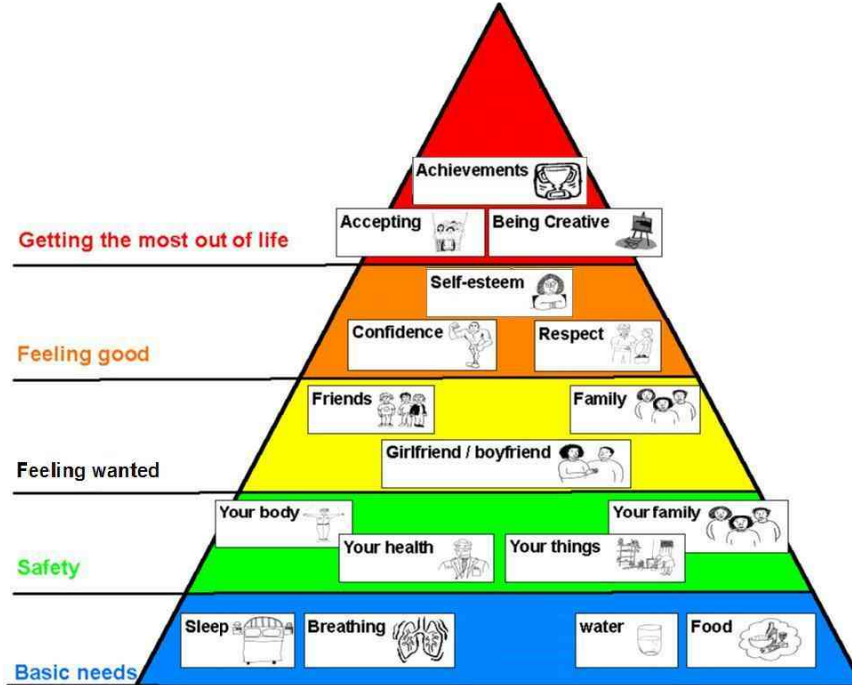


# Maslow's "How Happy am I with my Life?" Questionnaire

These questions are about how you feel about your life at the moment. They are based on the things that most people need out of life, which were written down by a man called Abraham Maslow in 1943.

This questionnaire is named after him and asks questions about *basic things you need* like eating, sleeping and the place you live, *being safe* from hurting other people or them hurting you, *being happy with relationships*, *feeling good about yourself* and *being allowed to do the things you want to do*.



We want to see how happy you are with these things now, so that we can see how we can help you and to check in the future if these things have got better.






If you find it hard to answer the questions, then it is OK to ask help from someone who knows you well- particularly if they have known you a long time. Thank you for helping us!

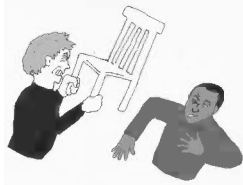
*This Questionnaire is called The Maslow Assessment of Needs Scale—Learning Disabilities (MANS-LD) and was written by Paul Skirrow and Ewan Perry from Mersey Care NHS Trust. It is free to use and copy but we find it really helpful to hear if you are using the questionnaire and any problems you have, so we can make it better!*

*You can contact us at [drpaulskirrow@gmail.com](mailto:drpaulskirrow@gmail.com) or [ewan.perry@northstaffs.nhs.uk](mailto:ewan.perry@northstaffs.nhs.uk)*








1) I feel my **basic needs**, such as the food I eat, how I sleep and keeping warm are being met...

				
Nearly always	Most of the time	About medium	Not very often	Hardly ever








2) **Other people try to hurt me...**

				
Nearly always	Most of the time	About medium	Not very often	Hardly ever








3) I feel like **hurting other people...**

				
Nearly always	Most of the time	About medium	Not very often	Hardly ever








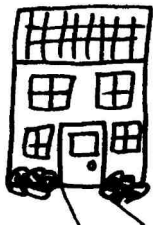
4) I feel like **deliberately hurting myself**, or trying to kill myself...

				
Nearly always	Most of the time	About medium	Not very often	Hardly ever




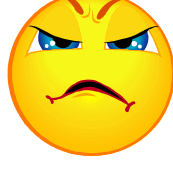



5) I am happy with **how I spend my time** (e.g. Jobs, college).

				
Nearly always	Most of the time	About medium	Not very often	Hardly ever








6) I am happy with **where I live**.

