Instructions: Read each of the following questions (in bold) verbatim and show the respondent the response card.

I would like to ask you about your life. There are no right or wrong answers. Just give the answer that best describes how you have felt in the last week. Don’t worry if some questions appear not to apply to you. We have to ask the same questions of everybody.

Before we start we’ll do a practise question; that’s one that doesn’t count. (Show the response card and ask respondent to say or point to the answer) In the last week, how much have you enjoyed watching television?

a lot  quite a bit  a little  not at all

Follow up with a prompt question: Why is that? or Tell me a bit more about that.
For all of the questions I’m going to ask you, I want you to think about the last week.

First I’m going to ask about your feelings. In the last week, have you felt…….

1. cheerful? **
   - a lot
   - quite a bit
   - a little
   - not at all

2. worried or anxious?
   - a lot
   - quite a bit
   - a little
   - not at all

3. that you are enjoying life? **
   - a lot
   - quite a bit
   - a little
   - not at all

4. frustrated?
   - a lot
   - quite a bit
   - a little
   - not at all

5. confident? **
   - a lot
   - quite a bit
   - a little
   - not at all

6. full of energy? **
   - a lot
   - quite a bit
   - a little
   - not at all

7. sad?
   - a lot
   - quite a bit
   - a little
   - not at all

8. lonely?
   - a lot
   - quite a bit
   - a little
   - not at all

9. distressed?
   - a lot
   - quite a bit
   - a little
   - not at all

10. lively? **
    - a lot
    - quite a bit
    - a little
    - not at all

11. irritable?
    - a lot
    - quite a bit
    - a little
    - not at all

12. fed-up?
    - a lot
    - quite a bit
    - a little
    - not at all

13. that there are things that you wanted to do but couldn’t?
    - a lot
    - quite a bit
    - a little
    - not at all

Next, I’m going to ask you about your memory. In the last week, how worried have you been about……..

14. forgetting things that happened recently?
    - a lot
    - quite a bit
    - a little
    - not at all

15. forgetting who people are?
    - a lot
    - quite a bit
    - a little
    - not at all

16. forgetting what day it is?
    - a lot
    - quite a bit
    - a little
    - not at all

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17. your thoughts being muddled?  □ a lot  □ quite a bit  □ a little  □ not at all
18. difficulty making decisions?  □ a lot  □ quite a bit  □ a little  □ not at all
19. poor concentration?  □ a lot  □ quite a bit  □ a little  □ not at all

Now, I’m going to ask you about your everyday life. In the last week, how worried have you been about……….

20. not having enough company?  □ a lot  □ quite a bit  □ a little  □ not at all
21. how you get on with people close to you?  □ a lot  □ quite a bit  □ a little  □ not at all
22. getting the affection that you want?  □ a lot  □ quite a bit  □ a little  □ not at all
23. people not listening to you?  □ a lot  □ quite a bit  □ a little  □ not at all
24. making yourself understood?  □ a lot  □ quite a bit  □ a little  □ not at all
25. getting help when you need it?  □ a lot  □ quite a bit  □ a little  □ not at all
26. getting to the toilet in time?  □ a lot  □ quite a bit  □ a little  □ not at all
27. how you feel in yourself?  □ a lot  □ quite a bit  □ a little  □ not at all
28. your health overall?  □ a lot  □ quite a bit  □ a little  □ not at all

We’ve already talked about lots of things: your feelings, memory and everyday life. Thinking about all of these things in the last week, how would you rate……….

29. your quality of life overall? **  □ very good  □ good  □ fair  □ poor

** items that need to be reversed before scoring