

# Utian Quality of Life Scale (UQOL)

Please rate the degree to which you agree with the following statements, as they apply to you *within the past month*. Be sure to *answer every question!* Please circle your answer using the following 5-point scale:

	1	2	3	4	5
	Not true of me		Moderately true of me		Very true of me
1. I am able to control things in my life that are important to me.	1	2	3	4	5
2. I feel challenged by my work.	1	2	3	4	5
3. I believe my work benefits society.	1	2	3	4	5
4. I am not content with my sexual life.	1	2	3	4	5
5. I am content with my romantic life.	1	2	3	4	5
6. I have gotten a lot of personal recognition in my community or at my job.	1	2	3	4	5
7. I am unhappy with my appearance.	1	2	3	4	5
8. My diet is not nutritionally sound.	1	2	3	4	5
9. I feel in control of my eating behavior.	1	2	3	4	5
10. Routinely, I engage in active exercise three or more times each week.	1	2	3	4	5
11. My mood is generally depressed.	1	2	3	4	5
12. I frequently experience anxiety.	1	2	3	4	5
13. Most things that happen to me are out of my control.	1	2	3	4	5
14. I am content with the frequency of my sexual interactions with a partner.	1	2	3	4	5
15. I currently experience physical discomfort or pain during sexual activity.	1	2	3	4	5
16. I believe I have no control over my physical health.	1	2	3	4	5
17. I am proud of my occupational accomplishments.	1	2	3	4	5
18. I consider my life stimulating.	1	2	3	4	5
19. I continue to set new personal goals for myself.	1	2	3	4	5
20. I expect that good things will happen in my life.	1	2	3	4	5
21. I feel physically well.	1	2	3	4	5
22. I feel physically fit.	1	2	3	4	5
23. I continue to set new professional goals for myself.	1	2	3	4	5

# Utian Quality of Life Scale (UQOL) Scoring Summary

**Instructions:** Each of the four subscales of the UQOL is represented by a unique color, as shown below. Sum the circled responses by color and enter the sum in the scoring summary section at the bottom of the page.

1. I am able to control things in my life that are important to me.	1	2	3	4	5
2. I feel challenged by my work.	1	2	3	4	5
3. I believe my work benefits society.	1	2	3	4	5
4. I am not content with my sexual life.	5	4	3	2	1
5. I am content with my romantic life.	1	2	3	4	5
6. I have gotten a lot of personal recognition in my community or at my job.	1	2	3	4	5
7. I am unhappy with my appearance.	5	4	3	2	1
8. My diet is not nutritionally sound.	5	4	3	2	1
9. I feel in control of my eating behavior.	1	2	3	4	5
10. Routinely, I engage in active exercise three or more times each week.	1	2	3	4	5
11. My mood is generally depressed.	5	4	3	2	1
12. I frequently experience anxiety.	5	4	3	2	1
13. Most things that happen to me are out of my control.	5	4	3	2	1
14. I am content with the frequency of my sexual interactions with a partner.	1	2	3	4	5
15. I currently experience physical discomfort or pain during sexual activity.	5	4	3	2	1
16. I believe I have no control over my physical health.	5	4	3	2	1
17. I am proud of my occupational accomplishments.	1	2	3	4	5
18. I consider my life stimulating.	1	2	3	4	5
19. I continue to set new personal goals for myself.	1	2	3	4	5
20. I expect that good things will happen in my life.	1	2	3	4	5
21. I feel physically well.	1	2	3	4	5
22. I feel physically fit.	1	2	3	4	5
23. I continue to set new professional goals for myself.	1	2	3	4	5

## Scoring Summary

	Lower QoL		Mean	Higher QoL	
	-2SD	-1SD		+1SD	+2SD
Occupational QoL	13	19	25	31	35
Health QoL	11	16	21	26	31
Emotional QoL	12	16	20	24	28
Sexual QoL	0	4	8	12	15
<b>Total QoL</b>	<b>48</b>	<b>61</b>	<b>74</b>	<b>87</b>	<b>100</b>

**Instructions:** Means for each factor, along with standard deviations above and below the mean, are shown above. After summing each factor, mark with an "X" roughly where the patient's score falls along each continuum. These marks will provide a graphic summary of the patient's QOL score on each factor and for the scale as a whole.