

OPQOL-brief:

Notes:

The OPQOL-BRIEF questionnaire has 13 items, with a preliminary single item on global QoL, shown below. This single item is not scored with the OPQOL; it is coded as Very good (1) to Very bad (5).

OPQOL-Brief scoring:

Each of the 13 items is scored Strongly agree=1, Agree=2, Neither=3, Disagree=4, Strongly disagree=5. The items are summed for a total OPQOL-Brief score, then positive items are reverse coded, so that higher scores represented higher QoL.

We would like to ask you about your quality of life:

Single item - global QoL:

1 Thinking about both the good and bad things that make up your quality of life, how would you rate the quality of your life as a whole?

Your quality of life
as a whole is:

Very good

Good

Alright

Bad

Very bad

OPQOL-Brief

2 Please tick one box in each row. Please select the response that best describes you/your views. There are no right or wrong answers.

Strongly
agree

Agree

Neither
agree nor
disagree

Disagree

Strongly
disagree

1 I enjoy my life overall

2 I look forward to things

3 I am healthy enough to get out
and about

4 My family, friends or neighbours

would help me if needed	<input type="checkbox"/>				
5 I have social or leisure activities/ hobbies that I enjoy doing	<input type="checkbox"/>				
6 I try to stay involved with things	<input type="checkbox"/>				
7 I am healthy enough to have my independence	<input type="checkbox"/>				
8 I can please myself what I do	<input type="checkbox"/>				
9 I feel safe where I live	<input type="checkbox"/>				
10 I get pleasure from my home	<input type="checkbox"/>				
11 I take life as it comes and make the best of things	<input type="checkbox"/>				
12 I feel lucky compared to most people	<input type="checkbox"/>				
13 I have enough money to pay for household bills	<input type="checkbox"/>				

Thank you for your help

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Bowling A, Hankins M, Windle G, Bilotta C, Grant R. (2013). A short measure of quality of life in older age: The performance of the brief Older People's Quality of Life questionnaire (OPQOL-brief). Archives of Geriatrics and Gerontology, 56, 1: 181-187.

<http://dx.doi.org/10.1016/j.archger.2012.08.012>

The full OPQOL questionnaire, scoring details, the OPQOL-brief, and other information about the research can be found on:

http://www.ilcuk.org.uk/index.php/publications/publication_details/good_neighbours_measuring_quality_of_life_in_old_age

The link for actual PDF of the OPQOL-brief is also here:

http://www.ilcuk.org.uk/images/uploads/publication-pdfs/OPQOL_brief_questionnaire.pdf