

WHO Quality of Life Scale-Brief

Before we begin we would like to ask you to answer a few general questions about yourself by circling in the correct answer or by filling in the space provided.

1. What is your gender? Male Female

2. What is your date of birth? _____ / _____ / _____
Day Month Year

3. What is the highest education you received? None at all
Elementary School
High School
College
Graduate/Professional Degree

4. What is your marital status? Single Separated
Married Divorced
Living as Married Widowed

5. Are you currently ill? Yes No

6. If something is wrong with your health, what do you think it is? _____ illness/problem

Instructions: This questionnaire asks how you feel about your quality of life, health, or other areas of your life. Please answer all of the questions. If you are unsure about which response to give to a question, please choose the one that appears most appropriate. This can often be your first response.

Please keep in mind standards, hopes, pleasures, and concerns. We ask that you think about your life in the last two weeks. For example, thinking about the last two weeks a question might ask:

Do you get the kind of support from others that you need?

<i>(Please circle the number)</i>				
Not at all	A little	Moderately	Mostly	Completely
1	2	3	4	5

You should circle the number that best fits how much support you got from others over the last two weeks. So you would circle the number 4 if you got a great deal of support from others.

Do you get the kind of support from others that you need?

<i>(Please circle the number)</i>				
Not at all	A little	Moderately	Mostly	Completely
1	2	3	④	5

You would circle number 1 if you did not get any of the support that you needed from others in the last two weeks.

Do you get the kind of support from others that you need?

<i>(Please circle the number)</i>				
Not at all	A little	Moderately	Mostly	Completely
①	2	3	4	5

Please read each question, assess your feelings, and circle the number on the scale that gives the best answer for you for each question.

For Office Use
G1/G1.1

1. How would you rate your quality of life?

<i>(Please circle the number)</i>				
Very poor	Poor	Neither poor nor good	Good	Very Good
1	2	3	4	5

For Office Use
G4/G2.3

2. How satisfied are you with your health?

<i>(Please circle the number)</i>				
Very dissatisfied	Dissatisfied	Neither satisfied nor dissatisfied	Satisfied	Very satisfied
1	2	3	4	5

The following questions ask about **how much** you have experienced certain things in the last two weeks.

For Office Use
F1.4/F1.2.5

3. To what extent do you feel that physical pain prevents you from doing what you need to do?

<i>(Please circle the number)</i>				
Not at all	A little	A moderate amount	Very much	An extreme amount
1	2	3	4	5

For Office Use
F11.3/F13.1.4

4. How much do you need any medical treatment to function in your life?

1 2 3 4 5

For Office Use
F4.1/F6.1.2

5. How much do you enjoy life?

1 2 3 4 5

For Office Use
F24.2 /F29.1.3

6. To what extent do you feel your life to be meaningful?

1 2 3 4 5

For Office Use
F5.2 /F7.1.6

7. How well are you able to concentrate?

1 2 3 4 5

<i>(Please circle the number)</i>				
Not at all	Slightly	A moderate amount	Very much	Extremely
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?

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

<i>(Please circle the number)</i>				
Not at all	A little	Moderately	Mostly	Completely
1	2	3	4	5

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?

<i>(Please circle the number)</i>				
Very poor	Poor	Neither poor nor well	Well	Very well
1	2	3	4	5

15. How well are you able to get around?

The following questions ask you to say how **good** or **satisfied** you have felt about various aspects of your life over the last two weeks.

