APPENDICES
APPENDIX- 1

Word Health Organization Quality of Life
(WHO QOL-BREF)

Kindly read the questions/statement that follow carefully. See how often they are applicable to you and indicate your response. None of the responses are right or wrong. Please do not leave any question unanswered. Your responses will be kept strictly confidential. Thus, feel free to give honest responses to the questions. Your co-operation in this connection would be highly appreciated.

1. How do you rate your quality of life?
   Very bad □ Quite bad □ Quite good □
   Neither good nor bad □ Very good □

2. How satisfied are you with your health?
   Very satisfied □ Quite dissatisfied □
   Neither dissatisfied nor satisfied □ Quite satisfied □

3. In your opinion at extent can pain stop you from doing what you have to do
   Not at all □ A little □ Medium □
   A lot □ Extreme □

4. To run your daily life, how much treatment of any kind, do you need?
   Not at all □ A little □ Medium □
   A lot □ Extreme □

5. How much do you enjoy in life?
   Not at all □ A little □ Medium □
   A lot □ Extreme □

6. To what level you feel your life to be meaningful?
   Not at all □ A little □ Medium □
   A lot □ Extreme □

7. How nicely can you concentrate your mind?
   Not at all □ A little □ Medium □
   A lot □ Extreme □

8. How secure do you feel in your daily life?
   Not at all □ A little □ Medium □
   A lot □ Extreme □

9. How much health-promoting is your physical environment?
   Not at all □ A little □ Medium □
   A lot □ Extreme □
10. **Do you have enough activeness/agility for doing works of daily life?**
<table>
<thead>
<tr>
<th>Not at all</th>
<th>A little</th>
<th>Medium</th>
<th>A lot</th>
<th>Extreme</th>
</tr>
</thead>
</table>

11. **Are you able to accept your physical build?**
<table>
<thead>
<tr>
<th>Very bad</th>
<th>Quite bad</th>
<th>Quite good</th>
<th>Neither good nor bad</th>
<th>Very good</th>
</tr>
</thead>
</table>

12. **Do you have enough to fulfill your needs?**
<table>
<thead>
<tr>
<th>Very bad</th>
<th>Quite bad</th>
<th>Quite good</th>
<th>Neither good nor bad</th>
<th>Very good</th>
</tr>
</thead>
</table>

13. **The information which you need in your daily life; to what extent are they available to you?**
<table>
<thead>
<tr>
<th>Not at all</th>
<th>A little</th>
<th>Medium</th>
<th>A lot</th>
<th>Extreme</th>
</tr>
</thead>
</table>

14. **To what extent do you get opportunities for leisure activities?**
<table>
<thead>
<tr>
<th>Not at all</th>
<th>A little</th>
<th>Medium</th>
<th>A lot</th>
<th>Extreme</th>
</tr>
</thead>
</table>

15. **How well you are able to go here and there?**
<table>
<thead>
<tr>
<th>Not at all</th>
<th>A little</th>
<th>Medium</th>
<th>A lot</th>
<th>Extreme</th>
</tr>
</thead>
</table>

16. **How satisfied are you with your sleep?**
   | Very dissatisfied | Quite bad | Quite good |
   | Neither dissatisfied nor satisfied | Very good |
   | Very satisfied |

17. **How satisfied are your ability to do daily tasks?**
   | Very dissatisfied | Quite bad | Quite good |
   | Neither dissatisfied nor satisfied | Very good |
   | Very satisfied |

18. **How satisfied are you with your workability?**
   | Very dissatisfied | Quite bad | Quite good |
   | Neither dissatisfied nor satisfied | Very good |
   | Very satisfied |

19. **How satisfied are you with yourself?**
   | Very dissatisfied | Quite bad | Quite good |
   | Neither dissatisfied nor satisfied | Very good |
   | Very satisfied |
20. How satisfied are you with your personal relationships?
   Very dissatisfied □ Quite bad □ Quite good □
   Neither dissatisfied nor satisfied □ Very good □
   Very satisfied □

21. How satisfied are you with your sex life?
   Very dissatisfied □ Quite bad □ Quite good □
   Neither dissatisfied nor satisfied □ Very good □
   Very satisfied □

22. The support which you get from your friends, how satisfied are you with that?
   Very dissatisfied □ Quite bad □ Quite good □
   Neither dissatisfied nor satisfied □ Very good □
   Very satisfied □

23. How satisfied are you with the conditions at the place where you live?
   Very dissatisfied □ Quite bad □ Quite good □
   Neither dissatisfied nor satisfied □ Very good □
   Very satisfied □

24. How satisfied are you with your approachable to health service?
   Very dissatisfied □ Quite bad □ Quite good □
   Neither dissatisfied nor satisfied □ Very good □
   Very satisfied □

25. How satisfied are you with your mode of traveling?
   Very dissatisfied □ Quite bad □ Quite good □
   Neither dissatisfied nor satisfied □ Very good □
   Very satisfied □

26. How many times do you experience feelings? (Like, sadness, depression, and anxiety?)
   Very dissatisfied □ Quite bad □ Quite good □
   Neither dissatisfied nor satisfied □ Very good □
   Very satisfied □