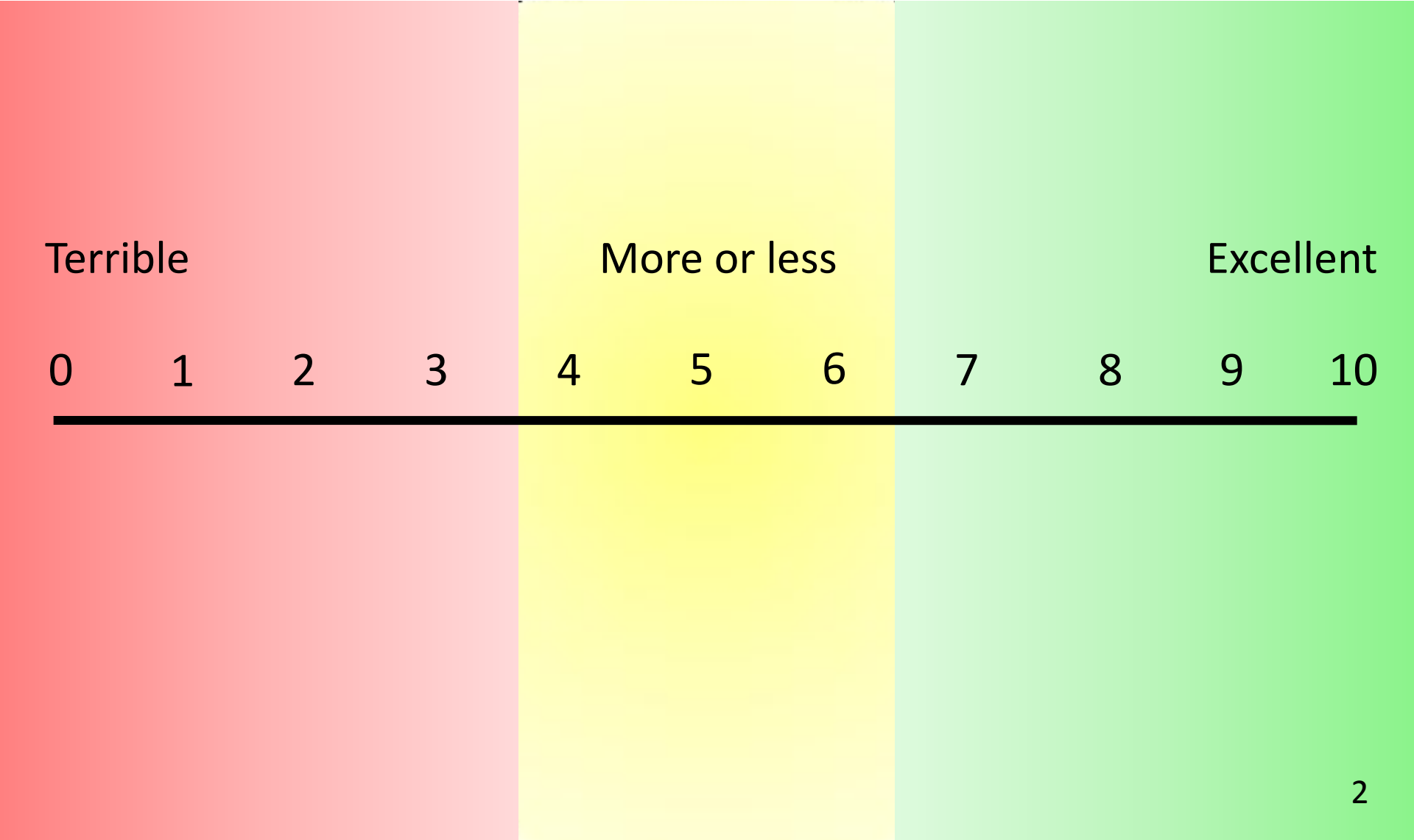


The Barretos Short Instrument for assessment of quality of life - BSIqol -

You will answer 6 questions regarding your sense of well-being.
In order to respond, think about the last 7 days of your life, that is, your last
week

Think about your life as a whole.

1. What grade would you give to your sense of *WELL-BEING* during the last week?



Think about your physical body.

2. What grade would you give to your sense of *physical WELL-BEING* during the last week?

Terrible

More or less

Excellent

0

1

2

3

4

5

6

7

8

9

10

Several unpleasant feelings

I don't feel anything bad

Think about your emotional side.

