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

2. I have confidence in my ability to sustain important relationships.
   - 0 Never
   - 1
   - 2
   - 3
   - 4
   - 5
   - 6 All or nearly all of the time

3. I feel hopeful about my future.
   - 0 Never
   - 1
   - 2
   - 3
   - 4
   - 5
   - 6 All or nearly all of the time

4. I am often interested and excited about things in my life
   - 0 Never
   - 1
   - 2
   - 3
   - 4
   - 5
   - 6 All or nearly all of the time

5. I am able to have fun.
   - 0 Never
   - 1
   - 2
   - 3
   - 4
   - 5
   - 6 All or nearly all of the time

6. I am generally satisfied with my psychological health.
   - 0 Never
   - 1
   - 2
   - 3
   - 4
   - 5
   - 6 All or nearly all of the time

7. I am able to forgive myself for my failures.
   - 0 Never
   - 1
   - 2
   - 3
   - 4
   - 5
   - 6 All or nearly all of the time

8. My life is progressing according to my expectations.
   - 0 Never
   - 1
   - 2
   - 3
   - 4
   - 5
   - 6 All or nearly all of the time

9. I am able to handle conflicts with others.
   - 0 Never
   - 1
   - 2
   - 3
   - 4
   - 5
   - 6 All or nearly all of the time

10. I have peace of mind.
    - 0 Never
    - 1
    - 2
    - 3
    - 4
    - 5
    - 6 All or nearly all of the time