

Quality of Life (WHOQOL)-BREF
(The WHOQOL Group, 1998)

The following questions ask you how you feel about your quality of life, health, or other areas of your life during the past 30 days. Please choose the answer that appears most appropriate.

1. How would you rate your quality of life?
2. How satisfied are you with your health?
3. To what extent do you feel that physical pain prevents you from doing what you need to do?
4. How much do you need any medical treatment to function in your daily life?
5. How much do you enjoy life?
6. To what extent do you feel your life to be meaningful?
7. How well are you able to concentrate?
8. How safe do you feel in your daily life?
9. How healthy is your physical environment?

The following questions ask about how completely you experience or were able to do certain things in the last 30 days.

10. Do you have enough energy for everyday life?
11. Are you able to accept your bodily appearance?
12. Have you enough money to meet your needs?
13. How available to you is the information that you need in your day-to-day life?
14. To what extent do you have the opportunity for leisure activities?
15. How well are you able to get around?
16. How satisfied are you with your sleep?
17. How satisfied are you with your ability to perform your daily living activities?
18. How satisfied are you with your capacity for work?
19. How satisfied are you with yourself?
20. How satisfied are you with your personal relationships?
21. How satisfied are you with your sex life?
22. How satisfied are you with the support you get from your friends?
23. How satisfied are you with the conditions of your living place?
24. How satisfied are you with your access to health services?
25. How satisfied are you with your transport?

The following question refers to how often you have felt or experienced certain things in the last 30 days.

26. How often do you have negative feelings such as blue mood, despair, anxiety, depression?

Scoring Instructions.

Items are rated on 5-point Likert scales.

- **Item 1 and Item 15:** 1 = very poor, 2 = poor, 3 = neither poor nor good, 4 = good, 5 = very good
- **Item 2, items 16- 25:** 1 = very dissatisfied, 2 = dissatisfied, 3 = neither satisfied nor dissatisfied, 4 = satisfied, 5 = very satisfied
- **Items 3-14:** 1 = not at all, 2 = a little, 3 = a moderate amount, 4 = very much, 5 = an extreme amount
- **Item 26:** 1 = never, 2 = seldom, 3 = quite often, 4 = very often, 5 = always

The four domain scores denote an individual's perception of quality of life in each particular domain (physical health, psychological, social relationships, and environment).

- Domain 1 = Q3, Q4, Q10, Q15, Q16, Q17, Q18
- Domain 2 = Q5, Q6, Q7, Q11, Q19, Q26
- Domain 3 = Q20, Q21, Q22
- Domain 4 = Q8, Q9, Q12, Q13, Q14, Q23, Q24, Q25

Domain scores are scaled in a positive direction (i.e. higher scores denote higher quality of life). The mean score of items within each domain is used to calculate the domain score. Mean scores are then multiplied by 4 in order to make domain scores comparable with the scores used in the WHOQOL-100.

Citation:

The WHOQOL Group. (1998). Development of the World Health Organization WHOQOL-BREF quality of life assessment. *Psychological Medicine*, 28(3), 551-558.