

Empowering women entrepreneurs: Exploring the relationship between self efficacy, business success and quality of life

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ABSTRACT

Examining women entrepreneurs' occupational self-efficacy and quality of life in connection to handling business challenges is crucial to understanding their overall well-being. Through illuminating the factors influencing their performance, this research can offer valuable insights for creating support networks tailored to enhance professional efficacy and personal fulfilment, ultimately fostering sustainable entrepreneurship. In order to evaluate the factors, 200 female entrepreneurs took part in the study. The following techniques were used: The occupational self-efficacy scale and the WHO QOL. The results showed a strong correlation among self-efficacy and quality of life. It has limited sample size and the geographical area is also restricted. Implication is for both economic development and societal progress and for the perceptions of the society. This paper provides its input to the literature by exploring the relationship among self-efficacy, business success and quality of life.

Keywords: *Self-efficacy, Business Success, Quality of life*

1. INTRODUCTION

Entrepreneurship is when a person has efficient, creative, and long-lasting solution to handle environmental and social issues (Youssef, F. A. A., 2023). Women entrepreneurs are always considered as essential for economic development. It is essential to have confidence in oneself when working in a professional environment. People devote a significant portion of their lives to work-related activities. People's perceptions of their own self-efficacy have a significant influence on how successful they are at work, what they believe they can accomplish there, and how well they plan for those goals. Human development depends critically on perceived self-efficacy (Benight & Bandura, 2004). He argued that revolutionary social change in the era of omnipresent technology devices must emphasize individual and collective agency (Usmani & Shaikh, 2023). The foundation of free will is the belief system. If people don't believe they can control their behaviour to get the results they want and stay away from the ones they don't, they won't have the motivation or will to overcome challenges. The fundamental conviction that one can change the world via one's own actions, independent of outside influences, drives people. Individuals who achieve success in challenging pursuits possess a strong sense of self-efficacy and an appreciation for their own hard work. The necessary lifespan and robustness are ensured via resilient efficacy. Social reformers that have a positive attitude on their ability to transform people's lives are those who are successful, inventive, persistent, peaceful, and hopeful. A person's subjective assessment of their overall well-being, accounting for a range of elements including their mental and physical well-being, degree of independence, social connections, personal convictions, and interaction with the environment, is referred to as their quality of life.

The individual's cultural, social, and environmental background affects this assessment. Thus, the total quality of life is influenced through variety in elements. Work, stress, family, education, safety, psychology, and spirituality elements are among the constituents. This implies that the concept of quality of life is broad and encompasses several aspects of life.

2. LITERATURE REVIEW

The growing visibility and involvement of women in business has attracted notable focus from researchers, lawmakers, and supporters, emphasizing the multiple aspects of female entrepreneurship. In recent years, acknowledgment of women as essential players in economic growth has increased, mirroring changes in societal views and the breakdown of old barriers that have long obstructed their entrepreneurial efforts (Boldureanu G et al., 2020). A key element affecting the success of women entrepreneurs is self-efficacy, the conviction that one needs to reach certain goals. Research shows that higher self-efficacy is linked with better results, covering business achievements and overall life quality—a pattern seen in studies on female entrepreneurship dynamics (Newman et al., 2018; Stephan U, 2018). Moreover, it is recognized that self-efficacy not only encourages women to take risks but also boosts their ability to bounce back from difficulties. Studies suggest that women with strong self-efficacy are more inclined to pursue entrepreneurial activities and feel more content with their businesses (Kapoor KK et al., 2017).

Yet, despite the valuable insights about self-efficacy and business outcomes, there is still a lack of understanding about the complex connections among these factors and broader quality of life measures. Specifically, while researchers have highlighted the importance of social support, networks, and mentorship as external boosters of self-efficacy (Karimi S et al., 2014), the relationship between an entrepreneur's personal history, community setting, and the quality of life after achieving business success remains under examined. Additionally, there are few long-term studies that evaluate the lasting effects of business achievements on women's well-being (OECD, 2021). This gap highlights the need for thorough frameworks that combine psychological, social, and economic elements to offer better insights exploring the experiences of female business owners (Maseda A et al., 2021).

