

AQoL-7D (Data Collection Copy Simplified)

Tick the box that best describes your situation as it has been over the past week

aqo1 How much help do you need to do the jobs you normally do around your place of residence (eg preparing food, cleaning, gardening)?

- I can do all these tasks very quickly and efficiently without any help
- I can do these tasks relatively easily without help
- I can do these tasks only very slowly without help
- I cannot do most of these tasks unless I have help
- I can do none of these tasks by myself.

aqo2 How easy or difficult is it for you to get around by yourself outside your place of residence (eg to go shopping, visiting)?

- getting around is enjoyable and easy
- I have no difficulty getting around outside my place of residence
- I have a little difficulty
- I have moderate difficulty
- I have a lot of difficulty
- I cannot get around unless somebody is there to help me.

aqo3 How easy or difficult is it for you to move around (using any aids or equipment you need eg a wheelchair, frame or stick)?

- I am very mobile
- I have no difficulty with mobility
- I have some difficulty with mobility (for example, going uphill)
- I have difficulty with mobility. I can go short distances only.
- I have a lot of difficulty with mobility. I need someone to help me.
- I am bedridden.

aqo4 How easy or difficult is it for you to wash, toilet, dress yourself, eat or care for your appearance?

- these tasks are very easy for me
- I have no real difficulty in carrying out these tasks
- I find some of these tasks difficult, but I manage to do them on my own
- many of these tasks are difficult, and I need help to do them
- I cannot do these tasks by myself at all.

aqo5 How happy are you with your close and intimate relationships?

- very happy
- generally happy
- neither happy nor unhappy
- generally unhappy
- very unhappy

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aqol6 Does your health affect your relationship with your family?

- my role in the family is unaffected by my health
- there are some parts of my family role I cannot carry out
- there are many parts of my family role I cannot carry out
- I cannot carry out any part of my family role.

aqol7 Does your health affect your role in your community (eg residential, sporting, church or cultural activities)?

- my role in the community is unaffected by my health
- there are some parts of my community role I cannot carry out
- there are many parts of my community role I cannot carry out
- I cannot carry out any part of my community role.

aqol8 How often did you feel in despair over the last seven days?

- never
- occasionally
- sometimes
- often
- all the time.

aqol9 How often did you feel worried in the last seven days?

- never
- occasionally
- sometimes
- often
- all the time.

aqol10 How often do you feel sad?

- never
- rarely
- some of the time
- usually
- nearly all the time.

aqol11 Do you normally feel calm and tranquil or agitated?

I am:

- always calm and tranquil
- usually calm and tranquil
- sometimes calm and tranquil, sometimes agitated
- usually agitated
- always agitated.

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aqol12 How much energy do you have to do the things you want to do?

I am

- always full of energy
- usually full of energy
- occasionally energetic
- usually tired and lacking energy
- always tired and lacking energy.

aqol13 How often do you feel in control of your life?

- always
- mostly
- sometimes
- only occasionally
- never.

aqol14 How much do you feel you can cope with life's problems?

- completely
- mostly
- partly
- very little
- not at all.

aqol15 How often do you experience serious pain?

I experience it:

- very rarely
- less than once a week
- three to four times a week
- most of the time.

aqol16 How much pain or discomfort do you experience?

- none at all
- I have moderate pain
- I suffer from severe pain
- I suffer unbearable pain.

aqol17 How often does pain interfere with your usual activities?

- never
- rarely
- sometimes
- often
- always.

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aqol18 How well can you see (using your glasses or contact lenses if they are needed)?

- I have excellent sight
- I see normally
- I have some difficulty focusing on things, or I do not see them sharply. E.g. small print, a newspaper or seeing objects in the distance.
- I have a lot of difficulty seeing things. My vision is blurred. I can see just enough to get by with.
- I only see general shapes. I need a guide to move around
- I am completely blind.

aqol19 How well can you hear (using your hearing aid if needed)?

- I have excellent hearing
- I hear normally
- I have some difficulty hearing or I do not hear clearly. I have trouble hearing softly-spoken people or when there is background noise.
- I have difficulty hearing things clearly. Often I do not understand what is said. I usually do not take part in conversations because I cannot hear what is said.
- I hear very little indeed. I cannot fully understand loud voices speaking directly to me.
- I am completely deaf.

aqol20 How well do you communicate with others (e.g. talking, signing, texting, being understood by others and understanding them)?

- I have no trouble speaking to them or understanding what they are saying
- I have some difficulty being understood by people who do not know me. I have no trouble understanding what others are saying to me.
- I am understood only by people who know me well. I have great trouble understanding what others are saying to me.
- I cannot adequately communicate with others.

aqol21 Does your vision make it likely you will injure yourself (i.e. when moving around your place of residence, neighbourhood, or workplace)?

- It is most unlikely I will injure myself because of my vision
- There is a small chance
- There is a good chance
- It is very likely
- Almost certainly my vision will cause me to injure myself

aqol22 Does your vision make it difficult to cope with the demands in your life?

My vision:

- has no affect on my ability to cope with the demands in my life
- does not make it difficult at all to cope with the demands in my life
- makes it a little difficult to cope
- makes it moderately difficult to cope
- makes it very difficult to cope
- makes me unable to cope at all

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aqol23 Does your vision affect your ability to have friendships?

My vision:

- makes having friendships easier
- has no effect on my friendships
- makes friendships more difficult
- makes friendships a lot more difficult
- makes friendships extremely difficult
- makes me unable to have friendships
- Not applicable; I have no friendships

aqol24 Do you have difficulty organising any assistance you may need:

- I have no difficulty organising any assistance I may need
- I have a little difficulty organising assistance
- I have moderate difficulty organising assistance
- I have a lot of difficulty organising assistance
- I am unable to organise assistance at all
- Not applicable; I never need to organise assistance

aqol25 Does your vision make it difficult to fulfil the roles you would like to fulfil in life (e.g. family roles, work roles, community roles etc)?

My vision:

- has no effect on my ability to fulfil these roles
- does not make it difficult to fulfil these roles
- makes it a little difficult to fulfil these roles
- makes it moderately difficult to fulfil these roles
- makes it very difficult to fulfil these roles
- means I am unable to fulfil these roles

aqol26 Does your vision affect your confidence to join in everyday activities?

My vision:

- makes me more confident to join in everyday activities
- has no effect on my confidence to join in everyday activities
- makes me feel a little less confident
- makes me feel moderately less confident
- makes me feel a lot less confident
- makes me not confident at all