

## **AQOL-8D** (Data Collection Copy)

*Tick the box that best describes your situation as it has been over the past week*

**aqol1 Thinking about how much energy 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

**aqol2 How often do you feel socially excluded or left out?**

- never
- rarely
- sometimes
- often
- always

**aqol3 Thinking about how easy or difficult it is for you to get around by yourself outside your house (e.g., 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

**aqol4 Thinking about your health and your role 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

**aqol5 How often do you feel sad?**

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

**aqol6 Thinking about how often you experience serious pain:**

I experience it

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

**aqol7 How much confidence do you have in yourself?**

- Complete confidence
- A lot
- A moderate amount
- A little
- None at all

**aqol8 When you think about whether you are 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

**aqol9 Thinking about your health and 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

**aqol10 Your close relationships (family and friends) are:**

- very satisfying
- satisfying
- neither satisfying nor dissatisfying
- dissatisfying
- unpleasant
- very unpleasant

**aqol11 When you communicate with others, e.g. by talking, listening, writing or signing:**

- 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

**Tick the box that best describes your situation as it has been over the past week**

**aqol12 How often do you have trouble sleeping?**

- never
- almost never
- sometimes
- often
- all the time

**aqol13 How often do you feel worthless?**

- never
- almost never
- sometimes
- usually
- always

**aqol14 How often do you feel angry?**

- never
- almost never
- sometimes
- often
- all the time

**aqol15 Thinking about your mobility, including using any aids or equipment such as wheelchairs, frames, sticks:**

- 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

**aqol16 Do you ever feel like hurting yourself?**

- never
- rarely
- sometimes
- often
- all the time

**aqol17 How enthusiastic do you feel?**

- extremely
- very
- somewhat
- not much
- not at all

**aqol18 And still thinking about the last seven days, how often did you feel worried?**

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

**aqol19 Thinking about washing yourself, toileting, dressing, eating or looking 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

**aqol20 How often do you feel happy?**

- all the time
- mostly
- sometimes
- almost never
- never

**aqol21 How much do you feel you can cope with life's problems?**

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

**aqol22 How much pain or discomfort do you experience:**

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

**aqol23 How much do you enjoy your close relationships (family and friends)?**

- immensely
- a lot
- a little
- not much
- I hate it

**Tick the box that best describes your situation as it has been over the past week**

**aqol24 How often does pain interfere with your usual activities?**

- never
- rarely
- sometimes
- often
- always

**aqol25 How often do you feel pleasure?**

- always
- usually
- sometimes
- almost never
- never

**aqol26 How much of a burden do you feel you are to other people?**

- Not at all
- A little
- A moderate amount
- A lot
- totally

**aqol27 How content are you with your life?**

- extremely
- mainly
- moderately
- slightly
- not at all

**aqol28 Thinking about your vision (using your glasses or contact lenses if needed):**

- 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

**aqol29 How often do you feel in control of your life?**

- always
- mostly
- sometimes
- only occasionally
- never

**aqol30 How much help do you need with jobs around the house (e.g. 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

**aqol31 How often do you feel socially isolated?**

- never
- rarely
- sometimes
- often
- always

**aqol32 Thinking about your hearing (using your hearing aid if needed):**

- 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

**aqol33 How often do you feel depressed?**

- never
- almost never
- sometimes
- often
- very often
- all the time

**aqol34 Your close and intimate relationships (including any sexual relationships) make you:**

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

**aqol35 How often did you feel in despair over the last seven days?**

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