UNIVERSITY OF THE PHILIPPINES — DEPARTMENT OF HEALTH

QUALITY OF LIFE SCALE

Developed by

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For the

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THE MAKING OF THE UP-DOH QOL SCALE

RATIONALE

In recent years, advances in medical technology have dramatically increased the life expectancy of people in both developed and less developed countries. Therefore, a more relevant issue today is the question of whether these new technologies have resulted in better quality of life (QOL).

In general, "quality of life" refers to the individual's capability to lead a fully functional and well-adjusted life. In the health area, this may be interpreted to mean the absence of adjustment and functioning problems specific to a disease and treatment. Many QOL studies equate the construct with health status, functional status, well-being, wellness and absence of disease. Operationally, however, the meaning of "quality of life" is modified by cultural, socio-economic, psychological and health-related factors. Despite this relativity of definition and the profusion of a number of QOL measuring instruments, very few, if not nil, were made for less developed country population. Particularly, no QOL measurement has been developed in the Philippines.

The UP-DOH QOL was specifically designed to fill in the need for a culturally-appropriate instrument that could measure the QOL of Filipino cancer patients. The development and design of this QOL scale was made possible through funding support from the Non-communicable Disease Control Service, Department of Health, for the Philippine Cancer Control Program. The scale can also be applied to other types of terminally-ill patient populations (e.g. HIV-AIDS, renal failure).

In particular, the scale can be used:

1. to describe the overall quality of life of Filipino patients;
2. to compare the quality of life of patients according to type and stage of diagnosis, type of treatment, duration of treatment and pertinent socio-demographic characteristics;
3. to describe quality of life in terms of short-term and long-term effects of treatment;
4. for clinical trials involving treatment;
5. as a screening instrument for various types of terminal diseases.

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ORGANIZATION OF THE SCALE

The final scale consists of five subsets, namely:

- Physical wellness
- Emotional well-being
- Social/Economic status
- Cognitive ability
- Self-care and other related functions

Each subset can act as a unique measure of each dimension. If combined, they provide a composite value of the overall quality of life of an individual.

STANDARDIZATION OF THE SCALE

The sample on which the test is standardized must represent as closely as possible the population for which the test is intended. The UP-DOH QOL norms were based on a sample of 764 Filipino cancer patients from the Metro Manila, Cordillera Autonomous Region (Benguet), Central Visayas (Cebu), and Eastern Mindanao (Davao). The following data provide the breakdown:

<table>
<thead>
<tr>
<th>Region</th>
<th>Patients</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Metro Manila</td>
<td>465</td>
<td>60.9%</td>
</tr>
<tr>
<td>CAR</td>
<td>98</td>
<td>12.8%</td>
</tr>
<tr>
<td>Cebu</td>
<td>101</td>
<td>13.2%</td>
</tr>
<tr>
<td>Davao</td>
<td>100</td>
<td>13.1%</td>
</tr>
</tbody>
</table>

In Metro Manila, patients from the Philippine General Hospital, Jose R. Reyes Memorial Medical Center, Rizal Medical Center and St. Luke's Medical Center participated in the study. The rest came from the Baguio General Hospital (Benguet), Southern Islands Medical Center (Cebu City) and Davao Medical Center (Davao City). These hospitals are big referral centers for cancer treatment in the country. Patients presenting for consultation and/or treatment from 1994 January to June were administered the scale.

Sixty-nine percent of the subjects were females and 31% were males. Their ages range from 4 to 86 years with majority belonging to the 32-68 age range (mean = 49). About 70% were married while 16% were single. On the average, the respondents had 3-4 children.

