
Field Trial

WHOQOL-100

February 1995

THE 100 QUESTIONS WITH RESPONSE SCALES



DIVISION OF MENTAL HEALTH

WORLD HEALTH ORGANIZATION

GENEVA

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The WHOQOL-100 has been developed from an extensive pilot test of some 300 WHOQOL questions in 15 centres around the world. Data from this pilot testing on over 4,500 subjects enabled the 100 best questions to be selected according to set criteria.

These questions respond to the definition of Quality of Life as *individuals' perceptions of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards and concerns.*

These questions represent the finalized version of the WHOQOL-100 to be used for field trials. It is a generic English version and should never be used as it stands, nor just be translated. Versions suitable for use in the different populations involved in the pilot study, are available from the listed field trial centres. These versions are constructed by taking the corresponding 100 questions and response scales exactly as they stood in the language version that was used in the pilot test. (It should be noted that some variations exist even between the versions from the three English language centres.)

Centres wishing to develop a new language or cultural version, must follow the protocol for new centres under the supervision of the Division of Mental Health, WHO, Geneva, and as mentioned above must never just make a direct translation or an unsupervised adaptation of the WHOQOL-100. For further information contact: WHOQOL@who.int



DIVISION OF MENTAL HEALTH
WORLD HEALTH ORGANIZATION
GENEVA
1995

Current WHOQOL Centres

(February 1995)

Mr Kitikorn Meesapya
Division of Mental Health
Department of Medical Services
Ministry of Public Health
Tivanon Rd.
Nonthaburi 11000, Thailand
Tel:..66 2 525 2979
Fax:..66 2 525 2977

Dr Ramona Lucas Carrasco
Alcudia 32-34, 3-2
08016 Barcelona, Spain
Tel: ..34 3 353 87 88
Fax: ..34 3 210 3302

Dr S. Skevington
University of Bath
School of Social Sciences
Claverton Down
Bath BA2 7AY, United Kingdom
Tel:..44 225 826826
Fax:..44 225 826381

Dr Marianne Amir
Department of Behavioral Sciences
The Cukier Goldstein-Goren Building
Ben-Gurion University of the Negev
P.O.B. 653
84105 Beer-Sheva, Israel
Tel:..972 7 472044-3
Fax:..972 7 232766

Dr Shekhar Saxena
Department of Psychiatry
All India Institute of Medical Sciences
Ansari Nagar
New Delhi 110029, India
Tel:..91 11 686 4851
Fax:..91 11 686 2663

Professor W. Acuda
Dr Jane Mutambirwa
Department of Psychiatry
University of Zimbabwe
P.O. Box A 178
Avondale
Harare, Zimbabwe
Tel:..263 4 791 631
Fax:..263 4 333 407 or 724 912

Dr S. Rajkumar
Department of Psychiatry
Government General Hospital
Madras 600 003, India
Tel: ..91 44 563 131
Fax: ..91 44 827 6722 or 828 0700

Professor Helen Herrman
Department of Psychiatry
St. Vincent's Hospital
41 Victoria Parade
Fitzroy, Vic. 3065, Australia
Tel:..61 3 288 2211
Fax:..61 3 288 3882

Dr Jaime Arroyo Sucre
Apartado 6651
Panama 5, Panama
Tel:..507 61 02 22
Fax:..507 26 44 77

Dr Nicole Quemada
Dr Aude Caria
Centre collaborateur de l'OMS
INSERM Centre Paul Broca
2ter rue d'Alésia
F - 75014 Paris, France
Tel:..33 1 40 78 92 55
Fax:..33 1 45 80 72 93

Dr M. Kabanov
Dr G. Burkovsky
Dr A. Lomachenkov
V.M. Bekhterev Psychoneurological
Research Institute
3 Bekhterev Street
St. Petersburg 193019, Russian Federation
Tel:...81 2 567 54 06
Fax:...81 2 567 7128

Dr Donald Patrick
Department of Health Services
F-346 Health Sciences Center, SC-37
Seattle, Washington 98195, USA
Tel:...1 206 543 8866
Fax:...1 206 543 3964

Professor G. Van Heck
Mrs J. De Vries
Department of Psychology
Tilburg University
P.O. Box 90153
NL-5000 LE Tilburg, The Netherlands
Tel:...31 13 66 91 11
Fax:...31 13 66 30 19

Dr Miyako Tazaki
Science University of Tokyo
Kagurzaka 1-3
Shinjuku-ku
Tokyo, Japan
Tel:...81 3 3260 4271
Fax:...81 3 3260 0322

Professor S. Szabo
Svacicev trg 13
41000 Zagreb, Croatia
Tel:...385 41 23 22 22
Fax...385 41 23 15 15

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Field Trial

WHOQOL-100

February 1995

Instructions

This questionnaire asks how you feel about your quality of life, health, and other areas of your life. Please answer all the questions. If you are unsure about which response to give to a question, please choose the one that appears most appropriate. This can often be your first response.

