Multicultural Quality of Life Index

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

|  |  |  |
| --- | --- | --- |
| Click here to enter text. |  | Click here to enter text. |
| **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** |  |  |  |  |  |  |  |  | **Excellent** |
|  | [ ]  1 | [ ]  2 | [ ]  3 | [ ]  4 | [ ]  5 | [ ]  6 | [ ]  7 | [ ]  8 | [ ]  9 | [ ]  10 |
| **2.** | Mental/Emotional Well-Being (feeling good, comfortable with yourself, clear headed)  |
|  | **Poor** |  |  |  |  |  |  |  |  | **Excellent** |
|  | [ ]  1 | [ ]  2 | [ ]  3 | [ ]  4 | [ ]  5 | [ ]  6 | [ ]  7 | [ ]  8 | [ ]  9 | [ ]  10 |
| **3.** | Self-Care and Independent Functioning (carrying out daily living tasks; making own decisions) |
|  | **Poor** |  |  |  |  |  |  |  |  | **Excellent** |
|  | [ ]  1 | [ ]  2 | [ ]  3 | [ ]  4 | [ ]  5 | [ ]  6 | [ ]  7 | [ ]  8 | [ ]  9 | [ ]  10 |
| **4.** | Occupational Functioning (able to carry out work, school and parenting duties) |
|  | **Poor** |  |  |  |  |  |  |  |  | **Excellent** |
|  | [ ]  1 | [ ]  2 | [ ]  3 | [ ]  4 | [ ]  5 | [ ]  6 | [ ]  7 | [ ]  8 | [ ]  9 | [ ]  10 |
| **5.** | Interpersonal Functioning (able to respond and related well to family, friends, and groups) |
|  | **Poor** |  |  |  |  |  |  |  |  | **Excellent** |
|  | [ ]  1 | [ ]  2 | [ ]  3 | [ ]  4 | [ ]  5 | [ ]  6 | [ ]  7 | [ ]  8 | [ ]  9 | [ ]  10 |
| **6.** | Social-Emotional Support (availability of people you can trust and who can offer help and emotional support)  |
|  | **Poor** |  |  |  |  |  |  |  |  | **Excellent** |
|  | [ ]  1 | [ ]  2 | [ ]  3 | [ ]  4 | [ ]  5 | [ ]  6 | [ ]  7 | [ ]  8 | [ ]  9 | [ ]  10 |
| **7.** | Community and Services Support (pleasant and safe neighborhood, access to financial, informational and other resources)  |
|  | **Poor** |  |  |  |  |  |  |  |  | **Excellent** |
|  | [ ]  1 | [ ]  2 | [ ]  3 | [ ]  4 | [ ]  5 | [ ]  6 | [ ]  7 | [ ]  8 | [ ]  9 | [ ]  10 |
| **8.** | Personal Fulfillment (experiencing a sense of balance, pride and satisfaction; finding joy in life; doing things that make me happy)  |
|  | **Poor** |  |  |  |  |  |  |  |  | **Excellent** |
|  | [ ]  1 | [ ]  2 | [ ]  3 | [ ]  4 | [ ]  5 | [ ]  6 | [ ]  7 | [ ]  8 | [ ]  9 | [ ]  10 |
| **9.** | Spiritual Fulfillment (experiencing faith, religion or other spiritual happiness beyond my material possessions) |
|  | **Poor** |  |  |  |  |  |  |  |  | **Excellent** |
|  | [ ]  1 | [ ]  2 | [ ]  3 | [ ]  4 | [ ]  5 | [ ]  6 | [ ]  7 | [ ]  8 | [ ]  9 | [ ]  10 |
| **10.** | General Perception of Quality of Life (feeling satisfied and happy with your life in general) |
|  | **Poor** |  |  |  |  |  |  |  |  | **Excellent** |
|  | [ ]  1 | [ ]  2 | [ ]  3 | [ ]  4 | [ ]  5 | [ ]  6 | [ ]  7 | [ ]  8 | [ ]  9 | [ ]  10 |

**For staff use only:**

Average score: 00.00