

Schwartz Outcome Scale-10

Instructions: Please respond to each statement by circling the number that best fits how you have generally felt over the last 7 days. There are no right or wrong responses. Often the first answer that comes to mind is best.

1. Given my current physical condition, I am satisfied with what I can do.

0	1	2	3	4	5	6
Never						All or nearly all of the time

2. I have confidence in my ability to sustain important relationships.

0	1	2	3	4	5	6
Never						All or nearly all of the time

3. I feel hopeful about my future.

0	1	2	3	4	5	6
Never						All or nearly all of the time

4. I am often interested and excited about things in my life

0	1	2	3	4	5	6
Never						All or nearly all of the time

5. I am able to have fun.

0	1	2	3	4	5	6
Never						All or nearly all of the time

6. I am generally satisfied with my psychological health.

0	1	2	3	4	5	6
Never						All or nearly all of the time

7. I am able to forgive myself for my failures.

0	1	2	3	4	5	6
Never						All or nearly all of the time

8. My life is progressing according to my expectations.

0	1	2	3	4	5	6
Never						All or nearly all of the time

9. I am able to handle conflicts with others.

0	1	2	3	4	5	6
Never						All or nearly all of the time

10. I have peace of mind.

0	1	2	3	4	5	6
Never						All or nearly all of the time