

WHOQOL-BREF (Self-Report)

Instructions

This assessment asks how you feel about your quality of life, health or other areas of your life. It is just about you – you and your life.

Please keep in mind **what is important to you**; what makes you happy; your hopes and dreams, and your worries or concerns.

Please answer all the questions. If you are unsure about which answer to give to a question - if it is hard to pick an answer - **please choose the one** that seems nearest or most appropriate. This can often be the first thing that comes into your mind. Some questions include an example to help you think about your answer.

There are no right or wrong answers – just answer what is true for you. Please think about your life **in the last two weeks**.

Scoring

(i)	Physical Health	–	A3 (R), A4 (R), A10, A15, A16, A17, A18
(ii)	Psychological Well-Being	–	A5, A6, A7, A11, A19, A26 (R)
(iii)	Social Relationships	–	A20, A21, A22
(iv)	Environment	–	A8, A9, A12, A13, A14, A23, A24, A25

The first two questions ask about your life and health overall.

		Very poor	Poor	Neither poor nor good	Good	Very good
A1	How would you rate your quality of life?	1	2	3	4	5

		Very dissatisfied	Dissatisfied	Neither satisfied nor dissatisfied	Satisfied	Very satisfied
A2	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 two weeks.

		Not at all	A little	A moderate amount	Very much	An extreme amount
A3	To what extent do you feel that (physical) pain prevents you from doing what you need to do?	1	2	3	4	5
A4	How much do you need any medical treatment to function in your daily life?	1	2	3	4	5

		Not at all	A little	A moderate amount	Very much	An extreme amount
A5	How much do you enjoy life?	1	2	3	4	5
A6	To what extent do you feel your life to be meaningful?	1	2	3	4	5

		Not at all	A little	A moderate amount	Very much	Extremely
A7	How well are you able to concentrate?	1	2	3	4	5
A8	How safe do you feel in your daily life?	1	2	3	4	5
A9	How healthy is your physical environment?	1	2	3	4	5

The following questions ask about **how completely** you experience or were able to do certain things in the last two weeks.

		Not at all	A little	Moderately	Mostly	Completely
A10	Do you have enough energy for everyday life?	1	2	3	4	5
A11	Are you able to accept your bodily appearance?	1	2	3	4	5
A12	Have you enough money to meet your needs?	1	2	3	4	5
A13	How available to you is the information that you need in your day-to-day life?	1	2	3	4	5
A14	To what extent do you have the opportunity for leisure activities?	1	2	3	4	5

		Very poor	Poor	Neither poor nor good	Good	Very good
A15	How well are you able to get around?	1	2	3	4	5

The following questions ask you to say **how good or satisfied** you have felt about various aspects of your life over the last two weeks.

		Very dissatisfied	Dissatisfied	Neither satisfied nor dissatisfied	Satisfied	Very satisfied
A16	How satisfied are you with your sleep?	1	2	3	4	5
A17	How satisfied are you with your ability to perform your daily living activities?	1	2	3	4	5
A18	How satisfied are you with your capacity for work?	1	2	3	4	5
A19	How satisfied are you with yourself?	1	2	3	4	5
A20	How satisfied are you with your personal relationships?	1	2	3	4	5
A21	How satisfied are you with your sex life?	1	2	3	4	5
☐ I am not comfortable responding to this question						
A22	How satisfied are you with the support you get from your friends?	1	2	3	4	5
A23	How satisfied are you with the conditions of your living place?	1	2	3	4	5
A24	How satisfied are you with your access to health and social services?	1	2	3	4	5
A25	How satisfied are you with your transport?	1	2	3	4	5

The following question refers to **how often** you have felt or experienced certain things in the last two weeks.

		Never	Seldom	Quite often	Very often	Always
A26	How often do you have negative feelings such as blue mood, despair, anxiety, depression?	1	2	3	4	5

WHOQOL-BREF (Proxy-Report)

Instructions

You are being asked to complete this assessment on behalf of someone else (a proxy assessment). This assessment asks how the **person for whom you are responding** feels about their quality of life, health or other areas of their life. It is about them, and their life, rather than about you.

Please keep in mind **what is important to the person for whom you are responding**; what makes them happy; their hopes and dreams, and their worries or concerns.

Please answer all the questions. If you are unsure about which answer to give to a question - if it is hard to pick an answer - **please choose the one** that seems nearest or most appropriate. This can often be the first thing that comes into your mind.

