WISCONSIN QUALITY OF LIFE CLIENT QUESTIONNAIRE

Wisconsin Quality of Life Associates University of Wisconsin - Madison

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BACKGROUND INFORMATION										
What is your date of birth?//										
You are?										
What is your highest school grade completed:										
What is your current relationship/marital status?										
□ Single/Never married		Committed relationship								
Married		Separated								
Divorced		Spouse deceased								
How many times have you been married?										
What is the source of your income? (Check all that apply)										
Paid employment		Unemployment compensation								
□ Social Security Disability Income (SSDI) or		Retirement, investment or savings								
Supplemental Security Income (SSI)		Alimony or child support								
Veterans disability or pension benefits		Money shared by your spouse/partner								
General assistance		Money from your family								
□ AFDC		Other source:								
What is your racial/ethnic background? (Check all that appl	y)									
American Indian/Native American		Hispanic/Latino								
□ Asian		White								
African American	Ч	Other , please specify:								
During the past four weeks, you lived: (Check all that apply	<i>v</i>)									
□ alone		with parents								
□ with roommate/friend		with significant other/spouse								
□ with children		with other, please specify:								
Who would you like to live with? (Check all that apply)										
□ alone		with parents								
□ friend/roomman		with significant other/spouse								
□ with children		with other, please specify:								
During the past four weeks, you lived primarily: (Check one	;)									
in an apartment/home		at school/college								
in a boarding home		in an institution (i.e. hospital or nursing home)								
□ in an group home or halfway house		in jail/prison								
□ homeless		other, please specify:								
Where would you like to live? (Choose one)										
in an apartment/home		at school/college								
in a boarding home		in an institution (i.e. hospital or nursing home)								
in an group home or halfway house		in jail/prison								
□ homeless		other, please specify:								

SATISFACTION LEVEL

	Very dissatisfied	Moderately dissatisfied	A little dissatisfied	Neither satisfied or dissatisfied	A little satisfied	Moderately satisfied	Very satisfied
How satisfied or dissatisfied are you with the way you spend your time?							
How satisfied or dissatisfied are you when you are alone?							
How satisfied or dissatisfied are you with your housing?							
How satisfied or dissatisfied are you with your neighborhood as a place to live in?							
How satisfied or dissatisfied are you with the food you eat?							
How satisfied or dissatisfied are you with the clothing you wear?							
How satisfied or dissatisfied are you with the mental health services you use?				0			
How satisfied or dissatisfied are you with your access to transportation?			Ċ.				
How satisfied or dissatisfied are you with your sex life?							
How satisfied or dissatisfied are you with your personal safety?							

We have asked how satisfied you are with different parts of your life. Now we would like to know how important each of these aspects of your life are.

	Not at all important	Slightly important	Moderately important	Very important	Extremely important
How important to you is the way you spend your time?					
How important is it to feel comfortable when alone?					
How important is your housing?					
How important is your neighborhood as a place to live in?					
How important to you is the food you eat?					
How important to you is the clothing you wear?					
How important to you are the mental health services you use?					
How important to you is your access to transportation?					
How important to you is your sex life?					
How important to you is your personal safety?					

ACTIVITIES AND OCCUPATIONS										
During the past four weeks , you have: (Check one)										
been working/studying or doing housework in your usual manner										
been working/studying or doing housework but less often										
stopped working/studying or doing housework										
About how many hours a week do you work or go to school? Hours per week =										
What is your main activity? (Check one).										
Paid employment Treatment/rehabilitation program										
□ Volunteer or unpaid work □ Craft/leisure time/hobbies										
□ School □ No structured activity										
□ Other, please specify:										
How satisfied or dissatisfied are you with the main activitity that you do? (Check one)										
Very dissatisfied										
Do you feel that you are engaged in activities: (Choose one)										
□ Less than you would like □ More than you would like □ As much as you want										
What would you like to have as your main activity?										
Paid employment Treatment/rehabilitation program										
Volunteer or unpaid work Craft/leisure time/hobbies										
□ School □ No structured activity										
• Other, please specify:										

PSYCHOLOGICAL WELL-BEING

Now we would like to know how you feer about things in your life. For each of the following questions, check the boxes that best describe how you have tell in the **past four weeks**.

YES	NO	
		Pleased about having accomplished something?
		Very longly or remote from other people?
		Bored?
		That things went your way?
		So restless that you couldn't sit long in a chair?
		Proud because someone complimented you on something you had done?
		Upset because someone criticized you?
		Particularly excited or interested in something?
		Depressed or very unhappy?
		On top of the world?