As empowerment rises as a key theme in entrepreneurship discussions, the connection between personal growth and professional success needs closer inspection (Gupta M 2014). Recent research has looked into how empowerment through self-efficacy can lead not just to improved business performance but also to better mental and physical health outcomes for women entrepreneurs (Ahl H et al., 2019). Still, discrepancies exist regarding the experiences shaped by factors like socioeconomic status, race, and region, which can significantly impact both self-efficacy as well as life quality (Drexler A et al., 2014; Saeed S et al., 2013). Moreover, while some studies push for policies that encourage gender equality in entrepreneurship, they do not sufficiently explore how these policies can effectively enhance self-efficacy (Xu L et al., 2012).

The study of women entrepreneurs and the interconnections between self-efficacy, business success, and quality of life has grown significantly over the last few decades. Earlier studies primarily concentrated on recognising the obstacles that women face in entrepreneurship, with scholars like (Boldureanu G et al., 2020) pointing out social and cultural barriers limiting opportunities. As research advanced, the emphasis shifted to importance of self-efficacy, a key factor in an entrepreneurial success. This shift was notably reflected in the work of (Newman

et al., 2018), who claimed that women's confidence in their abilities directly affects their business results, thereby improving their overall quality of life.

By the late 2000s, more literature promoted the importance of mentorship and support networks in building self-efficacy among women entrepreneurs, as shown by (Stephan U, 2018). This backdrop was crucial for understanding how self-efficacy connects to future business success. Additionally, studies by (Kapoor KK et al., 2017) showed a direct link from self-efficacy to the willingness to take risks, which drives business growth.

Today's landscape shows a more integrated view, where quality of life is seen not just as an outcome but as a vital component tied to business success. Recent studies, including those by (Karimi S et al., 2014) have begun to measure how boosts in self-efficacy can lead to better business results and greater satisfaction in life among women entrepreneurs. The links found by these researchers indicate a cycle where self-efficacy enhances business success, which in turn brings about personal fulfilment and wider economic contributions, forming a complete grasp of women's entrepreneurship experiences today.

Recent literature highlights the critical importance of self-efficacy in women entrepreneurs' journeys, showing that a strong belief in oneself significantly aligns with business success. Findings indicate that women with higher self-efficacy often set loftier goals, display resilience, and take a proactive stance towards challenges, all of which are vital for entrepreneurial success (Boldureanu G et al., 2020; Newman A et al., 2018). Also, this self-efficacy not only boosts performance but also positively impacts overall quality of life, as successful businesses lead to financial independence and personal satisfaction (Stephan U, 2018; Kapoor KK et al., 2017).

Considerable proof shows that successful women entrepreneurs improve socio-economic conditions for themselves and their communities, which in turn reinforces their self-efficacy (Apu M.Het.al. 2024). Research indicates that the dynamic between self-efficacy and community support contributes to greater entrepreneurial visibility and prospects for women (Karimi S et al., 2014). While obstacles like access to resources and societal biases still exist, studies emphasize how increased self-efficacy can help women navigate these challenges, tapping into available networks and resources more effectively (OECD, 2021; Maseda A et al., 2021).

Furthermore, the association between entrepreneurial success, self-efficacy and life satisfaction creates an empowering loop; as women meet their business goals, their perceived value and societal standing improve, driving further entrepreneurial efforts (Ahl H et al., 2019). This complex dynamic is backed by long-term studies showing that women who invest in personal growth and mentorship relationships experience higher levels self-efficacy and business success (Drexler A et al., 2014; Saeed S et al., 2013). Overall, the convergence of self-efficacy, business success, and improved life quality presents a compelling story about the empowerment of women in the entrepreneurial sphere.

