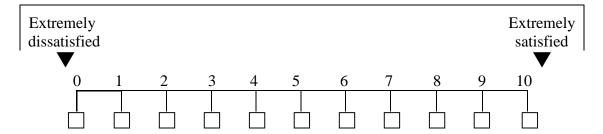
15. The way your income meets your needs?



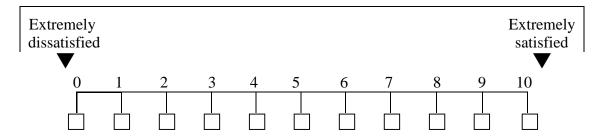
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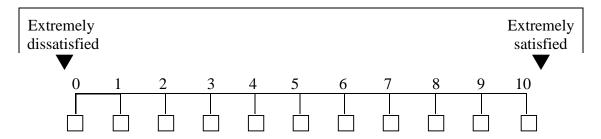
16. How respected you are by others?



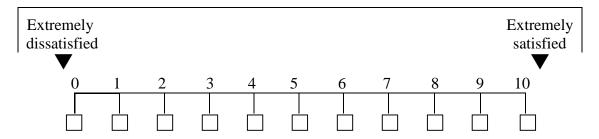
17. The meaning and purpose of your life?



18. The amount of variety in your life?



19. The amount and kind of sleep you get?



(Please turn the page)

20. How happy are you?