3. What grade would you give to your sense of *emotional WELL-BEING* during the last week?

Terrible

More or less

Excellent

0

1

2

3

4

5

6

7

8

9

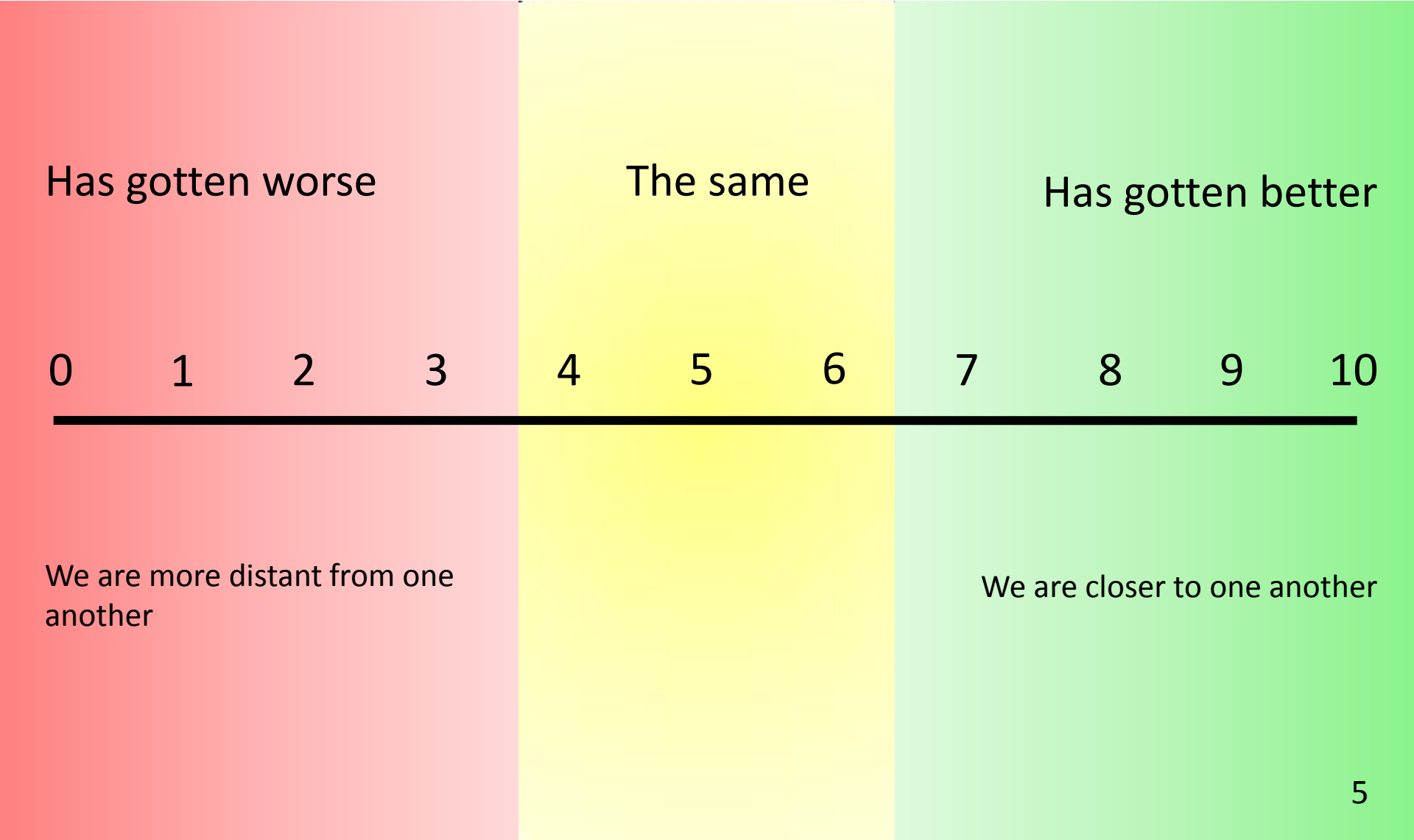
10

Sadness
Anxiety
Pessimism
No will to live

Happiness
Easiness
Optimism
Strong will to live

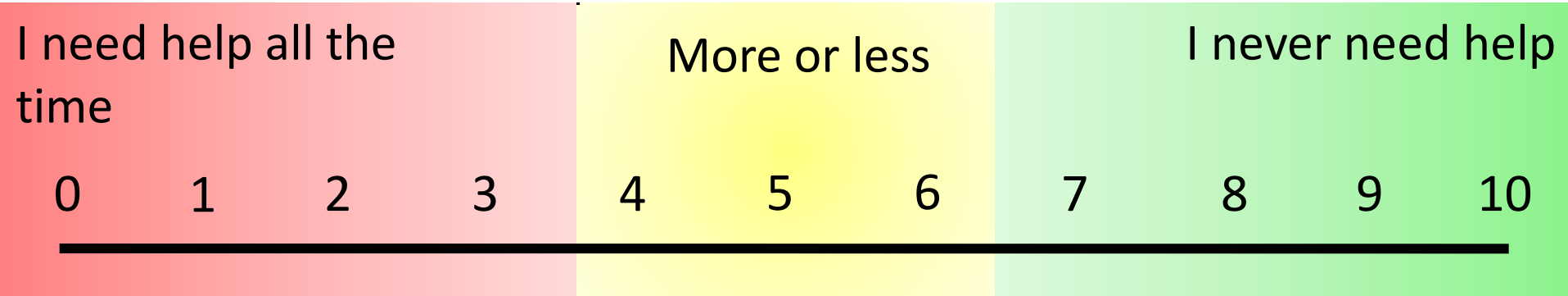
Think about the people you love, those that really matter to you.

4. Overall, how is your relationship with them?



What grade would you give to your ability to:

5. *Take care of yourself* (bathing, dressing up, combing your hair, eating, etc)



6. *Work*