Thirty-four percent of the subjects obtained elementary education, 39% reached high school and 24% graduated from college. Almost all the occupation groups were represented although majority were unemployed. A good number were professionals (14%) and farmers/fisherman (13%).
The subjects came from all types of cancer groups. The list is shown below:

<table>
<thead>
<tr>
<th>Cancer Type</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breast</td>
<td>213</td>
</tr>
<tr>
<td>Cervix uteri</td>
<td>127</td>
</tr>
<tr>
<td>Nasopharynx</td>
<td>63</td>
</tr>
<tr>
<td>Lung</td>
<td>51</td>
</tr>
<tr>
<td>Lymphoma</td>
<td>50</td>
</tr>
<tr>
<td>Rectal/Colon</td>
<td>41</td>
</tr>
<tr>
<td>Ovary</td>
<td>31</td>
</tr>
<tr>
<td>Skin</td>
<td>25</td>
</tr>
<tr>
<td>Fundic uterus</td>
<td>24</td>
</tr>
<tr>
<td>Thyroid</td>
<td>21</td>
</tr>
<tr>
<td>Kidney/bladder</td>
<td>12</td>
</tr>
<tr>
<td>Brain</td>
<td>11</td>
</tr>
<tr>
<td>Bone</td>
<td>7</td>
</tr>
<tr>
<td>Prostate</td>
<td>6</td>
</tr>
<tr>
<td>Intestine</td>
<td>6</td>
</tr>
<tr>
<td>Liver</td>
<td>4</td>
</tr>
<tr>
<td>Leukemia</td>
<td>4</td>
</tr>
<tr>
<td>Others/undifferentiated</td>
<td>66</td>
</tr>
</tbody>
</table>

The disease stage was indicated as: Stage I (7%), Stage II (14%), Stage III (14%), Stage IV (11%), stage not stated (54%).

Majority of the respondents were being given chemotherapy and/or radiotherapy. Eight percent had just undergone surgery while about 7% were being given supportive care only.

**DEVELOPMENT OF THE SCALE**

The development of the UP-DOH QOL scale underwent several stages. The exploratory phase aimed to generate emic concepts of "quality of life". Patients, relatives of patients, oncologists and attending physicians were asked open-ended questions focusing on their perceptions of the quality of life of cancer patients. From these initial responses, eight QOL domains were culled out: physical wellness, emotional well-being, quality of social interaction, level of cognitive functioning, self-care and other related functions, spirituality, economic factors, treatment-related factors.

Items for each domain were then devised. To ensure content validity, the item pool was derived from the results of the exploratory phase. However, data from past investigations as well as from the clinical and research experiences of the investigators were also considered. Ninety-two items were initially developed. They were originally written in Tagalog, Cebuano and Ilocano translations were used for the Visayas/Mindanao and Benguet respondents, respectively.

Through expert evaluation, some domains were integrated. The length of the test was eventually pruned down to 50 items. The preliminary scale, therefore, consisted of 17 items for Physical Wellness, 12 items for Emotional Well-being, 5 items for Social/Economic Factors, 6 items for Cognitive Functioning, 5 items for Self-Care and other related Functions, and 5 items for Treatment-related Factors. A seven-point Likert scale was used. The response categories had uniform direction for all items.
Since the scale was intended to be self-administered, sets of questionnaire designs with different response formats were developed. Three Likert Scale formats were tested: normal horizontal form, vertical ladder form and vertical box form. Initial results showed that the vertical box form was the easiest to comprehend.

However, the preliminary data revealed that certain innovations had to be made to facilitate self-administration. Since previous local studies have shown that Filipinos are very visual in their way of understanding things and events, pictorial illustrations of each item was drawn in addition to color coding. The main variable in each item was also emboldened and capitalized. It was assumed that after few personnel-assisted trials, subjects will learn to self-respond to the items by merely looking at the capitalized variable, pictorial illustration and color codes. This will also make the scale more applicable to the less literate and physically incapable population.

The scale was then pretested to 764 patients as described above.

ITEMS ANALYSIS

This stage of the study determined the validity and reliability of the scale. Item analysis consisted of qualitative judgements of each item’s applicability, comprehensibility and acceptability. Quantitatively, endorsement rates and measures of internal consistency were computed.

