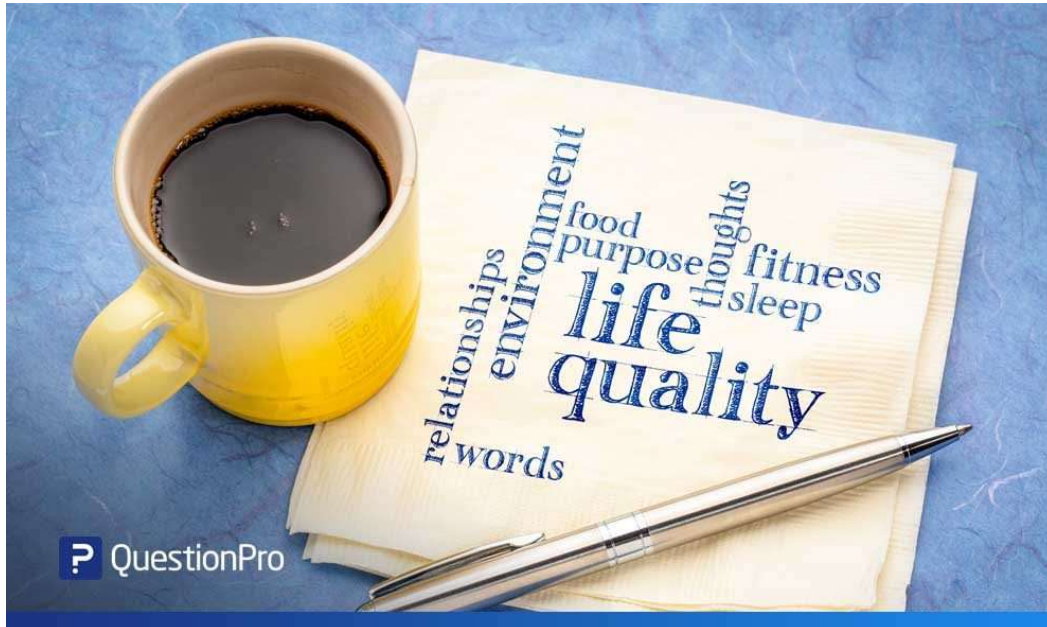


Quality of Life Questionnaire: Framework and 20 Key Questions

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[\(https://www.questionpro.com/blog/quality-of-life-questionnaire/\)](https://www.questionpro.com/blog/quality-of-life-questionnaire/)

What is a Quality of Life Questionnaire?

Quality of life questionnaire consists of a set of survey questions (<https://www.questionpro.com/article/survey-question-answer-type.html>) that can be used to collect data related to an individual in particular and society in general on various parameters that determine their general quality of life, their natural environment, their health, their living condition, their community and more.

Quality of life is fast becoming a standard measure of outcomes in many clinical trials and clinical practices. There are many factors that are associated while measuring the quality

of life, like physical health, physiological well-being, social relationships, functional roles and subjective sense of lifestyle satisfaction.

To collect the data that actually talks about the detailed analysis of an individual, quality of life questionnaire is essential. The primary objective to develop this questionnaire is that it should be easy to use, should reflect consumer values and goals (<https://www.questionpro.com/blog/smart-objectives-and-goals/>), and collect appropriate data.

Quality of Life Questionnaire Framework

Quality of Life Questionnaire is a comprehensive questionnaire that covers various attributes of an individual's life. It covers a variety of demographic questions (<https://www.questionpro.com/blog/demographic-survey-questions/>) to get better quality data and information before analyzing the quality of life of an individual. The domains that should be covered while creating a quality of life questionnaire are as follows:

1. **Overall Level of Satisfaction:** This level of satisfaction can be about multiple aspects like satisfaction with the living environment, the quality of food, the overall level of hygiene, clothes to wear and mental health. The questionnaire should consist of a question that will ask the respondent about their overall level of satisfaction with the living conditions.
2. **Occupation:** The questions focus on the time an individual spends to earn his/her living. About the workplace and if an individual is satisfied or not with it. This question is important as an average American spends 56 hours at his/her workplace. Considering the amount of time spent at work, it is an important segment.

3. **Mental Health:** Among other things, mental well-being or mental health-related questions need to be an integral part of the quality of life questionnaire. Emotional well-being is an aspect that is not talked about often as it should be. Evaluating mental health is important.
4. **Physical Health:** Physical health is another important attribute that needs to be included in the quality of life questionnaire. If physical health is compromised most of the tasks even the routine ones cannot be carried out.
5. **Financial stability:** This section focused on the economic development and aspect of an individual. The questions in this section should be able to extract information about how much control individual exercises on his/her financial resources. The questions should also be directed to ask what would an individual do if faced with the lack of financial resources.
6. **Alcohol and Drugs:** In this sections questions pertaining to individuals habits should be asked. Alcohol and drug abuse is a common issue in the U.S. 9.4% of the total population use or have used an illicit drug. This section must cover questions that ask respondents about these abuses.