				
Nearly always	Most of the time	About medium	Not very often	Hardly ever








### 7) I feel happy with my health

				
Nearly always	Most of the time	About medium	Not very often	Hardly ever








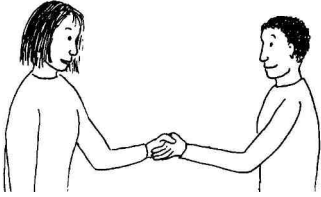
### 8) I get on with the people I know well (e.g. my family, the staff who support me)

				
Nearly always	Most of the time	About medium	Not very often	Hardly ever








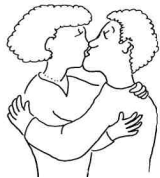
### 9) I can make and keep friends

				
Nearly always	Most of the time	About medium	Not very often	Hardly ever








### 10) I feel accepted by other people

				
Nearly always	Most of the time	About medium	Not very often	Hardly ever








### 11) I feel happy about boyfriends or girlfriends

				
Nearly always	Most of the time	About medium	Not very often	Hardly ever








### 12) I feel good about myself

				
Nearly always	Most of the time	About medium	Not very often	Hardly ever








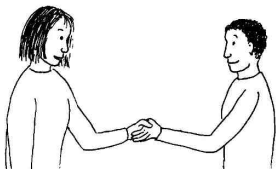
### 13) I feel confident

				
Nearly always	Most of the time	About medium	Not very often	Hardly ever




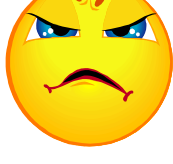
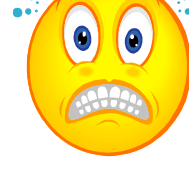


### 14) I am achieving what I want to

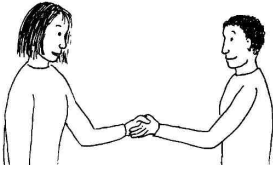
				
Nearly always	Most of the time	About medium	Not very often	Hardly ever



### 15) I feel other people respect me

				
Nearly always	Most of the time	About medium	Not very often	Hardly ever





### 16) I feel I respect other people

Nearly always	Most of the time	About medium	Not very often	Hardly ever



### 17) I feel like life is worthwhile

Nearly always	Most of the time	About medium	Not very often	Hardly ever








### 18) I feel like I accept who I am

Nearly always	Most of the time	About medium	Not very often	Hardly ever



## 19) I feel like I am being everything I can be

				
Nearly always	Most of the time	About medium	Not very often	Hardly ever

*We would like to say thank you to all of the people who helped in developing this questionnaire. In particular, Annie Talbot and Amy Lee helped with making this questionnaire easier to read, Louise Glover, Nicola Smith, Jenny Morris and Reuben Furlong helped us try out the measure with some of our service users and Frank Chapman and Stuart Clensy helped us to think about how we should make this questionnaire. Thank you!*



# Adapted World Health Organisation Quality of Life Measure (WHOQOL-8)

## 1. Overall, do you feel your life is...



Very Good	Good	About Medium	Bad	Very Bad






## 2. How happy are you with your health?



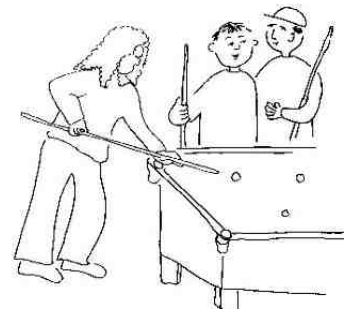
Very Happy	Happy	About Medium	Unhappy	Very Unhappy




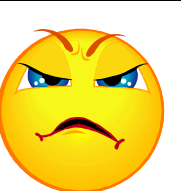

**3. Do you think you have enough energy?**



				
Completely	Mostly	Some	A little	Not at all






**4. Are you happy with how well you can do things for yourself?  
(daily living activities).**



				
Very Happy	Happy	About Medium	Unhappy	Very Unhappy






### 5. How happy are you with yourself?



				
Very Happy	Happy	About Medium	Unhappy	Very Unhappy






### 6. How happy are you with your relationships with other people?



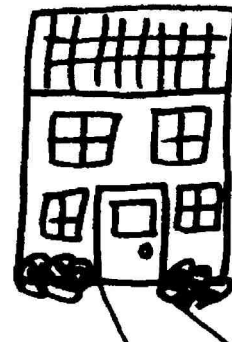
				
Very Happy	Happy	About Medium	Unhappy	Very Unhappy






**7. Do you have enough money to pay for the things you need?**



				
Plenty	Enough	Just about	Not really	Not at all

**8. How happy are you with where you live?**



				
Very Happy	Happy	About Medium	Unhappy	Very Unhappy