

# PedsQL™

## Adult Quality of Life Inventory

Version 4.0

### ADULT REPORT

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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...

<b><i>About My Health and Activities (problems with...)</i></b>	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 ache {ache_pqol_child}	0	1	2	3	4
8. I have low energy {energy_pqol_child}	0	1	2	3	4

<b><i>About My Feelings (problems with...)</i></b>	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

<b><i>How I Get Along with Others (problems with...)</i></b>	Never	Almost Never	Some- times	Often	Almost Always
1. I have trouble getting along with other adults {getalong_pqol_child}	0	1	2	3	4
2. Other adults do not want to be my friend {friend_pqol_child}	0	1	2	3	4
3. Other 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

<b><i>About My Work/Studies (problems with...)</i></b>	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

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# PedsQL™

## Diabetes Module

Version 3.2

### ADULT REPORT

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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.

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

<b>About My Diabetes (problems with...)</b>		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 ...

<b>Treatment - I (problems with...)</b>		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 spouse, significant other, and/or other family members 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**.

<b>Treatment - II (problems with...)</b>		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 ...

<b>Worry (problems with...)</b>	<b>Never</b>	<b>Almost Never</b>	<b>Some- times</b>	<b>Often</b>	<b>Almost Always</b>
1. I worry about going "low" <span style="float: right;">{wrgolow_pdqd_child}</span>	0	1	2	3	4
2. I worry about going "high" <span style="float: right;">{wrgohigh_pdqd_child}</span>	0	1	2	3	4
3. I worry about long-term complications from diabetes <span style="float: right;">{complica_pdqd_child}</span>	0	1	2	3	4

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

<b>Communication (problems with...)</b>	<b>Never</b>	<b>Almost Never</b>	<b>Some- times</b>	<b>Often</b>	<b>Almost Always</b>
1. It is hard for me to tell the doctors and nurses how I feel <span style="float: right;">{telldoc_pdqd_child}</span>	0	1	2	3	4
2. It is hard for me to ask the doctors and nurses questions <span style="float: right;">{skdoc_pdqd<sup>a</sup>_child}</span>	0	1	2	3	4
3. It is hard for me to explain my illness to other people <span style="float: right;">{explain_pdqd_child}</span>	0	1	2	3	4
4. I am embarrassed about having diabetes <span style="float: right;">{embarras_pdqd_child}</span>	0	1	2	3	4