

L-Ghaqda Dinija tas-Sahha (WHO): Il-Kwalità tal-Hajja. (WHOQOL-BREF).
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Dawn il-mistoqsijiet huma fuq il-kwalità tal-hajja tieghek, is-saħha jew aspetti oħra ta' hajtek. **Jekk jogħġbok aghzel it-twegiba li tara l-aktar addattata għalik.** Jekk m'intix ċert/a liema hija t-twegiba, pprova aghzel l-aktar waħda li taħseb li tghodd għalik.

Jekk jogħġbok zomm f'moħħok l-istandards, it-tamiet, il-gosti u l-preokkupazzjonijiet tieghek. Qed nistaqsuk fuq kif taħsibha fuq hajtek matul **dawn l-ahhar erba' ġimgħat.**

		Hażin/a hafna	Hażin/a	La hażin/a u lanqas tajba/tajjeb	Tajjeb/Tajba	Tajjeb/Tajba hafna
1	Kif tiġġudika l-kwalità ta' hajtek?	1	2	3	4	5

		Assolutament mhux sodisfatt/a	Mhux sodisfatt/a	La sodisfatt/a u lanqas mhux sodisfatt/a	Sodisfatt/a	Sodisfatt/a hafna
2	Kemm int sodisfatt/a b'saħħtek?	1	2	3	4	5

Il-mistoqsijiet li ġejjin juru jekk **kellekx** esperjenzi ta' ċertu affarijiet matul **dawn l-ahhar erba' ġimgħat.**

		Lanqas xejn	Ftit	Ammont moderat	Hafna	Ammont kbir
3	Kemm taħseb li l-uġiegh fiżiku jista' jwaqqfek milli tagħmel dak li tehtiegħ?	5	4	3	2	1
4	Kemm għandek bżonn trattament mediku biex tkompli fil-hajja ta' kuljum?	5	4	3	2	1
5	Kemm tgawdi l-hajja?	1	2	3	4	5
6	Kemm tħoss li hajtek fiha sens?	1	2	3	4	5

		Lanqas xejn	Ftit	Ammont moderat	Hafna	Ammont kbir
7	Kemm inti kapaci tikkoncentra?	1	2	3	4	5
8	Kemm tħossok protett/a fil-hajja tieghek ta' kuljum?	1	2	3	4	5
9	Kemm hu b'saħħtu l-ambjent fiżiku ta' madwarek?	1	2	3	4	5

Il-mistoqsijiet li ġejjin jistaqsuk fuq l-esperjenzi shaħ tiegħek jew kemm kont kapaċi tagħmel ċerti affarijiet matul **dawn l-aħhar erba' ġimghat**.

		Xejn	Ftit	Mhux hazın	Hafna	Totalment
10	Għandek energija biżżejjed fil-ħajja ta' kuljum?	1	2	3	4	5
11	Kapaċi taċċetta d-dehra ta' ġismek?	1	2	3	4	5
12	Għandek flus biżżejjed biex tlahħaq mal-bżonnijiet tiegħek?	1	2	3	4	5
13	Kemm issib informazzjoni li teħtieġ għall-ħajja ta' kuljum?	1	2	3	4	5
14	Kemm taħseb li għandek l-opportunità għall-attivitajiet ta' divertiment?	1	2	3	4	5

		Hazın/a hafna	Hazın/a	La hazın/a u lanqas tajba/tajjeb	Tajjeb/ Tajba	Tajjeb/ Tajba hafna
15	Kemm tħossok tajjeb/tajba biex tkompli fil-ħajja?	1	2	3	4	5

		Assolutament mhux sodisfatt/a	Mhux sodisfatt/a	La sodisfatt/a u lanqas mhux sodisfatt/a	Sodisfatt/a	Sodisfatt/a hafna
16	Kemm int sodisfatt/a bl-irquad tiegħek?	1	2	3	4	5
17	Kemm tħossok sodisfatt/a bil-kapaċità tiegħek biex twettaq l-attivitajiet tiegħek ta' kuljum?	1	2	3	4	5
18	Kemm tħossok sodisfatt/a bil-kapaċità tiegħek għax-xogħol?	1	2	3	4	5
19	Kemm int sodisfatt/a bik innifsek?	1	2	3	4	5

