

Table 8.2: Perceived Quality of Life: Level of Satisfaction for Scale Items (Percent)^{1,2,3}

Level of Satisfaction ⁴	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate ⁵ (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
How satisfied are you with . . . ?							
1) Your physical health, that is, the health of your body							
Dissatisfied (0-3)	23.8	25.2	24.2	18.8	17.7	25.7	31.5
Neutral (4-6)	31.8	33.6	32.3	24.8	31.0	32.2	32.1
Satisfied (7-10)	44.4	41.2	43.5	56.4	51.4	42.1	36.4
2) How well you care for yourself, for example, preparing meals, bathing or shopping							
Dissatisfied (0-3)	12.0	10.1	12.9	15.1	5.2	10.7	29.5
Neutral (4-6)	17.6	17.3	15.8	23.5	11.9	18.8	29.3
Satisfied (7-10)	70.4	72.6	71.3	61.4	83.0	70.5	49.2
3) How well you think and remember							
Dissatisfied (0-3)	9.0	8.7	9.1	9.6	8.4	8.2	12.7
Neutral (4-6)	27.6	25.5	30.2	26.5	26.7	27.8	28.6
Satisfied (7-10)	63.4	65.8	60.7	64.0	64.8	64.0	58.8
4) The amount of walking you do							
Dissatisfied (0-3)	38.6	39.7	39.8	31.6	29.1	40.7	52.1
Neutral (4-6)	31.3	33.1	29.1	32.0	32.4	32.4	26.0
Satisfied (7-10)	30.1	27.2	31.0	36.4	38.5	26.9	21.9
5) How often you get outside the house, for example, going into town, using public transportation or driving							
Dissatisfied (0-3)	22.3	20.1	22.5	28.3	16.1	22.1	35.7
Neutral (4-6)	24.6	25.6	24.9	20.9	23.4	23.6	29.8
Satisfied (7-10)	53.1	54.3	52.7	50.8	60.5	54.3	34.5
6) How well you carry on a conversation, for example, speaking clearly, hearing others, or being understood							
Dissatisfied (0-3)	6.4	5.0	6.9	9.0	3.7	6.9	10.6
Neutral (4-6)	17.2	13.9	19.8	19.8	14.8	18.3	18.8
Satisfied (7-10)	76.5	81.1	73.3	71.2	81.5	74.8	70.7
7) The kind and amount of food you eat							
Dissatisfied (0-3)	6.5	7.9	5.3	6.0	5.5	6.3	9.3
Neutral (4-6)	17.2	16.3	19.6	13.4	14.7	18.6	18.5
Satisfied (7-10)	76.3	75.8	75.2	80.6	79.8	75.1	72.3
8) How often you see or talk to your family and friends							
Dissatisfied (0-3)	5.9	5.7	6.3	5.8	5.0	6.3	7.0
Neutral (4-6)	16.0	14.8	15.7	20.4	13.4	15.5	22.7
Satisfied (7-10)	78.1	79.6	78.0	73.8	81.6	78.3	70.3
9) The help you get from your family and friends, for example, helping in an emergency, fixing your house, or doing errands							
Dissatisfied (0-3)	7.9	6.9	9.1	7.7	5.6	9.1	9.4
Neutral (4-6)	12.1	13.4	9.8	14.1	10.8	11.6	15.8
Satisfied (7-10)	80.1	79.7	81.1	78.2	83.6	79.3	74.8
10) The help you give to your family and friends							
Dissatisfied (0-3)	8.6	5.9	10.5	11.3	2.6	9.9	17.3
Neutral (4-6)	18.3	16.5	19.4	20.7	13.4	19.0	26.5
Satisfied (7-10)	73.1	77.6	70.1	68.0	84.0	71.1	56.2

