Please indicate on the following scale from **1** to **10** how you feel right now at this moment. If you mark the number **1**, then your mood is <u>extremely bad</u>. If you mark the number **10**, then your mood is <u>extremely good</u>.

extremely	1	2	3	4	5	6	7	8	9	10 extremely
bad										□ good

Modular System

for Quality of Life (MSLQ-R)

BEFORE ANSWERING THIS QUESTIONNNAIRE PLEASE READ THIS PAGE CAREFULLY AND KEEP THE FOLLOWING INSTRUCTIONS IN MIND!

You can respond to every question by marking your answer in the appropriate box on the scale by a cross. If you value the touched area of life positively choose a category from the <u>fair part of the scale</u>. If you value the life area negatively then choose a <u>dark field of the scale</u>. Don't forget to pay attention to the right wording of the chosen category!

Check your understanding with the following example.

entirely		rather	neither	rather		entirely
dissatisfied	dissatisfied	dissatisfied	nor	satisfied	satisfied	satisfied

Every question relates to your state during the **past four weeks**. Please answer spontaneously, do not spend too much time on any question.

It is very important that you fill out the questionnaire completely and that you answer honestly. Incomplete sheets are easy to select and unfortunately worthless. Answer every question on your own and do not discuss any question with another person who could influence your answering.

We entreat to take the following hints seriously. It is possible that you develop a presumption which kind of answer could give a "better impression" of your person. Please do not try to influence your answering in a special direction. There are no "false" or "right" answers. Just mark the state which was characteristic for you during the past 4 weeks.

	Please do not write in this field:
proband number:	

Date:]	
Sex:	O male	O female	
Age in years:			
Nationality:			
Ethnicity:			
Years of education (at school):			
Graduation (high school, univers	ity etc.):		?
	^	0	
Do you have a job?: What is (are) your profession(s):	O yes	O no	
What is (are) your occupation(s)	/ vocational training(s)	(housewife too!):	
How much mony do you earn mo O more than 1500 US\$ O 800 - 1500 US\$ O less than 800 US\$	onthly:		
Religion:	O none	O protestant	
	O catholic	O islamic	
	- 41		
	other:		
Family status:	_	_	
(multiple answers possible)	O single / without a p	=	artnership or
	O seperated or divor	married ced O widowed	
Are there relatives you are in cor	ntact with?: O y	es	O no
Do you have a close friend?:	O yes		O no
Do you have children?	O yes / number of ch	ildren	O no
Residence:	O flat / house (tenantr O flat / house (owner o O shared apartment O dormitory O resident being care	occupied) O pension pa security offi O homeless	aid by social
With whom do you live?	O alone	O with broth	ers or sisters
(multiple answers possible)	O with husband /spor		
	/ partner		
	O with parents		r persons who
	O with children under O with children over	•	atives

Please keep in mind that the following questions refer to your **physical health** during the **past 4 weeks**:

Γ	good	good					
		good	good	nor bad	bad	bad	bad
-							
2. Di	d you have	any physica	al problems	affecting you	ır mobility du	iring the pa	st 4 weeks?
	all	most	a good bit	some	a little	rather	none
	the time	of the time	of the time	of the time	of the time	seldom	of the time
l							
3. Di	d your phys	ical health a	allow you to	spend the u	isual amount	of time on	activities at wo
at	home (or in	hospital) d	uring the pa	st 4 weeks?			
	much	longer	as	a bit	fewer	much	no
	longer as	as	long as	fewer as	as	fewer	activity
Г	usual	usual	usual	usual	usual	as usual	possible
L							
4. Ho	ow satisfied	were you w	vith your phy	/sical health	during the p	ast 4 week	s?
	entirely		rather	neither	rather		entirely
	dissatisfied	dissatisfied	dissatisfied	nor	satisfied	satisfied	satisfied
	-	-		ng the past 4		nning, liftii severe	ng heavy objec very severe
Γ							
L							
	•	•		-		ig a table,	pushing a vacuu
cle		• • •		g the past 4			
Г	not at all	a little bit	entirely little	moderate	entirely severe	severe	very severe
7. Ho	w satisfied	were you w	vith your hea	alth in genera	al during the	past 4 wee	ks?
	entirely	,	rather	neither	rather	•	entirely
-	dissatisfied	dissatisfied	dissatisfied	nor	satisfied	satisfied	satisfied