In the **past four weeks**, would you say that your mental health has been: Poor Fair Good Very good Excellent

SYMPTOMS/OUTLOOK

During the **past four weeks**, you have: (Check one)

- $\hfill\square$ generally felt calm and positive in outlook
- \Box been having some periods of anxiety or depression
- **Given Series** generally been confused, frightened, anxious or depressed

There are many aspects of emotional distress including feelings of depression, anxiety, hearing voices, etc. In the **past four weeks**, how much distress have these symptoms caused you?: (Check one)

	Not at all		A little		Some A moderat amount			e 🗆 A lot			
In the pas	t four weeks:				Never	Occa- sionally		Most the ti	-		
	much has feelin ered with your			ciety, etc	· 🔲						
Have	you felt like kil	ling yo	ourself?								
Have	ave you felt like harming others?										
PHYSICAL	HEALTH				•						
In the pas	t four weeks , y	ou woi	uld best descri	be your	physical health	as:)				
	Poor		Fair		Good		Very good		Excellent		
-	dissatisfied ortant to you is Not at all important	dissati your pł	nysical health?	atisfied (Check	satisfied nor issatisfied one) Moderately important		sfied sati Very important		satisfied Extremely important		
Are you c	urrently taking	psychia	atric medicatio	ons?	□ Yes □ 1	No (If n	io, go to next pa	age)			
If you are	currently takin	psych	iatric medicat	tions, do	you take them	as prese	cribed? (Check	one)			
	Never		Sometimes		Always		Very infrequently		Quite often		
If you are	currently takin	g psych	niatric medicat	tions, do	you have side	effects f	from them?				
	None		Slight		Mild		Moderate		Severe		
2	e medications f Not at all		tal health prob Some	-	you feel the n A fair amount		on helps contro Quite a bit		symptoms? Eliminates all symptoms		

ALCOHOL & OTHER DRUGS											
Over the past four weeks , have yo	ou drank any	alcohol?		D Yes		🛛 No					
If yes, on how many days have you had any alcohol to drink over the <u>past four weeks</u> ? (number of days)											
What do you think about your alcohol use? (Check one)											
□ It is a big problem □ It is a minor □ Not a problem □ It helps a little □ It helps a lot problem											
Over the <u>past four weeks</u> , have you used any street drugs (cocaine, marijuana, heroin, speed, LSD, etc.)?											
If yes, on how many days have you had any alcohol to drink over the past four weeks ?(number of days)											
What do you think about your drug	g use? (Cheo	ck one)									
□ It is a big □ It is a minor □ Not a problem □ It helps a little □ It helps a lot problem □ It problem											
SOCIAL RELATIONS / SUPPORT					$\mathbf{\Lambda}$						
	Very dissatisfied	Moderately dissatisfied	A little dissatisfied	Neither satisfied or dissatisfied	A little satisfied	Moderately satisfied	Very satisfied				
How satisfied or dissatisfied are you with the number of friends you have?											
How satisfied or dissatisfied are you with how you get along with your friends?											
How satisfied or dissatisfied are you with your relationship with your family?	S										
If you live with others, how satisfied or dissatisfied are you with the people with whom you live?											
How satisfied or dissatisfied are you with how you get along with other people?											
How many people do you count as your friends?	• none	□ 1-2	□ 3-5	o o	ver 5						

IMPORTANCE LEVEL										
	Not at all important	Slightly important	Moderately important	Very important	Extremely important					
How important is it to have an adequate number of friends?										
How important is it to get along with your friends?										
How important are family relationships?										
If you live with others, how important are the people with whom you live?										
How important is it to get along with others?										
 been receiving only moderate support from family and friends had infrequent support from family and friends or only when ab olutely necessary MONEY Are you paid for working or attending school? Yes Yes No How do you feel about the amount of money you have? Very Moderately A little Nither A Little Moderately Very 										
How satisfied are you about the amount of control you have a satisfied where the amount of control you have a satisfied where the satisfies where	dissatisfied ave over you Neither satisfied nor dissatisfied	ur money? A Little satisfied		oderately D	Very satisfied					
	loderately	U Ver	ry portant		emely ortant					
How important is it to you to have control over your mor	ney?									
C .	loderately nportant	U Ver imp	ry portant		emely ortant					
How often does lack of money keep you from doing wha	t you want t requently		nost alway	s						

ACTIVITIES OF DAILY LIVING

Below are activities that you may have participated in recently. Please check YES or NO to indicate whether you have done the activity in the **past four weeks**.

