



This questionnaire asks about the ways you have been living your life during the last six months.

How often have you felt:

	Score 0	Score 1	Score 2	Score 3
Active	Rarely or never	Sometimes	Often	Always or almost always
Confident	Rarely or never	Sometimes	Often	Always or almost always
Connected	Rarely or never	Sometimes	Often	Always or almost always
Creative	Rarely or never	Sometimes	Often	Always or almost always
Energized	Rarely or never	Sometimes	Often	Always or almost always
Encouraged	Rarely or never	Sometimes	Often	Always or almost always
Engaged	Rarely or never	Sometimes	Often	Always or almost always
Happy	Rarely or never	Sometimes	Often	Always or almost always
Healthy mentally	Rarely or never	Sometimes	Often	Always or almost always
Healthy physically	Rarely or never	Sometimes	Often	Always or almost always
Independent	Rarely or never	Sometimes	Often	Always or almost always
Interested	Rarely or never	Sometimes	Often	Always or almost always
Mentally sharp	Rarely or never	Sometimes	Often	Always or almost always
Motivated	Rarely or never	Sometimes	Often	Always or almost always
Resilient	Rarely or never	Sometimes	Often	Always or almost always
Self-sufficient	Rarely or never	Sometimes	Often	Always or almost always
Useful	Rarely or never	Sometimes	Often	Always or almost always

1. Mayo, N.E., et al., Measuring what matters to older persons for active living: part I content development for the OPAL measure across four countries. Qual Life Res, 2024. 33(10): p. 2649-2659.

2. Mayo, N.E., et al., Measuring what matters to older persons for active living: part II cross-sectional validity evidence for OPAL measure across four countries. Qual Life Res, 2024. 33(10): p. 2661-2673.