

The instrument should be administered following the order of the figures indicated for each item

Core instrument (31 items)

Physical functioning scale (theoretical score: 0-15)

1. How would you rate your overall physical health?
6. Do you have sleep problems?
7. Do you get tired, without energy?
9. Are you able to accomplish your usual tasks, either at home, at work or elsewhere?
12. How much do your physical health problems (if any) stand in the way of doing the things you want to do?

Self-care scale (theoretical score: 0-18)

2. Are you able to get up and down the stairs without help?
3. Are you able to dress by yourself?
4. Are you able to eat by yourself?
5. Are you able to bathe or take a shower by yourself?
10. Can you shop by yourself?
11. Can you travel by public transport?

Depression and anxiety scale (theoretical score: 0-12)

17. Taking everything into consideration, how anxious do you feel?
18. How much do your feelings of anxiety (if any) stand in the way of doing the things you want to do?
19. Taking everything into consideration, how depressed (blue) do you feel?
20. How much do your depressed feelings (if any) stand in the way of you doing the things you want to do?

Cognitive functioning scale (theoretical score: 0-15)

8. Do you have difficulties in concentrating?
13. How often does it happen that you are not able to think clearly or that you are confused?
14. How much do your problems with thinking (if any) stand in the way of you doing the things you want to do?
15. How good is your memory?
16. How much do your memory problems (if any) stand in the way of you doing the things you want to do?

Social functioning scale (theoretical score: 0-9)

21. How satisfied are you with your social ties or relationships?
22. Do you feel emotionally satisfied in your relationships with other people?
23. Is there someone to talk about personal affairs when you want to?

Sexual functioning scale (theoretical score: 0-6)

24. Are you interested in sex?
25. How often do you have sexual contact?

Life satisfaction scale (theoretical score: 0-18)

26. How satisfied are you with your ability to manage your hobbies or recreational activities?
 27. How satisfied are you with your financial situation?
 28. Do you feel that you cannot afford the standard of living you would need?
 29. How satisfied are you in general with your life at present when compared with the past?
 30. Taking everything into consideration, how do you expect things will go in the future?
 31. How much do your expectations of the future stand in the way of you doing or initiating the things you want to do?
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Moderators (18 items)

The perceived personality disorder scale (theoretical score: 0-6)

39. How often do you feel that most people cannot be trusted?

Do you agree with any of the following statements?

45. "Over the past several years, I have often been troubled by the difficulties I have in dealing with others."
46. "Over the past several years, I have been bothered by the kind of person I am."

47. "Over the past several years, the way I have behaved has often got me into trouble, either at work, at home or elsewhere."
48. "Over the past several years, other people have often seemed bothered by the things I do or say."
49. "I haven't got as far as I'd like to because of the kind of person I am."

The anger scale (theoretical score: 0-4)

Do you agree with any of the following statements?

32. "I feel easily annoyed or irritated."
33. "I have temper outbursts that I cannot control."
34. "I get into arguments with others."
35. "I tend to be resentful."

The social desirability scale (theoretical score: 0-3)

Do you agree with any of the following statements?

42. "I am always ready to go out of my way to help someone else."
43. "I like to gossip at times."
44. "There have been times when I was quite jealous of the good fortune of others."

Self esteem scale (theoretical score: 0-3)

36. Taking everything into consideration, do you feel inferior to other people?
37. How often do you avoid things (refrain from doing things) because you feel inferior?
38. "I tend to have a negative opinion of myself": do you agree with this statement?

Trust in God scale (theoretical score: 0-2)

40. Do you believe in God or some superior being?
41. Do you find comfort or support in such a belief?