There are no right or wrong answers – just answer what you believe is true. Please think about the life of the person in **the last two weeks**.

Scoring

(i)	Physical Health	–	A3 (R), A4 (R), A10, A15, A16, A17, A18
(ii)	Psychological Well-Being	–	A5, A6, A7, A11, A19, A26 (R)
(iii)	Social Relationships	–	A20, A21, A22
(iv)	Environment	–	A8, A9, A12, A13, A14, A23, A24, A25

The first two questions ask about his/her life and health overall.

		Not at all	A little	Moderately	Mostly	Totally
A1	Is he/she satisfied with his/her life?	1	2	3	4	5
A2	Is he/she satisfied with his/her health?	1	2	3	4	5

The following questions ask about how he/she **has felt** about certain things, **how much** he/she has been able to do certain things, or **how satisfied** he/she has been about various aspects of his/her life over the last two weeks.

		Not at all	A little	A moderate amount	Very much	An extreme amount
A3	Does (physical) pain stop him/her from doing what he/she needs to do?	1	2	3	4	5
A4	Does he/she need any medical treatment to help him/her in his/her daily life?	1	2	3	4	5
	<i>For example, medicines.</i>					

		Not at all	A little	Moderately	Mostly	Totally
A5	Does he/she enjoy his/her life?	1	2	3	4	5
A6	Does he/she feel his/her life has meaning?	1	2	3	4	5
	<i>For example, does he/she feel his/her life is important and has a purpose?</i>					

A7	Is he/she able to think clearly? <i>For example, is he/she able to pay attention, and think carefully about things?</i>	1	2	3	4	5
A8	Does he/she feel safe in his/her daily life? <i>For example, at home and in the places he/she goes to during the day.</i>	1	2	3	4	5
A9	Does he/she feel the local area he/she lives in is healthy? <i>For example, thinking about the noise, the traffic, the pollution, the weather.</i>	1	2	3	4	5
A10	Does he/she have enough energy for everyday life? <i>For example, is he/she able to do things through the day without feeling tired?</i>	1	2	3	4	5
A11	Is he/she able to accept the way his/her body looks?	1	2	3	4	5
A12	Does he/she have enough money for the things he/she needs?	1	2	3	4	5
A13	Is he/she able to get the information that he/she needs in his/her day-to-day life? <i>For example, is it easy to find out about things he/she needs to know in his/her daily life?</i>	1	2	3	4	5

		Not at all	A little	Moderately	Mostly	Totally
A14	Does he/she get the chance to do leisure activities? <i>For example, does he/she get the chance to do things he/she enjoys in his/her spare time?</i>	1	2	3	4	5
A15	Is he/she able to get around OK in the house and outside?	1	2	3	4	5
A16	Is he/she satisfied with his/her sleep?	1	2	3	4	5
A17	Is he/she satisfied with his/her ability to do his/her daily activities? <i>For example, looking after himself/herself, washing, dressing, eating.</i>	1	2	3	4	5
A18	Is he/she satisfied with his/her ability to work? <i>For example, to do his/her job, or his/her daily activities.</i>	1	2	3	4	5
A19	Is he/she satisfied with himself/herself as a person? <i>For example, with the kind of person he/she is, in what he/she does, how he/she spends his/her time, his/her friendships, his/her achievements.</i>	1	2	3	4	5

A20	Is he/she satisfied with his/her personal relationships? <i>For example, how he/she feels along with the people in his/her life, his/her friends, his/her family, the people he/she lives with.</i>	1	2	3	4	5
A21	Is he/she satisfied with his/her sex life, or his/her relationship with his/her partner? <i>For example, his/her husband/wife, boyfriend/girlfriend.</i>	1	2	3	4	5
☐ I am not comfortable responding to this question						
A22	Is he/she satisfied with the support he/she gets from his/her friends?	1	2	3	4	5
A23	Is he/she satisfied with what his/her home is like? <i>For example, thinking about his/her home and the place he/she lives in.</i>	1	2	3	4	5
A24	Is he/she satisfied with his/her access to health and social services? <i>For example, is it easy to see the doctors, nurses or other staff who look after him/her when he/she is unwell?</i>	1	2	3	4	5
A25	Is he/she satisfied with the transport he/she can use? <i>For example, how he/she gets to the places he/she goes to (e.g. by bus, car, taxi etc.)</i>	1	2	3	4	5

		Not at all	A little	Moderately	Mostly	Totally
A26	Does he/she feel very unhappy, sad, worried or depressed?	1	2	3	4	5