

**AQoL-7D** (Data Collection Copy)

**aqo1** How much help do you need to do the jobs you normally do around the home (eg preparing food, cleaning the house or gardening):

- I can do all these tasks very quickly and efficiently without any help
- I can do these tasks relatively easily without help
- I can do these tasks only very slowly without help
- I cannot do most of these tasks unless I have help
- I can do none of these tasks by myself.

**aqo2** How easy or difficult is it for you to get around by yourself outside your house (eg shopping, visiting):

- getting around is enjoyable and easy
- I have no difficulty getting around outside my house
- a little difficulty
- moderate difficulty
- a lot of difficulty
- I cannot get around unless somebody is there to help me.

**aqo3** Do you have any difficulty with your mobility (as in exercise, or walking or running)?

*(If you use any aids or equipment such as wheelchairs, frames or sticks, how well can you move when using them?)*

- I am very mobile
- I have no difficulty with mobility
- I have some difficulty with mobility (for example, going uphill)
- I have difficulty with mobility. I can go short distances only.
- I have a lot of difficulty with mobility. I need someone to help me.
- I am bedridden.

**aqo4** How easy or difficult is it for you to wash yourself, toilet, dress yourself, eat or look after your appearance:

- these tasks are very easy for me
- I have no real difficulty in carrying out these tasks
- I find some of these tasks difficult, but I manage to do them on my own
- many of these tasks are difficult, and I need help to do them
- I cannot do these tasks by myself at all.

**aqo5** Your close and intimate relationships (including any sexual relationships) make you:

- very happy
- generally happy
- neither happy nor unhappy
- generally unhappy
- very unhappy

**aqol6 Does your health affect your relationship with your family?**

- my role in the family is unaffected by my health
- there are some parts of my family role I cannot carry out
- there are many parts of my family role I cannot carry out
- I cannot carry out any part of my family role.

**aqol7 Does your health affect your participation in activities in your community (that is to say neighbourhood, sporting, work, church or cultural groups)?**

- my role in the community is unaffected by my health
- there are some parts of my community role I cannot carry out
- there are many parts of my community role I cannot carry out
- I cannot carry out any part of my community role.

**aqol8 How often did you feel in despair over the last seven days?**

- never
- occasionally
- sometimes
- often
- all the time.

**aqol9 How often did you feel worried over the last seven days?**

- never
- occasionally
- sometimes
- often
- all the time.

**aqol10 How often do you feel sad?**

- never
- rarely
- some of the time
- usually
- nearly all the time.

**aqol11 Do you normally feel calm and tranquil or agitated?**

I am:

- always calm and tranquil
- usually calm and tranquil
- sometimes calm and tranquil, sometimes agitated
- usually agitated
- always agitated.

**aqol12 How much energy do you have to do the things you want to do?**

**I am**

- always full of energy
- usually full of energy
- occasionally energetic
- usually tired and lacking energy
- always tired and lacking energy.

**aqol13 How often do you feel in control of your life?**

- always
- mostly
- sometimes
- only occasionally
- never.

**aqol14 How much do you feel you can cope with life's problems?**

- completely
- mostly
- partly
- very little
- not at all.

**aqol15 How often do you experience serious pain?**

**I experience it:**

- very rarely
- less than once a week
- three to four times a week
- most of the time.

**aqol16 How much pain or discomfort do you experience:**

- none at all
- I have moderate pain
- I suffer from severe pain
- I suffer unbearable pain.

**aqol17 How often does pain interfere with your usual activities?**

- never
- rarely
- sometimes
- often
- always.

**aqol18 How well can you see?**

*(If you have glasses or contact lenses, how well can you see when you are wearing them?)*

- I have excellent sight
- I see normally
- I have some difficulty focusing on things, or I do not see them sharply. E.g. small print, a newspaper or seeing objects in the distance.
- I have a lot of difficulty seeing things. My vision is blurred. I can see just enough to get by with.
- I only see general shapes. I need a guide to move around
- I am completely blind.

**aqol19 How well can you hear?**

*(If you have a hearing aid, how well can you hear when you are wearing it?)*

- I have excellent hearing
- I hear normally
- I have some difficulty hearing or I do not hear clearly. I have trouble hearing softly-spoken people or when there is background noise.
- I have difficulty hearing things clearly. Often I do not understand what is said. I usually do not take part in conversations because I cannot hear what is said.
- I hear very little indeed. I cannot fully understand loud voices speaking directly to me.
- I am completely deaf.

**aqol20 How well do you communicate with others ( e.g. with speaking, listening, writing or sign language)?**

- I have no trouble speaking to them or understanding what they are saying
- I have some difficulty being understood by people who do not know me. I have no trouble understanding what others are saying to me.
- I am understood only by people who know me well. I have great trouble understanding what others are saying to me.
- I cannot adequately communicate with others.

**aqol21 Does your vision make it likely you will injure yourself (i.e. when moving around the house, yard, neighbourhood, or workplace)?**

- It is most unlikely I will injure myself because of my vision
- There is a small chance
- There is a good chance
- It is very likely
- Almost certainly my vision will cause me to injure myself

**aqol22 Does your vision make it difficult to cope with the demands in your life?**

**My vision:**

- has no affect on my ability to cope with the demands in my life
- does not make it difficult at all to cope with the demands in my life
- makes it a little difficult to cope
- makes it moderately difficult to cope
- makes it very difficult to cope
- makes me unable to cope at all

**aqol23 Does your vision affect your ability to have friendships?**

**My vision:**

- makes having friendships easier
- has no effect on my friendships
- makes friendships more difficult
- makes friendships a lot more difficult
- makes friendships extremely difficult
- makes me unable to have friendships
- Not applicable; I have no friendships

**aqol24 Do you have difficulty organising any assistance you may need:**

- I have no difficulty organising any assistance I may need
- I have a little difficulty organising assistance
- I have moderate difficulty organising assistance
- I have a lot of difficulty organising assistance
- I am unable to organise assistance at all
- Not applicable; I never need to organise assistance

**aqol25 Does my vision make it difficult to fulfil the roles I would like to fulfil in life (e.g. family roles, work roles, community roles etc)?**

**My vision:**

- has no effect on my ability to fulfil these roles
- does not make it difficult to fulfil these roles
- makes it a little difficult to fulfil these roles
- makes it moderately difficult to fulfil these roles
- makes it very difficult to fulfil these roles
- means I am unable to fulfil these roles

**aqol26 Does my vision affect my confidence to join in everyday activities?**

**My vision:**

- makes me more confident to join in everyday activities
- has no effect on my confidence to join in everyday activities
- makes me feel a little less confident
- makes me feel moderately less confident
- makes me feel a lot less confident
- makes me not confident at all