

Ferrans and Powers
QUALITY OF LIFE INDEX®
MULTIPLE SCLEROSIS VERSION III

PART 1. For each of the following, please choose the answer that best describes how *satisfied* you are with that area of your life. Please mark your answer by circling the number. There are no right or wrong answers.

HOW SATISFIED ARE YOU WITH:	Very Dissatisfied	Moderately Dissatisfied	Slightly Dissatisfied	Slightly Satisfied	Moderately Satisfied	Very Satisfied
1. Your health?	1	2	3	4	5	6
2. Your health care?	1	2	3	4	5	6
3. The amount of pain that you have?	1	2	3	4	5	6
4. The amount of energy you have for everyday activities?	1	2	3	4	5	6
5. Your ability to take care of yourself without help?	1	2	3	4	5	6
6. Your ability to get around, go places?	1	2	3	4	5	6
7. Your ability to speak?	1	2	3	4	5	6
8. The amount of control you have over your life?	1	2	3	4	5	6
9. Your chances of living as long as you would like?	1	2	3	4	5	6
10. Your family's health?	1	2	3	4	5	6
11. Your children?	1	2	3	4	5	6
12. Your family's happiness?	1	2	3	4	5	6
13. Your sex life?	1	2	3	4	5	6
14. Your spouse, lover, or partner?	1	2	3	4	5	6
15. Your friends?	1	2	3	4	5	6
16. The emotional support you get from your family?	1	2	3	4	5	6
17. The emotional support you get from people other than your family?	1	2	3	4	5	6

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HOW SATISFIED ARE YOU WITH:

	Very Dissatisfied	Moderately Dissatisfied	Slightly Dissatisfied	Slightly Satisfied	Moderately Satisfied	Very Satisfied
18. Your ability to take care of family responsibilities?	1	2	3	4	5	6
19. How useful you are to others?	1	2	3	4	5	6
20. The amount of worries in your life?	1	2	3	4	5	6
21. Your neighborhood?	1	2	3	4	5	6
22. Your home, apartment, or place where you live?	1	2	3	4	5	6
23. Your job (if employed)?	1	2	3	4	5	6
24. Not having a job (if unemployed, retired, or disabled)?	1	2	3	4	5	6
25. Your education?	1	2	3	4	5	6
26. How well you can take care of your financial needs?	1	2	3	4	5	6
27. The things you do for fun?	1	2	3	4	5	6
28. Your chances for a happy future?	1	2	3	4	5	6
29. Your peace of mind?	1	2	3	4	5	6
30. Your faith in God?	1	2	3	4	5	6
31. Your achievement of personal goals?	1	2	3	4	5	6
32. Your happiness in general?	1	2	3	4	5	6
33. Your life in general?	1	2	3	4	5	6
34. Your personal appearance?	1	2	3	4	5	6
35. Yourself in general?	1	2	3	4	5	6

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PART 2. For each of the following, please choose the answer that best describes how ***important*** that area of your life is to you. Please mark your answer by circling the number. There are no right or wrong answers.

	Very Unimportant	Moderately Unimportant	Slightly Unimportant	Slightly Important	Moderately Important	Very Important
HOW IMPORTANT TO YOU IS:						
1. Your health?	1	2	3	4	5	6
2. Your health care?	1	2	3	4	5	6
3. Having no pain?	1	2	3	4	5	6
4. Having enough energy for everyday activities?	1	2	3	4	5	6
5. Taking care of yourself without help?	1	2	3	4	5	6
6. Your ability to get around, go places?	1	2	3	4	5	6
7. Your ability to speak?	1	2	3	4	5	6
8. The amount of control you have over your life?	1	2	3	4	5	6
9. Your chances of living as long as you would like?	1	2	3	4	5	6
10. Your family's health?	1	2	3	4	5	6
11. Your children?	1	2	3	4	5	6
12. Your family's happiness?	1	2	3	4	5	6
13. Your sex life?	1	2	3	4	5	6
14. Your spouse, lover, or partner?	1	2	3	4	5	6
15. Your friends?	1	2	3	4	5	6
16. The emotional support you get from your family?	1	2	3	4	5	6
17. The emotional support you get from people other than your family?	1	2	3	4	5	6

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HOW IMPORTANT TO YOU IS:	Very Unimportant	Moderately Unimportant	Slightly Unimportant	Slightly Important	Moderately Important	Very Important
18. Taking care of family responsibilities?	1	2	3	4	5	6
19. Being useful to others?	1	2	3	4	5	6
20. Having no worries?	1	2	3	4	5	6
21. Your neighborhood?	1	2	3	4	5	6
22. Your home, apartment, or place where you live?	1	2	3	4	5	6
23. Your job (if employed)?	1	2	3	4	5	6
24. Having a job (if unemployed, retired, or disabled)?	1	2	3	4	5	6
25. Your education?	1	2	3	4	5	6
26. Being able to take care of your financial needs?	1	2	3	4	5	6
27. Doing things for fun?	1	2	3	4	5	6
28. Having a happy future?	1	2	3	4	5	6
29. Peace of mind?	1	2	3	4	5	6
30. Your faith in God?	1	2	3	4	5	6
31. Achieving your personal goals?	1	2	3	4	5	6
32. Your happiness in general?	1	2	3	4	5	6
33. Being satisfied with life?	1	2	3	4	5	6
34. Your personal appearance?	1	2	3	4	5	6
35. Are you to yourself?	1	2	3	4	5	6