Please keep in mind your standards, hopes, pleasures and concerns. We ask that you think about your life in the **last two weeks**.

For example, thinking about the last two weeks, a question might ask:

How much do you worry about your health?

Not at all	A little	A moderate amount	Very much	An extreme amount
1	2	3	4	5

You should circle the number that best fits how much you have worried about your health over the last two weeks. So you would circle the number 4 if you worried about your health "Very much", or circle number 1 if you have worried "Not at all" about your health. Please read each question, assess your feelings, and circle the number on the scale for each question that gives the best answer for you.

Thank you for your help

The following questions ask about **how much** you have experienced certain things in the last two weeks, for example, positive feelings such as happiness or contentment. If you have experienced these things an extreme amount circle the number next to "An extreme amount". If you have not experienced these things at all, circle the number next to "Not at all". You should circle one of the numbers in between if you wish to indicate your answer lies somewhere between "Not at all" and "Extremely". Questions refer to the last two weeks.

F1.2 (F1.2.1)* Do you worry about your pain or discomfort?

Not at all 1	A little 2	A moderate amount 3	Very much 4	An extreme amount 5
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F1.3 (F1.2.3) How difficult is it for you to handle any pain or discomfort?

Not at all 1	Slightly 2	Moderately 3	Very 4	Extremely 5
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F1.4 (F1.2.5) To what extent do you feel that (physical) pain prevents you from doing what you need to do?

Not at all 1	A little 2	A moderate amount 3	Very much 4	An extreme amount 5
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F2.2(F2.1.3) How easily do you get tired?

Not at all 1	Slightly 2	Moderately 3	Very 4	Extremely 5
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F2.4 (F2.2.4) How much are you bothered by fatigue?

Not at all 1	Slightly 2	Moderately 3	Very 4	Extremely 5
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F3.2 (F4.1.3) Do you have any difficulties with sleeping?

None at all 1	A little 2	A moderate amount 3	Very much 4	An extreme amount 5
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F3.4 (F4.2.3) How much do any sleep problems worry you?

Not at all 1	A little 2	A moderate amount 3	Very much 4	An extreme amount 5
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* The numbers in brackets refer to the number of the question in the pilot question pool. National versions must be constructed using that same question taken from national version of the pilot questionnaire.

F4.1 (F6.1.2) How much do you enjoy life?

Not at all 1		A little 2		A moderate amount 3		Very much 4		An extreme amount 5
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F4.3 (F6.1.4) How positive do you feel about the future?

Not at all 1	Slightly 2	Moderately 3	Very 4	Extremely 5
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F4.4 (F6.1.6) How much do you experience positive feelings in your life?

Not at all 1	A little 2	A moderate amount 3	Very much 4	An extreme amount 5
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F5.3 (F7.1.6) How well are you able to concentrate?

Not at all 1	Slightly 2	Moderately 3	Very well 4	Extremely 5
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F6.1 (F8.1.1) How much do you value yourself?

Not at all 1	A little 2	A moderate amount 3	Very much 4	An extreme amount 5
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F6.2 (F8.1.3) How much confidence do you have in yourself?

Not at all 1	A little 2	A moderate amount 3	Very much 4	An extreme amount 5
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F7.2 (F9.1.3) Do you feel inhibited by your looks?

Not at all 1	Slightly 2	Moderately 3	Very much 4	Extremely 5
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F7.3 (F9.1.4) Is there any part of your appearance which makes you feel uncomfortable?

Not at all 1	A little 2	A moderate amount 3	Very much 4	An extreme amount 5
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F8.2 (F10.1.3) How worried do you feel?

Not at all 1	Slightly 2	Moderately 3	Very 4	Extremely 5
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F8.3 (F10.2.2) How much do any feelings of sadness or depression interfere with your everyday functioning?

Not at all 1	A little 2	A moderate amount 3	Very much 4	An extreme amount 5
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F8.4 (F10.2.3) How much do any feelings of depression bother you?

