

Ferrans and Powers
QUALITY OF LIFE INDEX[®]
SPINAL CORD INJURY 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 go places outside your home?	1	2	3	4	5	6
7. Your ability to clear your lungs?	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 ability to have children?	1	2	3	4	5	6
13. Your family's happiness?	1	2	3	4	5	6
14. Your sex life?	1	2	3	4	5	6
15. Your spouse, lover, or partner (if you have one)?	1	2	3	4	5	6
16. Not having a spouse, lover or partner (if you do not have one)?	1	2	3	4	5	6
17. Your friends?	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. The emotional support you get from your family?	1	2	3	4	5	6
19. The emotional support you get from people other than your family?	1	2	3	4	5	6
20. Your ability to take care of family responsibilities?	1	2	3	4	5	6
21. How useful you are to others?	1	2	3	4	5	6
22. The amount of worries in your life?	1	2	3	4	5	6
23. Your neighborhood?	1	2	3	4	5	6
24. Your home, apartment, or place where you live?	1	2	3	4	5	6
25. Your job (if employed)?	1	2	3	4	5	6
26. Not having a job (if unemployed, retired, or disabled)?	1	2	3	4	5	6
27. Your education?	1	2	3	4	5	6
28. How well you can take care of your financial needs?	1	2	3	4	5	6
29. The things you do for fun?	1	2	3	4	5	6
30. Your chances for a happy future?	1	2	3	4	5	6
31. Your peace of mind?	1	2	3	4	5	6
32. Your faith in God?	1	2	3	4	5	6
33. Your achievement of personal goals?	1	2	3	4	5	6
34. Your happiness in general?	1	2	3	4	5	6
35. Your life in general?	1	2	3	4	5	6
36. Your personal appearance?	1	2	3	4	5	6
37. 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.

HOW IMPORTANT TO YOU IS:	Very Unimportant	Moderately Unimportant	Slightly Unimportant	Slightly Important	Moderately Important	Very Important
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. Being able to go places outside your home?	1	2	3	4	5	6
7. Your ability to clear your lungs?	1	2	3	4	5	6
8. Having control over your life?	1	2	3	4	5	6
9. 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. Being able to have children?	1	2	3	4	5	6
13. Your family's happiness?	1	2	3	4	5	6
14. Your sex life?	1	2	3	4	5	6
15. Your spouse, lover, or partner (if you have one)?	1	2	3	4	5	6
16. Having a spouse, lover or partner (if you do not have one)?	1	2	3	4	5	6
17. Your friends?	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. The emotional support you get from your family?	1	2	3	4	5	6
19. The emotional support you get from people other than your family?	1	2	3	4	5	6
20. Taking care of family responsibilities?	1	2	3	4	5	6
21. Being useful to others?	1	2	3	4	5	6
22. Having no worries?	1	2	3	4	5	6
23. Your neighborhood?	1	2	3	4	5	6
24. Your home, apartment, or place where you live?	1	2	3	4	5	6
25. Your job (if employed)?	1	2	3	4	5	6
26. Having a job (if unemployed, retired, or disabled)?	1	2	3	4	5	6
27. Your education?	1	2	3	4	5	6
28. Being able to take care of your financial needs?	1	2	3	4	5	6
29. Doing things for fun?	1	2	3	4	5	6
30. Having a happy future?	1	2	3	4	5	6
31. Peace of mind?	1	2	3	4	5	6
32. Your faith in God?	1	2	3	4	5	6
33. Achieving your personal goals?	1	2	3	4	5	6
34. Your happiness in general?	1	2	3	4	5	6
35. Being satisfied with life?	1	2	3	4	5	6
36. Your personal appearance?	1	2	3	4	5	6
37. Are you to yourself?	1	2	3	4	5	6