

The Brief Quality of Life in Bipolar Disorder (*Brief QoL.BD*) Questionnaire

The following items ask about a range of experiences, behaviors and feelings related to quality of life. Please tell us about your quality of life by rating how much you agree with each of the statements below. Circle the number that best describes your experience over the *last 7 days*. Do not spend too long on each item, it is your first impressions we are interested in.

Over the past 7 days, I have...		Strongly disagree	Disagree	Neutral	Agree	Strongly agree
1	Felt physically well	1	2	3	4	5
2	Woken up feeling refreshed	1	2	3	4	5
3	Enjoyed things as much as I usually do	1	2	3	4	5
4	Had good concentration	1	2	3	4	5
5	Been interested in my leisure activities	1	2	3	4	5
6	Been interested in my social relationships	1	2	3	4	5
7	Practised my spirituality as I wished	1	2	3	4	5
8	Had enough money for extras	1	2	3	4	5
9	Kept my home tidy	1	2	3	4	5
10	Felt accepted by others	1	2	3	4	5
11	Travelled around freely (e.g., driving, using public transport)	1	2	3	4	5
12	Had a clear idea of what I want and don't want	1	2	3	4	5