Please keep in mind that the following questions refer to your **physical vitality** during the **past 4 weeks**:

all the tim	mo ne of the			ome a litt e time of the	tle ratl e time selo	
						lom of the tirr
				-		
•	•	•	past 4 week		41	
all the tim	mo ne of the			ome a litt e time of the		ner none Iom of the tim
. Could yo	u care abo	ut your phy	vsical appear	ance during t	the past 4 w	eeks?
withou proble	• •	without	ite good tole	rably with tr	with a le rouble trouble	
L						
. Was it po	ssible for y	ou to feel	relaxed and o	comfortable o	during the pa	st 4 weeks?
withou proble	• •	without	ite good tole	rably with tro	with a souble trouble	
				ing the next i		
. How saus		• •	her neit	ing the past 4 <i>her rath</i>		entirely
dissati	•		atisfied no			,
	•		•••	ng the past 4		
all the tim	mo ne of the			ome a litt e time of the		ner none Iom of the tim
	h of the tin	ne did you	feel tired dur	ing the past 4	4 weeks?	
. How muc	ma			ome a litt e time of the		ner none Iom of the tim
all				ຣ ແກກຣ - ບາ ແກຍ		
all						
all the tim	ne of the			It refreshed a	luring the se	st 4 wooko?
all the tim	ossible for y	/ou to slee		It refreshed d	•	
all the tim	ossible for y	you to slee	o until you fe	It refreshed d	with a l	ot of
all the tim . Was it po without	ossible for y	you to slee	o until you fe		with a l	ot of

Please keep in mind that the following questions refer to your **personal role** in your **social relations** during the **past 4 weeks**:

