

Brunnsviken Brief Quality of life scale (BBQ)

The following 12 questions are about how you experience your quality of life. It covers six areas, how satisfied you are with these, and how important they are to you. Circle the number that best reflects your experience.

	Do not agree at all				Agree completely	
1	I am satisfied with my leisure time : I have the opportunity to do what I want in order to relax and enjoy myself.	0	1	2	3	4
2	My leisure time is important for my quality of life.	0	1	2	3	4
3	I am satisfied with how I view my life : I know what means a lot to me, what I believe in, and what I want to do with my life.	0	1	2	3	4
4	How I view my life is important for my quality of life.	0	1	2	3	4
5	I am satisfied with opportunities to be creative : to get to use my imagination in my everyday life, in a hobby, on the job, or in my studies.	0	1	2	3	4
6	Being able to be creative is important for my quality of life	0	1	2	3	4
7	I am satisfied with my learning : I have the opportunity and desire to learn new, exciting things and skills that interest me.	0	1	2	3	4
8	Learning is important for my quality of life	0	1	2	3	4
9	I am satisfied with friends and friendship : I have friends that I associate with and who support me (as many friends as I want and need).	0	1	2	3	4
10	Friends and friendship are important for my quality of life	0	1	2	3	4
11	I am satisfied with myself as a person : I like and respect myself.	0	1	2	3	4
12	My satisfaction with myself as a person is important for my quality of life	0	1	2	3	4