		Assolutament mhux sodisfatt/a	Mhux sodisfatt/a	La sodisfatt/a u lanqas mhux sodisfatt/a	Sodisfatt/a	Sodisfatt/a hafna
20	Kemm tħossok sodisfatt/a bir-relazzjonijiet personali tiegħek?	1	2	3	4	5
21	Kemm int sodisfatt/a bil-ħajja sesswali tiegħek?	1	2	3	4	5
22	Kemm int sodisfatt/a bis-sapport li tirċievi mingħand sħabek?	1	2	3	4	5
23	Kemm int sodisfatt/a bil-kundizzjonijiet tal-post fejn tgħix?	1	2	3	4	5
24	Kemm int sodisfatt/a bl-aċċess li għandek għas-servizzi tas-saħħa?	1	2	3	4	5
25	Kemm int sodisfatt/a bit-trasport tiegħek?	1	2	3	4	5

Il-mistoqsija li ġejja hija fuq kemm -il darba ħassejt jew esperjenzajt ċerti affarijiet matul dawn l-aħħar erba' ġimgħat.

		Qatt	Rari	Spiss	Hafna Drabi	Dejjem
26	Kemm -il darba jkollok emozzjonijiet negattivi bħal ma' huma: burdata ħażina, disprament, ansjetà u dipressjoni?	5	4	3	2	1

Għandek xi kummenti dwar dan il-kwestjonarju?

**The World Health Organization Quality of Life (WHOQOL)-BREF.
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The following questions ask how you feel about your quality of life, health or other areas of your life. **Please choose the answer that appears most appropriate.** If you are unsure about which response to give to a question, the first response is often the best one.

Please keep in mind your standards, hopes, pleasures and concerns. We ask that you think about your life **in the last four weeks.**

		Very poor	Poor	Neither poor nor good	Good	Very good
1	How would you rate your quality of life?	1	2	3	4	5

		Very dissatisfied	Dissatisfied	Neither satisfied nor dissatisfied	Satisfied	Very satisfied
2	How satisfied are you with your health?	1	2	3	4	5

The following questions ask about **how much** you have experienced certain things **in the last four weeks.**

		Not at all	A little	A moderate amount	Very Much	An extreme amount
3	To what extent do you feel that physical pain prevents you from doing what you need to do?	5	4	3	2	1
4	How much do you need any medical treatment to function in your daily life?	5	4	3	2	1
5	How much do you enjoy life?	1	2	3	4	5
6	To what extent do you feel your life to be meaningful?	1	2	3	4	5

		Not at all	A little	A moderate amount	Very Much	Extremely
7	How well are you able to	1	2	3	4	5

	concentrate?					
8	How safe do you feel in your daily life?	1	2	3	4	5
9	How healthy is your physical environment?	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.**

		Not at all	A little	Moderately	Mostly	Completely
10	Do you have enough energy for everyday life?	1	2	3	4	5
11	Are you able to accept your bodily appearance?	1	2	3	4	5
12	Have you enough money to meet your needs?	1	2	3	4	5
13	How available to you is the information that you need in your day-to-day life?	1	2	3	4	5
14	To what extent do you have the opportunity for leisure activities?	1	2	3	4	5

		Very poor	Poor	Neither poor nor good	Good	Very good
15	How well are you able to get around?	1	2	3	4	5

		Very dissatisfied	Dissatisfied	Neither satisfied nor dissatisfied	Satisfied	Very satisfied
16	How satisfied are you with your sleep?	1	2	3	4	5
17	How satisfied are you with your ability to perform your daily living activities?	1	2	3	4	5
18	How satisfied are you with your capacity for work?	1	2	3	4	5
19	How satisfied are you with yourself?	1	2	3	4	5

		Very dissatisfied	Dissatisfied	Neither satisfied nor dissatisfied	Satisfied	Very satisfied
20	How satisfied are you with your personal relationships?	1	2	3	4	5
21	How satisfied are you with your sex life?	1	2	3	4	5
22	How satisfied are you with the support you get from your friends?	1	2	3	4	5
23	How satisfied are you with the conditions of your living place?	1	2	3	4	5
24	How satisfied are you with your access to health services?	1	2	3	4	5
25	How satisfied are you with your transport?	1	2	3	4	5

The following question refers to how often you have felt or experienced certain things **in the last four weeks**.

		Never	Seldom	Quite often	Very often	Always
26	How often do you have negative feelings such as blue mood, despair, anxiety, depression?	5	4	3	2	1

Do you have any comments about the assessment?

This translation was not created by the World Health Organization (WHO). WHO is not responsible for the content or accuracy of this translation. In the event of any inconsistency between the English and the translated version, the original English version shall be the binding and authentic version.