problems	nearly without problems	quite good	tolerably	with trouble	with a lot of trouble	not possible
2 Llow actiofied		the the energy	aiotion of w		nanta hu atk	and during the
 How satisfied past 4 weeks 	•	in the appre	ciation of ye	our achiever	nents by our	iers during the
entirely	• 5	rather	neither	rather		entirely
dissatisfied	dissatisfied	dissatisfied	nor	satisfied	satisfied	satisfied
3. How satisfied	were vou wi	th your self	respect dur	ing the past	1 weeks?	
entirely		rather	neither	rather	+ WEEKS:	entirely
dissatisfied	dissatisfied	dissatisfied	nor	satisfied	satisfied	satisfied
4. Did you feel l		the next 4 w	wooko?			
all	most	a good bit	some	a little	rather	none
the time	of the time	of the time	of the time	of the time	seldom	of the time
5. How satisfied	were you wi	th your deci	sion making	g during the	past 4 week	s?
entirely dissatisfied	dissatisfied	rather dissatisfied	neither nor	rather satisfied	satisfied	entirely satisfied
		alsoutished	1101	Salished	Sulished	
				•	•	
6. How satisfied	were you wi					
	,	th your relat	ion to other	people duri	ng the past	4 weeks?
entirely dissatisfied	-	rather	neither	rather	•	entirely
entirely dissatisfied	dissatisfied	•			ng the past satisfied	
	-	rather	neither	rather	•	entirely
	dissatisfied	rather dissatisfied	neither nor	rather satisfied	•	entirely
dissatisfied 7. Could you fee without any	dissatisfied el self-confide nearly without	rather dissatisfied ent during th	neither nor e past 4 we	rather satisfied	satisfied with a lot of	entirely satisfied
dissatisfied	dissatisfied	rather dissatisfied	neither nor	rather satisfied	satisfied	entirely
dissatisfied 7. Could you fee without any	dissatisfied el self-confide nearly without	rather dissatisfied ent during th	neither nor e past 4 we	rather satisfied	satisfied with a lot of	entirely satisfied
dissatisfied 7. Could you fee without any	dissatisfied	rather dissatisfied ent during th t quite good	neither nor e past 4 we tolerably	rather satisfied eeks? with trouble	satisfied with a lot of	entirely satisfied
dissatisfied 7. Could you fee without any problems 8. Could you ma without any	dissatisfied el self-confide nearly without problems	rather dissatisfied ent during th quite good way during	neither nor e past 4 we tolerably the past 4 v	rather satisfied weeks? with trouble weeks?	satisfied with a lot of trouble with a lot of	entirely satisfied not possible
dissatisfied 7. Could you fee without any problems 8. Could you ma	dissatisfied el self-confide nearly without problems	rather dissatisfied ent during th quite good	neither nor e past 4 we tolerably	rather satisfied eeks? with trouble	satisfied with a lot of trouble	entirely satisfied
dissatisfied 7. Could you fee without any problems 8. Could you ma without any	dissatisfied el self-confide nearly without problems	rather dissatisfied ent during th quite good way during	neither nor e past 4 we tolerably the past 4 v	rather satisfied weeks? with trouble weeks?	satisfied with a lot of trouble with a lot of	entirely satisfied not possible
dissatisfied 7. Could you fee without any problems 8. Could you ma without any problems	dissatisfied el self-confide nearly withour problems ake your own nearly withour problems	rather dissatisfied	neither nor e past 4 we tolerably the past 4 v tolerably	rather satisfied eeks? with trouble weeks? with trouble	satisfied with a lot of trouble with a lot of trouble	entirely satisfied not possible
dissatisfied 7. Could you fee without any problems 8. Could you ma without any problems 9. How satisfied	dissatisfied el self-confide nearly withour problems ake your own nearly withour problems	rather dissatisfied ent during the quite good way during t quite good	neither nor e past 4 we tolerably the past 4 we tolerably	rather satisfied eeks? with trouble weeks? with trouble	satisfied with a lot of trouble with a lot of trouble	entirely satisfied not possible not possible
dissatisfied 7. Could you fee without any problems 8. Could you ma without any	dissatisfied el self-confide nearly withour problems ake your own nearly withour problems	rather dissatisfied	neither nor e past 4 we tolerably the past 4 we tolerably	rather satisfied eeks? with trouble weeks? with trouble	satisfied with a lot of trouble with a lot of trouble	entirely satisfied not possible

Please keep in mind that the following questions refer to your **material providing** during the **past 4 weeks**:

	entirely	dissatisfied	rather	neither	rather	a a tiafia d	entirely
	ssatisfied	aissatistied	dissatisfied	nor	satisfied	satisfied	satisfied
2. How	satisfied	were you w	ith your livin	g conditons	at home du	ring the pas	st 4 weeks?
	entirely		rather	neither	rather		entirely
dis	ssatisfied	dissatisfied	dissatisfied	nor	satisfied	satisfied	satisfied
. How	satisfied	were you w	ith your stan	idard of livir	ng during the	e past 4 wee	eks?
	satisfied entirely	were you w	ith your stan <i>rather</i>	idard of livir <i>neither</i>	ng during the	e past 4 wee	eks? entirely
e		were you w dissatisfied	•		• •	e past 4 wee satisfied	
e	entirely	-	rather	neither	rather		entirely
e	entirely	-	rather	neither	rather		entirely
dis	entirely ssatisfied	dissatisfied	rather	neither nor	rather satisfied	satisfied	entirely satisfied
e dis . How s	entirely ssatisfied satisfied satisfied entirely	dissatisfied	rather dissatisfied ith your plac rather	neither nor	rather satisfied	satisfied	entirely satisfied eeks? entirely
e dis . How s	entirely ssatisfied satisfied	dissatisfied	rather dissatisfied	neither nor	rather satisfied	satisfied	entirely satisfied