A. Reliability

As measures of internal consistency, inter-item total correlations, item-total correlations and Cronbach’s coefficient alpha were used to determine the reliability of the scale. Items with moderate inter-item correlations; items with item-total correlations of not less than 0.20; and subtests with Cronbach’s alpha of not less than 0.60 were considered good items.

Based on these measures, only 5 subtests were retained. Treatment-related Factors was no longer included because of positively skewed endorsement rates. Six items were considered ambiguous and/or inapplicable. Others did not meet the internal consistency criteria. The results show the following:

<table>
<thead>
<tr>
<th>Subtests</th>
<th>n</th>
<th>Item-total r</th>
<th>Alpha</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical Wellness</td>
<td>12</td>
<td>0.34-0.62</td>
<td>0.85</td>
</tr>
<tr>
<td>Emotional Well-being</td>
<td>9</td>
<td>0.28-0.52</td>
<td>0.82</td>
</tr>
<tr>
<td>Social/Economic Status</td>
<td>3</td>
<td>0.38-0.50</td>
<td>0.60</td>
</tr>
<tr>
<td>Cognitive Ability</td>
<td>5</td>
<td>0.42-0.63</td>
<td>0.83</td>
</tr>
<tr>
<td>Self-care &amp; other function</td>
<td>5</td>
<td>0.28-0.48</td>
<td>0.64</td>
</tr>
</tbody>
</table>

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The final scale, therefore, consists of 5 subtests and a total of 33 items.

B. Validity

The exploratory phase confirmed the content validity of the items in each subtest. Items were devised based on perceptions and actual experiences of cancer patients, their relatives, cancer specialists and attending physicians.

Currently, the construct validity is being established using the final scale. Responses to this present scale will be compared to results of two established tests measuring QOL. Patients will also be compared according to duration of disease. It is hypothesized that, in general, newly diagnosed patients will have better QOL compared to patients with longer disease duration.

C. Generalizability

The scale presented above is considered generic, i.e., applicable to all types of cancer patients. However, scales specific to each type of cancer are also available but are not currently described.

D. Speed of Administration

The 50-item initial scale took 15-20 minutes to administer. With the final scale of 33 items, it is hoped that test administration will take no more than 10 minutes. Initial comments on color coding and use of pictorial illustration were favorable.

SCORING AND INTERPRETATION

Two types of QOL scores can be derived from the test: a QOL score for each specific domain (e.g., Physical Wellness Score) and a global QOL score. The response categories have scores ranging from 1 to 7, where "1" refers to the highest quality of life and "7", to the poorest quality of life.

An individual's QOL score in any one domain is equal to the sum of the scores of all items composing the domain. The global QOL score is measured as the composite of all scores derived from all domains. The lower the scores, the better is the quality of life.
QUALITY OF LIFE SCALE
(Doctor/Nurse Form)

(To be filled up by physician/nurse)

Patient No.: ___________________ Patient Initials ___________________
Current Date: (day, month, year) ___________ Sex: F ___ M ___

Diagnosis(Type): ______________________
Stage: I _____ II _____ III _____ IV _____
Date of Diagnosis: (month, year) ____________

Date of Initial Treatment: (month, year) ____________
Duration of Treatment: (month, year) ____________

Type of Current Treatment:
[ ] None
[ ] Surgery
[ ] Radiotherapy
[ ] Chemotherapy
[ ] Pain Control
[ ] Others (Specify) ___________________

Type of Previous Treatment
[ ] None
[ ] Surgery
[ ] Radiotherapy
[ ] Chemotherapy
[ ] Pain Control
[ ] Others (Specify) ___________________

Hospital: ________________________________
Hospital Source: ___________________________
(Ward/Clinic)

[ ] Surgery (Gyne, ENT, etc.)
[ ] Medicine (any subspecialty)
[ ] Pediatrics
[ ] Radiotherapy
[ ] Others (Specify) ___________________
QUALITY OF LIFE SCALE
(Patient Form)

