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ENERGY PSYCHOLOGY CERTIFICATION

MARKETING MODULE

THE WORLD HEALTH ORGANIZATION
QUALITY OF LIFE (WHOQOL) -BREF

The World Health Organization Quality of Life (WHOQOL)-BREF

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WHOQOL-BREF

The following questions ask how you feel about your quality of life, health, or other areas of your life. I will read out each question to you, along with the response options. **Please choose the answer that appears most appropriate.** If you are unsure about which response to give to a question, the first response you think of is often the best one.

Please keep in mind your standards, hopes, pleasures and concerns. We ask that you think about your life **in the last four weeks.**

		<i>Very poor</i>	<i>Poor</i>	<i>Neither poor nor good</i>	<i>Good</i>	<i>Very good</i>
1.	How would you rate your quality of life?	1	2	3	4	5

		<i>Very dissatisfied</i>	<i>Dissatisfied</i>	<i>Neither satisfied nor dissatisfied</i>	<i>Satisfied</i>	<i>Very satisfied</i>
2.	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 four weeks.

		<i>Not at all</i>	<i>A little</i>	<i>A moderate amount</i>	<i>Very much</i>	<i>An extreme amount</i>
3.	To what extent do you feel that physical pain prevents you from doing what you need to do?	5	4	3	2	1
4.	How much do you need any medical treatment to function in your daily life?	5	4	3	2	1
5.	How much do you enjoy life?	1	2	3	4	5
6.	To what extent do you feel your life to be meaningful?	1	2	3	4	5

		<i>Not at all</i>	<i>A little</i>	<i>A moderate amount</i>	<i>Very much</i>	<i>Extremely</i>
7.	How well are you able to concentrate?	1	2	3	4	5
8.	How safe do you feel in your daily life?	1	2	3	4	5
9.	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 four weeks.

		<i>Not at all</i>	<i>A little</i>	<i>Moderately</i>	<i>Mostly</i>	<i>Completely</i>
10.	Do you have enough energy for everyday life?	1	2	3	4	5
11.	Are you able to accept your bodily appearance?	1	2	3	4	5
12.	Have you enough money to meet your needs?	1	2	3	4	5
13.	How available to you is the information that you need in your day-to-day life?	1	2	3	4	5
14.	To what extent do you have the opportunity for leisure activities?	1	2	3	4	5

		<i>Very poor</i>	<i>Poor</i>	<i>Neither poor nor good</i>	<i>Good</i>	<i>Very good</i>
15.	How well are you able to get around?	1	2	3	4	5

		<i>Very dissatisfied</i>	<i>Dissatisfied</i>	<i>Neither satisfied nor dissatisfied</i>	<i>Satisfied</i>	<i>Very satisfied</i>
16.	How satisfied are you with your sleep?	1	2	3	4	5
17.	How satisfied are you with your ability to perform your daily living activities?	1	2	3	4	5
18.	How satisfied are you with your capacity for work?	1	2	3	4	5
19.	How satisfied are you with yourself?	1	2	3	4	5
20.	How satisfied are you with your personal relationships?	1	2	3	4	5
21.	How satisfied are you with your sex life?	1	2	3	4	5
22.	How satisfied are you with the support you get from your friends?	1	2	3	4	5
23.	How satisfied are you with the conditions of your living place?	1	2	3	4	5
24.	How satisfied are you with your access to health services?	1	2	3	4	5
25.	How satisfied are you with your transport?	1	2	3	4	5

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

		<i>Never</i>	<i>Seldom</i>	<i>Quite often</i>	<i>Very often</i>	<i>Always</i>
26.	How often do you have negative feelings such as blue mood, despair, anxiety, depression?	5	4	3	2	1

Do you have any comments about the assessment?

[The following table should be completed after the interview is finished]

		<i>Equations for computing domain scores</i>	<i>Raw score</i>	<i>Transformed scores*</i>	
				<i>4-20</i>	<i>0-100</i>
27.	Domain 1	$(6-Q3) + (6-Q4) + Q10 + Q15 + Q16 + Q17 + Q18$ ___ + ___ + ___ + ___ + ___ + ___ + ___	a. =	b:	c:
28.	Domain 2	$Q5 + Q6 + Q7 + Q11 + Q19 + (6-Q26)$ ___ + ___ + ___ + ___ + ___ + ___	a. =	b:	c:
29.	Domain 3	$Q20 + Q21 + Q22$ ___ + ___ + ___	a. =	b:	c:
30.	Domain 4	$Q8 + Q9 + Q12 + Q13 + Q14 + Q23 + Q24 + Q25$ ___ + ___ + ___ + ___ + ___ + ___ + ___ + ___	a. =	b:	c:

* See Procedures Manual, pages 13-15

