# McGILL QUALITY OF LIFE QUESTIONNAIRE

## *Instructions*

The questions in this questionnaire begin with a statement followed by two opposite answers. Numbers extend from one extreme answer to its opposite.

Please circle the number between 0 and 10 which is most true for you.

There are no right or wrong answers.

Completely honest answers will be most helpful.

## **EXAMPLE:**

I am hungry:

not at all 0 1 2 3 4 5 6 7 8 9 10 extremely

- If you are not even a little bit hungry, you would circle 0.
- If you are a little hungry (you just finished a meal but still have room for dessert), you might circle a 1, 2, or 3.
- If you are feeling moderately hungry (because mealtime is approaching), you might circle a 4, 5, or 6.
- If you are very hungry (because you haven't eaten all day), you might circle a 7, 8, or 9.
- If you are extremely hungry, you would circle 10.

### **BEGIN HERE:**

IT IS VERY IMPORTANT THAT YOU ANSWER ALL QUESTIONS FOR HOW YOU HAVE BEEN FEELING <u>JUST IN THE PAST TWO (2) DAYS</u>.

#### PART A

Considering all parts of my life - physical, emotional, social, spiritual, and financial over the past two (2) days the quality of my life has been:

very bad 0 1 2 3 4 5 6 7 8 9 10 excellent

(1) For the questions in Part "B", please list the PHYSICAL SYMPTOMS OR PROBLEMS which have been the biggest problem for you over the past two (2) days. (Some examples are: pain, tiredness, weakness, nausea, vomiting, constipation, diarrhea, trouble sleeping, shortness of breath, lack of appetite, sweating, immobility. Feel free to refer to others if necessary)  (2) Circle the number which best shows how big a problem each one has been for you OVER THE PAST TWO (2) DAYS.  (3) If, over the past two (2) days, you had NO physical symptoms or problems, or only one or two, answer for each of the ones you have had and write "none" for the extra questions in Part B, then continue with Part C.  1. Over the past two (2) days, one troublesome symptom has been:  (write symptom)  no problem 0 1 2 3 4 5 6 7 8 9 10 tremendous problem  2. Over the past two (2) days, another troublesome symptom has been:  (write symptom)  no problem 0 1 2 3 4 5 6 7 8 9 10 tremendous problem  3. Over the past two (2) days, a third troublesome symptom has been:  (write symptom)  no problem 0 1 2 3 4 5 6 7 8 9 10 tremendous problem  4. Over the past two (2) days I have felt:  physically 0 1 2 3 4 5 6 7 8 9 10 physically well	PART B: 1	Physi	cal Sy	mpto	ms o	r Phy	sical	Probl	ems				
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been:	no problem	0	1	2	3	4	5	6	7	8	9	10	
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		0	1	2	3	4	5	6	7	8	9	10	• •

PART C	ART C Please choose the number which best describes your feelings and thoughts OVER THE PAST TWO (2) DAYS.											
5. Over the past two (2) days, I have been depressed:												
not at all	0	1	2	3	4	5	6	7	8	9	10	extremely
6. Over the past two (2) days, I have been nervous or worried:												
not at all	0	1	2	3	4	5	6	7	8	9	10	extremely
7. Over the past two (2) days, how much of the time did you feel sad?												
never	0	1	2	3	4	5	6	7	8	9	10	always
8. Over the past two (2) days, when I thought of the future, I was:												
not afraid	0	1	2	3	4	5	6	7	8	9	10	terrified
9. Over the p	past t	wo (2)	days	s, my	life h	as bee	en:					
utterly meaningless and without purpose	0	1	2	3	4	5	6	7	8	9	10	very purposeful and meaningful
10. Over the past two (2) days, when I thought about my whole life, I felt that in achieving life goals I have:												
made no progress whatsoever		1	2	3	4	5	6	7	8	9	10	progressed to complete fulfillment
11. Over the past two (2) days, when I thought about my life, I felt that my life to this point has been:												
completely worthless	0	1	2	3	4	5	6	7	8	9	10	very worthwhile

12. Over the	e pas	t two	(2) da	ays, I	have	felt t	hat I	have:				
no control over my life	0	1	2	3	4	5	6	7	8	9	10	complete control over my life
13. Over the	e past	t two	(2) da	ays, I	felt g	ood a	about	myse	lf as	a per	son.	
completely disagree	0	1	2	3	4	5	6	7	8	9	10	completely agree
14. To me, t	he pa	ıst tw	vo (2)	days	were	:						
a burden	0	1	2	3	4	5	6	7	8	9	10	a gift
15. Over the	e pas	t two	(2) da	ays, tl	he wo	rld h	as be	en:				
an impersonal unfeeling pl	0 ace	1	2	3	4	5	6	7	8	9	10	caring and responsive to my needs
16. Over the	e past	t two	(2) da	ays, I	have	felt s	uppo	rted:				
not at all	0	1	2	3	4	5	6	7	8	9	10	completely