

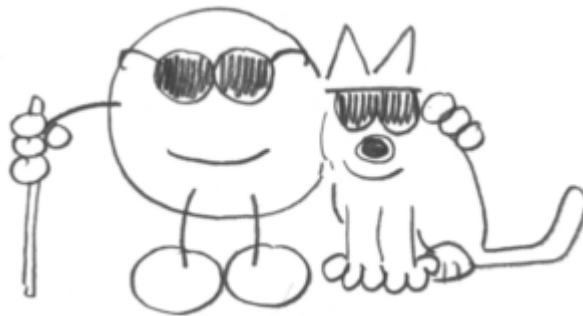
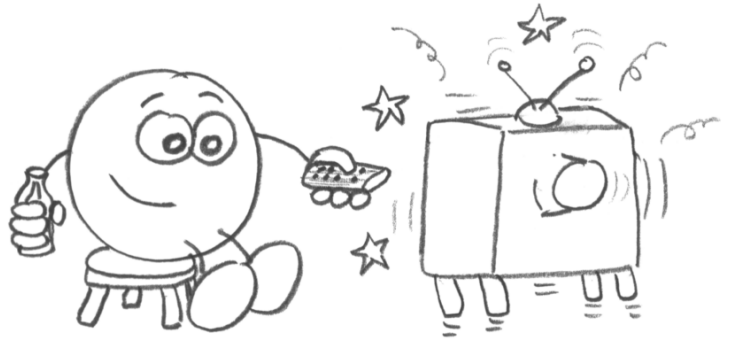
## QUALITY OF LIFE QUESTIONNAIRE (17D©)

This questionnaire is all about how you are right now. Please, read the questions carefully. Each question has five answers to choose from. Choose the answer that is closest to the way you are today.

Question 1 is about how well you can see

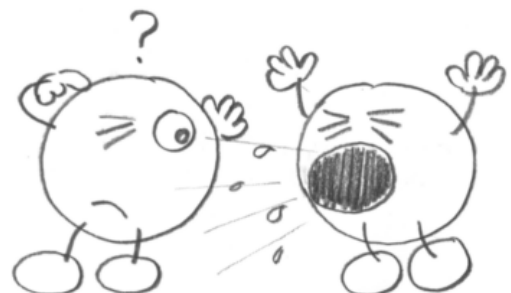
How well can you see words in books and on the classroom board?

- Well, without glasses
- Well, with glasses
- Poorly, even with glasses
- I cannot see writing even with glasses, but I can see well enough to walk around without a guide
- I cannot see enough to walk around without a guide (I am almost or totally blind)



Question 2. How well can you hear?

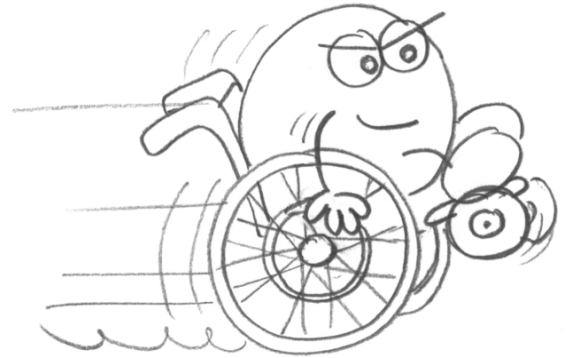
- I can hear normal speech well without a hearing aid
- Normal speech is a bit difficult to hear, but I do not need a hearing aid
- I need a hearing aid, but I can hear well with it
- I hear poorly even with a hearing aid
- I am totally deaf



Question 3 is about moving around

Can you walk without using an aid?

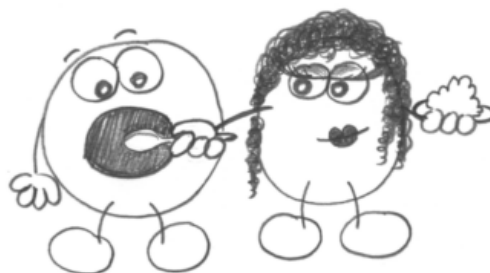
- Yes, without difficulty
- Yes, but walking is hard without an aid (like crutches or wheelchair)
- I cannot walk without an aid (like crutches or wheelchair), but with it I can move around well
- Moving around is hard even with an aid (like crutches or wheelchair)
- I cannot move around at all



Question 4.

Are you able to feed yourself?

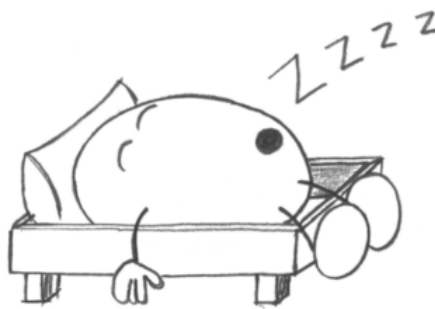
- Yes, without any difficulty
- Yes, with a little difficulty (I am a bit slow, or clumsy, or I need a special aid, for example)
- Yes, if someone helps me a little all the time
- I cannot feed myself, so I must be fed by someone else
- I cannot eat at all, so I must be fed by tube or directly into my veins



Question 5.

How well do you sleep?

- I fall asleep easily and I sleep well
- It is sometimes hard to fall asleep, or I sometimes have nightmares or wake up at night
- It is often hard to fall sleep, or I often have nightmares or wake up at night
- It is nearly always hard to fall asleep, or I have nightmares or wake up almost every night
- I am awake most of the night



Question 6

Do you have any problems going to the toilet?

