

## QUALITY OF LIFE SCALE (QOL)

Please read each item and circle the number that best describes how satisfied you are at this time. Please answer each item even if you do not currently participate in an activity or have a relationship. You can be satisfied or dissatisfied with not doing the activity or having the relationship.

|  | Delighted | Pleased | Mostly<br>Satisfied | Mixed | Mostly<br>Dissatisfied | Unhappy | Terrible |
|--|-----------|---------|---------------------|-------|------------------------|---------|----------|
| 1. Material comforts home, food, conveniences,<br>financial security . . . . .                       | 7         | 6       | 5                   | 4     | 3                      | 2       | 1        |
| 2. Health - being physically fit and vigorous . . .  | 7         | 6       | 5                   | 4     | 3                      | 2       | 1        |
| 3. Relationships with parents, siblings & other<br>relatives- communicating, visiting, helping . . . | 7         | 6       | 5                   | 4     | 3                      | 2       | 1        |
| 4. Having and rearing children . . . . .   | 7         | 6       | 5                   | 4     | 3                      | 2       | 1        |
| 5. Close relationships with spouse or<br>significant other . . . . .                                 | 7         | 6       | 5                   | 4     | 3                      | 2       | 1        |
| 6. Close friends . . . . .   | 7         | 6       | 5                   | 4     | 3                      | 2       | 1        |
| 7. Helping and encouraging others,<br>volunteering, giving advice . . . . .                          | 7         | 6       | 5                   | 4     | 3                      | 2       | 1        |
| 8. Participating in organizations and<br>public affairs . . . . .                                    | 7         | 6       | 5                   | 4     | 3                      | 2       | 1        |
| 9. Learning- attending school, improving<br>understanding, getting additional knowledge . .          | 7         | 6       | 5                   | 4     | 3                      | 2       | 1        |
| 10. Understanding yourself - knowing your assets<br>and limitations - knowing what life is about . . | 7         | 6       | 5                   | 4     | 3                      | 2       | 1        |
| 11. Work - job or in home . . . . .  | 7         | 6       | 5                   | 4     | 3                      | 2       | 1        |
| 12. Expressing yourself creatively . . . . .   | 7         | 6       | 5                   | 4     | 3                      | 2       | 1        |
| 13. Socializing - meeting other people,<br>doing things, parties, etc . . . . .                      | 7         | 6       | 5                   | 4     | 3                      | 2       | 1        |
| 14. Reading, listening to music, or observing<br>entertainment . . . . .                             | 7         | 6       | 5                   | 4     | 3                      | 2       | 1        |
| 15. Participating in active recreation . . . . .   | 7         | 6       | 5                   | 4     | 3                      | 2       | 1        |
| 16. Independence, doing for yourself . . . . .   | 7         | 6       | 5                   | 4     | 3                      | 2       | 1        |