Not at all 1	A little 2	A moderate amount 3	Very much 4	An extreme amount 5
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F10.2 (F12.1.3) To what extent do you have difficulty in performing your routine activities?

Not at all 1	A little 2	A moderate amount 3	Very much 4	An extreme amount 5
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F10.4 (F12.2.4) How much are you bothered by any limitations in performing everyday living activities?

Not at all 1	A little 2	A moderate amount 3	Very much 4	An extreme amount 5
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F11.2 (F13.1.3) How much do you need any medication to function in your daily life?

Not at all 1	A little 2	A moderate amount 3	Very much 4	An extreme amount 5
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F11.3 (F13.1.4) How much do you need any medical treatment to function in your daily life?

Not at all 1	A little 2	A moderate amount 3	Very much 4	An extreme amount 5
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F11.4 (F13.2.2) To what extent does your quality of life depend on the use of medical substances or medical aids?

Not at all 1	A little 2	A moderate amount 3	Very much 4	An extreme amount 5
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F13.1 (F17.1.3) How alone do you feel in your life?

Not at all 1	Slightly 2	Moderately 3	Very much 4	Extremely 5
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F15.2 (F3.1.2) How well are your sexual needs fulfilled?

Not at all 1	Slightly 2	Moderately 3	Very much 4	Extremely 5
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F15.4 (F3.2.3) Are you bothered by any difficulties in your sex life?

Not at all 1	Slightly 2	Moderately 3	Very 4	Extremely 5
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F16.1 (F20.1.2) How safe do you feel in your daily life?

Not at all 1	Slightly 2	Moderately 3	Very 4	Extremely 5
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F16.2(F20.1.3)Do you feel you are living in a safe and secure environment?

Not at all 1	Slightly 2	Moderately 3	Very much 4	Extremely 5
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F16.3(F20.2.2)How much do you worry about your safety and security?

Not at all 1	A little 2	A moderate amount 3	Very much 4	An extreme amount 5
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*F17.1(F21.1.1)How comfortable is the place where you live?

Not at all 1	Slightly 2	Moderately 3	Very 4	Extremely 5
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F17.4(F21.2.4)How much do you like it where you live?

Not at all 1	A little 2	A moderate amount 3	Very much 4	An extreme amount 5
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F18.2(F23.1.5)Do you have financial difficulties?

Not at all 1	A little 2	A moderate amount 3	Very much 4	An extreme amount 5
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F18.4(F23.2.4)How much do you worry about money?

Not at all 1	A little 2	A moderate amount 3	Very much 4	An extreme amount 5
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F19.1(F24.1.1)How easily are you able to get good medical care?

Not at all 1	Slightly 2	Moderately 3	Very 4	Extremely 5
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F21.3(F26.2.2)How much do you enjoy your free time?

Not at all 1	A little 2	Moderately 3	Very much 4	An extreme amount 5
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*F22.1(F27.1.2)How healthy is your physical environment?

Not at all 1	Slightly 2	Moderately 3	Very 4	Extremely 5
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F22.2(F27.2.4)How concerned are you with the noise in the area you live in?

Not at all 1	A little 2	Moderately 3	Very much 4	An extreme amount 5
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F23.2(F28.1.4)To what extent do you have problems with transport?

Not at all 1	A little 2	A moderate amount 3	Very much 4	An extreme amount 5
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F23.4(F28.2.3)How much do difficulties with transport restrict your life?

Not at all	A little	A moderate amount	Very much	An extreme amount
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1 | 2 3 | 4 | 5

* Note: These questions were inappropriately given a capacity response scale in the pilot version. They are to be given an intensity scale in the WHOQOL-100.

The following questions ask about **how completely** you experience or were able to do certain things in the last two weeks, for example activities of daily living such as washing, dressing or eating. If you have been able to do these things completely, circle the number next to "Completely". If you have not been able to do these things at all, circle the number next to "Not at all". You should circle one of the numbers in between if you wish to indicate your answer lies somewhere between "Not at all" and "Completely". Questions refer to the last two weeks.

F2.1(F2.1.1) Do you have enough energy for everyday life?

Not at all 1	A little 2	Moderately 3	Mostly 4	Completely 5
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F7.1(F9.1.2) Are you able to accept your bodily appearance?

Not at all 1	A little 2	Moderately 3	Mostly 4	Completely 5
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F10.1(F12.1.1) To what extent are you able to carry out your daily activities?

