



## UNC CFAR Social and Behavioral Science Research Core SABI Database

**INSTRUMENT TITLE:** *Quality of Life Enjoyment and Satisfaction Questionnaire (Q-LES-Q)*

**SOURCE ARTICLE:** Endicott, J., Nee, J., Harrison, W., & Blumenthal, R. (1993). Quality of life enjoyment and satisfaction questionnaire: A new measure. *Psychopharmacology Bulletin*, 29, 321-321.

**RESPONSE OPTIONS:** 5-Point Likert scale with different response options:

All sections except the last response options: *Not at all or never* (1), *Rarely* (2), *Sometimes* (3), *Often or most of the time* (4), *Frequently or all the time* (5)

Section "GENERAL ACTIVITIES" response options: *Very Poor* (1), *Poor* (2), *Fair* (3), *Good* (4), *Very Good* (5)

### **SURVEY ITEMS:**

#### **PHYSICAL HEALTH/ACTIVITIES**

With regard to your physical health, during the past week how much of the time have you...

1. Been completely free of aches, pains, or discomfort?
2. Felt rested?
3. Felt energetic?
4. Felt in excellent physical health?
5. Felt in at least very good physical health?
6. Been free of worry about your physical health?
7. Felt you got enough sleep?
8. Felt able to be as physically active as needed?
9. Felt well coordinated?
10. Felt your memory was functioning well?
11. Felt good physically?
12. Felt full of pep and vitality?
13. Been free of visual problems?

#### **TERMS OF USE:**

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### FEELINGS

During the past week how much of the time have you...

1. Felt clearheaded?
2. Felt satisfied with your life?
3. Felt good about your appearance?
4. Felt happy or cheerful?
5. Felt independent?
6. Felt content?
7. Felt able to communicate with others?
8. Felt interested in taking care of your appears (hair, clothing), and personal hygiene (bathing, dressing)?
9. Felt able to make decisions?
10. Felt relaxed?
11. Felt good about your life?
12. Felt able to travel about to get things done when needed (walk, use car, bus, train, or whatever is available as needed)?
13. Felt able to deal with life's problems?
14. Felt able to take care of yourself?

### WORK

Do you:

- Have a job?
- Work for yourself?
- Do volunteer work?

*If NO to all 3, note reason and SKIP this section—reason options for not working: (1) too ill physically, (2) too upset emotionally, (3) retired, (4) other – write in reason*

During the past week, how often have you...

1. Enjoyed your work?
2. Solved work problems or dealt with them without undue stress?
3. Thought clearly about work?
4. Been decisive about work, or made decisions when needed?

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5. Accomplished what you wanted to do?
6. Been pleased with your work accomplishments?
7. Worked well?
8. Been interested in your work?
9. Concentrated on work?
10. Worked carefully?
11. Kept up with expected work?
12. Taken care of work by yourself when it was necessary?
13. Communicated and interacted with ease with others while working?

### HOUSEHOLD DUTIES

Are you responsible for any household duties/housework/homemaker activities (e.g. cleaning, shopping, doing dishes, food shopping or preparation) for yourself or for other people?

*If NO, note reason and SKIP this section—reason options for not having household duties: (1) too ill physically, (2) too upset emotionally, (3) not expected to do anything, (4) other – write in reason*

During the past week, how often have you...

1. Kept your room/apartment/house cleaned to your satisfaction?
2. Paid the bills, done the banking to your satisfaction?
3. Shopped for food or other household items to your satisfaction?
4. Prepared food or obtained food to your satisfaction?
5. Taken care of the laundry/cleaning to your satisfaction?
6. Had a feeling of accomplishment with regard to household activities?
7. Concentrated and thought clearly about what household activities needed to be done?
8. Solved household problems or dealt with them without undue stress?
9. Been decisive or made decisions when needed with regard to household activities?
10. Made repairs or taken care of household maintenance as needed?

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### SCHOOL/COURSE WORK

Have you been taking any courses, going to class, or been involved in any type of course work, school, or college studies during the past week?

*If NO, note reason and SKIP this section – reason options for not attending school: (1) too ill physically, (2) too upset emotionally, (3) not expected to do anything, (4) other – write in reason*

During the past week how much of the time have you...

1. Enjoyed the course/class work?
2. Looked forward to getting to work on the course/class work?
3. Dealt with the course/class work without undue stress?
4. Thought clearly about the course/class work when needed?
5. Been pleased with your course/class work accomplishments?
6. Been interested in your course/class work?
7. Concentrated on the course/class work?
8. Felt good while doing your course/class work?
9. Communicated and interacted with ease with others at your course/class?

### LEISURE TIME ACTIVITIES

*The following questions refer to leisure time activities such as watching T.V., reading the paper or magazines, tending house plants or gardening, hobbies, going to museums or the movies, or to sports events, etc.*

1. When you had time, how often did you use that time for a leisure time activity?
2. How often did you enjoy the leisure activities?
3. How often did you look forward to the leisure activities before spending time at them?
4. How often did you concentrate on the leisure activities and pay attention to them?
5. If a problem arose in your leisure activities, how often did you solve it or deal with it without undue stress?
6. How often did the leisure activities sustain your interest?

### SOCIAL RELATIONS

During the past week how often have you...

1. Enjoyed talking with or being with friends or relatives?
2. Looked forward to getting together with friends or relatives?

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3. Made social plans with friends or relatives for future activities?
4. Enjoyed talking with co-workers or neighbors?
5. Been patient with others when others were irritating in their actions or words?
6. Been interested in the problems of other people?
7. Felt affection toward one or more people?
8. Gotten along well with other people?
9. Joked or laughed with other people?
10. Felt you met the needs of friends or relatives?
11. Felt your relationships with your friends or relatives were without major problems or conflicts?

### GENERAL ACTIVITIES

Taking everything into consideration, during the past week how satisfied have you been with your...

1. Physical health?
2. Mood?
3. Work?
4. Household activities?
5. Social Relationships?
6. Family Relationships?
7. Leisure time activities?
8. Ability to function in daily life?
9. Sexual drive, interest, and/or performance?
10. Economic status?
11. Living/housing situation?
12. Ability to get around physically without feeling dizzy or unsteady or falling?
13. Your vision in terms of ability to do work or hobbies?
14. Overall sense of well being?
15. Medication? [If not taking any, check here \_\_\_\_\_ and leave item blank]
16. How would you rate your overall life satisfaction and contentment during the past week?  
\*if satisfaction is very poor, poor, or fair on these items, please UNDERLINE the factor(s) associated with a lack of satisfaction.
- 17.

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### SCORING:

Raw score ranges:

Physical Health (13-65)

Subjective Feelings of Well-being (14-70)

Work (13-65) \*if response is NO because “too upset emotionally,” score 13\*

Household duties (10-50) \*if response is NO because “too upset emotionally,” score 10\*

School/Course (10-50) \*if response is NO because “too upset emotionally,” score 10\*

Leisure Time Activities (6-30)

Social Relationships (11-55)

General Activities (14-70)

Satisfaction with meds (1-5) \*if no meds, score 1\*

Overall life satisfaction (1-5)

Total Score is reported as a percentage of the maximum possible score such that:

$$\% \text{Max} = \frac{\text{raw} - \text{minimum score}}{\text{maximum score} - \text{minimum score}}$$

\*Score each section SEPARATELY\*

If items are left blank, the maximum and minimum scores must be modified to reflect the number of items scored.

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