Othman, N., et al., 2024 this paper states that life competencies of female entrepreneurs are more advanced and they achieve a better life quality. There exist a positive relation between life competency and quality of life. Hossain, M. U. et al., 2024 this study states that amiability, extraversion diligence, openness, stability of emotions, social support and social self-efficacy

influence Social entrepreneurial intentions (SEI). It incorporates study of Self-efficacy in social situations in SEI research. It a study which investigates the role of gender on SEI.

Yassin, S. A. et al., 2024 Identifies relationship among start-up success and entrepreneurial ecosystem dimensions with the help of mediators like self-efficacy, entrepreneurial intention and entrepreneurial attitude. This study shows elements of the ecosystem for entrepreneurs and how they affect the connection between start-ups success and entrepreneurial ecosystem dimensions. Nikmah, F. K. et al., 2023 this paper stated that self-sufficient female entrepreneurs will tend to increase their business performances. It also stated that The self-efficacy of female business owners can also be raised by the support of institutions.

Abdelwahed, N. A. A. et al., 2023 this paper was investigated on women entrepreneur's self-efficacy and social pathways which affects a business for its entrepreneurial outcomes. It also suggested that support of a business affect positively on women's self-confidence in performing entrepreneurial activities.

Hamdani, N. A. et al., 2023 this paper stated about gender's perception effect women entrepreneurial intentions, directly and indirectly by self-efficacy. And perceived social support also has an effect on women's entrepreneurial intention through self-efficacy.

Mathur, N., & Mishra, G., 2023 this paper aimed to understand the effect of workplace spirituality on involvement, job happiness, and quality of work life via questionnaire survey. The findings suggested that management should bring such spirituality practices in colleges also. Mathew, 2022 investigate the effects of education, need for success, autonomy, and self-efficacy on the quality of life of Micro entrepreneurs in Kerala, India. This study employs a quantitative methodology and utilises path analysis. The study findings indicated that education, self-efficacy, independence, and the will for success have an impact on quality of life. The study also demonstrated that self-efficacy acts as a mediator in learning, the need for independence and success, influencing the life quality.

Rasool et al., 2019 assesses the influence of self-efficacy as viewed and marital support on the mental health of female business owners. The study also aimed to assess the influence of spouse support on the connection between psychological health and perceived self-efficacy. The sample consisted of 405 female business owners aged between 22 and 49 years. The findings indicated a favourable correlation between perceived self-efficacy and both spouse support and mental health. Likewise, there was a favourable correlation between Support from the spouse and mental health. Furthermore, the provision of financial assistance to a spouse had a crucial role in influencing the connection between one's perceived ability to accomplish tasks and their mental state. The variations in educational backgrounds and types of entrepreneurships were evident in the varying degrees of self-efficacy perception, marital support as well as mental health.

Nasima & Shalini, 2019 analysed the part that self-efficacy plays, which refers to women's confidence in entrepreneurial activities, as well as the influence of women's experience level in entrepreneurial activities. The results show that self-efficacy as a mediator in the connection of personal variables and women entrepreneurs. Model demonstrates complete mediation, indicating that the performance of female business owners is strong when they have high levels of self-efficacy, regardless of personal characteristics.

Palaneeswari, T., & Grahalakshmi, S., (2018)- This research states that there are other motivating factors which are crucial for a business in providing satisfaction and success to the entrepreneurs. Not only financial indicators but non-financial indicators like recognition, trust, freedom, etc. are also relevant. It also states that not just the performance level of any business is relevant for the entrepreneurs but also the quality of life and entrepreneurial satisfaction which an entrepreneur gets is equally relevant as a factor for an entrepreneur.

The investigation into empowering women entrepreneurs through self-efficacy, business success, and quality of life uncovers a complex interaction among various theoretical frameworks. Bandura's social cognitive theory offers a foundation for understanding how self-efficacy shapes entrepreneurial behaviour, stressing that belief in one's abilities can notably influence goal-setting and persistence in business ventures (Boldureanu G et al., 2020; Newman et al., 2018). In this sphere, research reveals that Higher self-efficacy among women increases their likelihood of pursue entrepreneurial activities, achieving better business success and greater life satisfaction (Stephan U, 2018; Kapoor KK et al., 2017).