If you had the possibility for *leisure activities* during the *past 4 weeks*, please answer the following questions. If not, just skip this section:

	all the time	most of the time	a good bit of the time	some of the time	a little of the time	rather seldom	none of the time
. H	ow often did	you have ir	nterest in you	ur outdoor he	obbies durin	g the past 4	weeks?
	all	most	a good bit	some	a little	rather	none
	the time	of the time	of the time	of the time	of the time	seldom	of the time
. H	ow satisfied	were you w	ith your spai	re-time in ge	neral during	the past 4	weeks?
	entirely		rather	neither	rather		entirely
	dissatisfied	dissatisfied	dissatisfied	nor	satisfied	satisfied	satisfied
			-				

Please keep in mind that the following questions refer to your *mental state* and your *emotions* during the *past 4 weeks*:

all the time	most of the time	a good bit of the time	some of the time	a little of the time	rather seldom	none of the time
2. Did you feel a	anxious, worr	ied, or upse	t during the p	oast 4 week	s?	
all the time	most of the time	a good bit of the time	some of the time	a little of the time	rather seldom	none of the time
3. How often did	l vou aet inta	auarrele di	ring the nast	1 wooks?		
all	most	a good bit	some	a little	rather	none
the time	of the time	of the time	of the time	of the time	seldom	of the time
Low often die		dor strain st	rocc or proc		the past 4 y	wooks?
4. How often dic <i>all</i>	most	a good bit	some	a little	rather	none
the time	of the time	of the time	of the time	of the time	seldom	of the time
5. How often d	id you fool a	noityo and y			h cluggich d	luring the nee
weeks?	iu you leel a		igorous vers		ı siuggisii u	iunny me pas
all	most	a good bit	sometimes	a good bit	most	all
the time active	of the time	of the time active	active some- times dull		of the time dull	the time dull
	active	active		uun	uun	uun
6. How often did	l vou det eas	ilv hurt durir	ng the past 4	weeks?		
all	, ,	,	5 1			
	most	a good bit	some	a little	rather	none
the time	most of the time	a good bit of the time	some of the time	a little of the time	rather seldom	none of the time
		-				
the time	of the time	of the time	of the time	of the time	seldom	of the time
the time 7. How often ha all	of the time ve you been most	of the time a very nerve a good bit	of the time	of the time luring the pa a little	seldom ast 4 weeks? rather	of the time
the time 7. How often ha	of the time	of the time	of the time	of the time	seldom	of the time
the time 7. How often ha all	of the time ve you been most	of the time a very nerve a good bit	of the time	of the time luring the pa a little	seldom ast 4 weeks? rather	of the time
the time 7. How often ha <i>all</i> <i>the time</i>	of the time	of the time a very nervo a good bit of the time	of the time ous person d some of the time	of the time luring the pa a little of the time	seldom ast 4 weeks? rather seldom	of the time
the time 7. How often ha <i>all</i> <i>the time</i> 8. How often dia <i>all</i>	of the time	of the time a very nervo a good bit of the time	of the time ous person d some of the time rsts during th some	of the time luring the pa a little of the time ne past 4 we a little	seldom ast 4 weeks? rather seldom	of the time
the time 7. How often ha <i>all</i> <i>the time</i> 3. How often die	of the time ve you been most of the time	of the time a very nerve a good bit of the time emper outbu	of the time	of the time luring the pa a little of the time	seldom ast 4 weeks? rather seldom	of the time
the time 7. How often ha <i>all</i> <i>the time</i> 3. How often dia <i>all</i>	of the time ve you been most of the time d you have te most	of the time a very nerve a good bit of the time emper outbut a good bit	of the time ous person d some of the time rsts during th some	of the time luring the pa a little of the time ne past 4 we a little	seldom ast 4 weeks? rather seldom eeks? rather	of the time
the time 7. How often ha <i>all</i> <i>the time</i> 3. How often die <i>all</i> <i>the time</i>	of the time ve you been most of the time d you have te most of the time	of the time a very nerve a good bit of the time emper outbu a good bit of the time	of the time	of the time luring the pa a little of the time ne past 4 we a little of the time	seldom ast 4 weeks? rather seldom eeks? rather seldom	of the time
the time 7. How often ha <i>all</i> <i>the time</i> 3. How often die <i>all</i> <i>the time</i>	of the time ve you been most of the time d you have te most of the time	of the time a very nerve a good bit of the time emper outbu a good bit of the time	of the time	of the time luring the pa a little of the time ne past 4 we a little of the time	seldom ast 4 weeks? rather seldom eeks? rather seldom	of the time
the time 7. How often ha all the time 3. How often did all the time 9. How often did all the time	of the time ve you been most of the time d you have te most of the time d you feel rela	of the time a very nerve a good bit of the time emper outbu a good bit of the time axed and at a good bit of the time	of the time ous person d some of the time rsts during th some of the time ease versus sometimes relaxed some-	of the time luring the pa a little of the time ne past 4 we a little of the time high-strung a good bit of the time	seldom ast 4 weeks? rather seldom eeks? rather seldom	of the time none of the time none of the time all the time
the time 7. How often ha <i>all</i> the time 8. How often did <i>all</i> 9. How often did <i>all</i>	of the time ve you been most of the time d you have te most d you feel rela	of the time a very nerve a good bit of the time emper outbu a good bit of the time axed and at a good bit	of the time ous person d some of the time rsts during th some of the time ease versus sometimes	of the time of the time a little of the time ne past 4 we a little of the time high-strung a good bit	seldom	of the time none of the time none of the time