Not at all 1	A little 2	Moderately 3	Mostly 4	Completely 5
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F11.1(F13.1.1) How dependent are you on medications?

Not at all 1	A little 2	Moderately 3	Mostly 4	Completely 5
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F14.1(F18.1.2) Do you get the kind of support from others that you need?

Not at all 1	A little 2	Moderately 3	Mostly 4	Completely 5
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F14.2(F18.1.5) To what extent can you count on your friends when you need them?

Not at all 1	A little 2	Moderately 3	Mostly 4	Completely 5
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F17.2(F21.1.2) To what degree does the quality of your home meet your needs?

Not at all 1	A little 2	Moderately 3	Mostly 4	Completely 5
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F18.1(F23.1.1) Have you enough money to meet your needs?

Not at all 1	A little 2	Moderately 3	Mostly 4	Completely 5
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F20.1(F25.1.1)How available to you is the information that you need in your day-to-day life?

Not at all
1

A little
2

Moderately
3

Mostly
4

Completely
5

F20.2(F25.1.2)To what extent do you have opportunities for acquiring the information that you feel you need?

Not at all
1

A little
2

Moderately
3

Mostly
4

Completely
5

F21.1(F26.1.2)To what extent do you have the opportunity for leisure activities?

Not at all
1

A little
2

Moderately
3

Mostly
4

Completely
5

F21.2(F26.1.3)How much are you able to relax and enjoy yourself?

Not at all
1

A little
2

Moderately
3

Mostly
4

Completely
5

F23.1(F28.1.2)To what extent do you have adequate means of transport?

Not at all
1

A little
2

Moderately
3

Mostly
4

Completely
5

The following questions ask you to say how **satisfied, happy or good** you have felt about various aspects of your life over the last two weeks. For example, about your family life or the energy that you have. Decide how satisfied or dissatisfied you are with each aspect of your life and circle the number that best fits how you feel about this. Questions refer to the last two weeks.

G2 (G2.1) How satisfied are you with the quality of your life?

Very dissatisfied 1	Dissatisfied 2	Neither satisfied nor dissatisfied 3	Satisfied 4	Very satisfied 5
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G3 (G2.2) In general, how satisfied are you with your life?

Very dissatisfied 1	Dissatisfied 2	Neither satisfied nor dissatisfied 3	Satisfied 4	Very satisfied 5
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G4 (G2.3) How satisfied are you with your health?

Very dissatisfied 1	Dissatisfied 2	Neither satisfied nor dissatisfied 3	Satisfied 4	Very satisfied 5
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F2.3 (F2.2.1) How satisfied are you with the energy that you have?

Very dissatisfied 1	Dissatisfied 2	Neither satisfied nor dissatisfied 3	Satisfied 4	Very satisfied 5
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F3.3(F4.2.2) How satisfied are you with your sleep?

Very dissatisfied 1	Dissatisfied 2	Neither satisfied nor dissatisfied 3	Satisfied 4	Very satisfied 5
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F5.2 (F7.2.1) How satisfied are you with your ability to learn new information?

Very dissatisfied 1	Dissatisfied 2	Neither satisfied nor dissatisfied 3	Satisfied 4	Very satisfied 5
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F5.4 (F7.2.3) How satisfied are you with your ability to make decisions?

Very dissatisfied 1	Dissatisfied 2	Neither satisfied nor dissatisfied 3	Satisfied 4	Very satisfied 5
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F6.3(F8.2.1) How satisfied are you with yourself?

Very dissatisfied 1	Dissatisfied 2	Neither satisfied nor dissatisfied 3	Satisfied 4	Very satisfied 5
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F6.4(F8.2.2) How satisfied are you with your abilities?

Very dissatisfied 1	Dissatisfied 2	Neither satisfied nor dissatisfied 3	Satisfied 4	Very satisfied 5
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F7.4(F9.2.3) How satisfied are you with the way your body looks?

Very dissatisfied 1	Dissatisfied 2	Neither satisfied nor dissatisfied 3	Satisfied 4	Very satisfied 5
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F10.3(F12.2.3)How satisfied are you with your ability to perform your daily living activities?

Very dissatisfied 1	Dissatisfied 2	Neither satisfied nor dissatisfied 3	Satisfied 4	Very satisfied 5
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F13.3(F17.2.3)How satisfied are you with your personal relationships?

Very dissatisfied 1	Dissatisfied 2	Neither satisfied nor dissatisfied 3	Satisfied 4	Very satisfied 5
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F15.3(F3.2.1) How satisfied are you with your sex life?

