

# Dartmouth Quality of Life Index

Date: \_\_\_\_\_ Pre - Mid - Post  
Score: \_\_\_\_\_

## Feelings

During the past 4 weeks how much have you been bothered by emotional problems such as feeling Anxious, depressed, irritable, or downhearted and blue?

- Not at all
- Slightly
- Moderately
- Quite a bit
- Extremely

## Physical Fitness

During the past 4 weeks what was the hardest physical activity you could do for at least 2 minutes?

- Very Heavy**---Run Fast; Carry Heavy Loads Uphill
- Heavy**---Jog; Climb Stairs or Hill
- Moderate**---Walk Medium; Carry Heavy Loads
- Light**---Walk Medium; Carry Light Loads
- Very Light**---Walk Slow; Wash Dishes

## Social Support

During the past 4 weeks was someone available to help you if you needed and wanted help?

For example, if you:

-Felt very nervous, lonely, or blue

-Got sick and had to stay in bed

-Needed someone to talk to-Needed help with daily chores

-Needed help just taking care of your self

- Yes, as much as I wanted
- Yes, quite a bit
- Yes, some
- Yes, a little
- No, not at all

## Daily Activities

During the past 4 weeks how much difficulty have you had doing your usual activities or tasks, both inside and outside the house because of your physical and emotional health?

- No difficulty at all
- A little bit of difficulty
- Some difficulty
- Much difficulty
- Could not do

# Dartmouth Quality of Life Index

## Social Activities

During the past 4 weeks has your physical and emotional health limited your social activities with family, friends, neighbors, or groups?

- Not at all
- Slightly
- Moderately
- Quite a bit
- Extremely

## Pain

During the past 4 weeks how much bodily pain have you generally had?

- No pain
- Very Mild Pain
- Mild Pain
- Moderate Pain
- Severe Pain

## Overall Health

During the past 4 weeks how would you rate your health in general?

- Excellent
- Very Good
- Good
- Fair
- Poor

## Quality of Life

How have things been going for you during the past 4 weeks?

- Very Well-Could hardly be better
- Pretty good
- Good & bad parts about equal
- Pretty bad
- Very bad-Could hardly be worse

## Change in Health

How would you rate your overall health now compared to 4 weeks ago?

- Much Better
- A little better
- About the same
- A little worse
- Much worse