- No
- I have small problems (sometimes it takes a long time in the toilet, or I have to go often)
- I sometimes have 'accidents' (I mess or wet my trousers or bed), or I often get diarrhoea, or I can't go to the toilet for days
- I often have 'accidents', or I need a catheter or medicine to help me go to the toilet
- I nearly always mess or wet my trousers



Question 7

Everyone gets out of breath when they run fast, but do you otherwise get breathless or have other breathing problems?

- No
- Yes, when running slowly or walking fast
- Yes, when walking slowly
- Yes, even after light activity like washing or dressing myself
- Yes, almost all the time, even when resting



Question 8

Do you have physical troubles or symptoms like pain, ache, feeling sick, or itchy?

- Not at all
- A little
- Quite a lot
- Very much
- It is unbearable

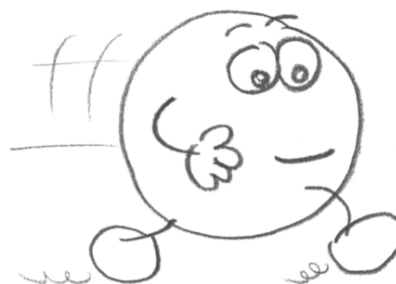


Question 9

People can feel healthy and energetic, or they can feel ill, tired and weak.

Do you feel

- healthy and energetic
- a little ill, tired or weak
- quite ill, tired or weak
- very ill, tired or weak
- extremely ill, tired or weak



Question 10

Do you feel scared or tense?

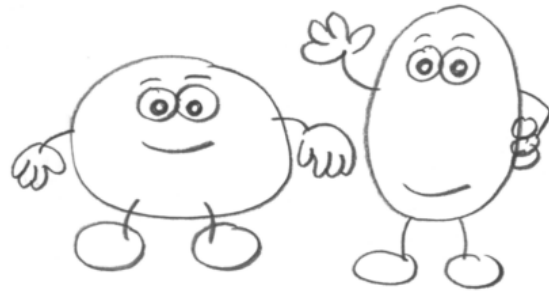
- Not at all
- A little scared or tense
- Quite scared or tense
- Very scared or tense
- Extremely scared or tense



Question 11

Are you happy with your weight, your height and how you look?

- I am completely happy
- I am quite happy
- I am rather unhappy
- I am very unhappy
- I am extremely unhappy



Question 12

Does your state of health make it difficult to go to school or have hobbies?

- Not at all
- A little (like not being able to do sports classes)
- Quite a lot (like I have difficulty walking or I miss school often because of sickness, or I am not able to have some hobbies)
- My state of health makes it almost impossible to go to school or have hobbies
- My state of health makes it impossible to go to school or have hobbies



### Question 13

Does your state of health make it difficult to make friends or be with them?

- Not at all
- A little
- Quite a lot
- My state of health makes it almost impossible to make friends or be with them
- My state of health makes it impossible to make friends or be with them



### Question 14

Sometimes it is hard to concentrate on the same thing for long, when thoughts jump from one thing to another

How long can you concentrate on the same thing?

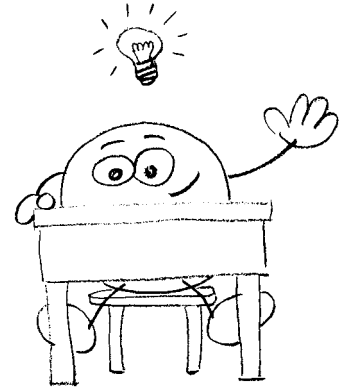
- a long time
- quite a long time
- only a short time
- my thoughts are always jumping from one thing to another, and I can't really concentrate much
- I'm so restless that I can't concentrate for a moment



Question 15

How well can you learn new things and remember them?

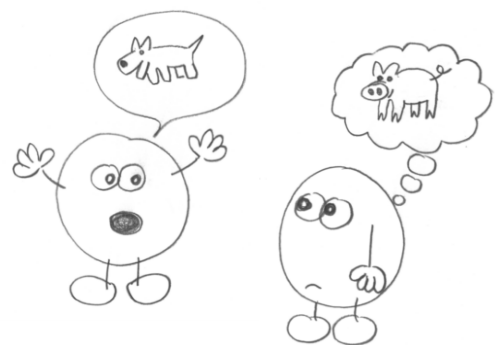
- I learn new things easily and remember them well
- It is a little hard for me to learn new things or remember them
- It is quite hard for me to learn new things or remember them
- It is very hard for me to learn new things or remember them
- I cannot learn or remember things



Question 16

How clearly can you speak?

- I can speak clearly
- It is a little hard for me to speak clearly
- It is quite hard for me to speak clearly
- Most people have difficulty understanding me when I speak
- I can only make myself understood with signing



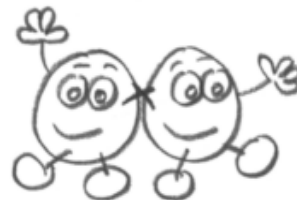


Question 17

People are not always cheerful and happy. Sometimes they can feel quite sad, unhappy and depressed.

Do you feel

- cheerful and happy
- a little sad, unhappy or depressed
- quite sad, unhappy or depressed
- very sad, unhappy or depressed
- extremely sad, unhappy or depressed



Thank you very much!