

# DESCRIBING YOUR LIFE

Youth Quality of Life Instrument – Surveillance Version (YQOL-S)



Donald L. Patrick, PhD, MSPH  
Todd C. Edwards, PhD  
Tari D. Topolski, PhD

Seattle Quality of Life Group  
University of Washington  
146 North Canal Street, Suite 313  
Seattle, Washington 98103-8652  
(800) 291-2193

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## Evaluating Your Life

Following are some statements that you might make about yourself. Please circle the number on the scale that best describes how closely the statement applies to you. There are no right or wrong answers, we are only interested in how you feel about your life.

1. I feel I am getting along with my parents or guardians (*please circle the number*)
 

<b>NOT AT ALL</b>	0	1	2	3	4	5	6	7	8	9	10	<b>COMPLETELY</b>
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2. I look forward to the future (*please circle the number*)
 

<b>NOT AT ALL</b>	0	1	2	3	4	5	6	7	8	9	10	<b>A GREAT DEAL</b>
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3. I feel alone in my life (*please circle the number*)
 

<b>NOT AT ALL</b>	0	1	2	3	4	5	6	7	8	9	10	<b>A GREAT DEAL</b>
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4. I feel good about myself (*please circle the number*)
 

<b>NOT AT ALL</b>	0	1	2	3	4	5	6	7	8	9	10	<b>COMPLETELY</b>
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5. I enjoy life (*please circle the number*)
 

<b>NOT AT ALL</b>	0	1	2	3	4	5	6	7	8	9	10	<b>A GREAT DEAL</b>
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6. I am satisfied with the way my life is now (*please circle the number*)
 

<b>NOT AT ALL</b>	0	1	2	3	4	5	6	7	8	9	10	<b>COMPLETELY</b>
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7. I feel life is worthwhile (*please circle the number*)
 

<b>NOT AT ALL</b>	0	1	2	3	4	5	6	7	8	9	10	<b>COMPLETELY</b>
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8. Compared with others my age, I feel my life is... (*please circle the number*)
 

<b>MUCH WORSE THAN OTHERS</b>	0	1	2	3	4	5	6	7	8	9	10	<b>MUCH BETTER THAN OTHERS</b>
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