

MHQoL-7D scoring manual

The descriptive system of the MHQoL, the MHQoL-7D, comprises seven questions, covering seven dimensions each with four response levels. The levels of the MHQoL-7D are scored as follows:

Please indicate below which statements best describe your situation TODAY by ticking ONE box in each of the seven subjects.			
SELF-IMAGE			
I think very positively about myself	☐	3	☒ Level 1 is scored as '3'
I think positively about myself	☐	2	☐
I think negatively about myself	☐	1	☐
I think very negatively about myself	☐	0	☐
INDEPENDENCE <i>For example: freedom of choice, financial, co-decision making</i>			
I am very satisfied with my level of independence	☐	3	
I am satisfied with my level of independence	☐	2	☐ Level 2 is scored as '2'
I am dissatisfied with my level of independence	☐	1	☒
I am very dissatisfied with my level of independence	☐	0	☐
MOOD			
I do not feel anxious, gloomy, or depressed	☐	3	☐
I feel a little anxious, gloomy, or depressed	☐	2	☐
I feel anxious, gloomy, or depressed	☐	1	
I feel very anxious, gloomy, or depressed	☐	0	
RELATIONSHIPS <i>For example: partner, children, family, friends</i>			☐ Level 3 is scored as '1'
I am very satisfied with my relationships	☐	3	☐
I am satisfied with my relationships	☐	2	☒
I am dissatisfied with my relationships	☐	1	☐
I am very dissatisfied with my relationships	☐	0	
DAILY ACTIVITIES <i>For example: work, study, household, leisure activities</i>			
I am very satisfied with my daily activities	☐	3	☐ Level 4 is scored as '0'
I am satisfied with my daily activities	☐	2	☐
I am dissatisfied with my daily activities	☐	1	☐
I am very dissatisfied with my daily activities	☐	0	☐
PHYSICAL HEALTH			☒
I have no physical health problems	☐	3	
I have some physical health problems	☐	2	
I have many physical health problems	☐	1	
I have a great many physical health problems	☐	0	
FUTURE			
I am very optimistic about my future	☐	3	
I am optimistic about my future	☐	2	
I am gloomy about my future	☐	1	
I am very gloomy about my future	☐	0	

An overall index score can be calculated by summing the scores of the seven questions. The MHQoL-7D index score can vary from 0 to 21, with higher scores indicating better quality of life.