Below is a list of statements that other people with your illness have said are important. **Please circle or mark one number per line to indicate your response as it applies to the past 7 days.**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **MOBILITY** | **Not at all** | **A little bit** | **Somewhat** | **Quite a bit** | **Very much** |
|  |
| GP3 | Because of my physical condition, I have trouble meeting the needs of my family | 0 | 1 | 2 | 3 | 4 |
| GF1 | I am able to work (include work at home) | 0 | 1 | 2 | 3 | 4 |
| An6 | I have trouble walking | 0 | 1 | 2 | 3 | 4 |
| ITU3 | I have to limit my social activity because of my condition | 0 | 1 | 2 | 3 | 4 |
| CNS5 | I have strength in my legs | 0 | 1 | 2 | 3 | 4 |
| MS1 | I have trouble getting around in public places | 0 | 1 | 2 | 3 | 4 |
| MS2 | I have to take my condition into account when making plans | 0 | 1 | 2 | 3 | 4 |
|  | | | | | | |
|  | **SYMPTOMS** | **Not at all** | **A little bit** | **Somewhat** | **Quite a bit** | **Very much** |
|  |
| GP2 | I have nausea | 0 | 1 | 2 | 3 | 4 |
| GP4 | I have pain | 0 | 1 | 2 | 3 | 4 |
| GP6 | I feel ill | 0 | 1 | 2 | 3 | 4 |
| HI12 | I feel weak all over | 0 | 1 | 2 | 3 | 4 |
| BRM1 | I have pain in my joints | 0 | 1 | 2 | 3 | 4 |
| MS3 | I am bothered by headaches | 0 | 1 | 2 | 3 | 4 |
| MS4 | I am bothered by muscle pains | 0 | 1 | 2 | 3 | 4 |

**Please circle or mark one number per line to indicate your response as it applies to the past 7 days.**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **EMOTIONAL WELL-BEING** | **Not at all** | **A little bit** | **Somewhat** | **Quite a bit** | **Very much** |
|  |
| GE1 | I feel sad | 0 | 1 | 2 | 3 | 4 |
| GE3 | I am losing hope in the fight against my illness | 0 | 1 | 2 | 3 | 4 |
| GF3 | I am able to enjoy life | 0 | 1 | 2 | 3 | 4 |
| MS5 | I feel trapped by my condition | 0 | 1 | 2 | 3 | 4 |
| MS6 | I am depressed about my condition | 0 | 1 | 2 | 3 | 4 |
| MS7 | I feel useless | 0 | 1 | 2 | 3 | 4 |
| MS8 | I feel overwhelmed by my condition | 0 | 1 | 2 | 3 | 4 |
|  | | | | | | |
|  | **GENERAL CONTENTMENT** | **Not at all** | **A little bit** | **Somewhat** | **Quite a bit** | **Very much** |
|  |
| GF2 | My work (include work at home) is fulfilling | 0 | 1 | 2 | 3 | 4 |
| GF4 | I have accepted my illness | 0 | 1 | 2 | 3 | 4 |
| GF6 | I am enjoying the things I usually do for fun | 0 | 1 | 2 | 3 | 4 |
| GF7 | I am content with the quality of my life right now | 0 | 1 | 2 | 3 | 4 |
| MS9 | I am frustrated by my condition | 0 | 1 | 2 | 3 | 4 |
| Sp5 | I feel a sense of purpose in my life | 0 | 1 | 2 | 3 | 4 |
| HI6 | I feel motivated to do things | 0 | 1 | 2 | 3 | 4 |

**Please circle or mark one number per line to indicate your response as it applies to the past 7 days.**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **THINKING AND FATIGUE** | **Not at all** | **A little bit** | **Somewhat** | **Quite a bit** | **Very much** |
|  |
| GP1 | I have a lack of energy | 0 | 1 | 2 | 3 | 4 |
| An2 | I feel tired | 0 | 1 | 2 | 3 | 4 |
| An3 | I have trouble starting things because I am tired | 0 | 1 | 2 | 3 | 4 |
| An4 | I have trouble finishing things because I am tired | 0 | 1 | 2 | 3 | 4 |
| MS10 | I need to rest during the day | 0 | 1 | 2 | 3 | 4 |
| HI9 | I have trouble remembering things | 0 | 1 | 2 | 3 | 4 |
| HI8 | I have trouble concentrating | 0 | 1 | 2 | 3 | 4 |
| MS11 | My thinking is slower than before | 0 | 1 | 2 | 3 | 4 |
| MS12 | I have trouble learning new tasks or directions | 0 | 1 | 2 | 3 | 4 |
|  | | | | | | |
|  | **FAMILY/SOCIAL WELL-BEING** | **Not at all** | **A little bit** | **Somewhat** | **Quite a bit** | **Very much** |
|  |
| GS1 | I feel close to my friends | 0 | 1 | 2 | 3 | 4 |
| GS2 | I get emotional support from my family | 0 | 1 | 2 | 3 | 4 |
| GS3 | I get support from my friends | 0 | 1 | 2 | 3 | 4 |
| GS4 | My family has accepted my illness | 0 | 1 | 2 | 3 | 4 |
| GS5 | I am satisfied with family communication about my illness | 0 | 1 | 2 | 3 | 4 |
| MS13 | My family has trouble understanding when my condition gets worse | 0 | 1 | 2 | 3 | 4 |
| MS14 | I feel “left out” of things | 0 | 1 | 2 | 3 | 4 |

**Please circle or mark one number per line to indicate your response as it applies to the past 7 days.**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **ADDITIONAL CONCERNS** | **Not at all** | **A little bit** | **Somewhat** | **Quite a bit** | **Very much** |
|  |
| GP5 | I am bothered by side effects of treatment | 0 | 1 | 2 | 3 | 4 |
| GP7 | I am forced to spend time in bed | 0 | 1 | 2 | 3 | 4 |
| GS6 | I feel close to my partner (or the person who is my main support) | 0 | 1 | 2 | 3 | 4 |
| GS7 | I am satisfied with my sex life | 0 | 1 | 2 | 3 | 4 |
| GE2 | I am satisfied with how I am coping with my illness | 0 | 1 | 2 | 3 | 4 |
| GE4 | I feel nervous | 0 | 1 | 2 | 3 | 4 |
| GE6 | I worry that my condition will get worse | 0 | 1 | 2 | 3 | 4 |
| GF5 | I am sleeping well | 0 | 1 | 2 | 3 | 4 |
| MS15 | Heat worsens my symptoms | 0 | 1 | 2 | 3 | 4 |
| BL1 | I have trouble controlling my urine | 0 | 1 | 2 | 3 | 4 |
| BL2 | I urinate more frequently than usual | 0 | 1 | 2 | 3 | 4 |
| BRM2 | I am bothered by the chills | 0 | 1 | 2 | 3 | 4 |
| BRM3 | I am bothered by fevers (episodes of high body temperature) | 0 | 1 | 2 | 3 | 4 |
| MS16 | I am bothered by muscle spasms | 0 | 1 | 2 | 3 | 4 |