

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.**
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BEGIN HERE:

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

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

12. Over the past two (2) days, I have felt that 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 past two (2) days, I felt good about myself as a person.

completely disagree 0 1 2 3 4 5 6 7 8 9 10 **completely agree**

14. To me, the past two (2) days were:

a burden 0 1 2 3 4 5 6 7 8 9 10 **a gift**

15. Over the past two (2) days, the world has been:

an impersonal unfeeling place 0 1 2 3 4 5 6 7 8 9 10 **caring and responsive to my needs**

16. Over the past two (2) days, I have felt supported:

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