<i>(Please circle the number)</i>				
Very dissatisfied	Dissatisfied	Neither satisfied nor dissatisfied	Satisfied	Very satisfied
1	2	3	4	5

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

<i>(Please circle the number)</i>				
Very dissatisfied	Dissatisfied	Neither satisfied nor dissatisfied	Satisfied	Very satisfied

<i>For Office Use</i> F12.4/F16.2.1	18. How satisfied are you with your capacity for work?	1	2	3	4	5
<i>For Office Use</i> F6.4/F8.2.2	19. How satisfied are you with yourself?	1	2	3	4	5
<i>For Office Use</i> F13.3/F17.2.3	20. How satisfied are you with your personal relationships?	1	2	3	4	5
<i>For Office Use</i> F15.3/F3.2.1	21. How satisfied are you with your sex life?	1	2	3	4	5
<i>For Office Use</i> F14.4/F18.2.5	22. How satisfied are you with the support you get from your friends?	1	2	3	4	5
<i>For Office Use</i> F17.3/F21.2.2	23. How satisfied are you with the conditions of your living place?	1	2	3	4	5
<i>For Office Use</i> F19.3/F24.2.1	24. How satisfied are you with your access to health services?	1	2	3	4	5
<i>For Office Use</i> F23.3/F28.2.2	25. How satisfied are you with your mode of transportation?	1	2	3	4	5

The following question refers to **how often** you have felt or experienced certain things in the last two weeks.

<i>(Please circle the number)</i>				
Never	Seldom	Quite often	Very often	Always

<i>For Office Use</i> F8.1/F10.1.2	26. How often do you have negative feelings, such as blue mood, despair, anxiety, depression?	1	2	3	4	5
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Did someone help you to fill out this form? *(Please circle Yes or No)*

Yes No

How long did it take you to fill out this form? _____minutes

Scoring Instructions

The WHO Quality of Life Scale-Brief (WHOQOL-Brief), still in field trials, is a subset of 26 items taken from the WHOQOL-100. The same steps for scoring WHOQOL-100 should be followed to achieve score for this version. Although scoring the brief version is identical to scoring the WHOQOL-100, there are some differences that need to be addressed:

- The WHOQOL-Brief does not have facet scored
- Mean substitutions are recommended for Domain 1 *Physical Health* and Domain 4 *Environment* if no more than one item is coded missing.
- Only three items need to be reversed before scoring

The WHOQOL-Brief (Field Trial Version) produces a profile with four domain scores and two individually scored items about an individual's overall perception of quality of life and health. The four domain scores are scaled in a positive direction with higher scores indicating a higher quality of life. Three items of the WHOQOL-Brief must be reversed before scoring. They can be seen in the following table, indicated by the “-(reverse)” denotation in the *Direction of scaling* column.

Scoring Domains of the WHOQOL-Brief

Domains and questions 236/BREF	Direction of scaling	Raw domain score	Raw item score
Overall Quality of Life and General Health	(2-10)	
G1.1/B1 How would you rate your quality of life?	+	(1-5)
G2.3/B2 How satisfied are you with your health?	+	(1-5)
Domain 1 Physical Health	(7-35)	
F1.2.5/B3 To what extent do you feel that physical pain prevents you from doing what you need to do?	-(reverse)	(1-5)
F13.1.4/B4 How much do you need any medical treatment to function in your daily life?	-(reverse)	(1-5)
F2.1.1/B10 Do you have enough energy for everyday life?	+	(1-5)
F11.1.1/B15 How well are you able to get around?	+	(1-5)
F4.1.1/B16 How satisfied are you with your sleep	+	(1-5)
F12.2.3/B17 How satisfied are you with your ability to perform your daily living activities?	+	(1-5)
F16.2.1/B18 How satisfied are you with your capacity for work?	+	(1-5)
Domain 2 Psychological	(6-30)	
F6.1.2/B5 How much do you enjoy life?	+	(1-5)
F29.1.3/B6 To what extent do you feel your life to be meaningful?	+	(1-5)
F7.1.6/B7 How well are you able to concentrate?	+	(1-5)
F9.1.2/B11 Are you able to accept your bodily appearance?	+	(1-5)
F8.2.1/B19 How satisfied are you with yourself?	+	(1-5)
F10.1.2/B26 How often do you have negative feelings such as blue mood, despair, anxiety, depression?	-(reverse)	(1-5)
Domain 3 Social relationships	(3-15)	
F17.1.3/B20 How satisfied are you with your personal relationships?	+	(1-5)
F3.2.1/B21 How satisfied are you with your sex life?	+	(1-5)
F18.2.5/B22 How satisfied are with the support you get from your friends?	+	(1-5)