Pangalan: ___________________ Edad: _____

Kasarinan: [ ] lalaki
[ ] babae

Estado: [ ] walang asawa
[ ] may asawa
[ ] biyudo/biyuda
[ ] hiwalay

Bilang ng Anak: ________

Pinakamataas na Pinag-aralan:
[ ] elementarya
[ ] haiskul
[ ] kolehiyo
[ ] masteral/doctoral
[ ] iba pa ______

Trabaho bago Magkasakit: ________

Kasalukuyang Trabaho: ________

Probinsiyang Pinanggalingan: __________________

Uri ng Sakit: __________________
Kung babalikan mo ang nakaraang DALAWANG (2) LINGGO sa buhay mo, paano mo ilalarawan ang mga pagbabago sa iyong sarili?

Lagyan ng tsek (✓) ang sagot na naaayon sa iyong opinyon o nararamdaman.

. Gaano kalinaw ang iyong mga PANINGIN?

- sobrang malinaw
- malinaw
- medyo malinaw
- medyo malabo
- malabo
- sobrang malabo

- lubos nang hindi makakita

. Gaano kalinaw ang iyong mga PANDINIG?

- sobrang malinaw
- malinaw
- medyo malinaw
- medyo malabo
- malabo
- sobrang malabo

- lubos nang hindi makarinig

. Gaano kadali sa iyo ang MAGBIGKAS NG SALITA?

- sobrang madali
- madali
- medyo madali
- medyo mahirap
- mahirap
- sobrang mahirap

- lubos nang hindi makabigkas
Kung babalikan mo ang nakaraang DALAWANG (2) LINGGO sa buhay mo, paano mo ilalarawan ang mga pagbabago sa iyong sarili?

- Gaano kalakas ang iyong mga PANDAMA (sense of touch)?
  - sobrang lakas
  - malakas
  - medyo malakas
  - medyo mahina
  - katamtaman ang lakas mahina
  - sobrang mahina
  - lubos nang walang maramdaman

- Gaano kalakas ang iyong mga PANG-AMOY?
  - sobrang malakas
  - malakas
  - medyo malakas
  - medyo mahina
  - mahina
  - sobrang mahina
  - lubos nang walang maramdaman

- Gaano kalakas ang iyong PANGANGATAWAN?
  - sobrang lakas
  - malakas
  - medyo malakas
  - medyo mahina
  - mahina
  - sobrang mahina
  - lubos nang paralisaño
Kung babalikan mo ang nakaraang DALAWANG (2) LINGGO sa buhay mo, paano mo ilalarawan ang mga pagbabago sa iyong sarili?

* Gaano kaluwig ang iyong PAGHINGA?

- sobrang maluwag
- maluwag
- medyo maluwag
- medyo mahirap
- mahirap
- sobrang mahirap

- lubos na kailangan ng "respirator" para makahinga

* Gaano kahimbing ang iyong PAGTULOG?

- sobrang mahimbing
- mahimbing
- medyo mahimbing
- medyo mahirap
- mahirap
- sobrang mahirap makatulog

- lubos na hindi makatulog

* Gaano ka PUMAYAT o TUMABA?

- sobrang tumaba
- tumaba
- medyo tumaba
- medyo pumayat
- pumayat
- sobrang pumayat

- para nang tingting sa kapayatan
Kung babalikan mo ang nakaraang DALAWANG (2) LINGGO sa
buhay mo, paano mo ilalarawan ang mga pagbabago sa iyong sarili?