Additionally, the resource-based perspective posits that women entrepreneurs who have access to resources—both tangible and intangible—can effectively navigate competitive business landscapes (Karimi S et al., 2014). This viewpoint is complemented by feminist theories that point out systemic barriers limiting women's entrepreneurial chances, suggesting that attaining business success often requires not just individual self-efficacy but also external support and resources (OECD, 2021; Maseda A et al., 2021).

Nonetheless, challenges remain. Existing literature notes that societal and cultural factors can undermine women's perceived self-efficacy, which impacts their business outcomes and quality of life (Ahl H et al., 2019). Moreover, studies show that women entrepreneurs sometimes have different motivations than their male counterparts, often placing greater emphasis on quality of life in their business decisions (Drexler A et al., 2014; Saeed S et al., 2013).

All together, these theoretical stances provide a deep understanding of how self-efficacy interacts with business success and quality of life for women entrepreneurs, shedding light on both the possibilities and the hurdles they face in their entrepreneurial journeys (Xu L et al., 2012; Jamali D, 2009; Toropova A et al., 2020; Tom Cás et al., 2016). This blending of theories stresses the importance of tailored interventions that consider both individual and broader systemic issues in promoting women's entrepreneurial empowerment (Ciruela-Lorenzo et al., 2016; Amalu et al., and 2010).

The detailed exploration of women entrepreneurs and the intricate links between self-efficacy, business success, and quality of life has generated important insights. This review highlighted the crucial role of self-efficiency in encouraging women to take part in entrepreneurial activities, supported by studies showing a positive link from self-efficacy to business outcomes (Boldureanu G et al., 2020; Newman A et al., 2018). High self-efficacy levels enable women to set bold goals, take prudent risks, and show resilience, leading to greater satisfaction with their businesses and improved overall quality of life (Stephan U, 2018; Kapoor KK et al., 2017). This cyclical relationship, where boosted self-efficacy leads to business achievements that further enhance life satisfaction, emphasizes the significance of fostering self-efficacy among women entrepreneurs as a path to empowerment (Karimi S et al., 2014).

The review confirms that grasping the connection between self-efficacy and its socio-economic effects is vital for advancing women's entrepreneurship. It is clear that the blend of psychological aspects, such as self-efficacy, with contextual elements—like social support systems and mentoring—is a core theme in the literature (OECD, 2021). These results are critical as they illuminate the many dimensions of women's entrepreneurial experiences and the obstacles they continue to encounter in achieving equal access to resources and opportunities.

3. METHODOLOGY

- **Objective:** To correlate the self-efficacy and quality of life of women entrepreneur of Jaipur state.
- **Hypothesis:** H1- Self-efficacy and quality of life are related.
- **Research design:** The current study's examination is predicated on a cross-sectional, non-experimental research design.
- **Sample Size:** 200 female business owners made up the study sample. Participants were gathered from India's Jaipur. To collect the sample, the stratified and snowball sampling techniques were applied.

WHO-QL BREF

WHOQOL BREF is a tool with 26 items covering areas: Seven items for physical health and six for psychological health), social relations (environmental health (8 items) and three things); it additionally includes elements of general health and quality of life. Each individual WHOQOL BREF item is scored the response scale is a five-point ordinal scale with a range of 1 to 5. After that, the scores are linearly converted on a number between 0 and 100 (16, 17).

- **Occupational Self-efficacy-** The Occupational self-efficacy measure was created by Sanjot, P., Sushama.C., and Upinder Dhar in 1999. The assessment has 19 items and is categorised divided into six elements: self-assurance, command, flexibility, individual efficacy, and positive attitude, and Individuality.
- **Procedure**

The Google forms were created by consolidating the questionnaires. The participants were contacted via phone after providing them with a concise explanation of the study and obtaining their agreement. Additionally, the participants were reassured regarding the confidentiality of their information, which would only be used for research purposes. Subsequently, the URLs were sent to them with a request to inform the researcher upon form submission and to also share the information to their friends. The researcher expresses sincere gratitude to all the participants for their invaluable contribution to this research and for their cooperation.

