

# 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**