- Gaano ang nararamdaman mong PAGKAHILO?
  - palaging HINDI nahihilo
  - madalas hindi nahihilo
  - paminsan-minsan hindi
  - paminsan-minsan nahihilo
  - madalas nahihilo
  - palaging nahihilo
  - lubos na hindi makabangon sa hilo

- Gaano ka kadaling DUMUMI?
  - palaging madaling dumumi
  - madalas madali
  - paminsan-minsan madali
  - paminsan-minsan hindi madali
  - madalas hindi madali
  - palaging hindi madaling dumumi
  - lubos na hindi makadumi

- Gaano ang pagbabago ng iyong KULAY?
  - sobrang mapula
  - mapula
  - medyo mapula
  - medyo namumutla o naninilaw
  - maputla o maninilaw
  - sobrang maputla o naninilaw
  - lubos na maputla o madilaw

P 5/12
Kung babalikan mo ang nakaraang DALAWANG (2) LINGGO sa buhay mo, paano mo ilalarawan ang mga pagbabago sa iyong sarili?

• Gaano ang nararamdaman mong SAKIT o KIROT (pain)?

- sobrang HINDI masakit
- hindi masakit
- medyo hindi masakit
- medyo masakit
- masakit
- sobrang masakit

- lubos na hindi kaya ang sakit o kirot

• Gaano ang nararamdaman mong NERBIYOS o TESIYON?

- sobrang walang nerbiyos o tensiyon
- walang nerbiyos o tensiyon
- medyo walang nerbiyos o tensiyon
- medyo may nerbiyos
- may nerbiyos
- sobra ang pagkamerbiiyos
- lubos-lubos ang nerbiyos o tensiyon

• Gaano ang nararamdaman mong KALUNGKUTAN?

- sobrang walang lungkot
- walang lungkot
- medyo walang lungkot
- medyo malungkot
- malungkot
- sobra ang pagkalungkot
- lubos-lubos na kalungkutan

P 6/12
Kung babalikan mo ang nakaraang DALAWANG (2) LINGGO sa buhay mo, paano mo ilalarawan ang mga pagbabago sa iyong sarili?

• Gaano ang nararamdaman mong PAG-ASA sa buhay?
  - sobrang pag-asa
  - may pag-asa
  - medyo may pag-asa
  - medyo malabo ang pag-asa
  - malabo ang pag-asa
  - sobrang malabo pag-asa
  - lubos na walang pag-asa

• Gaano kaganda ng pagtingin mo sa PISIKAL MONG KATAWAN?
  - sobrang maganda
  - maganda
  - medyo maganda
  - medyo hindi maganda
  - hindi maganda
  - sobrang hindi maganda
  - lubos na pangit

• Gaano ang PAGPAPAHALAGA mo sa sarili mo?
  - sobrang pagpapahalaga
  - may pagpapahalaga
  - medyo may pagpapahalaga
  - medyo walang pagpapahalaga
  - walang pagpapahalaga
  - sobrang walang pagpapahalaga
  - lubos na walang pagpapahalaga sa sarili

P 7/12
Kung babalikan mo ang nakaraang DALAWANG (2) LINGGO sa buhay mo, paano mo ilalarawan ang mga pagbabago sa iyong sarili?

- Gaano ka madaling MA-IRITA O MAGALIT?

[ ] sobrang hindi madali
[ ] hindi madali
[ ] medyo hindi madali
[ ] medyo madali
[ ] madali
[ ] sobrang madali

[ ] minu-minuto nagagalit o na-lirita

- Gaano ang nararamdaman mong TAGUMPAY sa buhay?

[ ] sobrang tagumpay
[ ] matagumpay
[ ] medyo matagumpay
[ ] medyo may kabiguan
[ ] may kabiguan
[ ] sobrang kabiguan

[ ] lubos-lubos na kabiguan

- Gaano ang nararamdaman mong KAPAYAPAAN NG LOOB?

[ ] sobrang mapayapa
[ ] mapayapa
[ ] medyo mapayapa

[ ] medyo magulo
[ ] magulo
[ ] sobrang magulo

[ ] lubos na walang kapayapaan ng kalooban
Kung babalikan mo ang nakaraang DALAWANG (2) LINGGO sa buhay mo, paano mo ilalarawan ang mga pagbabago sa iyong sarili?

