Instructions: Taking everything in your life into account, please rate your overall Quality of Life (QOL) on the following 7 point scale.

One (1) means life is very distressing; it’s hard to imagine how it could get much worse.

Seven (7) means life is great; it’s hard to imagine how it could get much better.

Four (4) means life is so-so, neither good nor bad.

Now, where are you? Circle a number on the figure below that best describes your current overall QOL.

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
</tr>
</thead>
</table>

Life is very distressing. | Life is so-so. | Life is great.