

PedsQL™

Young Adult Quality of Life Inventory

Version 4.0

YOUNG ADULT REPORT (ages 18 - 25)

On the following page is a list of things that might be a problem for you. Please tell us **how much of a problem** each one has been for you during the past ONE month by circling:

- 0 if it is **never** a problem
- 1 if it is **almost never** a problem
- 2 if it is **sometimes** a problem
- 3 if it is **often** a problem
- 4 if it is **almost always** a problem

There are no right or wrong answers.
If you do not understand a question, please ask for help.

In the past **ONE month**, how much of a **problem** has this been for you...

<i>About My Health and Activities (problems with...)</i>	Never	Almost Never	Some- times	Often	Almost Always
1. It is hard for me to walk more than one block {walk_pqol_child}	0	1	2	3	4
2. It is hard for me to run {run_pqol_child}	0	1	2	3	4
3. It is hard for me to do sports activity or exercise {sports_pqol_child}	0	1	2	3	4
4. It is hard for me to lift something heavy {lift_pqol_child}	0	1	2	3	4
5. It is hard for me to take a bath or shower by myself {bath_pqol_child}	0	1	2	3	4
6. It is hard for me to do chores around the house {chores_pqol_child}	0	1	2	3	4
7. I hurt or feel pain {ache_pqol_child}	0	1	2	3	4
8. I have low energy {energy_pqol_child}	0	1	2	3	4

<i>About My Feelings (problems with...)</i>	Never	Almost Never	Some- times	Often	Almost Always
1. I feel afraid or scared {scared_pqol_child}	0	1	2	3	4
2. I feel sad or blue {sad_pqol_child}	0	1	2	3	4
3. I feel angry {angry_pqol_child}	0	1	2	3	4
4. I have trouble sleeping {sleep_pqol_child}	0	1	2	3	4
5. I worry about what will happen to me {worry_pqol_child}	0	1	2	3	4

<i>How I Get Along with Others (problems with...)</i>	Never	Almost Never	Some- times	Often	Almost Always
1. I have trouble getting along with other young adults {getalong_pqol_child}	0	1	2	3	4
2. Other young adults do not want to be my friend {friend_pqol_child}	0	1	2	3	4
3. Other young adults tease me {tease_pqol_child}	0	1	2	3	4
4. I cannot do things that others my age can do {dothings_pqol_child}	0	1	2	3	4
5. It is hard to keep up with my peers {keepup_pqol_child}	0	1	2	3	4

<i>About My Work/Studies (problems with...)</i>	Never	Almost Never	Some- times	Often	Almost Always
1. It is hard to pay attention at work or school {class_pqol_child}	0	1	2	3	4
2. I forget things {forget_pqol_child}	0	1	2	3	4
3. I have trouble keeping up with my work or studies {homework_pqol_child}	0	1	2	3	4
4. I miss work or school because of not feeling well {feelwell_pqol_child}	0	1	2	3	4
5. I miss work or school to go to the doctor or hospital {godoc_pqol_child}	0	1	2	3	4

PedsQL™

Diabetes Module

Version 3.2

YOUNG ADULT REPORT (ages 18 – 25)

Adults with diabetes sometimes have special problems. Please tell us **how much of a problem** each one has been for you during the past ONE month by circling:

- 0 if it is **never** a problem
- 1 if it is **almost never** a problem
- 2 if it is **sometimes** a problem
- 3 if it is **often** a problem
- 4 if it is **almost always** a problem

There are no right or wrong answers.
If you do not understand a question, please ask for help.

In the past **ONE month**, how much of a **problem** has this been for you ...

About My Diabetes (problems with...)		Never	Almost Never	Some- times	Often	Almost Always
1.	I feel hungry {hungry_pdqd_child}	0	1	2	3	4
2.	I feel thirsty {thirsty_pdqd_child}	0	1	2	3	4
3.	I have to go to the bathroom too often {bathroom_pdqd_child}	0	1	2	3	4
4.	I have stomachaches {stomach_pdqd_child}	0	1	2	3	4
5.	I have headaches {headache_pdqd_child}	0	1	2	3	4
6.	I feel like I need to throw up {throwup_pdqd_child}	0	1	2	3	4
7.	I go "low" {golow_pdqd_child}	0	1	2	3	4
8.	I go "high" {gohigh_pdqd_child}	0	1	2	3	4
9.	I feel tired {tired_pdqd_s4_child}	0	1	2	3	4
10.	I get shaky {shaky_pdqd_child}	0	1	2	3	4
11.	I get sweaty {sweaty_pdqd_child}	0	1	2	3	4
12.	I feel dizzy {dizzy_pdqd_child}	0	1	2	3	4
13.	I feel weak {weak_pdqd_child}	0	1	2	3	4
14.	I have trouble sleeping {sleep_pdqd_child}	0	1	2	3	4
15.	I get cranky or grumpy {irritabl_pdqd_child}	0	1	2	3	4

In the past **ONE month**, how much of a **problem** has this been for you ...

Treatment - I (problems with...)		Never	Almost Never	Some- times	Often	Almost Always
1.	It hurts to get my finger pricked {prick_pdqd_s4_child}	0	1	2	3	4
2.	It hurts to get insulin shots {hurtshot_pdqd_child}	0	1	2	3	4
3.	I am embarrassed by my diabetes treatment {embarrass_pdqd_s4_child}	0	1	2	3	4
4.	My parents and I argue about my diabetes care {argue_pdqd_s4_child}	0	1	2	3	4
5.	It is hard for me to do everything I need to do to care for my diabetes {hardtodo_pdqd_child}	0	1	2	3	4

Please answer how hard these things were to do in the past **ONE month**.

Treatment - II (problems with...)		Never	Almost Never	Some- times	Often	Almost Always
1.	It is hard for me to take blood glucose tests {glucose_pdqd_child}	0	1	2	3	4
2.	It is hard for me to take insulin shots {insulin_pdqd_child}	0	1	2	3	4
3.	It is hard for me to exercise {exercise_pdqd_s4_child}	0	1	2	3	4
4.	It is hard for me to keep track of carbohydrates {carbo_pdqd_s4_child}	0	1	2	3	4
5.	It is hard for me to carry a fast-acting carbohydrate {fastact_pdqd_child}	0	1	2	3	4
6.	It is hard for me to snack when I go "low" {snack_pdqd_s4_child}	0	1	2	3	4

In the past **ONE month**, how much of a **problem** has this been for you ...

Worry (problems with...)	Never	Almost Never	Some- times	Often	Almost Always
1. I worry about going "low" {wrgolow_pdqd_child}	0	1	2	3	4
2. I worry about going "high" {wrgohigh_pdqd_child}	0	1	2	3	4
3. I worry about long-term complications from diabetes {complica_pdqd_child}	0	1	2	3	4

In the past **ONE month**, how much of a **problem** has this been for you ...

Communication (problems with...)	Never	Almost Never	Some- times	Often	Almost Always
1. It is hard for me to tell the doctors and nurses how I feel {telldoc_pdqd_child}	0	1	2	3	4
2. It is hard for me to ask the doctors and nurses questions {skdoc_pdqd_a_child}	0	1	2	3	4
3. It is hard for me to explain my illness to other people {explain_pdqd_child}	0	1	2	3	4
4. I am embarrassed about having diabetes {embarras_pdqd_child}	0	1	2	3	4