
WHOQOL-SRPB

Field-Test

Instrument

WHOQOL Spirituality, Religiousness and Personal
Beliefs (SRPB) Field-Test Instrument

The WHOQOL-100 QUESTIONS
PLUS 32 SRPB QUESTIONS



MENTAL HEALTH: EVIDENCE & RESEARCH,
DEPARTMENT OF MENTAL HEALTH &
SUBSTANCE DEPENDENCE
WORLD HEALTH ORGANIZATION
GENEVA, SWITZERLAND

WHOQOL-SRPB FIELD-TEST INSTRUMENT

The WHOQOL-SRPB field-test instrument exists of 32 questions, covering quality of life aspects related to spirituality, religiousness and personal beliefs (SRPB). This instrument has been developed from an extensive pilot test of 105 questions in 18 centres around the world. The resulting 32-item instrument represent the finalised version of the WHOQOL-SRPB to be used for field trials.

The WHOQOL-SRPB field-test instrument is to be used in conjunction with the WHOQOL-100 (The manual of WHOQOL-100 is available from WHO in Geneva). It is a generic English version and should not be used as it stands, nor just be translated. Language/cultural versions suitable for use in a limited number of populations are available from respective listed field sites that pilot-tested the instrument. Contact information for these sites is available from WHO in Geneva. These versions are constructed by taking the corresponding 32 questions and response scales exactly as they stood in the language version that was used in the pilot test. (It should be noted that some variations exist even between the versions from the different English language centres, i.e., an American and a British version exists).

These questions respond to the definition of Quality of Life as *individuals' perceptions of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards and concerns.*

Centres wishing to develop a new language or cultural version, must follow the protocol for new centres under the supervision of the Department of Mental Health & Substance Dependence, WHO, Geneva, and as mentioned above must never just make a direct translation or an unsupervised adaptation of the WHOQOL-SRPB.

For further information related to WHOQOL-SRPB please contact mhgap-info@who.int



DEPARTMENT OF MENTAL HEALTH &
SUBSTANCE DEPENDENCE
WORLD HEALTH ORGANIZATION
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WORLD HEALTH ORGANIZATION, SRPB QUALITY OF LIFE GROUP

The WHOQOL SRPB Group comprises a coordinating group of collaborating investigators in each of the field sites and a panel of consultants. Dr S. Saxena directs the project that was initiated by Dr Rex Billington. Technical assistance on the project was given by Ms K. O'Connell and Dr M Van Ommeren. This project has benefited throughout from the conceptual guidance and technical advice of Dr Lynn Underwood of the Fetzner Institute. The instrument was developed in 18 field sites: Dr Bonicatto, Foundation of Oncology, La Plata, Argentina; Dr Midttun, PSI Mental Health Initiative, Vilnius, Lithuania; Dr Bisht, Sri Aurobindo International Institute, Pondicherry, India; Dr Omolo, Faculty of Health Science, Moi University, Eldoret, Kenya; Prof Fang, School of Public Health, University of Medical Sciences, Guangzhou, China; Dr Elbi, Medical Faculty, Egean University, Izmir, Turkey; Dr Schwartzman, Medical Psychology Department, University of Uruguay, Montevideo, Uruguay; Dr Hasanah Che Ismail, Universiti Sains Malaysia, Kubang Kerian, Malaysia; Dr Tazaki, Science University of Tokyo, Tokyo, Japan; Dr De Girolamo, Laboratory of Epidemiology and Biostatistics, Clinical Institute of Health, Rome, Italy; Prof. Kamel, Faculty of Medicine, Alexandria, Egypt; Dr Amir, University of the Negev, Beer Sheva, Israel; Dr Lucas, University of Barcelona, Barcelona, Spain; Dr Chandra, Department of Psychiatry, All India Institute of Medical Sciences, New Delhi, India; Dr Fleck, Department of Psychiatry and Legal Medicine, University of the State of Rio Grande do Sul, Porto Alegre, Brazil; Dr Kitikorn, Branch of Preventive Mental Health, Department of Mental Health, Ministry of Public Health, Bangkok, Thailand; Prof Skevington, Department of Psychology, University of Bath, England. Financial support was provided by the Fetzner Institute, USA.

WHOQOL-SRPB FIELD-TEST INSTRUMENT

Instructions

This questionnaire asks how you feel about your quality of life, health, and other areas of your life. Please answer all the questions. If you are unsure about which response to give to a question, please choose the one that appears most appropriate. This can often be your first response.

Please keep in mind your standards, hopes, pleasures and concerns. We ask that you think about your life in the **last two weeks**.

For example, thinking about the last two weeks, a question might ask:

How much do you worry about your health?

Not at all	A little	A moderate amount	Very much	An extreme amount
1	2	3	4	5

You should circle the number that best fits how much you have worried about your health over the last two weeks.

So you would circle the number 4 if you worried about your health "Very much", or circle number 1 if you have worried "Not at all" about your health. Please read each question, assess your feelings, and circle the number on the scale for each question that gives the best answer for you.