Very dissatisfied	Dissatisfied	Neither satisfied nor dissatisfied	Satisfied	Very satisfied
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1	2 3		4	5
F14.3(F18.2.2)How satisfied are you with the support you get from your family?				
Very dissatisfied 1	Dissatisfied 2	Neither satisfied nor dissatisfied 3	Satisfied 4	Very satisfied 5
F14.4(F18.2.5)How satisfied are you with the support you get from your friends?				
Very dissatisfied 1	Dissatisfied 2	Neither satisfied nor dissatisfied 3	Satisfied 4	Very satisfied 5
F13.4(F19.2.1)How satisfied are you with your ability to provide for or support others?				
Very dissatisfied 1	Dissatisfied 2	Neither satisfied nor dissatisfied 3	Satisfied 4	Very satisfied 5
F16.4(F20.2.3)How satisfied are you with your physical safety and security?				
Very dissatisfied 1	Dissatisfied 2	Neither satisfied nor dissatisfied 3	Satisfied 4	Very satisfied 5
F17.3(F21.2.2)How satisfied are you with the conditions of your living place?				
Very dissatisfied 1	Dissatisfied 2	Neither satisfied nor dissatisfied 3	Satisfied 4	Very satisfied 5
F18.3(F23.2.3)How satisfied are you with your financial situation?				
Very dissatisfied 1	Dissatisfied 2	Neither satisfied nor dissatisfied 3	Satisfied 4	Very satisfied 5
F19.3(F24.2.1)How satisfied are you with your access to health services?				
Very dissatisfied 1	Dissatisfied 2	Neither satisfied nor dissatisfied 3	Satisfied 4	Very satisfied 5
F19.4(F24.2.5)How satisfied are you with the social care services?				
Very dissatisfied	Dissatisfied	Neither satisfied nor	Satisfied	Very satisfied

1	2	dissatisfied 3	4	5
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F20.3(F25.2.1)How satisfied are you with your opportunities for acquiring new skills?

Very dissatisfied 1	Dissatisfied 2	Neither satisfied nor dissatisfied 3	Satisfied 4	Very satisfied 5
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F20.4(F25.2.2)How satisfied are you with your opportunities to learn new information?

Very dissatisfied 1	Dissatisfied 2	Neither satisfied nor dissatisfied 3	Satisfied 4	Very satisfied 5
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F21.4(F26.2.3)How satisfied are you with the way you spend your spare time?

Very dissatisfied 1	Dissatisfied 2	Neither satisfied nor dissatisfied 3	Satisfied 4	Very satisfied 5
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F22.3(F27.2.1)How satisfied are you with your physical environment (e.g. pollution, climate, noise, attractiveness)?

Very dissatisfied 1	Dissatisfied 2	Neither satisfied nor dissatisfied 3	Satisfied 4	Very satisfied 5
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F22.4(F27.2.3)How satisfied are you with the climate of the place where you live?

Very dissatisfied 1	Dissatisfied 2	Neither satisfied nor dissatisfied 3	Satisfied 4	Very satisfied 5
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F23.3(F28.2.2)How satisfied are you with your transport?

Very dissatisfied 1	Dissatisfied 2	Neither satisfied nor dissatisfied 3	Satisfied 4	Very satisfied 5
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F13.2(F17.2.1)Do you feel happy about your relationship with your family members?

Very unhappy 1	Unhappy 2	Neither happy nor unhappy 3	Happy 4	Very happy 5
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G1(G1.1) How would you rate your quality of life?

Very poor 1	Poor 2	Neither poor nor good 3	Good 4	Very good 5
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F15.1(F3.1.1) How would you rate your sex life?

Very poor 1	Poor 2	Neither poor nor good 3	Good 4	Very good 5
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F3.1(F4.1.1) How well do you sleep?

Very poor 1	Poor 2	Neither poor nor good 3	Good 4	Very good 5
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F5.1(F7.1.3) How would you rate your memory?

Very poor 1	Poor 2	Neither poor nor good 3	Good 4	Very good 5
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F19.2(F24.1.5)How would you rate the quality of social services available to you?

Very poor 1	Poor 2	Neither poor nor good 3	Good 4	Very good 5
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The following questions refer to **how often** you have felt or experienced certain things, for example the support of your family or friends or negative experiences such as feeling unsafe. If you have not experienced these things at all in the last two weeks, circle the number next to the response "never". If you have experienced these things, decide how often and circle the appropriate number. So for example if you have experienced pain all the time in the last two weeks circle the number next to "Always". Questions refer to the last two weeks.

