

World Health Organization Quality of Life-BREF (WHOQOL-BREF)

The WHOQOL-BREF is an abbreviated version of the WHOQOL-100 questionnaire developed by the World Health Organization. It assesses perceived quality of life in four main domains: physical, psychological, social relationships, and environment. Suited to clinical and research use, it provides a comprehensive picture of patients' subjective well-being and life satisfaction.

Number of questions	26 questions
Estimated duration	10 minutes
Language	English
Original name	WHOQOL-BREF
Target audience	Adults
Authors	World Health Organization (1996)
Category	General

Preview of the 26 questions

Think about your life in the last two weeks.

How would you rate your quality of life?

Very poor | Poor | Neither poor nor good | Good | Very good

Think about your life in the last two weeks.

How satisfied are you with your health?

Very dissatisfied | Dissatisfied | Neither satisfied nor dissatisfied | Satisfied | Very satisfied

In the last two weeks:

To what extent do you feel that physical pain prevents you from doing what you need to do?

Not at all | A little | A moderate amount | Very much | An extreme amount

In the last two weeks:

How much do you need any medical treatment to function in your daily life?

Not at all | A little | A moderate amount | Very much | An extreme amount

In the last two weeks:

How much do you enjoy life?

Not at all | A little | A moderate amount | Very much | An extreme amount

Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

Scoring & interpretation

Each item is rated on a 5-point Likert scale. Domain scores are calculated by averaging the items in each domain, then transformed to a scale from 0 to 100. The higher the scores, the better the perceived quality of life.

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Laura V. - Online Psychologist