

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