- **Statistical Analysis**

To learn the correlation between the two- Pearson's variables correlation was utilised the SPSS version 20.0.

4. RESULT

This study's objective was to compare the participants in who are Women Entrepreneur pertaining to their Self-efficacy and life quality (physical, mental, social, and environmental) and in doing so the following tools have been used occupational self-efficacy and WHOQOL.

Table 1 Mean and standard deviation of Age of the participants (N=100)

	Minimum(years)	Maximum(years)	Mean	Standard deviation
Age	25	40	24.52	6.68

The mean, standard deviation, minimum age, and maximum age of age of the sample is displayed in table 1. The age of the participant ranges from 25 to 45 years with a mean age of 24.52±6.68.

Table2 Descriptive and correlation between the given below variable-

Variable	<i>n</i>	<i>M</i>	<i>SD</i>	1	2
1. Self-efficacy	100	120.90	18.94	—	
2. Physical QOL	100	66.14	16.21	.409**	.442**
3. Social QOL	100	66.42	21.75	.410**	.292**
4. Psychological QOL	100	60.33	16.72	.654**	.589**
5. Environmental QOL	100	64.72	17.70	.454**	.331**

The Pearson’s correlation between physical quality of life and self-efficacy came out to be significant $r=.409$ (significant at 0.01 level), the other sub-dimensions also reflects the significant result with occupational self-efficacy (physical QOL, $r=.410$, Social QOL, $r=.410$, Psychological QOL, $r=.654$, Environmental QOL= .454)

5. DISCUSSION

The findings of this research emphasize the critical connection between self-efficacy and various dimensions of quality of life among women entrepreneurs. Self-efficacy is characterised as one's belief in their capacity to accomplish tasks and navigate challenges effectively, emerges as a key factor influencing both psychological well-being and environmental quality of life.

Firstly, the favourable association observed between self-efficacy and psychological well-being aligns with Bandura's theory, which suggests that individuals with higher self-efficacy are better equipped to regulate their emotional states and manage stress. This finding underscores the importance of fostering self-belief among women entrepreneurs, as it can

contribute significantly to their mental resilience and overall psychological health amidst the challenges of entrepreneurship. Moreover, the direct relationship between self-efficacy and environmental life quality sheds light on specific factors that contribute to women entrepreneurs' overall well-being in their surroundings. Environmental quality encompasses aspects such as financial resources, physical safety, accessibility to healthcare, and opportunities for personal development. Women entrepreneurs who perceive themselves as capable and effective are more likely to navigate these environmental factors successfully, leading to a greater overall life quality.

The research also aligns with previous studies that highlight Self-efficacy's impact on entrepreneurship ambitions, particularly among women. Wilson, Kickul, and Marlina's (2007) findings imply that women with strong Self-efficacy in entrepreneurship are more likely to pursue and succeed in entrepreneurial endeavours, thereby enhancing their overall life satisfaction and well-being. Furthermore, the correlation between self-efficacy and quality of life extends beyond entrepreneurial contexts. Studies examining health behaviours and quality of life have consistently shown that individuals with higher self-efficacy tend to engage in healthier behaviors and report better overall quality of life (Khan, Pallant & Brand, 2007; Wu, Chau & Twinn, 2007).

The present research presents the significance of self-efficacy in promoting positive outcomes for women entrepreneurs, both in terms of their psychological well-being and environmental adaptation. Building and enhancing self-efficacy through targeted interventions and support programs could prove instrumental in fostering a conducive environment for women's entrepreneurship and promoting overall societal advancement. This research contributes valuable insights into the intricate interplay between self-belief and quality of life, emphasizing the multifaceted benefits of empowering women entrepreneurs in today's dynamic socio-economic landscape.

