

I. Final measure

Instructions: Interviewer should read the statement to the patient:

This assessment asks how you feel about your quality of life, health, or other areas of your life.

Please answer all the questions. If you are unsure about which response to give to a question, please choose the one that appears most appropriate. This can often be your first response. Please keep in mind your standards, hopes, pleasures and concerns. We ask that you think about your life in the last four weeks.

Bino bibuza ku ngeri gy'owuliramu ku mutindo gw'obulamu bwo oba ebintu ebirala mu bulamu bwo. Tukasaba oddemu ebibuza byonna. Bwoba tewekakasa kya kuddamu, tukusaba olonde ekisinga okwefananyiriza embeera yo. Kino kitera okuba ekisooka okugira mu ndowooza. Tukusaba oleme kwerabira omutindo, byosuubira, ebikunyumira n'ebikweralikiriza. Tukusaba olwooze ku bulamu bwo mu banga lya wiki nnya eziyise.

	Very poor Bubi ddala	Poor Bubi	Neither poor nor good Mpaawo wengwa	Good Bulungi	Very good Bulungi ddala
1. How would you rate your quality of life? Omutindo gwo bulamu bwo ogugerageranya otya?	1	2	3	4	5
	Very dissatisfied Siri mumativu nakamu	Dissatisfied Siri mumativu	Neither Satisfied nor dissatisfied Mpaawo wengwa	Satisfied Mumativu	Very satisfied Mumativu ddala
2. How satisfied are you with your health? Oli mu mativu kwenkanawa nembeera y'obulamu bwo?	1	2	3	4	5
The following questions ask about how much you experienced certain things in the last four weeks. Ebibuzo bino wamanga byekusa kungeri gyobade owuliramu ebintu ebimu mu wiki ennya eziyise					
	Not at all Wadde nakamu	A little Katono	A moderate amount Katono katono	Very much Nnyo	An extreme amount Nnyo ddala
3. To what extent do you feel that physical pain prevents you from doing what you need to do? Owulira nga Obulumi obwomubiri bukuziyiza kwenkanawa okukola byewetaaga okukola?	1	2	3	4	5
4. How much do you need any medical treatment to function in your daily life? Obujjanjabi obwekika kyonna obwetaaga kwenkanawa okutambuza obulamu obwa bulijjo?	1	2	3	4	5
5. How much do you enjoy life? Obulamu bukunyumira kwenkanawa?	1	2	3	4	5
6. To what extent do you feel your life to be meaningful? Owulira nga obulamubwo bwamugaso	1	2	3	4	5

kwenkanawa?					
	Not at all Wadde nakamu	A little Katono	A moderate amount Katono katono	Very much Nnyo	Extremely Nnyo ddala
7. How well are you able to concentrate? Osobola bulungi okusa essira kubyokola?	1	2	3	4	5
8. How safe do you feel in your daily life? Olowooza nti olina obukuumi ku bulamu bwo obwa bulijjo?	1	2	3	4	5
9. How healthy is your physical environment? Embeera y'ebiyobulamu kwebyo ebikwetoloode eri etya?	1	2	3	4	5
The following questions ask about how completely you experience or were able to do certain things in the last four weeks. Ebibuuzo bino wamanga bikwata kw'ebyo b'yoyitamamu oba by'okoze mu wiki nnya eziyise					
	Not at all Wadde nakamu	A little Katono	Moderately Katono katono	Mostly Nnyo	Completely Ddala ddala
10. Do you have enough energy for everyday life? Olina amaanyi agamala okukola ebintu byo ebyabulijjo?	1	2	3	4	5
11. Are you able to accept your bodily appearance? Osobola okukkiriza embeera gyofananamu?	1	2	3	4	5
12. Do you have enough money to meet your needs? Olina sente ezimala okwetusaako byewetaaga?	1	2	3	4	5
13. How available to you is the information that you need in your day-to-day life? Osobola okufuna amawulire ge wetaaga mu bulamu bwo obwa bulijjo?	1	2	3	4	5
14. To what extent do you have the opportunity for leisure activities? Ofuna ebiseera ebye ddembe ebyokwewumuzamu?	1	2	3	4	5
	Very poor Bubi ddala	Poor Bubi	Neither poor nor good Mpaawo wengwa	Good Bulungi	Very good Bulungi ddala
15. How well are you able to get around (move around)? Osobola bulungi okutambulatambula?	1	2	3	4	5
The following questions ask you to say how good or satisfied you feel about various aspects of your life over the last four weeks. Ebibuuzo bino wamanga bibuuzo kubumativu bwolina mubintu ebimu mubulamubwomu wiki ennya eziyise					
	Very dissatisfied Siri mumativu	Dissatisfied Siri mumativu	Neither Satisfied nor dissatisfied Mpaawo	Satisfied Mumativu	Very satisfied Mumativu ddala

	nakamu		wengwa		
16. How satisfied are you with your sleep? Olimumativu notulo twofuna?	1	2	3	4	5
17. How satisfied are you with your ability to perform your daily living activities? Olimumativu kwenkanawa ku ngeri gy'okakalabyamu emirimu'gyo egyabulijjo?	1	2	3	4	5
18. How satisfied are you with your capacity for work? Olimumativu kwenkanawa ku busobozi bw'olina okukola emirimu?	1	2	3	4	5
19. How satisfied are you with yourself? Olimumativu kwenkanawa nengeri gyewetwalamu?	1	2	3	4	5
20. How satisfied are you with your personal relationships? Olimumativu kwenkanawa nenkolaganayo n'abantu mubulamubwo?	1	2	3	4	5
21. How satisfied are you with the intimate or long term relationship in your life? Olimumativu kwenkanawa ku nsonga y'ebyomukwano mu bulamu bwo?	1	2	3	4	5
22. How satisfied are you with the support you get from your friends? Olimumativu kwenkanawa nobuyambi bw'ofuna okuva eri mikwano gyo?	1	2	3	4	5
23. How satisfied are you with the conditions of your living place? Olimumativu kwenkanawa nekifo wobeera ?	1	2	3	4	5
24. How satisfied are you with your access to health services? Olimumativu kwenkanawa n'engeri gyofunamu empeereza ku byobulamu?	1	2	3	4	5
25. How satisfied are you with your transport? Olimumativu kwenkanawa n'ebyentambula?	1	2	3	4	5
The following question refers to how often you have felt or experienced certain things in the last four weeks. Eki buuzo kino wamanga bikwata kungeri gyobadde owuliramu ebintu ebimu muwiiki ennya eziyise					
	Never Tekibangawo	Seldom Obwolumu	Quite Often Kitera okubaawo	Very often Wekiri ddala	Always Wekiri oluberera
26. How often do you have negative feelings such as blue mood, despair, anxiety, depression? Otera okuwulira nga toli musanyufu, nga welalikirila, omutima teguteredde wamu, oba nga wenyamira?	1	2	3	4	5

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