**ABOUT YOU**

Before you begin, we would like to ask you to answer a few general questions about yourself: by circling the correct answer or by filling in the space provided.

1.What is your gender?

\_0. Male

\_1. Female

\_2. Transgender Male

\_3. Transgender Female

\_4. Non-binary

2. What is your date of birth? \_\_ / \_\_ / \_\_\_\_ (dd/mm/yyyy)

3. What is the highest education you received?

\_0. None at all

\_1. Primary school

\_2. Secondary school

\_3. Tertiary

4. What is your marital status?

\_0. Single

\_1. Married

\_2. Living as married

\_3. Separated

\_4. Divorced

\_5. Widowed

5. Are you currently ill?

\_1. Yes \_0. No

6. If something is wrong with your health what do you think it is?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**WHOQOL-BREF**

**Instructions**

This assessment asks how you feel about your quality of life, health, or other areas of your life. Please answer all the questions. If you are unsure about which response to give to a question, please choose the one that appears most appropriate. This can often be your first response. Please keep in mind your standards, hopes, pleasures and concerns. We ask that you think about your life **in the last two weeks.** For example, thinking about the last two weeks, a question might ask:

1. Do you get the kind of support from others that you need?

\_1. Not at all

\_2. Not much

\_3. Moderately

\_4. A great deal

\_5. Completely

You should choose the number that best fits how much support you got from others over the last two weeks**.** So you would choose the number 4 if you got a great deal of support from others as follows.

2. Do you get the kind of support from others that you need?

\_1. Not at all

\_2. Not much

\_3. Moderately

X4. A great deal

\_5. Completely

You would choose number 1 if you did not get any of the support that you needed from others in the last two weeks. Please read each question, assess your feelings, and circle the number on the scale for each question that gives the best answer for you.

*Questionnaire begins on next page.*

1 (G1). How would you rate your quality of life?

\_1. Very poor

\_2. Poor

\_3. Neither poor nor good

\_4. Good

\_5. Very good

2 (G4). How satisfied are you with your health?

\_1. Very dissatisfied

\_2. Dissatisfied

\_3. Neither satisfied nor dissatisfied

\_4. Satisfied

\_5. Very satisfied

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

3 (F1.4). To what extent do you feel that (physical) pain prevents you from doing what you need to do?

\_1. Not at all

\_2. A little

\_3. A moderate amount

\_4. Very much

\_5. An extreme amount

4 (F11.3). How much do you need any medical treatment to function in your daily life?

\_1. Not at all

\_2. A little

\_3. A moderate amount

\_4. Very much

\_5. An extreme amount

5 (F4.1). How much do you enjoy life?

\_1. Not at all

\_2. A little

\_3. A moderate amount

\_4. Very much

\_5. An extreme amount

6 (F24.2). To what extent do you feel your life to be meaningful?

\_1. Not at all

\_2. A little

\_3. A moderate amount

\_4. Very much

\_5. An extreme amount

7 (F5.3). How well are you able to concentrate?

\_1. Not at all

\_2. A little

\_3. A moderate amount

\_4. Very much

\_5. Extremely

8 (F16.1). How safe do you feel in your daily life?

\_1. Not at all

\_2. A little

\_3. A moderate amount

\_4. Very much

\_5. Extremely

9 (F22.1). How healthy is your physical environment?

\_1. Not at all

\_2. A little

\_3. A moderate amount

\_4. Very much

\_5. Extremely

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

10 (F2.1). Do you have enough energy for everyday life?

\_1. Not at all

\_2. A little

\_3. Moderately

\_4. Mostly

\_5. Completely

11 (F7.1). Are you able to accept your bodily appearance?

\_1. Not at all

\_2. A little

\_3. Moderately

\_4. Mostly

\_5. Completely

12 (F18.1). Have you enough money to meet your needs?

\_1. Not at all

\_2. A little

\_3. Moderately

\_4. Mostly

\_5. Completely

13 (F20.1). How available to you is the information that you need in your day-to-day life?

\_1. Not at all

\_2. A little

\_3. Moderately

\_4. Mostly

\_5. Completely

14 (F21.1). To what extent do you have the opportunity for leisure activities?

\_1. Not at all

\_2. A little

\_3. Moderately

\_4. Mostly

\_5. Completely

15 (F9.1). How well are you able to get around?

