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Field Trial

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WHOQOL-100

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February 1995

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THE 100 QUESTIONS WITH RESPONSE SCALES

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DIVISION OF MENTAL HEALTH

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WORLD HEALTH ORGANIZATION

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# Field Trial

# WHOQOL-100

## February 1995

The WHOQOL-100 has been developed from an extensive pilot test of some 300 WHOQOL questions in 15 centres around the world. Data from this pilot testing on over 4.500 subjects enabled the 100 best questions to be selected according to set criteria.

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.*

These questions represent the finalized version of the WHOQOL-100 to be used for field trials. It is a generic English version and should never be used as it stands, nor just be translated. Versions suitable for use in the different populations involved in the pilot study, are available from the listed field trial centres. These versions are constructed by taking the corresponding 100 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 three English language centres.)

Centres wishing to develop a new language or cultural version, must follow the protocol for new centres under the supervision of the Division of Mental Health, WHO, Geneva, and as mentioned above must never just make a direct translation or an unsupervised adaptation of the WHOQOL-100. For further information contact: [WHOQOL@who.int](mailto:WHOQOL@who.int)



DIVISION OF MENTAL HEALTH  
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Field Trial

**WHOQOL-100**

February 1995

**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 1	A little 2	A moderate amount 3	Very much 4	An extreme amount 5
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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

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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 (F1.2.1)\* 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 (F1.2.3) 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 (F1.2.5) 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(F2.1.3) How easily do you get tired?

Not at all 1	Slightly 2	Moderately 3	Very 4	Extremely 5
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F2.4 (F2.2.4) How much are you bothered by fatigue?

Not at all	Slightly	Moderately	Very	Extremely
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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/云报告?reportId=5\\_28316](https://www.yunbaogao.cn/report/index/云报告?reportId=5_28316)

