



# Multicultural Quality of Life Index

(Adapted from Mezzich, Cohen, Ruiperez, Liu & Yoon, 1999)

Name \_\_\_\_\_

Date \_\_\_\_\_

**Instructions:** Please indicate the quality of your health and life at present, from “poor” to “excellent,” by placing an **X** on any of the ten points on the line for each of the following items:

**1. Physical Well-Being (feeling energetic, free of pain and physical problems)**

Poor  1     2     3     4     5     6     7     8     9    Excellent  10

**2. Mental/Emotional Well-Being (feeling good, comfortable with yourself, clear headed)**

Poor  1     2     3     4     5     6     7     8     9    Excellent  10

**3. Self-Care and Independent Functioning (carrying out daily living tasks; making own decisions)**

Poor  1     2     3     4     5     6     7     8     9    Excellent  10

**4. Occupational Functioning (able to carry out work, school and parenting duties)**

Poor  1     2     3     4     5     6     7     8     9    Excellent  10

**5. Interpersonal Functioning (able to respond and related well to family, friends, and groups)**

Poor  1     2     3     4     5     6     7     8     9    Excellent  10

**6. Social-Emotional Support (availability of people you can trust and who can offer help and emotional support)**

Poor  1     2     3     4     5     6     7     8     9    Excellent  10

**7. Community and Services Support (pleasant and safe neighborhood, access to financial, informational and other resources)**

Poor  1     2     3     4     5     6     7     8     9    Excellent  10

**8. Personal Fulfillment (experiencing a sense of balance, pride and satisfaction; finding joy in life; doing things that make me happy)**

Poor  1     2     3     4     5     6     7     8     9    Excellent  10

**9. Spiritual Fulfillment (experiencing faith, religion or other spiritual happiness beyond my material possessions)**

Poor  1     2     3     4     5     6     7     8     9    Excellent  10

**10. General Perception of Quality of Life (feeling satisfied and happy with your life in general)**

Poor  1     2     3     4     5     6     7     8     9    Excellent  10

**For staff use only:**

Average score \_\_\_\_\_.