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
I think positively about myself	☐	2
I think negatively about myself	☐	1
I think very negatively about myself	☐	0

INDEPENDENCE *For example: freedom of choice, financial, co-decision making*

I am very satisfied with my level of independence	☐	3
I am satisfied with my level of independence	☐	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 *For example: partner, children, family, friends*

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 *For example: work, study, household, leisure activities*

I am very satisfied with my daily activities	☐	3
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

☑ Level 1 is scored as '3'
☐
☐
☐

☐ Level 2 is scored as '2'
☑
☐
☐

☐ Level 3 is scored as '1'
☐
☑
☐

☐ Level 4 is scored as '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.