

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**.

1	2	3	4	5	6	7
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Life is very
distressing.

Life is so-so.

Life is
great.