* Gaano kalakas ang PAGKAKASUNDO ninyo ng KAPAMILYA mo?

- sobrang nagkakasundo
- nagkakasundo
- medyo nagkakasundo
- medyo hindi nagkakasundo
- hindi nagkakasundo
- sobrang hindi nagkakasundo
- lubos na hindi nagkakasundo

* Gaano kaaliwalas ang PAKIKISALAMUHA mo sa IBANG TAO?

- sobrang maaliwalas
- maaliwalas
- medyo maaliwalas
- medyo hindi maaliwalas
- hindi maaliwalas
- sobrang hindi maaliwalas
- lubos na walang mga kaibigan

* Gaano ang SUPPORTA na natatanggap mo sa KAPAMILYA mo?

- sobrang suporta
- may suporta
- medyo may suporta
- medyokulang sa suporta
- kulang sa suporta
- sobrang kulang sa suporta
- lubos na walang suporta
Kung babalikan mo ang nakaraang DALAWANG (2) LINGGO sa buhay mo, paano mo ilalarawan ang mga pagbabago sa iyong sarili?

- Gaano kalksi ang iyong mga PAGKILOS (e.g. paglakad, pag- akyat ng hagdan, pagsakay)?
  - sobrang liksi
  - maliki
  - medyo maliki
  - medyo mabagal
  - mabagal
  - sobrang mabagal
  - lubos na hindi makakilos

- Gaano kabigat ang nagagawa mong TKABAHO?
  - palaging mabibigat
  - madalas mabibigat
  - paminsan-minsan mabibigat
  - paminsan-minsan hindi mabibigat
  - madalas hindi mabibigat
  - palaging hindi mabibigat
  - lubos na hindi makabuhat ng mabigat

- Gaano naapektuhan ang PINANSYAL mong kalagayan?
  - palaging walang problema
  - madalas walang problema
  - paminsan-minsan walang problema
  - paminsan-minsan may problema
  - madalas may problema
  - palaging may problema
  - lubos nang walang pera at kabuhayan

P 10/12
Kung babalikan mo ang nakaraang DALAWANG (2) LINGGO sa buhay mo, paano mo ilalarawan ang mga pagbabago sa iyong sarili?

- Gaano ang kakayahan mong ALAGA-AN ang iyong SARILING PANGANGAILANGAN? (e.g. pagsubo, pagdamit, pagpunta sa kubeta, pagpaligo)
  
  - palaging na-aalagaan ang sariling pangangailangan
  - madalas na-aalagaan ang sarili
  - paminsan-minsan

  - paminsan-minsan hindi
  - madalas hindi na-aalagaan ang sarili
  - palaging hindi na-aalagaan ang sariling pangangailangan

- Lubos na umaasa sa tulong ng ibang tao

- Gaano katalas ang iyong MEMORYA?
  
  - sobrang talas
  - matalas
  - medyo matalas

  - medyo mahina
  - mahina
  - sobrang mahina

- Lubos nang hindi maka-alala

- Gaano kadali para sa iyo ang MAGDESYON?
  
  - palaging madali
  - madalas madali
  - paminsan-minsan madali

  - paminsan-minsan mahirap
  - madalas mahirap
  - palaging mahirap

- Lubos na hindi makapagdesisyon
Kung babalikan mo ng nakaraang DALAWANG (2) LINGGO sa buhay mo, paano mo ilalarawan ang mga pagbabago sa iyong sarili?

