

Quality of life questionnaire – Allergic rhinoconjunctivitis

Name: _____ Hosp No: _____ Date: _____

Practical problems – please circle (table 1)

How troubled have you been by each of these problems during the last week as a result of your nose/eye symptoms?

- a. Always having to carry tissues..... 0 1 2 3 4 5 6
- b. Need to rub nose/eyes.....0 1 2 3 4 5 6
- c. Need to blow your nose repeatedly.....0 1 2 3 4 5 6
- d. Lack of a good nights sleep.....0 1 2 3 4 5 6
- e. Unable to do your work (school work) as well as usual.....0 1 2 3 4 5 6

Non hayfever symptoms – please circle (table 1)

How troubled have you been by each of these problems during the last week as a result of your nose/eye symptoms?

- a. Tired/worn out..... 0 1 2 3 4 5 6
- b. Thirst.....0 1 2 3 4 5 6
- c. Can't concentrate.....0 1 2 3 4 5 6
- d. Generally don't feel well.....0 1 2 3 4 5 6
- e. Headache.....0 1 2 3 4 5 6

Nasal symptoms – please circle (table 1)

How troubled have you been by each of these symptoms during the last week?

- a. Stuffy/blocked nose 0 1 2 3 4 5 6
- b. Runny nose.....0 1 2 3 4 5 6
- c. Sneezing.....0 1 2 3 4 5 6
- d. Itchy nose.....0 1 2 3 4 5 6

Eye symptoms – please circle (table 1)

How troubled have you been by each of these symptoms during the last week?

- a. Itchy eyes.....0 1 2 3 4 5 6
- b. Watery eyes.....0 1 2 3 4 5 6
- c. Red eyes.....0 1 2 3 4 5 6
- d. Swollen eyes.....0 1 2 3 4 5 6

Activities – please circle (table 1)

How troubled have you been by each of these activities during the last week as a result of your nose/eye symptoms?

- a. Activity 1..... 0 1 2 3 4 5 6
- b. Activity 2.....0 1 2 3 4 5 6
- c. Activity 3.....0 1 2 3 4 5 6

Emotional symptoms – please circle (table 2)

How often during the last week have you been troubled by these emotions as a result of your nose/eye symptoms?

- a. Irritable 0 1 2 3 4 5 6
- b. Restless.....0 1 2 3 4 5 6
- c. Frustrated.....0 1 2 3 4 5 6
- d. Upset or embarrassed by others' response to your hayfever symptoms... 0 1 2 3 4 5 6

Table 1	
0	Not troubled
1	Hardly troubled at all
2	Somewhat troubled
3	Moderately troubled
4	Quite a bit troubled
5	Very troubled
6	Extremely troubled

Table 2	
0	None of the time
1	Hardly any time at all
2	A small part of the time
3	Some of the time
4	A good part of the time
5	Most of the time
6	All of the time

Total
/ 150