7. LIMITATIONS AND RECOMMENDATIONS

The current study, like any academic endeavours, has limitations, such as a small sample size, a restricted geographic scope, and questionnaires that are not tailored to the Indian population. It is advised that future studies have a larger sample size, cover a wider geographic area, and modify the questionnaires for the Indian population before distributing them in order to get over these restrictions.

8. IMPLICATIONS OF STUDY

The evolving role of women in entrepreneurship bears significant implications for both economic and societal progress. Firstly, as more women venture into entrepreneurship, there is a tangible impact on economic advancement. Women-owned businesses contribute to job creation, innovation, and overall economic growth (Achary A.C.R et.al. 2029). With greater participation in various domains beyond traditional roles, women are diversifying industries and bringing fresh perspectives to business landscapes. This trend not only empowers women economically but also contributes to broader societal improvement by challenging stereotypes and fostering inclusivity. Secondly, the rise of women entrepreneurs reflects a transformative shift in societal attitudes and perceptions. Breaking free from historical constraints that confined women to domestic duties, entrepreneurship empowers women to assert their independence and

leadership. This not only elevates their social standing but also challenges outdated norms that once relegated women to subordinate roles. As women gain authority, self-assurance, and mental well-being through entrepreneurial endeavours, they become role models for future generations, reshaping societal narratives around gender roles and capabilities.

Moreover, the correlation link quality of life and self-efficacy among women entrepreneurs underscores the importance of empowerment in fostering overall well-being. Women with greater levels Self-efficacy levels are not only more probable to succeed in their ventures but also experience enhanced quality of life across various dimensions. This highlights the critical role of self-belief and empowerment programs in nurturing the potential of women entrepreneurs, ultimately leading to positive socio-economic outcomes and improved quality of life for individuals and communities alike. The growing presence of women entrepreneurs signifies a transformative era where women are not just contributors but key drivers of economic and societal progress. By fostering entrepreneurship among women and addressing systemic barriers, societies can harness the full potential of female talent, leading to more equitable and prosperous communities.

9. CONCLUSION

Women entrepreneurs have a crucial role in both economic advancement and societal improvement in our dynamic society. In the past, women were restricted to their homes, where they were responsible for all domestic tasks, including childcare. They were also considered the possessions of males. However, the perception and position of women in contemporary society have undergone significant transformation. The modern era has dispelled the state of being uninformed or unaware. As time progresses, women are increasingly engaging in many activities beyond the confines of their homes. They are achieving success in several domains and playing a crucial part in the socio-economic progress of the country. Entrepreneurship facilitates accelerated professional development. The present study correlate self-efficacy and quality of life and result revealed the positive correlation with dimensions of life satisfaction and self-efficacy. Women entrepreneurs in possession of small-scale enterprises were found to exhibit authority, self-assurance, and robust mental well-being. Furthermore, Women entrepreneurs with higher self-efficacy demonstrated an enhanced quality of life.

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WHO-QL BREF

APPENDIX 8- THE WHOQOL-BREF

ABOUT YOU

ID number

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Before you begin we would like to ask you to answer a few general questions about yourself: by circling the correct answer or by filling in the space provided.

What is your **gender**?

Male Female

What is your **date of birth**?

_____ / _____ / _____

Day / Month / Year

What is the highest **education** you received?

None at all
Primary school
Secondary school
Tertiary

What is your **marital status**?

Single Separated
Married Divorced
Living as married Widowed

Are you currently ill? Yes No

If something is wrong with your health what do you think it is? _____

Instructions

This assessment asks how you feel about your quality of life, health, or other areas of your life. **Please answer all the questions.** If you are unsure about which response to give to a question, **please choose the one** that appears most appropriate. This can often be your first response.