Thank you for your help

The following questions ask about **how much** you have experienced certain things in the last two weeks, for example, positive feelings such as happiness or contentment. If you have experienced these things an extreme amount circle the number next to "An extreme amount". If you have not experienced these things at all, circle the number next to "Not at all". You should circle one of the numbers in between if you wish to indicate your answer lies somewhere between "Not at all" and "Extremely". Questions refer to the **last two weeks**.

F1.2 Do you worry about your pain or discomfort?

Not at all 1		A little 2		A moderate amount 3		Very much 4		An extreme amount 5
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F1.3 How difficult is it for you to handle any pain or discomfort?

Not at all 1		Slightly 2		Moderately 3		Very 4		Extremely 5
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F1.4 To what extent do you feel that (physical) pain prevents you from doing what you need to do?

Not at all 1		A little 2		A moderate amount 3		Very much 4		An extreme amount 5
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F2.2 How easily do you get tired?

Not at all 1		Slightly 2		Moderately 3		Very 4		Extremely 5
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F2.4 How much are you bothered by fatigue?

None at all 1		A little 2		A moderate amount 3		Very much 4		An extreme amount 5
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F3.2 Do you have any difficulties with sleeping?

None at all 1		A little 2		A moderate amount 3		Very much 4		An extreme amount 5
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F3.4 How much do any sleep problems worry you?

None at all 1		A little 2		A moderate amount 3		Very much 4		An extreme amount 5
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F4.4 How much do you experience positive feelings in your life?

Not at all 1		A little 2		A moderate amount 3		Very much 4		An extreme amount 5
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F4.1 How much do you enjoy life?

Not at all 1		A little 2		A moderate amount 3		Very much 4		An extreme amount 5
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F4.3 How positive do you feel about the future?

Not at all 1		Slightly 2		Moderately 3		Very 4		Extremely 5
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F5.3 How well are you able to concentrate?

Not at all 1		A little 2		A moderate amount 3		Very much 4		An extreme amount 5
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F6.1 How much do you value yourself?

Not at all 1		A little 2		A moderate amount 3		Very much 4		An extreme amount 5
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F6.2 How much confidence do you have in yourself?

Not at all 1		A little 2		A moderate amount 3		Very much 4		An extreme amount 5
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F7.2 Do you feel inhibited by your looks?

Not at all 1		Slightly 2		Moderately 3		Very much 4		Extremely 5
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F7.3 Is there any part of your appearance which makes you feel uncomfortable?

Not at all 1		A little 2		A moderate amount 3		Very much 4		An extreme amount 5
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F8.2 How worried do you feel?

Not at all 1		Slightly 2		Moderately 3		Very 4		Extremely 5
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F8.3 How much do any feelings of sadness or depression interfere with your everyday functioning?

Not at all 1		A little 2		A moderate amount 3		Very much 4		An extreme amount 5
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F8.4 How much do any feelings of depression bother you?

Not at all 1		A little 2		A moderate amount 3		Very much 4		An extreme amount 5
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F10.2 To what extent do you have difficulty in performing your routine activities?

Not at all 1		A little 2		A moderate amount 3		Very much 4		An extreme amount 5
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F10.4 How much are you bothered by any limitations in performing everyday living activities?

Not at all 1		A little 2		A moderate amount 3		Very much 4		An extreme amount 5
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F11.2 How much do you need any medication to function in your daily life?

Not at all 1		A little 2		A moderate amount 3		Very much 4		An extreme amount 5
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F11.3 How much do you need any medical treatment to function in your daily life?

Not at all 1		A little 2		A moderate amount 3		Very much 4		An extreme amount 5
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F11.4 To what extent does your quality of life depend on the use of medical substances or medical aids?

Not at all 1		A little 2		A moderate amount 3		Very much 4		An extreme amount 5
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F13.1 How alone do you feel in your life?

Not at all 1	Slightly 2	Moderately 3	Very much 4	Extremely 5
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F15.2 How well are your sexual needs fulfilled?

Not at all 1	Slightly 2	Moderately 3	Very much 4	Extremely 5
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F15.4 Are you bothered by any difficulties in your sex life?

Not at all 1	Slightly 2	Moderately 3	Very 4	Extremely 5
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F16.1 How safe do you feel in your daily life?

Not at all 1	Slightly 2	Moderately 3	Very 4	Extremely 5
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F16.2 Do you feel you are living in a safe and secure environment?

Not at all 1	Slightly 2	Moderately 3	Very much 4	Extremely 5
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F16.3 How much do you worry about your safety and security?

Not at all 1	A little 2	A moderate amount 3	Very much 4	An extreme amount 5
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F17.1 How comfortable is the place where you live?

Not at all 1	A little 2	A moderate amount 3	Very much 4	An extreme amount 5
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预览已结束，完整报告链接和二维码如下：

https://www.yunbaogao.cn/report/index/report?reportId=5_28291