		Age Group			Disability Level		
						ADL Difficulty	
						Receives	Receives

Level of Satisfaction ⁴	Total (N=1002)	65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate ⁵ (N=343)	No Help (N=478)	Help (N=181)
11) Your contribution to your community, for example, a neighborhood, religious, political or other group							
Dissatisfied (0-3)	14.6	12.1	17.2	15.1	8.6	14.6	27.0
Neutral (4-6)	24.2	25.4	23.0	23.9	21.6	26.6	22.8
Satisfied (7-10)	61.2	62.6	59.8	61.0	69.8	58.7	50.2
12) Your retirement or current job							
Dissatisfied (0-3)	11.8	14.4	10.2	8.6	8.5	10.3	22.9
Neutral (4-6)	15.2	18.1	12.5	14.2	15.0	15.5	15.0
Satisfied (7-10)	73.0	67.5	77.3	77.2	76.5	74.2	62.1
13) The kind and amount of recreation or leisure you have							
Dissatisfied (0-3)	14.3	16.0	12.6	14.0	9.7	14.3	23.9
Neutral (4-6)	24.2	26.1	22.9	22.2	23.6	23.4	27.7
Satisfied (7-10)	61.5	57.9	64.6	63.8	66.7	62.3	48.5
14) Your level of sexual activity or lack of sexual activity							
Dissatisfied (0-3)	13.1	11.9	15.6	10.0	10.8	13.1	18.1
Neutral (4-6)	19.2	23.2	14.8	19.0	19.5	17.0	24.6
Satisfied (7-10)	67.7	64.9	69.6	71.0	69.8	69.9	57.3
15) The way your income meets your needs							
Dissatisfied (0-3)	17.9	23.0	15.2	10.4	14.1	18.1	25.2
Neutral (4-6)	19.9	20.3	20.9	16.0	22.7	18.2	18.6
Satisfied (7-10)	62.2	56.8	63.9	73.6	63.2	63.6	56.1
16) How respected you are by others							
Dissatisfied (0-3)	2.2	2.1	3.0	0.6	1.6	2.4	3.0
Neutral (4-6)	9.6	11.4	7.2	11.1	6.9	10.7	12.5
Satisfied (7-10)	88.2	86.5	89.9	88.3	91.5	87.0	84.5
17) The meaning and purpose of your life							
Dissatisfied (0-3)	7.9	8.7	7.2	7.0	5.7	7.9	12.1
Neutral (4-6)	16.1	14.9	16.9	17.4	14.6	17.3	15.8
Satisfied (7-10)	76.0	76.4	75.8	75.7	79.7	74.8	72.1
18) The amount of variety in your life							
Dissatisfied (0-3)	12.6	12.9	11.8	14.1	8.3	12.1	23.0
Neutral (4-6)	23.6	21.3	26.1	23.6	21.7	24.2	25.6
Satisfied (7-10)	63.8	65.9	62.1	62.3	70.0	63.6	51.4
19) The amount and kind of sleep you get							
Dissatisfied (0-3)	10.2	9.6	12.0	7.3	8.1	11.7	10.5
Neutral (4-6)	23.4	26.0	22.1	19.4	21.9	22.8	28.5
Satisfied (7-10)	66.4	64.4	65.9	73.3	70.0	65.5	61.0
20) Please tell me how happy you are							
Unhappy (0-3)	6.1	6.9	5.8	4.9	3.1	6.5	11.4
Neutral (4-6)	19.1	19.8	19.3	16.7	19.5	17.8	22.2
Happy (7-10)	74.8	73.4	74.9	78.3	77.3	75.8	66.4

(Women's Health and Aging Study, baseline interview, 1992-1995)

¹ All variables have less than 1% missing data. Results are based on non-missing data.

² Descriptive statistics are based on weighted data.

³ Consists of 20 questions on health and fundamental aspects of life. For 19 of the items, respondents indicate level of satisfaction from 0 (extremely dissatisfied) to 10 (very satisfied). For one item, respondents indicate their level of happiness from 0 (extremely unhappy) to 10 (very happy). Patrick DL, Danis M, Southerland LI, Hong G. (1988). Quality of life following intensive care. J Int Med 3:218-23.

⁴ Categories for each item may not add up to 100% due to rounding.

⁵ No ADL difficulty; disabled in two or more domains (see Chapter 1).