Please keep in mind that the following questions refer to your *life in general* during the **past 4 weeks**:

all	most	a good bit	some	a little	rather	none
the time	of the time	of the time	of the time	of the time	seldom	of the time
2. Could you er						
all the time	most of the time	a good bit of the time	some of the time	a little of the time	rather seldom	none of the time
3. How often di	d vou feel wo	rthless durir	ng the past 4	weeks?		
all	most	a good bit	some	a little	rather	none
the time	of the time	of the time	of the time	of the time	seldom	of the time
4. How did you	feel in genera	al during the	e past 4 weel	ks?		
all	most	a good bit	sometimes	a good bit	most	all
the time good	of the time good	of the time good	good some- times bad	of the time bad	of the time bad	the time bad
5. How often di	d you value y	our future h	opeless duri	ng the past 4	4 weeks?	
5. How often die	d you value y <i>most</i>	rour future h	opeless duri	ng the past of a little	4 weeks? rather	none
			-	-		none of the time
all	most	a good bit	some	a little	rather	
all	most	a good bit	some	a little	rather	
all the time	most of the time	a good bit of the time	some of the time	a little of the time	rather seldom	
6. How often die	most of the time d you wake u most	a good bit of the time p feeling de a good bit	some of the time pressed duri some	a little of the time ing the past a little	rather seldom 4 weeks? rather	of the time
all the time 6. How often die	most of the time d you wake u	a good bit of the time p feeling de	some of the time pressed duri	a little of the time ing the past	rather seldom	of the time
all the time 6. How often die all	most of the time d you wake u most	a good bit of the time p feeling de a good bit	some of the time pressed duri some	a little of the time ing the past a little	rather seldom 4 weeks? rather	of the time
all the time 6. How often die all the time	most of the time d you wake u most of the time	a good bit of the time p feeling de a good bit of the time	some of the time pressed duri some of the time	a little of the time ing the past a little of the time	rather seldom 4 weeks? rather seldom	of the time
all the time	most of the time d you wake u most of the time	a good bit of the time p feeling de a good bit of the time	some of the time pressed duri some of the time	a little of the time ing the past a little of the time	rather seldom 4 weeks? rather seldom	of the time none of the time
all the time 6. How often die all the time	most of the time d you wake u most of the time	a good bit of the time p feeling de a good bit of the time	some of the time pressed duri some of the time	a little of the time ing the past a little of the time	rather seldom 4 weeks? rather seldom	of the time
all the time	most of the time d you wake u most of the time	a good bit of the time p feeling de a good bit of the time ith your men rather	some of the time pressed duri some of the time of the time	a little of the time ing the past a little of the time uring the pas rather	rather seldom 4 weeks? rather seldom	of the time none of the time entirely
all the time	most of the time d you wake u most of the time	a good bit of the time p feeling de a good bit of the time ith your men rather	some of the time pressed duri some of the time of the time	a little of the time ing the past a little of the time uring the pas rather	rather seldom 4 weeks? rather seldom	of the time none of the time entirely
all the time	most of the time	a good bit of the time p feeling de a good bit of the time ith your men rather dissatisfied	some of the time pressed duri some of the time tal health du neither nor	a little of the time	rather seldom 4 weeks? rather seldom t 4 weeks? satisfied	of the time none of the time entirely

