

## ATTITUDES TO AGEING QUESTIONNAIRE (AAQ-24)

### *Instructions*

This questionnaire asks you how you feel about growing older.

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 **general**.

For example, thinking how you feel in general, a question might ask:

### **I dislike growing older**

Not at all true	Slightly true	Moderately true	Very true	Extremely true
1	2	3	4	5

You should circle the number that best fits how true the statements are for you. So you would circle the number 4 if you dislike growing older “Very much”, or circle number 1 if you are “Not at all” concerned about growing older. Please read each question, assess your feelings, and circle the number on the scale for each question that gives the best answer for you.

**Thank you for your help**

The following questions ask **how much you agree** with the following statements. If you agree with the statements an extreme amount circle the number next to “strongly agree”. If you do not agree with the statements at all, circle the number next to “Strongly disagree”. You should circle one of the numbers in between if you wish to indicate your answer lies somewhere between “Strongly disagree” and “Strongly agree”.

1. As people get older they are better able to cope with life. **(F3)**

Strongly disagree	Disagree	Uncertain	Agree	Strongly agree
1	2	3	4	5

2. It is a privilege to grow old. **(F3)**

Strongly disagree	Disagree	Uncertain	Agree	Strongly agree
1	2	3	4	5

3. Old age is a time of loneliness. **(F1)**

Strongly disagree	Disagree	Uncertain	Agree	Strongly agree
1	2	3	4	5

4. Wisdom comes with age. **(F3)**

Strongly disagree	Disagree	Uncertain	Agree	Strongly agree
1	2	3	4	5

5. There are many pleasant things about growing older. **(F3)**

Strongly disagree	Disagree	Uncertain	Agree	Strongly agree
1	2	3	4	5

6. Old age is a depressing time of life. **(F1)**

Strongly disagree	Disagree	Uncertain	Agree	Strongly agree
1	2	3	4	5

7. It is important to take exercise at any age. **(F2)**

Strongly disagree	Disagree	Uncertain	Agree	Strongly agree
1	2	3	4	5

PLEASE TURN OVER THE PAGE

The following questions ask **how true** the following statements are for you. If the statement is “Extremely” true for you, circle the number next to “Extremely true”. If the statements are not true for you at all, circle the number next to “Not at all true”. You should circle one of the numbers in between if you wish to indicate your answer lies somewhere between “Not at all true” and “Extremely true”.

8. Growing older has been easier than I thought. **(F2)**

Not at all true 1	Slightly true 2	Moderately true 3	Very true 4	Extremely true 5
----------------------	--------------------	----------------------	----------------	---------------------

9. I find it more difficult to talk about my feelings as I get older. **(F1)**

Not at all true 1	Slightly true 2	Moderately true 3	Very true 4	Extremely true 5
----------------------	--------------------	----------------------	----------------	---------------------

10. I am more accepting of myself as I have grown older. **(F3)**

Not at all true 1	Slightly true 2	Moderately true 3	Very true 4	Extremely true 5
----------------------	--------------------	----------------------	----------------	---------------------

11. I don't feel old. **(F2)**

Not at all true 1	Slightly true 2	Moderately true 3	Very true 4	Extremely true 5
----------------------	--------------------	----------------------	----------------	---------------------

12. I see old age mainly as a time of loss. **(F1)**

Not at all true 1	Slightly true 2	Moderately true 3	Very true 4	Extremely true 5
----------------------	--------------------	----------------------	----------------	---------------------

13. My identity is not defined by my age. **(F2)**

Not at all true 1	Slightly true 2	Moderately true 3	Very true 4	Extremely true 5
----------------------	--------------------	----------------------	----------------	---------------------

14. I have more energy now than I expected for my age. **(F2)**

Not at all true 1	Slightly true 2	Moderately true 3	Very true 4	Extremely true 5
----------------------	--------------------	----------------------	----------------	---------------------

15. I am losing my physical independence as I get older. **(F1)**

Not at all true 1	Slightly true 2	Moderately true 3	Very true 4	Extremely true 5
----------------------	--------------------	----------------------	----------------	---------------------

16. Problems with my physical health do not hold me back from doing what I want to. **(F2)**

Not at all true 1	Slightly true 2	Moderately true 3	Very true 4	Extremely true 5
----------------------	--------------------	----------------------	----------------	---------------------

17. As I get older, I find it more difficult to make new friends. **(F1)**

Not at all true	Slightly true	Moderately true	Very true	Extremely true
1	2	3	4	5

18. It is very important to pass on the benefits of my experiences to younger people. **(F3)**

Not at all true	Slightly true	Moderately true	Very true	Extremely true
1	2	3	4	5

19. I believe my life has made a difference. **(F3)**

Not at all true	Slightly true	Moderately true	Very true	Extremely true
1	2	3	4	5

20. I don't feel involved in society now that I am older. **(F1)**

Not at all true	Slightly true	Moderately true	Very true	Extremely true
1	2	3	4	5

21. I want to give a good example to younger people. **(F3)**

Not at all true	Slightly true	Moderately true	Very true	Extremely true
1	2	3	4	5

22. I feel excluded from things because of my age. **(F1)**

Not at all true	Slightly true	Moderately true	Very true	Extremely true
1	2	3	4	5

23. My health is better than I expected for my age. **(F2)**

Not at all true	Slightly true	Moderately true	Very true	Extremely true
1	2	3	4	5

24. I keep myself as fit and active as possible by exercising. **(F2)**

Not at all true	Slightly true	Moderately true	Very true	Extremely true
1	2	3	4	5

**THANK YOU FOR YOUR HELP!**

## UNDERSTANDING YOUR OWN ATTITUDES TO AGEING

This questionnaire was developed using a sample of 5566 older people from across the world as 20 WHO centres took part in recruitment. At the time the research group that developed the AAQ was not keen to have what are called 'cut off scores' but I understand that when you complete something like this you want to make sense of it.

The most important thing is not to add up all the scores. There is no total score, as there are three separate parts to this questionnaire:

- **Psychosocial loss (PL)**
- **Psychological Growth (PG)**
- **Physical Change (PC)**

Therefore, to calculate your score for **PL**, add your scores (1–5) from questions 3 + 6 + 9 + 12 + 15 + 17 + 20 + 22.

To calculate your score for **PG**, add your scores (1–5) from questions 1 + 2 + 4 + 5 + 10 + 18 + 19 + 21.

To calculate your score for **PC**, add your scores (1–5) from questions 7 + 8 + 11 + 13 + 14 + 16 + 23 + 24.

A higher score for **PL** in particular indicates a more negative attitude.

For very rough guidance, people in good health report scores for **PL**, **PG** & **PC** on average as 18, 28 & 28, respectively.

If you want to determine a 'positive' attitudes to ageing profile, it would be higher scores on **Psychological Growth** and **Physical Change**, and lower scores on **Psychosocial Loss**.

Evidence from a number of different studies from across the world suggests that **Psychosocial Loss** scores, and to an extent **Physical Change** scores, are negatively affected by depression levels or when people are physically unwell, or if they rate their health as poor.