

## Assessment:

### McGill Quality of Life Questionnaire (MQOL)

#### Scale items:

- |   |   |
|---|---|
| 1. One troublesome symptom is...          | No problem / Tremendous problem   |
| 2. Another troublesome symptom is...      | No problem / Tremendous problem   |
| 3. A third troublesome symptom is...      | No problem / Tremendous problem   |
| 4. Physically, I felt...                  | Terrible / Well   |
| 5. I was depressed...                     | Not at all / Extremely  |
| 6. I was nervous or worried...            | Not at all / Extremely  |
| 7. How much of the time do you feel sad?  | Never / Always  |
| 8. When I think about the future, I am... | Not afraid / Constantly terrified   |
| 9. My personal existence is...            | Utterly meaningless and without purpose /<br>Very purposeful and meaningful |
| 10. In achieving life goals, I have...    | Made no progress whatsoever / Progressed to<br>complete fulfillment         |
| 11. My life to this point has been...     | Completely worthless / Very worthwhile                                      |
| 12. I have...                             | No control over my life / Complete control over my life                     |
| 13. I feel good about myself as a person. | Completely agree / Completely disagree                                      |
| 14. To me, every day seems to be...       | A burden / A gift   |
| 15. The world is...                       | An impersonal, unfeeling place / Caring and<br>responsive to my needs       |
| 16. I feel supported.                     | Not at all / Completely   |

#### USE THE FOLLOWING RESPONSE CATEGORIES.

Use an 11 point scale (0-10) anchored by the categories presented to the right of each item. Instruct the respondent to circle the number that best corresponds with their thoughts or feelings.

Example:

4. Physically, I felt...

terrible 0 1 2 3 4 5 6 7 8 9 10 well