Learn more: [Quality of Life Survey Questions + Sample Questionnaire Template](https://www.questionpro.com/survey-templates/quality-of-life-survey-template/)

(<https://www.questionpro.com/survey-templates/quality-of-life-survey-template/>)

20 Key Questions for the Quality of Life Questionnaire

Quality of life questionnaire must consist of questions that helps a researcher collected an optimum amount of information from the respondent(s) based on the above-mentioned framework. This [questionnaire should be designed](https://www.questionpro.com/blog/what-is-a-quality-of-life-questionnaire/) ([https://www.questionpro.com/blog/what-is-a-](https://www.questionpro.com/blog/what-is-a-quality-of-life-questionnaire/)

tial segments with clarity. Following are the 30 Key questions
you will need in your quality of life questionnaire:

Demographic Questions

1. **Please select your gender**

- Male
- Female

2. **What is your highest education level completed?**

- No schooling completed
- Some high school or diploma
- High school graduate
- Professional/Vocational/Technical Training
- Bachelor's degree
- Master's degree
- Doctorate degree

3. **What is your marital status?**

- Single/Never married
- In a committed relationship
- Married
- Separated
- Divorced
- Spouse deceased

4. **What is your ethnicity?**

- American Indian/ Native American
- Asian

- African American or Black
- Hispanic/Latino
- White
- Others

5. **Please select your employment type**

- Student
- Homemaker
- Unemployed
- Veteran
- Salaried
- Business Owner
- Others

Quality of Life Questions

6. **During the past 6 months, you have lived: (select all that is applicable)**

- Alone
- Parents
- Friends/Roommates
- Children
- Partner
- Others

7. **Please select your housing type**

- Apartment
- Terraced
- Duplex

- Cottage
- Bungalow
- Mansion
- Homeless

8. Please select the most appropriate answer options

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
I am happy with the house I live in	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am satisfied with the hygiene around the house	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My neighbors are good	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am satisfied with the food that I eat	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am happy with the clothes I wear	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have a decent paying job	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I hang out with my friends quite often	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am satisfied with my personal safety	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I pursue at least one hobby	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

I have a healthy relationship with my parents



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9. How important are the following aspects of your life?

	Not at all Important	Slightly Important	Moderately Important	Very Important	Extremely Important
Having a good house to stay in	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The way I spend my time on a regular basis	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I need good food to eat	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I need to be mentally healthy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I need a good means of transportation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A healthy sex life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

10. Which of the following would be your regular activity?

Select all that is applicable

- Paid employment
- School/ University
- Volunteer work
- Unpaid Internship
- Others

11. Please select Yes or No for each of the following

questions.

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Yes	No	
<input type="radio"/>	<input type="radio"/>	I am happy about achieving something good in the last 4 weeks.
<input type="radio"/>	<input type="radio"/>	I feel left out and odd with people around me
<input type="radio"/>	<input type="radio"/>	I am bored very easily
<input type="radio"/>	<input type="radio"/>	Lack of concentration in the last 4 weeks
<input type="radio"/>	<input type="radio"/>	Extremely restless and jumpy
<input type="radio"/>	<input type="radio"/>	Have put on a lot of weight in the last 6 months
<input type="radio"/>	<input type="radio"/>	Happy because I received compliments from family and friends
<input type="radio"/>	<input type="radio"/>	Depressed and unhappy
<input type="radio"/>	<input type="radio"/>	Particularly excited about something

12. How would you rate your mental health over the past 4 weeks?

- Poor
- Fair
- Good
- Very Good
- Excellent

13. How would you rate your physical health over the past 4 weeks?

- Poor
- Fair
- Good

- Excellent

14. Have you ever been for psychiatric consultation?

- Never
- Sometimes
- Quite often
- Always

15. How often do you consume alcohol?

- Never
- Sometimes
- Quite often
- Always

16. Do you use drugs or any other substance?

- Yes
- No

17. How often do you consume drugs?

- Never
- Only casually
- Sometimes
- Quite often
- Always

18. How often does lack of money keep you from doing the things you wish to do?

- Never

- Quite often
- Always

19. Please select all the activities you have done in the past 4 weeks

- Gone to a restaurant with family or friends
- Gone for a long drive alone or with friends
- Cleaned my room/apartment/house
- Gone shopping
- Made a meal for self
- Done my laundry

20. How important are the following factors in determining your quality of life?

	Not at all important	Slightly important	Moderately important	Very Important	Extremely important
Work/school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How you feel about yourself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Your physical state of being	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Your mental state of being	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Your family/ friends	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Your bank
balance



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