F1.1 (F1.1.1) How often do you suffer (physical) pain?

Never 1	Seldom 2	Quite often 3	Very often 4	Always 5
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F4.2 (F6.1.3) Do you generally feel content?

Never 1	Seldom 2	Quite often 3	Very often 4	Always 5
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F8.1 (F10.1.2) How often do you have negative feelings, such as blue mood, despair, anxiety, depression?

Never 1	Seldom 2	Quite often 3	Very often 4	Always 5
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The following questions refer to any "**work**" that you do. Work here means any major activity that you do. This includes voluntary work, studying full-time, taking care of the home, taking care of children, paid work or unpaid work. So work, as it is used here, means the activities you feel take up a major part of your time and energy. Questions refer to the last two weeks.

F12.1 (F16.1.1)Are you able to work?

Not at all 1	A little 2	Moderately 3	Mostly 4	Completely 5
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F12.2 (F16.1.2)Do you feel able to carry out your duties?

Not at all 1	A little 2	Moderately 3	Mostly 4	Completely 5
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F12.4(F16.2.1)How satisfied are you with your capacity for work?

Very dissatisfied 1	Dissatisfied 2	Neither satisfied nor dissatisfied 3	Satisfied 4	Very satisfied 5
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F12.3(F16.1.3)How would you rate your ability to work?

Very poor 1	Poor 2	Neither poor nor good 3	Good 4	Very good 5
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The next few questions ask about **how well you were able to move around**, in the last two weeks. This refers to your physical ability to move your body in such a way as to allow you to move about and do the things you would like to do, as well as the things that you need to do.

F9.1(F11.1.1) How well are you able to get around?

Very poor 1	Poor 2	Neither poor nor good 3	Good 4	Very good 5
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F9.3(F11.2.2) How much do any difficulties in mobility bother you?

Not at all 1	A little 2	A moderate amount 3	Very much 4	An extreme amount 5
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F9.4(F11.2.3) To what extent do any difficulties in movement affect your way of life?

Not at all 1	A little 2	A moderate amount 3	Very much 4	An extreme amount 5
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F9.2(F11.2.1) How satisfied are you with your ability to move around?

Very dissatisfied 1	Dissatisfied 2	Neither satisfied nor dissatisfied 3	Satisfied 4	Very satisfied 5
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The following few questions are concerned with **your personal beliefs**, and how these affect your quality of life. These questions refer to religion, spirituality and any other beliefs you may hold. Once again these questions refer to the last two weeks.

F24.1(F29.1.1)Do your personal beliefs give meaning to your life?

Not at all 1	A little 2	A moderate amount 3	Very much 4	An extreme amount 5
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F24.2(F29.1.3)To what extent do you feel your life to be meaningful?

Not at all 1	A little 2	A moderate amount 3	Very much 4	An extreme amount 5
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F24.3(F29.2.2)To what extent do your personal beliefs give you the strength to face difficulties?

Not at all 1	A little 2	A moderate amount 3	Very much 4	An extreme amount 5
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F24.4(F29.2.3)To what extent do your personal beliefs help you to understand difficulties in life?

Not at all 1	A little 2	A moderate amount 3	Very much 4	An extreme amount 5
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ABOUT YOU

What is your gender?

Male
Female

What is your date of birth?

_____/_____/_____
DAY / MONTH / YEAR

What is highest education you received?

Primary school
Secondary school
University
Post-graduate

What is your marital status?

Single
Married
Living as married
Separated
Divorced
Widowed

How is your health? (G1.2)**

Very poor 1	Poor 2	Neither poor nor good 3	Good 4	Very good 5
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What health problems do you have at the moment? (TICK NEXT TO THOSE THAT APPLY TO YOU)

Heart trouble
High blood pressure
Arthritis or Rheumatism
Cancer
Emphysema or chronic bronchitis
Diabetes
A cataract
Stroke
Broken or fractured bone
Chronic nervous or emotional problems
Chronic foot trouble (bunions, ingrowing toenails)
Rectal growth or rectal bleeding

** This question was originally in the body of rated questions in the pilot questionnaire.

Parkinson's disease

Other (please describe)

Are you currently ill?

If yes, what is your diagnosis? _____

Do you have any comments about the questionnaire?

THANK YOU FOR YOUR HELP