- **Gaano mo NA-IINTINDIHAN ang iyong BINABASA O NARIRINIG?**
  - palaging na-intindihan
  - madalas na-intindihan
  - paminsan-minsan na-intindihan
  - paminsan-minsan hindi na-intindihan
  - madalas hindi na-intindihan
  - palaging hindi na-intindihan

  - lubos na hindi maintindihan

- **Gaano ka ka-alerto MAG-ISIP?**
  - sobrang alerto
  - alerto
  - medyo alerto
  - medyo mabagal
  - mabagal
  - sobrang mabagal

  - lubos na mabagal mag-isip

- **Gaano naapektuhan ang iyong PAGKAKA-IINTINDI ng LUGAR AT DIREKSIYON?**
  - palaging nakaiintindi
  - madalas nakaiintindi
  - paminsan-minsan hindi nakaiintindi
  - paminsan-minsan hindi nakakahintindi
  - madalas hindi nakaiintindi
  - palaging hindi nakaiintindi

  - lubos na hindi masabi ang lugar at direksyon

P 12/12
ENGLISH TRANSLATION
UP-DOH QUALITY OF LIFE SCALE

INSTRUCTIONS: How are you going to evaluate yourself, based on your experiences for the past TWO WEEKS? Put a check (✓) on the box that corresponds to your answer. (Within the boxes are also indicated the QOL scores per category.)

1. How clear can you SEE?
[1] extremely clear
[2] clear
[3] quite clear
[4] quite vague
[5] vague
[6] extremely vague
[7] cannot see at all

2. How clear can you HEAR?
[1] extremely clear
[2] clear
[3] quite clear
[4] quite vague
[5] vague
[6] extremely vague
[7] cannot see at all

3. How easy can you UTTER A WORD (SPEAK)?
[1] extremely easy
[2] easy
[3] quite easy
[4] quite difficult
[5] difficult
[6] extremely difficult
[7] cannot speak at all

4. How sensitive can you FEEL (SENSE OF TOUCH)?
[1] extremely sensitive
[2] sensitive
[3] quite sensitive
[4] quite insensitive
[5] insensitive
[6] extremely insensitive
[7] cannot feel at all

5. How sensitive can you SMELL?
[1] extremely sensitive
[2] sensitive
[3] quite sensitive
[4] quite insensitive
[5] insensitive
[6] extremely insensitive
[7] cannot smell at all

6. How strong is your PHYSICAL BODY?
[1] extremely strong
[2] strong
[3] quite strong
[4] quite weak
[5] weak
[6] extremely weak
[7] cannot exert any effort at all

7. How easy can you BREATHE?
[1] extremely easy
[2] easy
[3] quite easy
[4] quite difficult
[5] difficult
[6] extremely difficult
[7] extremely needs a respirator to breathe

8. How well can you SLEEP?
[1] extremely well
[2] well
[3] quite well
[4] quite poor
[5] poor
[6] extremely poor
[7] cannot sleep at all
9. How much has your BODY WEIGHT changed?

[1] much heavier
[2] heavier
[3] quite heavier
[4] quite lighter
[5] lighter
[6] extremely lighter
[7] "as light as feather"

10. How often do you feel DIZZY?

[1] not at all
[2] rarely
[3] seldom
[4] sometimes
[5] often
[6] most of the time
[7] always

11. How easy can you MOVE YOUR BOWELS (DEFECATE)?

[1] extremely easy
[2] easy
[3] quite easy
[4] quite difficult
[5] difficult
[6] extremely difficult
[7] cannot defecate at all

12. How much has your COLOR (PALLOR) changed?

[1] became extremely reddish
[2] became reddish
[3] became quite reddish
[4] became quite pale
[5] became pale
[6] became extremely pale
[7] no color at all

13. How much PAIN do you feel?

[1] extremely no pain
[2] no pain
[3] sometimes no pain
[4] sometimes painful
[5] painful
[6] extremely painful
[7] in total pain

14. How ANXIOUS or EMOTIONALLY TENSE are you?

[1] extremely relaxed
[2] relaxed
[3] quite relaxed
[4] quite anxious
[5] anxious
[6] extremely anxious
[7] irrationally anxious

15. How much DEPRESSION do you feel?

[1] extremely relaxed
[2] relaxed
[3] quite relaxed
[4] quite depressed
[5] depressed
[6] extremely depressed
[7] pathologically depressed

