

ID \_\_\_\_\_

Date \_\_\_\_\_

Interviewer \_\_\_\_\_

**WHOQOL-BREF**

The following questions ask how you feel about your quality of life, health, or other areas of your life. I will read out each question to you, along with the response options. **Please choose the answer that seems most appropriate.** If you are unsure about which response to give to a question, the first response you think of is often the best one.

Please keep in mind your standards (i.e. values, morals), hopes, pleasures, happiness, health, comfort and concerns. We ask that you think about your life **in the past month**, that is from last \_\_\_\_\_ to today.

	In the past month:	<i>Very poor</i>	<i>Poor</i>	<i>Neither poor nor good</i>	<i>Good</i>	<i>Very good</i>
1.	How would you rate your quality of life?	1	2	3	4	5

	In the past month:	<i>Very dissatisfied</i>	<i>Dissatisfied</i>	<i>Neither satisfied nor dissatisfied</i>	<i>Satisfied</i>	<i>Very satisfied</i>
2.	How satisfied are you with your health?	1	2	3	4	5

The following questions ask about **how often** you have experienced certain things **in the past month**.

	In the past month:	<i>Never</i>	<i>Just a few times</i>	<i>Sometimes</i>	<i>Most of the time</i>	<i>All of the time</i>
3.	To what extent do you feel that physical pain prevents you from doing what you need to do?	5	4	3	2	1
4.	How much do you need any medical treatment to function in your daily life?	5	4	3	2	1
5.	How much do you enjoy life?	1	2	3	4	5
6.	How much do you feel your life has meaning or purpose?	1	2	3	4	5

	In the past month:	<i>Not at all</i>	<i>A little</i>	<i>A moderate amount</i>	<i>Very much</i>	<i>Extremely</i>
7.	How well are you able to concentrate?	1	2	3	4	5
8.	How safe do you feel in your daily life?	1	2	3	4	5
9.	How healthy is your physical environment? (e.g. home)	1	2	3	4	5

ID \_\_\_\_\_

Date \_\_\_\_\_

Interviewer \_\_\_\_\_

The following questions ask about **how much** you experienced or were able to do certain things in **the past month**.

	In the past month:	<i>Not at all</i>	<i>A little</i>	<i>Some of the time</i>	<i>Most of the time</i>	<i>All of the time</i>
10.	Do you have enough energy for everyday life?	1	2	3	4	5
11.	Are you happy with how your body looks?	1	2	3	4	5
12.	Have you enough money to meet your needs?	1	2	3	4	5
13.	How available to you is the information that you need in your day-to-day life? (e.g. weather, news, local happenings)	1	2	3	4	5
14.	How much have you had a chance to do leisure or relaxing activities?	1	2	3	4	5

	In the past month:	<i>Very poor</i>	<i>Poor</i>	<i>Neither poor nor good</i>	<i>Good</i>	<i>Very good</i>
15.	How well are you physically able to get around? (strong and healthy)	1	2	3	4	5

	In the past month:	<i>Very dissatisfied</i>	<i>Dissatisfied</i>	<i>Neither satisfied nor dissatisfied</i>	<i>Satisfied</i>	<i>Very Satisfied</i>
16.	How satisfied are you with your sleep?	1	2	3	4	5
17.	How satisfied are you with your ability to perform your daily living activities?	1	2	3	4	5
18.	How satisfied are you with your ability to do work? (e.g. on the job or at home)	1	2	3	4	5
19.	How satisfied are you with yourself?	1	2	3	4	5
20.	How satisfied are you with your personal relationships? (e.g. friends and family)	1	2	3	4	5
21.	How satisfied are you with your sex life?	1	2	3	4	5
22.	How satisfied are you with the support you get from your friends?	1	2	3	4	5
23.	How satisfied are you with the conditions of where you live?	1	2	3	4	5

ID \_\_\_\_\_

Date \_\_\_\_\_

Interviewer \_\_\_\_\_

	access to health services?					
25.	How satisfied are you with the transportation you use?	1	2	3	4	5

The following question refers to **how often** you have felt or experienced certain things in **the past month**.

	In the past month:	<i>Never</i>	<i>Seldom</i>	<i>Quite often</i>	<i>Very often</i>	<i>Always</i>
26.	How often do you have negative feelings such as sadness, hopelessness, anxiety, depression?	5	4	3	2	1

		Equations for computing domain scores	Raw score	Transformed scores*	
				4-20	0-100
1.	<b>Domain 1 – Physical Health</b>	(6-Q3) + (6-Q4) + Q10 + Q15 + Q16 + Q17 + Q18 □ + □ + □ + □ + □ + □ + □	a. =	b:	c:
2.	<b>Domain 2 – Psychological</b>	Q5 + Q6 + Q7 + Q11 + Q19 + (6-Q26) □ + □ + □ + □ + □ + □	a. =	b:	c:
3.	<b>Domain 3 – Social Relationships</b>	Q20 + Q21 + Q22 □ + □ + □	a. =	b:	c:
4.	<b>Domain 4 - Environment</b>	Q8 + Q9 + Q12 + Q13 + Q14 + Q23 + Q24 + Q25 □ + □ + □ + □ + □ + □ + □ + □	a. =	b:	c: