

Patient: \_\_\_\_\_

Date: \_\_\_\_\_

## MISSOULA-VITAS<sup>®</sup> QUALITY OF LIFE INDEX VERSION-25R

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### **INSTRUCTIONS:**

Indicate the extent to which you agree or disagree with the following statements by marking in one of the circles below the question. If you make a mistake or change your mind, place an X through the wrong answer and mark the circle indicating your correct answer.

Today's Date: \_\_\_\_\_

### **GLOBAL**

How would you rate your overall quality of life?

1	2	3	4	5
Worst Possible	Poor	Fair	Good	Best Possible

### **SYMPTOM**

1. My symptoms are adequately controlled.

2	1	0	-1	-2
Agree Strongly	Agree	Neutral	Disagree	Disagree Strongly

2. I feel sick all the time.

-2	-1	0	1	2
Agree Strongly	Agree	Neutral	Disagree	Disagree Strongly

3. I accept my symptoms as a fact of life.

4	3	0	-3	-4
Agree	Agree	Neutral	Disagree	Disagree

- Strongly Strongly
4. I am satisfied with the current control of my symptoms.
- |                   |       |         |          |                      |
|-------------------|-------|---------|----------|----------------------|
| 4                 | 3     | 0       | -3       | -4                   |
| Agree<br>Strongly | Agree | Neutral | Disagree | Disagree<br>Strongly |
5. Physical discomfort overshadows any opportunity for enjoyment.
- |                   |       |         |          |                      |
|-------------------|-------|---------|----------|----------------------|
| 5                 | 4     | 3       | 2        | 1                    |
| Agree<br>Strongly | Agree | Neutral | Disagree | Disagree<br>Strongly |

## **FUNCTION**

6. I am dependent on others for personal care.
- |                   |       |         |          |                      |
|-------------------|-------|---------|----------|----------------------|
| -2                | -1    | 0       | 1        | 2                    |
| Agree<br>Strongly | Agree | Neutral | Disagree | Disagree<br>Strongly |
7. I am no longer able to do many of the things I like to do.
- |                   |       |         |          |                      |
|-------------------|-------|---------|----------|----------------------|
| -2                | -1    | 0       | 1        | 2                    |
| Agree<br>Strongly | Agree | Neutral | Disagree | Disagree<br>Strongly |
8. I am satisfied with my ability to take care of my basic needs.
- |                   |       |         |          |                      |
|-------------------|-------|---------|----------|----------------------|
| 4                 | 3     | 0       | -3       | -4                   |
| Agree<br>Strongly | Agree | Neutral | Disagree | Disagree<br>Strongly |

9. I accept the fact that I can not do many of the things that I used to do.

4	3	0	-3	-4
Agree Strongly	Agree	Neutral	Disagree	Disagree Strongly

10. My contentment with life depends upon being active and being independent in my personal care.

5	4	3	2	1
Agree Strongly	Agree	Neutral	Disagree	Disagree Strongly

## **INTERPERSONAL**

11. I have recently been able to say important things to the people close to me.

2	1	0	-1	-2
Agree Strongly	Agree	Neutral	Disagree	Disagree Strongly

12. I feel closer to others in my life now than I did before my illness.

2	1	0	-1	-2
Agree Strongly	Agree	Neutral	Disagree	Disagree Strongly

13. In general, these days I am satisfied with relationships with family and friends.

4	3	0	-3	-4
Agree Strongly	Agree	Neutral	Disagree	Disagree Strongly

14. At present, I spend as much time as I want to with family and friends.

4	3	0	-3	-4
Agree Strongly	Agree	Neutral	Disagree	Disagree Strongly

15. It is important to me to have close personal relationships.

5	4	3	2	1
Agree Strongly	Agree	Neutral	Disagree	Disagree Strongly

## **WELL-BEING**

16. My affairs are not in order; I am worried that many things are unresolved.

-2	-1	0	1	2
Agree Strongly	Agree	Neutral	Disagree	Disagree Strongly

17. If I were to die suddenly today, I would feel prepared to leave this life.

2	1	0	-1	-2
Agree Strongly	Agree	Neutral	Disagree	Disagree Strongly

18. I am more satisfied with myself as a person now than I was before my illness.

4	3	0	-3	-4
Agree Strongly	Agree	Neutral	Disagree	Disagree Strongly

19. The longer I am ill, the more I worry about things "getting out of control".

-4	-3	0	3	4
Agree Strongly	Agree	Neutral	Disagree	Disagree Strongly

20. It is important to me to be at peace with myself.

5	4	3	2	1
Agree Strongly	Agree	Neutral	Disagree	Disagree Strongly

## TRANSCENDENT

21. I feel more disconnected from all things now than I did before my illness.

-2	-1	0	1	2
Agree Strongly	Agree	Neutral	Disagree	Disagree Strongly

22. I have a better sense of meaning in my life now than I have had in the past.

2	1	0	-1	-2
Agree Strongly	Agree	Neutral	Disagree	Disagree Strongly

23. I am comfortable with the thought of my own death.

4	3	0	-3	-4
Agree Strongly	Agree	Neutral	Disagree	Disagree Strongly

24. Life has lost all value for me; every day is a burden.

-4	-3	0	3	4
Agree Strongly	Agree	Neutral	Disagree	Disagree Strongly

25. It is important to me to feel that my life has meaning.

5	4	3	2	1
Agree Strongly	Agree	Neutral	Disagree	Disagree Strongly