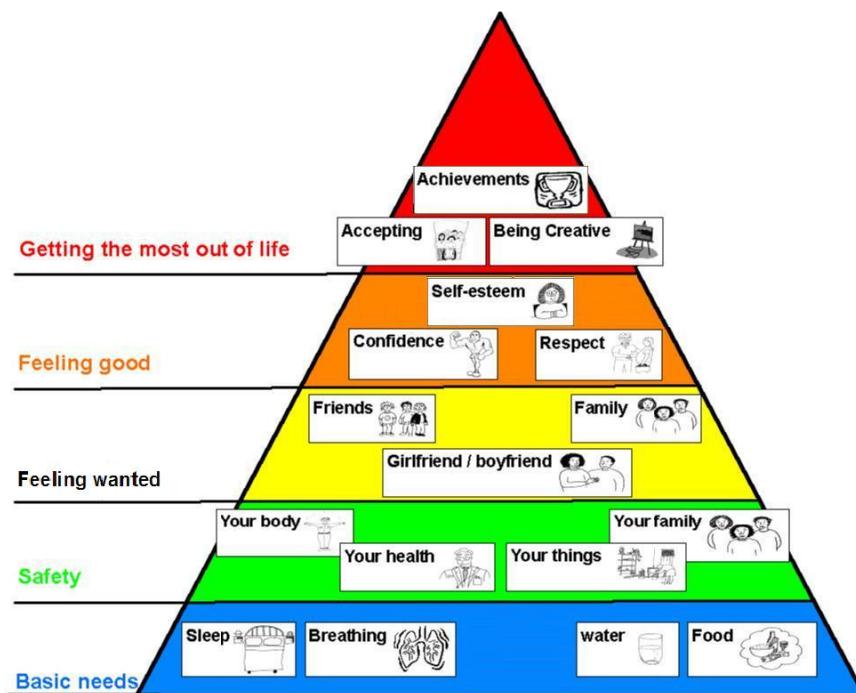


Maslow's “How Happy am I with my Life?” Questionnaire

These questions are about how you feel about your life since you came to the service. They are based on the things that most people need out of life, which were written down by a man called Abraham Maslow in 1943.

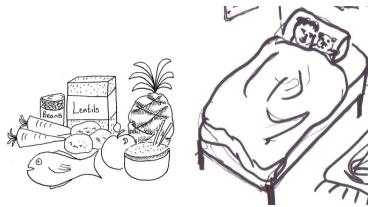
This questionnaire is named after him and asks questions about *basic things you need* like eating, sleeping and the place you live, *being safe* from hurting other people or them hurting you, *being happy with relationships*, *feeling good about yourself* and *being allowed to do the things you want to do*. We want to see how much our service has helped you with these things since you have been coming to see us.



We want to see how much the service has helped you with these things since you have been working with us. If you find it hard to answer the questions, then it is OK to ask help from someone who knows you well- particularly if they knew you before you started to work with us. Thank you for helping!

This Questionnaire is called The Maslow Assessment of Needs Scale—Learning Disabilities (MANS-LD) and was written by Paul Skirrow and Ewan Perry from Mersey Care NHS Trust. It is free to use and copy but we find it really helpful to hear if you are using the questionnaire and any problems you have, so we can make it better!

You can contact us at drpaulskirrow@gmail.com or ewan.perry@northstiffs.nhs.uk



1) Since I have been coming to the service, I feel my **basic needs such as the food I eat, how I sleep and keeping warm** are being met....

Much better	A bit better	The same	A bit worse	Much worse



2) Since I have been coming to the service, the chances of **me being hurt by other people** are....

Much less	A bit less	The same	A bit more	Much more



3) Since I have been coming to the service, the chances of **me hurting other people** are...

Much less	A bit less	The same	A bit more	Much more



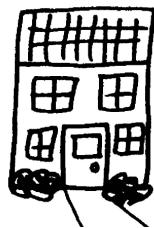
4) Since I have been coming to the service, the chances of **me deliberately hurting myself** or trying to kill myself are...

Much less	A bit less	The same	A bit more	Much more



5) Since I have been coming to the service, **how I spend my time** (e.g. Jobs, college) is...

Much better	A bit better	The same	A bit worse	Much worse



6) Since I have been coming to the service, **where I live** is...

Much better	A bit better	The same	A bit worse	Much worse



7) Since I have been coming to the service,
my health is...

Much better	A bit better	The same	A bit worse	Much worse



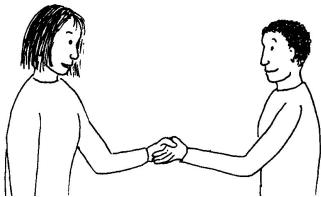
8) Since I have been coming to the service, **I get on with the people I know well** (e.g. my family, the staff who support me)...

Much better	A bit better	The same	A bit worse	Much worse



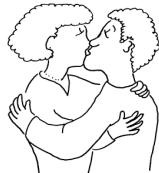
9) Since I have been coming to the service, I can make and keep **friends**...

Much better	A bit better	The same	A bit worse	Much worse



10) Since I have been coming to the service, I feel accepted by other people....

Much better	A bit better	The same	A bit worse	Much worse



11) Since I have been coming to the service, I feel about boyfriends or girlfriends....

Much better	A bit better	The same	A bit worse	Much worse



12) Since I have been coming to the service, I feel good about myself...

Much more	A bit more	The same	A bit less	Much less



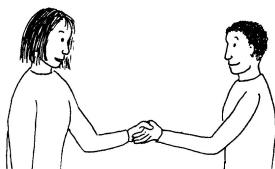
13) Since I have been coming to the service,
my confidence is...

Much better	A bit better	The same	A bit worse	Much worse



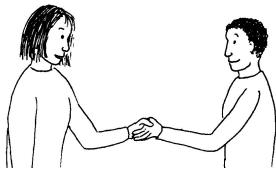
14) Since I have been coming to the service,
I feel I am achieving what I want to...

Much more	A bit more	The same	A bit less	Much less



15) Since I have been coming to the service, I
feel I other people respect me...

Much more	A bit more	The same	A bit less	Much less



16) Since I have been coming to the service, I feel
I respect other people...

Much more	A bit more	The same	A bit less	Much less



17) Since I have been coming to the service, I **feel like life is worthwhile...**

Much more	A bit more	The same	A bit less	Much less



18) Since I have been coming to the service, I feel
like I accept who I am...

Much more	Slightly more	The same	A bit less	Much less



19) Since I have been coming to the service,
I feel like I am being everything I can be...

Much more	Slightly more	The same	Slightly less	Much less

We would like to say thank you to all of the people who helped in developing this questionnaire. In particular, Annie Talbot and Amy Lee helped with making this questionnaire easier to read, Louise Glover, Nicola Smith, Jenny Morris and Reuben Furlong helped us try out the measure with some of our service users and Frank Chapman and Stuart Clensy helped us to think about how we should make this questionnaire. Thank you!