If you had contact with your <u>family (parents, grandparents, foster-parents)</u> during the <u>past 4 weeks</u>, please answer the following questions. If not, just skip this section:

	without any problems	nearly without problems	quite good	tolerably	with trouble	with a lot of trouble	not possible
~	ould you joir	n family life di	uring the pe	et 4 wooks	2		
		•	uning the pa	ISI 4 WEEKS	<u>'</u>		
	without any problems	nearly without problems	quite good	tolerably	with trouble	with a lot of trouble	not possible
			guno goou	loioidbly			
С	ould you fee	l good / harm	nonize with	your family	during the	oast 4 weeks	s?
С	ould you fee without any	0		your family	during the	oast 4 weeks with a lot of	5?
С	5	0		your family tolerably	during the with trouble		s? not possible
Co	without any	nearly withou	ıt		0	with a lot of	
Co	without any	nearly withou	ıt		0	with a lot of	
Co	without any	nearly withou	ıt		0	with a lot of	

If you are **married** or if you have a **partnership**, please answer the following questions. If not, just skip this section:

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W			4			with a lat of	
	without any problems	nearly without problems	t quite good	tolerably	with trouble	with a lot of trouble	not possible
[protection		quite good				
				during the			
2. 00	•	ve sex with y	•	during the	past 4 week		
	without any problems	nearly without problems	t quite good	tolerably	with trouble	with a lot of trouble	not possible
	p. 00.01.0		gane good				
ſ	-						
]							
•	you had sex xual life?	with your pa	artner during	g the past 4	weeks, hov	/ v satisfied w	ere you with yo
•	xual life? entirely		rather	g the past 4 neither	rather		entirely
•	xual life?	with your pa				v satisfied w	
•	xual life? entirely		rather	neither	rather		entirely
•	xual life? entirely		rather	neither	rather		entirely
se>	xual life? entirely dissatisfied		rather dissatisfied	neither nor	rather satisfied	satisfied	entirely satisfied
se>	xual life? entirely dissatisfied	dissatisfied	rather dissatisfied	neither nor	rather satisfied	satisfied	entirely satisfied

If you have <u>children</u> or <u>step children</u>, please answer the following questions:

. How often	did you have o	contact with y	our childrer/	during the	past 4 week	<s?< th=""></s?<>
all the time	most of the time	a good bit of the time	some of the time	a little of the time	rather seldom	none of the time
. How satisf	ied were you w	ith the relati	on to your cl	hildren durin	g the past 4	4 weeks?
entirel	/	rather	neither	rather		entirely
dissatisf		dissatisfied	nor	satisfied	satisfied	satisfied

If you followed a **regular occupation** during the **past 4 weeks**, please answer the following questions :

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entirely dissatisfied	dissatisfied	rather dissatisfied	neither nor	rather satisfied	satisfied	entirely satisfied
entireiv		rather	neither	rather	a a fi a fi a al	entirely
entirely dissatisfied	dissatisfied	dissatisfied	nor	satisfied	satisfied	satisfied