

Marie Murphy Health & Fitness

QUALITY OF LIFE QUESTIONNAIRE

The following questions ask how you feel about your quality of life, health or other areas of your life.

Please choose the answer that appears 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, hopes, pleasures and concerns. I ask that you think about your life in the last four weeks.

	Very Poor	Poor	Neither poor nor good	Good	Very Good
How would you rate your quality of life?	1	2	3	4	5

	Very dissatisfied	Dissatisfied	Neither satisfied nor dissatisfied	satisfied	Very satisfied
How satisfied are you with your health?	1	2	3	4	5

The following questions ask about how much you have experienced certain things in the last four weeks.

	Not at all	A little	A moderate amount	Very much	An extreme amount
To what extent do you feel that physical pain prevents you from doing what you need to do?	1	2	3	4	5

How much do you enjoy life?	1	2	3	4	5
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To what extent do you feel your life to be meaningful?	1	2	3	4	5
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How well are you able to concentrate?	1	2	3	4	5
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The following questions ask about how completely you experience or were able to do certain things in the last four weeks.

	Not at all	A little	Moderately	Mostly	Completely
Do you have enough energy for everyday life?	1	2	3	4	5

Are you able to accept your bodily appearance?	1	2	3	4	5
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How well are you able to get around?	1	2	3	4	5
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	Very dissatisfied	Dissatisfied	Neither satisfied nor dissatisfied	satisfied	Very satisfied
How satisfied are you with your sleep?	1	2	3	4	5

How satisfied are you with your ability to perform your daily living activities?	1	2	3	4	5
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How satisfied are you with your capacity for work?	1	2	3	4	5
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How satisfied are you with yourself?	1	2	3	4	5
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The following question refers to how often you have felt or experienced certain things in the last four weeks.

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