Please keep in mind your standards, hopes, pleasures and concerns. We ask that you think about your life **in the last two weeks.** For example, thinking about the last two weeks, a question might ask:

		Not at all	Not much	Moderately	A great deal	Completely
Do you get the kind of support from others that you need?	1	2	3	4	5	

You should circle the number that best fits how much support you got from others over the last two weeks. So you would circle the number 4 if you got a great deal of support from others as follows.

		Not at all	Not much	Moderately	A great deal	Completely
Do you get the kind of support from others that you need?	1	2	3	4	5	

You would circle number 1 if you did not get any of the support that you needed from others in the last two weeks.

Please read each question, assess your feelings, and circle the number on the scale for each question that gives the best answer for you.

THE WHOQOL-BREF

		Very poor	Poor	Neither poor nor good	Good	Very good
1 (G1)	How would you rate your quality of life?	1	2	3	4	5

		Very dissatisfied	Dissatisfied	Neither satisfied nor dissatisfied	Satisfied	Very satisfied
2 (G4)	How satisfied are you with your health?	1	2	3	4	5

The following questions ask about **how much** you have experienced certain things in the last two weeks.

		Not at all	A little	A moderate amount	Very much	An extreme amount
3 (F1.4)	To what extent do you feel that (physical) pain prevents you from doing what you need to do?	1	2	3	4	5
4 (F11.3)	How much do you need any medical treatment to function in your daily life?	1	2	3	4	5
5 (F4.1)	How much do you enjoy life?	1	2	3	4	5
6 (F24.2)	To what extent do you feel your life to be meaningful?	1	2	3	4	5

		Not at all	A little	A moderate amount	Very much	Extremely
7 (F5.3)	How well are you able to concentrate?	1	2	3	4	5
8 (F16.1)	How safe do you feel in your daily life?	1	2	3	4	5
9 (F22.1)	How healthy is your physical environment?	1	2	3	4	5

The following questions ask about **how completely** you experience or were able to do certain things in the last two weeks.

		Not at all	A little	Moderately	Mostly	Completely
10 (F2.1)	Do you have enough energy for everyday life?	1	2	3	4	5
11 (F7.1)	Are you able to accept your bodily appearance?	1	2	3	4	5
12	Have you enough money to meet your	1	2	3	4	5

(F18.1)	needs?					
13 (F20.1)	How available to you is the information that you need in your day-to-day life?	1	2	3	4	5
14 (F21.1)	To what extent do you have the opportunity for leisure activities?	1	2	3	4	5

		Very poor	Poor	Neither poor nor good	Good	Very good
15 (F9.1)	How well are you able to get around?	1	2	3	4	5

The following questions ask you to say how **good or satisfied** you have felt about various aspects of your life over the last two weeks.

		Very dissatisfied	Dissatisfied	Neither satisfied nor dissatisfied	Satisfied	Very satisfied
16 (F3.3)	How satisfied are you with your sleep?	1	2	3	4	5
17 (F10.3)	How satisfied are you with your ability to perform your daily living activities?	1	2	3	4	5
18 (F12.4)	How satisfied are you with your capacity for work?	1	2	3	4	5
19 (F6.3)	How satisfied are you with yourself?	1	2	3	4	5
20 (F13.3)	How satisfied are you with your personal relationships?	1	2	3	4	5
21 (F15.3)	How satisfied are you with your sex life?	1	2	3	4	5
22 (F14.4)	How satisfied are you with the support you get from your friends?	1	2	3	4	5
23 (F17.3)	How satisfied are you with the conditions of your living place?	1	2	3	4	5
24 (F19.3)	How satisfied are you with your access to health services?	1	2	3	4	5
25 (F23.3)	How satisfied are you with your transport?	1	2	3	4	5

The following question refers to **how often** you have felt or experienced certain things in the last two weeks.

		Never	Seldom	Quite often	Very often	Always
26 (F8.1)	How often do you have negative feelings such as blue mood, despair, anxiety, depression?	1	2	3	4	5

Did someone help you to fill out this form?.....

How long did it take to fill this form out?.....