

## OPQOL-brief:

### Notes:

The OPQOL-BRIEF questionnaire has 13 items, with a preliminary single item on global QoL, shown below. This single item is not scored with the OPQOL; it is coded as Very good (1) to Very bad (5).

### OPQOL-Brief scoring:

Each of the 13 items is scored Strongly agree=1, Agree=2, Neither=3, Disagree=4, Strongly disagree=5. The items are summed for a total OPQOL-Brief score, then positive items are reverse coded, so that higher scores represented higher QoL.

## We would like to ask you about your quality of life:

Single item - global QoL:

### 1 Thinking about both the good and bad things that make up your quality of life, how would you rate the quality of your life as a whole?

Your quality of life  
as a whole is:

Very good

Good

Alright

Bad

Very bad

## OPQOL-Brief

2 Please tick one box in each row. Please select the response that best describes you/your views. There are no right or wrong answers.

Strongly  
agree

Agree

Neither  
agree nor  
disagree

Disagree

Strongly  
disagree

1 I enjoy my life overall

2 I look forward to things

3 I am healthy enough to get out  
and about

4 My family, friends or neighbours

would help me if needed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 I have social or leisure activities/ hobbies that I enjoy doing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6 I try to stay involved with things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7 I am healthy enough to have my independence	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8 I can please myself what I do	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9 I feel safe where I live	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10 I get pleasure from my home	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11 I take life as it comes and make the best of things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12 I feel lucky compared to most people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13 I have enough money to pay for household bills	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Thank you for your help**

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Bowling A, Hankins M, Windle G, Bilotta C, Grant R. (2013). A short measure of quality of life in older age: The performance of the brief Older People's Quality of Life questionnaire (OPQOL-brief). Archives of Geriatrics and Gerontology, 56, 1: 181-187.

<http://dx.doi.org/10.1016/j.archger.2012.08.012>

The full OPQOL questionnaire, scoring details, the OPQOL-brief, and other information about the research can be found on:

[http://www.ilcuk.org.uk/index.php/publications/publication\\_details/good\\_neighbours\\_measuring\\_quality\\_of\\_life\\_in\\_old\\_age](http://www.ilcuk.org.uk/index.php/publications/publication_details/good_neighbours_measuring_quality_of_life_in_old_age)

The link for actual PDF of the OPQOL-brief is also here:

[http://www.ilcuk.org.uk/images/uploads/publication-pdfs/OPQOL\\_brief\\_questionnaire.pdf](http://www.ilcuk.org.uk/images/uploads/publication-pdfs/OPQOL_brief_questionnaire.pdf)

Question (Single item)	Very good	Good	Alright	Bad	Very Bad
Your QoL as a whole is	5	3	0	0	0
OPQOL-Brief Question	Strongly Agree	Agree	Neither Agree or Disagree	Disagree	Strongly Disagree
1. I enjoy my life overall	5	4	0	0	0
2. I look forward to things	6	2	1	0	0
3. I am healthy enough to get out and about	6	3	0	0	0
4. My family, friends or neighbors would help me if needed	8	1	0	0	0
5. I have social or lesiure activities / hobbies that I enjoy doing	7	2	0	0	0
6. I try to stay involved with things	8	1	0	0	0
7. I am healthy enough to have my independence	7	2	0	0	0
8. I can please myself what I do	6	2	0	0	0
9. I feel safe where I live	8	1	0	0	0
10. I get pleasure from my home	8	1	0	0	0
11. I take life as it comes and make the best of things	5	4	0	0	0
12. I feel lucky compared to most people	6	3	0	0	0
13. I have enough money to pay for my household bills	7	2	0	0	0
				0	0
<b>AVERAGE ANSWER:</b>	<b>6.692307692</b>	<b>2.153846154</b>	<b>0.07692307692</b>	<b>0</b>	<b>0</b>