

Date \_\_\_\_\_

Athlete's Name \_\_\_\_\_

Program Name \_\_\_\_\_

**Are you administering the HRQOL-IDD-16? Here's some guidance.**

**DO:**

- Answer the first set of short questions on Page 2 to help researchers understand if Athletes are tending to answer the same way for every question.
- Add the **start and stop time** on the HRQOL-IDD instrument. The lines are on Page 3 and Page 6. This will help determine how long the survey takes to complete.
- You can **read** the question to the participant, or they can read it themselves.
- You can help **clarify** the question if they need help.

**DON'T:**

- Change their answer. We want **their** best answer even if you don't agree.

**The instructions that follow on the HRQOL-IDD instrument are for the Athlete who is completing the survey. These instructions can be read out loud.**

HRQoL-IDD-16

Please answer the following questions

1. Do you like ice cream?  Yes  No
2. Do you make all of your own clothes and shoes?  Yes  No
3. Can you drive a car to the moon?  Yes  No
4. Can you choose who lives next door to you?  Yes  No


Remember  
 You are the expert about your life and only you know the answers. The best answer is the one that matches your opinion.

### Health-Related Quality of Life

These questions ask how happy you are with your health. Please read each question. Then answer it by placing an 'X' in the circle that best describes what you think.






Use the cups to help you decide on your answer. The empty cup means never and the full cup means always.

**Here's an example:**



											
1. Do you like to go to parties?	<table style="width: 100%; text-align: center;"> <tr> <td><input type="radio"/></td> <td><input type="radio"/></td> <td><input type="radio"/></td> <td><input type="radio"/></td> <td><input type="radio"/></td> </tr> <tr> <td>Never</td> <td>Rarely</td> <td>Sometimes</td> <td>Most of the time</td> <td>Always</td> </tr> </table>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Never	Rarely	Sometimes	Most of the time	Always
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>							
Never	Rarely	Sometimes	Most of the time	Always							

**Social Wellbeing**



Start time \_\_\_\_\_

<p>SW1. Do you spend time with your friends?</p>	 <input type="radio"/> Never <input type="radio"/> Rarely <input type="radio"/> Sometimes <input type="radio"/> Most of the time <input type="radio"/> Always
<p>SW2. When you are feeling sad, do you have someone to talk to?</p>	 <input type="radio"/> Never <input type="radio"/> Rarely <input type="radio"/> Sometimes <input type="radio"/> Most of the time <input type="radio"/> Always
<p>SW3. How often do you get out in the community to do things like eating out or going shopping?</p>	 <input type="radio"/> Never <input type="radio"/> Rarely <input type="radio"/> Sometimes <input type="radio"/> Most of the time <input type="radio"/> Always
<p>SW4. Are you able to go to the doctor when you need to?</p>	 <input type="radio"/> Never <input type="radio"/> Rarely <input type="radio"/> Sometimes <input type="radio"/> Most of the time <input type="radio"/> Always
<p>SW5. Are you happy with your life?</p>	 <input type="radio"/> Never <input type="radio"/> Rarely <input type="radio"/> Sometimes <input type="radio"/> Most of the time <input type="radio"/> Always

**Self-Determination**


	
SD1. Do you get to choose what to eat?	<input type="radio"/> Never <input type="radio"/> Rarely <input type="radio"/> Sometimes <input type="radio"/> Most of the time <input type="radio"/> Always
	
SD2. Do you get to choose how much to eat?	<input type="radio"/> Never <input type="radio"/> Rarely <input type="radio"/> Sometimes <input type="radio"/> Most of the time <input type="radio"/> Always

**Emotional Wellbeing**


	
EW1. How often do you feel worried or anxious?	<input type="radio"/> Never <input type="radio"/> Rarely <input type="radio"/> Sometimes <input type="radio"/> Most of the time <input type="radio"/> Always
	
EW2. How often do you feel lonely?	<input type="radio"/> Never <input type="radio"/> Rarely <input type="radio"/> Sometimes <input type="radio"/> Most of the time <input type="radio"/> Always


<p>EW3. How often do you get really mad?</p>	
	<p> <input type="radio"/> Never                  <input type="radio"/> Rarely                  <input type="radio"/> Sometimes                  <input type="radio"/> Most of the time                  <input type="radio"/> Always         </p>

**Functional Wellbeing**

<p>FW1. Do you sleep well at night?</p>	
	<p> <input type="radio"/> Never                  <input type="radio"/> Rarely                  <input type="radio"/> Sometimes                  <input type="radio"/> Most of the time                  <input type="radio"/> Always         </p>

<p>FW2. Are you healthy enough to get out in your community?</p>	
	<p> <input type="radio"/> Never                  <input type="radio"/> Rarely                  <input type="radio"/> Sometimes                  <input type="radio"/> Most of the time                  <input type="radio"/> Always         </p>

<p>FW4. Would you say you are a healthy person?</p>	 <input type="radio"/> Never <input type="radio"/> Rarely <input type="radio"/> Sometimes <input type="radio"/> Most of the time <input type="radio"/> Always
<p>FW5. How often do you exercise?</p>	 <input type="radio"/> Never <input type="radio"/> 1-2 times per week <input type="radio"/> 3-4 times per week <input type="radio"/> 5-6 times per week <input type="radio"/> Everyday
<p>FW6. Do you have enough money to buy what you need?</p>	 <input type="radio"/> Never <input type="radio"/> Rarely <input type="radio"/> Sometimes <input type="radio"/> Most of the time <input type="radio"/> Always

End time \_\_\_\_\_



**Thank you for taking this survey.**

**Please return this packet to the person who gave this to you.**