

Number: [_ _ _ _ _]

TAAQOL

Questionnaire

from 16 onwards

Would you please answer the following questions first?

Are you male or female?

male

female

What is your date of birth?

.....

(month)

(day)

(year)

On what date was this questionnaire completed?

.....

(month)

(day)

(year)

INSTRUCTIONS

Dear Sir, Madam,

The questions in this questionnaire relate to all kinds of different aspects of your health. You can answer the questions by ticking the answer which is most applicable to you.

For example:

Did you have difficulty in the last month with

Walking up the stairs?

no

a little

some

a lot

1

How much did that bother you?

not at all

a little

quite a lot

very much

If there were problems with something, you are also asked how much that bothered you. So if you state that you had "a little" difficulty walking up the stairs, you can then indicate in the second part of the question how much that bothered you.

For example:

Did you have difficulty in the last month in

Walking up the stairs?

no

a little

some

a lot

1

How much did that bother you?

not at all

a little

quite a lot

very much

Did you have difficulty in the last month in ...

Walking up the stairs

no a little some a lot

1

How much did that bother you?

not at all a little quite a lot very much

Bending over / kneeling / stooping

no a little some a lot

2

How much did that bother you?

not at all a little quite a lot very much

Walking 500 yards (a couple of streets for example)

no a little some a lot

3

How much did that bother you?

not at all a little quite a lot very much

Lifting (e.g. carrying shopping)

no a little some a lot

4

How much did that bother you?

not at all a little quite a lot very much

Did you have difficulty in the last month with ...

Cutting paper with scissors

no a little some a lot

5

How much did that bother you?

not at all a little quite a lot very much

Fastening the buttons of a blouse / shirt

no a little some a lot

6

How much did that bother you?

not at all a little quite a lot very much

Opening a can

no a little some a lot

7

How much did that bother you?

not at all a little quite a lot very much

Twisting the lid off a jar

no a little some a lot

8

How much did that bother you?

not at all a little quite a lot very much

In the last month, did it happen that ...

You had difficulty
concentrating on what others said?

no

a little

some

a lot

9

How much did that bother you?

not at all

a little

quite a lot

very much

You had difficulty
remembering things?

no

a little

some

a lot

10

How much did that bother you?

not at all

a little

quite a lot

very much

You had difficulty
thinking in a concentrated way?

no

a little

some

a lot

11

How much did that bother you?

not at all

a little

quite a lot

very much

Your mind wandered?

no

a little

some

a lot

12

How much did that bother you?

not at all

a little

quite a lot

very much

In the last month, how often did it happen that ...

You had difficulty getting to sleep?

never occasionally often (almost) always

13

How much did that bother you?

not at all a little quite a lot very much

You slept restlessly

never occasionally often (almost) always

14

How much did that bother you?

not at all a little quite a lot very much

You lay awake a lot at night?

never occasionally often (almost) always

15

How much did that bother you?

not at all a little quite a lot very much

You had a good night's sleep

(almost) always often occasionally never

16

If this was not always the case, how much did that bother you?

not at all a little quite a lot very much

In the last month, how often did you have ...

Back-ache

never occasionally often (almost) always

17

How much did that bother you?

not at all a little quite a lot very much

Pain / tension in neck or shoulders

never occasionally often (almost) always

18

How much did that bother you?

not at all a little quite a lot very much

Pain in joints / limbs

never occasionally often (almost) always

19

How much did that bother you?

not at all a little quite a lot very much

Pain in muscles

never occasionally often (almost) always

20

How much did that bother you?

not at all a little quite a lot very much

If you needed it, was it possible for you in the last month to ...

Talk to others in confidence

often occasionally seldom never

21

If this was not always possible, how much did that bother you?

not at all a little quite a lot very much

Have a nice time with other people

often occasionally seldom never

22

If this was not always possible, how much did that bother you?

not at all a little quite a lot very much

Visit friends

often occasionally seldom never

23

If this was not always possible, how much did that bother you?

not at all a little quite a lot very much

Have a good talk with others

often occasionally seldom never

24

If this was not always possible, how much did that bother you?

not at all a little quite a lot very much

In the last month, have you ...

Had difficulty with work, study or other day-to-day activities

no a little some a lot

25

How much did that bother you?

not at all a little quite a lot very much

Done less work, studying or other day-to-day activities

no a little some a lot

26

How much did that bother you?

not at all a little quite a lot very much

Had problems doing certain types of work, study or other day-to-day activities

no a little some a lot

27

How much did that bother you?

not at all a little quite a lot very much

Done work, study or other day-to-day activities less conscientiously

no a little some a lot

28

How much did that bother you?

not at all a little quite a lot very much

Had less sex than previously

no a little some a lot

29

How much did that bother you?

not at all a little quite a lot very much

Found sex less satisfying

no a little some a lot

30

How much did that bother you?

not at all a little quite a lot very much

In the last month, did you feel ...

Energetic no a little quite very

31

Tired no a little quite very

32

Fit no a little quite very

33

Exhausted quickly no a little quite very

34

Joyful no a little quite very

35

Sad no a little quite very

36

In good spirits no a little quite very

37

Angry no a little quite very

38

Worried no a little quite very

39

Gloomy no a little quite very

40

Aggressive no a little quite very

41

Happy no a little quite very

42

Short-tempered no a little quite very

43

Cheerful no a little quite very

44

Anxious no a little quite very

45

**This is the end of the questionnaire.
Thank you for completing it!**