



Quality of Life Questionnaire

Qualeffo-41 (10 December 1997)

Users of this questionnaire (and all authorized translations) must adhere to the user agreement.

Please use the related Scoring Algorithm.

A Pain

The five questions in this section regard the situation in the last week.

- 1) How often have you had back pain in the last week?
 - never
 - 1 day per week or less
 - 2-3 days per week
 - 4-6 days per week
 - every day

- 2) If you have had back pain, for how long did you have back pain in the daytime?
 - never
 - 1-2 hours
 - 3-5 hours
 - 6-10 hours
 - all day

- 3) How severe is your back pain at its worst?
 - no back pain
 - mild
 - moderate
 - severe
 - unbearable

- 4) How is your back pain at other times?
 - no back pain
 - mild
 - moderate
 - severe
 - unbearable

- 5) Has the back pain disturbed your sleep in the last week?
- less than once per week
 - once a week
 - twice a week
 - every other night
 - every night

Physical function:

B Activities of daily living

The next 4 questions regard the situation at present.

- 6) Do you have problems with dressing?
- no difficulty
 - a little difficulty
 - moderate difficulty
 - may need some help
 - impossible without help
- 7) Do you have problems with taking a bath or shower?
- no difficulty
 - a little difficulty
 - moderate difficulty
 - may need some help
 - impossible without help
- 8) Do you have problems with getting to or operating a toilet?
- no difficulty
 - a little difficulty
 - moderate difficulty
 - may need some help
 - impossible without help
- 9) How well do you sleep?
- sleep undisturbed
 - wake up sometimes
 - wake up often
 - sometimes I lie awake for hours
 - sometimes I have a sleepless night

Physical function:

C Jobs around the house

The next 5 questions are concerned with the present situation. If someone else does these things in your house, please answer as though you were responsible for them.

- 10) Can you do the cleaning?
- without difficulty
 - with a little difficulty
 - with moderate difficulty
 - with great difficulty
 - impossible
- 11) Can you prepare meals?
- without difficulty
 - with a little difficulty
 - with moderate difficulty
 - with great difficulty
 - impossible
- 12) Can you wash the dishes?
- without difficulty
 - with a little difficulty
 - with moderate difficulty
 - with great difficulty
 - impossible
- 13) Can you do your day to day shopping?
- without difficulty
 - with a little difficulty
 - with moderate difficulty
 - with great difficulty
 - impossible
- 14) Can you lift a heavy object of 20 lbs (e.g. a crate of 12 bottles of milk, or a one year old child) and carry it for at least 10 yards?
- without difficulty
 - with a little difficulty
 - with moderate difficulty
 - with great difficulty
 - impossible

Physical function:

D Mobility

The next 8 questions also regard the present situation.

- 15) Can you get up from a chair?
- without difficulty
 - with a little difficulty
 - with moderate difficulty
 - with great difficulty
 - only with help
- 16) Can you bend down?
- easily
 - fairly easily
 - moderately
 - very little
 - impossible
- 17) Can you kneel down?
- easily
 - fairly easily
 - moderately
 - very little
 - impossible
- 18) Can you climb stairs to the next floor of a house?
- without difficulty
 - with a little difficulty
 - with at least one rest
 - with help only
 - impossible
- 19) Can you walk 100 yards?
- fast without stopping
 - slowly without stopping
 - slowly with at least one stop
 - only with help
 - impossible

20) How often have you been outside in the last week?

- every day
- 5-6 days/week
- 3-4 days/week
- 1-2 days/week
- less than once/week

21) Can you use public transport?

- without difficulty
- with a little difficulty
- with moderate difficulty
- with great difficulty
- only with help

22) Have you been affected by the changes of your figure due to osteoporosis (for example loss of height, increase of waist measurement, shape of your back)?

- not at all
- a little
- moderately
- quite a bit
- very much

E Leisure, social activities

23) Do you play any sport now?

- yes
- yes with restrictions
- not at all

24) Can you do your gardening?

- yes
- yes with restrictions
- not at all
- not applicable

25) Do you perform any hobby now?

- yes
- yes with restrictions
- not at all

- 26) Can you visit a cinema, theatre, etc.?
- yes
 - yes with restrictions
 - not at all
 - no cinema, or theatre within a reasonable distance
- 27) How often did you visit friends or relatives during the last 3 months?
- once a week or more
 - once or twice a month
 - less than once a month
 - never
- 28) How often did you participate in social activities (clubs, social gatherings, church activities, charity etc.) during the last 3 months?
- once a week or more
 - once or twice a month
 - less than once a month
 - never
- 29) Does your back pain or disability interfere with intimacy (including sexual activity)?
- not at all
 - a little
 - moderately
 - severely
 - not applicable

F General health perception

- 30) For your age, in general, would you say your health is
- excellent
 - good
 - satisfactory
 - fair
 - poor
- 31) How would you rate your overall quality of life during the last week?
- excellent
 - good
 - satisfactory
 - fair
 - poor

- 32) How would you rate your overall quality of life compared with 10 years ago?
- much better now
 - slightly better now
 - unchanged
 - slightly worse now
 - much worse now

G Mental function

The next nine questions regard the situation in the last week.

- 33) Do you tend to feel tired?
- in the morning
 - in the afternoon
 - only in the evening
 - after strenuous activity
 - almost never
- 34) Do you feel downhearted?
- almost every day
 - three to five days a week
 - one or two days a week
 - once in a while
 - almost never
- 35) Do you feel lonely?
- almost every day
 - three to five days a week
 - one or two days a week
 - once in a while
 - almost never
- 36) Do you feel full of energy?
- almost every day
 - three to five days a week
 - one or two days a week
 - once in a while
 - almost never

- 37) Are you hopeful about your future?
- never
 - rarely
 - sometimes
 - quite often
 - always
- 38) Do you get upset over little things?
- never
 - rarely
 - sometimes
 - quite often
 - always
- 39) Do you find it easy to make contact with people?
- never
 - rarely
 - sometimes
 - quite often
 - always
- 40) Are you in good spirits most of the day?
- never
 - rarely
 - sometimes
 - quite often
 - always
- 41) Are you afraid of becoming totally dependent?
- never
 - rarely
 - sometimes
 - quite often
 - always