

# ADDQoL Senior

This questionnaire asks about your quality of life – in other words how good or bad you feel your life to be.

Please put an “X” in the box that best indicates your response for each item.

What we would like to know is how you feel about your life now.

I) In general, my present quality of life is:

- excellent.....
- very good .....
- good .....
- neither good nor bad .....
- bad .....
- very bad .....
- extremely bad.....

Now we would like to know how your quality of life is affected by your diabetes, its management and any complications you may have.

II) If I did not have diabetes, my quality of life would be:

- very much better.....
- much better .....
- a little better.....
- the same .....
- worse .....

**This copy is for information only - for use, please contact Professor Bradley**

Please respond to the more specific statements on the following pages.

For each aspect of life described, you will find two parts:

For Part a): Put an "X" in one box to show how diabetes affects this aspect of your life.

For Part b): Put an "X" in one box to show how important this aspect of your life is to your quality of life.

<p><b>1 a) If I did not have diabetes, I could enjoy my interests and pastimes:</b></p> <ul style="list-style-type: none"><li>• very much more ..... <input type="checkbox"/></li><li>• much more..... <input type="checkbox"/></li><li>• a little more ..... <input type="checkbox"/></li><li>• the same ..... <input type="checkbox"/></li><li>• less ..... <input type="checkbox"/></li></ul> <p><b>b) My interests and pastimes are:</b></p> <ul style="list-style-type: none"><li>• very important ..... <input type="checkbox"/></li><li>• important..... <input type="checkbox"/></li><li>• somewhat important..... <input type="checkbox"/></li><li>• not at all important ..... <input type="checkbox"/></li></ul>
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For information only

**2 a) If I did not have diabetes, I could get out and about (e.g. on foot, or by car, bus or train):**

- very much better .....
- much better .....
- a little better .....
- the same .....
- worse .....

**b) For me, getting out and about is:**

- very important .....
- important .....
- somewhat important .....
- not at all important .....

**3 Do you ever go on holiday or want to go on holiday?**

Yes  If 'yes', complete (a) & (b).

No  If 'no', go straight to 4a.

**a) If I did not have diabetes, my holidays would be:**

- very much better .....
- much better .....
- a little better .....
- the same .....
- worse .....

**b) For me, holidays are:**

- very important .....
- important .....
- somewhat important .....
- not at all important .....