

## INSTRUCTIONS FOR SCORING THE QUALITY OF LIFE SCALE

This form of the Quality of **Life Scale (QOLS)** has 16 items rather than the 15 found in the original Flanagan version. Item #16, "Independence, doing for yourself" was added after a qualitative study indicated that the instrument had content validity in chronic illness groups but that it needed an item that reflected the importance to these people of remaining independent and able to care for themselves.

The instrument is scored by summing the items to make a total score. Subjects should be encouraged to fill out every item even if they are not currently engaged in it. (e.g. they can be satisfied even if they do not currently participate in organizations. Or they can be satisfied about not having children.) Missing data can be treated by entering the mean score for the item.

If you wish to compare scores in your groups with any scores that have been published, please be aware that most of the Burckhardt references published so far use the 15 item scale. More recent and forthcoming publications all use the 16 item scale. So be sure to check the methods section of the reference before comparing your means to published ones.

If you have further questions, please write to me or call.

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### References

Burckhardt CS, Woods SL, Schultz AA, Ziebarth DM (1989). Quality of life of adults with chronic illness: A psychometric study. *Research in Nursina and Health*, 12, 347-354.

Burckhardt, CS, Clark SR, Bennett RM (1993). Fibromyalgia and quality of life: A comparative analysis. *Journal of Rheumatology*, 20, 475-479.

Flanagan JC (1978). A research approach to improving our quality of life. *American Psychologist*, 33, 138-147.

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## QUALITY OF LIFE SCALE (QOL)

Please read each item and circle the number that best describes how satisfied you are at this time. Please answer each item even if you do not currently participate in an activity or have a relationship. You can be satisfied or dissatisfied with not doing the activity or having the relationship.

	Delighted	Pleased	Mostly Satisfied	Mixed	Mostly Dissatisfied	Unhappy	Terrible
1. Material comforts home, food, conveniences, financial security . . . . .	7	6	5	4	3	2	1
2. Health - being physically fit and vigorous . . .	7	6	5	4	3	2	1
3. Relationships with parents, siblings & other relatives- communicating, visiting, helping . . .	7	6	5	4	3	2	1
4. Having and rearing children . . . . .	7	6	5	4	3	2	1
5. Close relationships with spouse or significant other . . . . .	7	6	5	4	3	2	1
6. Close friends . . . . .	7	6	5	4	3	2	1
7. Helping and encouraging others, volunteering, giving advice . . . . .	7	6	5	4	3	2	1
8. Participating in organizations and public affairs . . . . .	7	6	5	4	3	2	1
9. Learning- attending school, improving understanding, getting additional knowledge . .	7	6	5	4	3	2	1
10. Understanding yourself - knowing your assets and limitations - knowing what life is about . .	7	6	5	4	3	2	1
11. Work - job or in home . . . . .	7	6	5	4	3	2	1
12. Expressing yourself creatively . . . . .	7	6	5	4	3	2	1
13. Socializing - meeting other people, doing things, parties, etc . . . . .	7	6	5	4	3	2	1
14. Reading, listening to music, or observing entertainment . . . . .	7	6	5	4	3	2	1
15. Participating in active recreation . . . . .	7	6	5	4	3	2	1
16. Independence, doing for yourself . . . . .	7	6	5	4	3	2	1