

MOOREHEAD - ARDELT QUALITY OF LIFE QUESTIONNAIRE

SELF ESTEEM, AND ACTIVITY LEVELS

Please make a check in the box provided to show your answer.

1. Usually I Feel...



Very Badly About
Myself



Very Good About
Myself

2. I Enjoy Physical Activities...



Not At All



Very Much

3. I Have Satisfactory Social Contacts...



None



Very Many

4. I Am Able to Work...



Not At All



Very Much

5. The Pleasure I get Out Of Sex Is...



Not At All



Very Much

6. The Way I Approach Food Is...



I Live to Eat



I Eat to Live