16. How easy can you get IRRITATED or ANGERED?

[1] extremely not easy
[2] not easy
[3] quite not easy
[4] quite easy
[5] easy
[6] extremely easy
[7] always in total anger or irritation
17. How much is your feeling of SUCCESS IN LIFE?
[1] extremely successful
[2] successful
[3] quite successful
[4] quite unsuccessful
[5] unsuccessful
[6] extremely unsuccessful
[7] totally unsuccessful

18. How much INNER PEACE do you feel?
[1] extremely peaceful
[2] peaceful
[3] quite peaceful
[4] quite not peaceful
[5] not peaceful
[6] extremely not peaceful
[7] totally no peace

19. How much HOPE FOR FUTURE do you have?
[1] extremely hopeful
[2] hopeful
[3] quite hopeful
[4] quite hopeless
[5] not hopeless
[6] extremely hopeless
[7] totally hopeless

20. How PHYSICALLY ATTRACTIVE do you think you are?
[1] extremely attractive
[2] attractive
[3] quite attractive
[4] quite unattractive
[5] unattractive
[6] extremely unattractive
[7] not attractive at all

21. How much do you VALUE yourself?
[1] extremely valuable
[2] valuable
[3] quite valuable
[4] quite not valuable
[5] not valuable
[6] extremely not valuable
[7] not valuable at all

22. How much HARMONY do you have in the FAMILY?
[1] extremely harmonious
[2] harmonious
[3] quite harmonious
[4] quite not harmonious
[5] not harmonious
[6] extremely not harmonious
[7] no harmony at all

23. How good do you INTERACT with OTHER PEOPLE?
[1] extremely well
[2] well
[3] quite well
[4] quite poor
[5] poor
[6] extremely poor
[7] no friends at all

24. How much ATTENTION do you receive from your FAMILY?
[1] much attention
[2] with attention
[3] somewhat with attention
[4] somewhat no attention
[5] no attention
[6] not much attention
[7] no attention at all
25. How fast CAN YOU MOVE (e.g. walk, run, climb)?

[1] extremely fast
[2] fast
[3] quite fast
[4] quite slow
[5] slow
[6] extremely slow
[7] cannot move at all

26. How much HEAVY WORK can you do?

[1] much heavy
[2] heavy
[3] somewhat heavy
[4] somewhat light
[5] light
[6] much light
[7] cannot work at all

27. How much has your FINANCIAL STATUS been affected?

[1] much unaffected
[2] unaffected
[3] somewhat unaffected
[4] somewhat affected
[5] affected
[6] much affected
[7] totally affected ("broke")

28. How much can you TAKE CARE of your OWN NEEDS?

[1] can take care very much
[2] can take care
[3] can take care a little
[4] cannot take care a little
[5] cannot take care
[6] cannot take care very much
[7] totally dependent

29. How sharp is your MEMORY?

[1] extremely sharp
[2] sharp
[3] quite sharp
[4] quite not sharp
[5] not sharp
[6] extremely not sharp
[7] cannot remember at all

30. How easy can you DECIDE?

[1] extremely easy
[2] easy
[3] quite easy
[4] quite difficult
[5] difficult
[6] extremely difficult
[7] cannot make any decision at all

31. How easy can you UNDERSTAND what you have read or heard?

[1] extremely easy
[2] easy
[3] quite easy
[4] quite difficult
[5] difficult
[6] extremely difficult
[7] cannot understand at all

32. How ALERT are you?

[1] extremely alert
[2] alert
[3] quite alert
[4] quite slow
[5] slow
[6] extremely slow
[7] not alert at all

33. How easy can you ORIENT yourself with SPACE and/or DIRECTION?

[1] extremely easy
[2] easy
[3] quite easy
[4] quite difficult
[5] difficult
[6] extremely difficult
[7] no orientation at all
"I want to lie down on a bed of roses
For tonite I sleep on a bed of nails
I want to be just as close as
the Holy Ghost is
And lay you down on a bed of roses..."

-J. Bon Jovi