\_1. Very poor

\_2. Poor

\_3. Neither poor nor good

\_4. Good

\_5. Very good

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.

16 (F3.3). How satisfied are you with your sleep?

\_1. Very dissatisfied

\_2. Dissatisfied

\_3. Neither satisfied nor dissatisfied

\_4. Satisfied

\_5. Very satisfied

17 (F10.3). How satisfied are you with your ability to perform your daily living activities?

\_1. Very dissatisfied

\_2. Dissatisfied

\_3. Neither satisfied nor dissatisfied

\_4. Satisfied

\_5. Very satisfied

18 (F12.4). How satisfied are you with your capacity for work?

\_1. Very dissatisfied

\_2. Dissatisfied

\_3. Neither satisfied nor dissatisfied

\_4. Satisfied

\_5. Very satisfied

19 (F6.3) How satisfied are you with yourself?

\_1. Very dissatisfied

\_2. Dissatisfied

\_3. Neither satisfied nor dissatisfied

\_4. Satisfied

\_5. Very satisfied

20 (F13.3). How satisfied are you with your personal relationships?

\_1. Very dissatisfied

\_2. Dissatisfied

\_3. Neither satisfied nor dissatisfied

\_4. Satisfied

\_5. Very satisfied

21 (F15.3). How satisfied are you with your sex life?

\_1. Very dissatisfied

\_2. Dissatisfied

\_3. Neither satisfied nor dissatisfied

\_4. Satisfied

\_5. Very satisfied

22 (F14.4). How satisfied are you with the support you get from your friends?

\_1. Very dissatisfied

\_2. Dissatisfied

\_3. Neither satisfied nor dissatisfied

\_4. Satisfied

\_5. Very satisfied

23 (F17.3). How satisfied are you with the conditions of your living place?

\_1. Very dissatisfied

\_2. Dissatisfied

\_3. Neither satisfied nor dissatisfied

\_4. Satisfied

\_5. Very satisfied

24 (F19.3). How satisfied are you with your access to health services?

\_1. Very dissatisfied

\_2. Dissatisfied

\_3. Neither satisfied nor dissatisfied

\_4. Satisfied

\_5. Very satisfied

25 (F23.3). How satisfied are you with your transport?

\_1. Very dissatisfied

\_2. Dissatisfied

\_3. Neither satisfied nor dissatisfied

\_4. Satisfied

\_5. Very satisfied

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

26 (F8.1). How often do you have negative feelings such as blue mood, despair, anxiety, depression?

\_1. Never

\_2. Seldom

\_3. Quite often

\_4. Very often

\_5. Always

*Instrument usage*

Did someone help you to fill out this form? \_1. Yes \_0. No

How long did it take to fill this form out? \_\_\_\_\_\_\_\_\_\_\_

Do you have any comments about this assessment? \_\_\_\_\_\_\_\_\_\_\_

Notes:

*About You* and *Instrument Usage* sections are additional (optional) questions. The WHOQOL-BREF can be administered without those questions.

WHOQOL-BREF Scoring

The WHOQOL-BREF questionnaire, questions 1-26 are used to compute the measure. This constitutes an overall quality of life and 4 domain scores: physical health, psychological, social relationships, environment. The measure is calculated by summing the point values for the questions corresponding to each domain and then transforming the scores to a 0-100 point interval, or alternatively, a 4-20 point interval. Questions 3,4, and 26 are reverse-scored before calculating subscoring. Scoring syntax is available at the WHO website (<https://www.who.int/tools/whoqol/whoqol-bref>).

Domain 1 (physical health) (6-Q3) + (6-Q4) + Q10 + Q15 + Q16 + Q17 + Q18

Domain 2 (psychological) Q5 + Q6 + Q7 + Q11 + Q19 + (6-Q26)

Domain 3 (social relationships) Q20 + Q21 + Q22

Domain 4 (environment) Q8 + Q9 + Q12 + Q13 + Q14 + Q23 + Q24 + Q25

Overall: Q1 + Q2

Reference:

Skevington, Suzanne M., M. Lotfy, and KA O'Connell. "The World Health Organization's WHOQOL-BREF quality of life assessment: psychometric properties and results of the international field trial. A report from the WHOQOL group." *Quality of life Research* 13.2 (2004): 299-310.