

Assessment of Quality of Life-8 (AQoL-8)¹

INSTRUCTIONS: Please circle the alternative that best describes you *during the last week*.

- 1 When doing household tasks: (*E.g. preparing food, gardening, using the video recorder, telephone or washing the car*)
- A. I need no help at all.
 - B. Occasionally I need some help with household tasks.
 - C. I need help with the more difficult household tasks.
 - D. I need daily help with most or all household tasks.
- 2 Thinking about how easily I can get around my home and community:
- A. I get around my home and community by myself without any difficulty.
 - B. I find it difficult to get around my home and community by myself.
 - C. I cannot get around the community by myself, but I can get around my home with some difficulty.
 - D. I cannot get around either the community or my home by myself.
- 3 Thinking about my relationship with other people:
- A. I have plenty of friends, and am never lonely.
 - B. Although I have friends, I am occasionally lonely.
 - C. I have some friends, but am often lonely for company.
 - D. I am socially isolated and feel lonely.
- 4 Thinking about my health and my relationship with my family:
- A. My role in the family is unaffected by my health.
 - B. There are some parts of my family role I cannot carry out.
 - C. There are many parts of my family role I cannot carry out.
 - D. I cannot carry out any part of my family role.
- 5 Thinking about my hearing, including using my hearing aid if needed:
- A. I hear normally.
 - B. I have some difficulty hearing or I do not hear clearly. *E.g. I ask people to speak up, or turn up the TV or radio.*
 - C. I have difficulty hearing things clearly. *For example: Often I do not understand what is said. I usually do not take part in conversations because I cannot hear what is said.*
 - D. I hear very little indeed. *For example: I cannot fully understand loud voices speaking directly to me.*
- 6 When I communicate with others: (*For example: by talking, listening, writing or signing*)
- A. I have no trouble speaking to them or understanding what they are saying.
 - B. I have some difficulty being understood by people who do not know me. I have no trouble understanding what others are saying to me.
 - C. I am only understood by people who know me well. I have great trouble understanding what others are saying to me.
 - D. I cannot adequately communicate with others.
- 7 Thinking about how I generally feel:
- A. I do not feel anxious, worried or depressed.
 - B. I am slightly anxious, worried or depressed.
 - C. I feel moderately anxious, worried or depressed.
 - D. I am extremely anxious, worried or depressed.
- 8 How much pain or discomfort do I experience?
- A. None at all.
 - B. I have moderate pain.
 - C. I suffer from severe pain.
 - D. I suffer unbearable pain.

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