						YES	NO						YES	NO
	Gone to a	ı restau	rant or c	offee sho	op			Go	one shoppi	ng				
	Gone for	a ride i	n a bus c	or car			Image: Prepared a meal							
	Cleaned	he roor	n/apartn	nent/horr	ne			Do	one the lau	ndry				
Durin	g the past	four w	<u>eeks</u> you	1:										
	have bee	en able	to do mo	ost thing	s on y	our owi	n (such	n as s	shopping,	getting a	around to	own, etc.)	
	have nee	eded so	me help	in gettin	g thin	gs done	e							
	have had	d troubl	e getting	g tasks d	one, e	ven wit	h help							
In the	past four	weeks,	how oft	en have	you h	ad any	proble	ms v	with person	nal groo	ming (e.	g. taking	showers)
brush	ing your te	,						_	_					
	Neve	er			ometii	nes			Frequen	tly		l Almo	st always	
GOAL	ATTAINMEN	IT												
What	do you ho	pe to ac	complis	h <i>as a re</i>	esult oj	f your n	nental	heal	th treatme	nt? Ple	ase write	e below ı	up to 3 go	oals:
Goal	1.								\mathbf{V}					
			10											
	important i	s this g	oal?					V)					
Not a impo		1	2	3	4	5	\sim			8	9	10		emely ortant
-	nat extent l	-	—	- n achier	- 2012		X	-	-	—	-	-	mpt	n tant
			-					6	-	0	0	10	~	
Not a achie			2	3			,]	6		8	9	10 □	Comp ach	letely
Goal	2:													
How	important i	s this g	0212											
Not a	t all	1		3	4	5		6	7	8	9	10	Extr	emely
impo							J						impo	ortant
To wl	hat extent h	nas this	goal bee	en achiev	ved?									
Not a		1	2	3	4	5		6	7	8	9	10	Comp	
achie	ved]						ach	ieved
Goal	3:													
How	important i	s this g	oal?											
Not a		1	2	3	4	5		6	7	8	9	10		emely
impo	rtant]						impo	ortant
To wl	nat extent h	nas this	goal bee	en achiev	ved?									
Not a		1	2	3	4	5		6	7	8	9	10	Comp	•
achie	ved]						ach	ieved

GOAL ATTAINMENT

Please write be	elow you	r agreed	Date://								
Goal 1:											
How important	t is this g	oal?									
Not at all important	1	2	3	4	5 □	6 □	7	8	9 □	10 □	Extremely important
To what extent	t has this	goal be	en achiev	ved?							
Not at all achieved			3				7	8	9 □	10 □	Completely achieved
Goal 2:								4			
How important	t is this g	oal?					$\langle \cdot \rangle$	J			
Not at all important	1	2 □	3	4	5 □	Ô		8	9 □	10 □	Extremely important
To what extent	t has this	goal bee	en achiev	ved?	~						
Not at all achieved	1 •	2 □	3		3	6	7	8	9 □	10 □	Completely achieved
Goal 3:		6	C								
How important	t is this g	joal?)								
Not at all important	1	2	3	4	5	6 □	7	8	9 □	10 □	Extremely important
To what extent	t has this	goal bee	en achiev	ved?							
Not at all achieved	1	2	3	4	5 □	6 □	7	8	9 □	10 □	Completely achieved

OTHER

Below are activities that you may have participated in recently. Please check Yes or No to indicate whether you have done the activity in the **past four weeks**.

				YES	NO					YES	NO
Gone for a wa	alk					Gone to a s	social group				
Gone to a mo	vie or pla	у				Read a mag	Read a magazine or newspaper				
Watched TV						Gone to ch	urch, synago	ogue, mosqu	ue		
Played cards					Listened to	a radio					
Played a sport Image: Construction Image: Construction Image: Construction											
Please check the box below to indicate how you feel about your quality of life during the past four weeks . <i>Lowest quality</i> means things are as bad as they could be. <i>Highest quality</i> means things are the best they could be.											
Lowest quality	1	2 □	3	4	5 □		7 8]]	9	10 □		ighest Juality
If your quality of life is less than you hope for, how hopeful are you that you will eventually achieve your desired quality of life? (Check one)											
No	t at all			newhat		🗖 Mo	derately		Very		
How much control do you feel you have over the important areas of your life? (Check one)											
🗖 No	ne			ne		🗆 An	noderate amo	ount 🛛	A great	amour	nt
					•	0.					
How importand determining y			0	factors i	in	Not at all important	Slightly important	Moderately important	Very importa		tremely portant
Work, sc	hool or ot	her occu	ipational a	ctivities	$\overline{)}$						
Your feel	ings abou	t yourse	elf								
Your phy	sical heal	th		$\boldsymbol{\mathcal{Y}}$							
Friends, f	family, pe	ople you	a spend tir	ne with							
Having en	nough mo	ney									
Ability to	take care	ofyour	self								
Your mer	ntal health										
Other, ple	ease speci	fy:									

Is there anything else you would like us to know?

This is the end of the questionnaire. Thank you for giving your opinion and sharing your responses with us. If you have any questions about this questionnaire, please call or write Marion Becker, Ph.D., University of South Florida, Department of Community Mental Health, 13301 Bruce B. Downs Blvd., MHC 1423, Tampa, Florida 33612-3899 Telephone: (813) 974-7188 Fax: (813) 974-6469 E-Mail: becker@fmhi.usf.edu