

Participant Number: \_\_\_\_\_

# About Your Life



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SELF-REPORT VERSION FOR CHILDREN Ages 7-11 years

## About Your Life

Below are things that you may say or feel about your life. After you read each question, draw an "X" over the one the face that best matches how you feel about your life RIGHT NOW.

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### DO IT LIKE THIS:

**EXAMPLE QUESTION:** I *enjoy going* to school (please draw an "X" over the one face that best describes you)

Enjoy Not at All								Enjoy Very Much
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The student who answered the question above enjoys school very much.

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1. I *feel good* about myself (please draw an "X" over the one face that best describes you)

Not at All Good								Very Good
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2. I *feel left out* by kids my age (please draw an "X" over the one face that best describes you)

Very Left Out								Not at All Left Out
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3. I *feel I get along* with my parents (please draw an "X" over the one face that best describes you)

Get Along Not at All								Get Along Very Well
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4. I **feel my family cares** about me (please draw an "X" over the one face that best describes you)

Cares Not at All	    	Cares Very Much
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5. I am **happy with the friends I have** (please draw an "X" over the one face that best describes you)

Not at All Happy	    	Very Happy
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6. I am **happy with how I look** (please draw an "X" over the one face that best describes you)

Not at All Happy	    	Very Happy
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7. Kids my age **treat me okay** (please draw an "X" over the one face that best describes you)

Not at All Okay	    	Very Okay
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8. I **feel safe** at school (please draw an "X" over the one face that best describes you)

Not at All Safe	    	Very Safe
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9. I **enjoy learning** new things (please draw an "X" over the one face that best describes you)



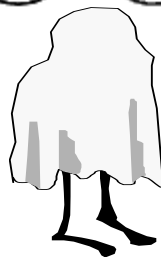
10. I am **happy with my life** (please draw an "X" over the one face that best describes you)



### How Does Your Weight Affect Your Life?

Following are sentences that describe how you may feel about yourself and how heavy you are. After you read each sentence, draw an "X" over the one face that best describes how you feel about your life RIGHT NOW.

11. I **feel bad about how heavy I am** (please draw an "X" over the one face that best describes you)



12. Because of how heavy I am I **worry about what kids say** about me (please draw an "X" over the one face that best describes you)



13. Because of how heavy I am it is **hard for me to make friends** (please draw an "X" over the one face that best describes you)

Very  
Hard



Not at  
All Hard

14. My **family makes me feel bad** about how heavy I am (please draw an "X" over the one face that best describes you)

Feel Very  
Bad



Feel Not  
at All Bad

15. I **feel my parents love me** no matter how heavy I am (please draw an "X" over the one face that best describes you)

Love Me  
Not at All



Love Me  
Very Much

16. **Other kids make fun** of me because of how heavy I am (please draw an "X" over the one face that best describes you)

Make Fun  
a Lot



Make Fun  
Not at All



17. I **worry about how heavy I will be** when I grow up (please draw an "X" over the one face that best describes you)

Very  
Worried



Not at All  
Worried

18. Because of how heavy I am it is **hard for me to wear the clothes** I want to wear  
(please draw an "X" over the one face that best describes you)

Very Hard								Not at All Hard
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19. Because of how heavy I am it is **hard for me to keep up** with other kids (please draw  
an "X" over the one face that best describes you)

Very Hard								Not at All Hard
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Is there anything else you would like to tell us? (please write your answer below):

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If any of the questions have made you upset, we suggest you talk about your feelings with someone close to you, like a parent, friend, relative or teacher.



**Thank You Very Much For Your Help!**