Domains and questions 236/BREF		Direction of scaling	Raw domain score	Raw item score
Domain 4	Environment	(8-40)	
F20.1.2/B8	How safe do you feel in your daily life?	+	(1-5)
F27.1.2/B9	How healthy is your physical environment?	+	(1-5)
F23.1.1/B12	Have you enough money to meet your needs?	+	(1-5)
F25.1.1/B13	How available to you is the information that you need in your daily-to-day life?	+	(1-5)
F26.1.2/B14	To what extent do you have the opportunity for leisure activities?	+	(1-5)
F21.2.2/B23	How satisfied are you with the condition of your living place?	+	(1-5)
F24.2.1/B24	How satisfied are you with your access to health services?	+	(1-5)
F28.2.2/B25	How satisfied are you with your transport?	+	(1-5)

If no more than one item from the *Physical Health* or *Environment* domains has been coded as missing, we recommend that a domain score be calculated by substituting a person-specific average across the completed items in the same scale. For example, if a respondent does not have a value for item B16 *How satisfied are you with your sleep?* in the Physical Health domain, but has answered all of the other items in that domain, then the value for item B16 would be the average of the remaining 6 items. If two or more items are coded as missing in the *Psychological* and *Social Relationships* domains, a domain score for that respondent would not be calculated .

After item recoding and handling of missing data, a raw score is computed by a simple algebraic sum of each item in each of the four domains. Once complete, check the frequencies of each domain to be sure that the scores are within the correct range indicated in the *Raw domain score* column of the table above. The next step is to transform each raw scale score. The possible raw scale score ranges for each domain are as follows: *Physical Health*=28, *Psychological*=24, *Social Relationships*=12, and *Environment*=32.

Scoring Exercise and Test Dataset for the WHOQOL-Brief Instrument

The purpose of this scoring exercise is to help WHOQOL-Brief users to evaluate results from each step in the process of calculating the Domain summary scores of the instrument. This exercise was created for SPSS users, but with minor modifications, can be adapted for other computer programs or can be useful for those scoring the survey manually.

After all necessary items have been recoded, a raw score is calculated for each facet and each domain. Both facets and domains are scored through a simple algebraic summation of each item in that scale. As stated earlier, each question contributed equally to the facet score and each facet contributes equally to the domain score. Since each facet has four items with response values of 1 through 5, the raw score for any facet must have a minimum value of 4 and a maximum value of 20.

Transformation of Scale Scores

The next step involves transforming each raw scale score to a 0-100 scale using the formula shown below:

$$\text{Transformed Scale} = \left[\frac{(\text{Actual raw score} - \text{lowest possible raw score})}{\text{Possible raw score range}} \right] \times 100$$

where “*Actual raw score*” is the values achieved through summation., “*lowest possible raw score*” is the lowest possible value that could occur through summation (this value would be 4 for all facets), and “*possible raw score range*” is the difference between the maximum possible raw score and the lowest possible raw score (this value would be 16 for all facets: 20 minus 4).

This transformation converts the lowest and highest possible scores to 0 and 100, respectively. Scores between those values represent the percentage of the total possible score achieved. The WHOQOL-100 scores from other Centers may not be transformed to the 0-100 scale. The U.S. WHOQOL instruments and scoring programs have used this transformation to provide comparative data for interpretation.

Example: A Facet 1 "Pain and Discomfort" raw score of 15 would be transformed as follows:

$$\text{Transformed Scale} = \left[\frac{(15-4)}{16} \right] \times 100 = 68.75$$