

Modified Occupational Questionnaire

(Scanlan & Bundy, 2011; Smith, Kielhofner, & Watts, 1986)

**BEFORE READING
FURTHER, PLEASE
INDICATE WHAT
DAY IT IS TODAY.**

- Monday Tuesday Wednesday Thursday
 Friday Saturday Sunday

In this section you will be asked to record **what you did yesterday**.

**Was yesterday a “typical”
day for you?**

- Yes, a fairly typical day No

**If yesterday was not a
typical day, please describe
what made it unusual?**

Please use the worksheets on the following pages to record the activities you spent time doing **yesterday**.

After listing the activities, go back and answer the four questions about each activity.

Even if a question does not seem appropriate for some of your activities, please try to respond to each one as accurately as possible. Your answers to every question are important!

EXAMPLE:

What I did yesterday For the hour beginning at	I consider this activity to be:	Why were you doing it:	How much do you value it:	How much does society value it
12:00noon (please write what you did in this space) <i>Went to shop to buy groceries</i>	<input type="checkbox"/> work <input type="checkbox"/> unpaid work <input type="checkbox"/> study <input checked="" type="checkbox"/> housework <input type="checkbox"/> travel <input type="checkbox"/> caring for myself <input type="checkbox"/> caring for others <input type="checkbox"/> playing with children <input type="checkbox"/> sport <input type="checkbox"/> recreation/leisure <input type="checkbox"/> socialising <input type="checkbox"/> chilling / doing nothing <input type="checkbox"/> rest <input type="checkbox"/> other _____	<input checked="" type="checkbox"/> I had to do it <input type="checkbox"/> I wanted to do it <input type="checkbox"/> I had nothing else to do	<input type="checkbox"/> extremely valuable to me <input type="checkbox"/> quite valuable to me <input checked="" type="checkbox"/> somewhat valuable to me <input type="checkbox"/> not very valuable to me <input type="checkbox"/> not at all valuable to me	<input type="checkbox"/> extremely valuable to society <input type="checkbox"/> quite valuable to society <input type="checkbox"/> somewhat valuable to society <input checked="" type="checkbox"/> not very valuable to society <input type="checkbox"/> not at all valuable to society
1:00pm (please write what you did in this space) <i>Watched TV</i>	<input type="checkbox"/> work <input type="checkbox"/> unpaid work <input type="checkbox"/> study <input type="checkbox"/> housework <input type="checkbox"/> travel <input type="checkbox"/> caring for myself <input type="checkbox"/> caring for others <input type="checkbox"/> playing with children <input type="checkbox"/> sport <input type="checkbox"/> recreation/leisure <input type="checkbox"/> socialising <input checked="" type="checkbox"/> chilling / doing nothing <input type="checkbox"/> rest <input type="checkbox"/> other _____	<input type="checkbox"/> I had to do it <input type="checkbox"/> I wanted to do it <input checked="" type="checkbox"/> I had nothing else to do	<input type="checkbox"/> extremely valuable to me <input type="checkbox"/> quite valuable to me <input type="checkbox"/> somewhat valuable to me <input checked="" type="checkbox"/> not very valuable to me <input type="checkbox"/> not at all valuable to me	<input type="checkbox"/> extremely valuable to society <input type="checkbox"/> quite valuable to society <input type="checkbox"/> somewhat valuable to society <input type="checkbox"/> not very valuable to society <input checked="" type="checkbox"/> not at all valuable to society

What I did yesterday For the hour beginning at	I consider this activity to be:	Why were you doing it:	How much do you value it:	How much does society value it
5:00am <p>(please write what you did in this space)</p>	<input type="checkbox"/> work <input type="checkbox"/> unpaid work <input type="checkbox"/> study <input type="checkbox"/> housework <input type="checkbox"/> travel <input type="checkbox"/> caring for myself <input type="checkbox"/> caring for others <input type="checkbox"/> playing with children <input type="checkbox"/> sport <input type="checkbox"/> recreation/leisure <input type="checkbox"/> socialising <input type="checkbox"/> chilling / doing nothing <input type="checkbox"/> rest <input type="checkbox"/> other _____	<input type="checkbox"/> I had to do it <input type="checkbox"/> I wanted to do it <input type="checkbox"/> I had nothing else to do	<input type="checkbox"/> extremely valuable to me <input type="checkbox"/> quite valuable to me <input type="checkbox"/> somewhat valuable to me <input type="checkbox"/> not very valuable to me <input type="checkbox"/> not at all valuable to me	<input type="checkbox"/> extremely valuable to society <input type="checkbox"/> quite valuable to society <input type="checkbox"/> somewhat valuable to society <input type="checkbox"/> not very valuable to society <input type="checkbox"/> not at all valuable to society
6:00am <p>(please write what you did in this space)</p>	<input type="checkbox"/> work <input type="checkbox"/> unpaid work <input type="checkbox"/> study <input type="checkbox"/> housework <input type="checkbox"/> travel <input type="checkbox"/> caring for myself <input type="checkbox"/> caring for others <input type="checkbox"/> playing with children <input type="checkbox"/> sport <input type="checkbox"/> recreation/leisure <input type="checkbox"/> socialising <input type="checkbox"/> chilling / doing nothing <input type="checkbox"/> rest <input type="checkbox"/> other _____	<input type="checkbox"/> I had to do it <input type="checkbox"/> I wanted to do it <input type="checkbox"/> I had nothing else to do	<input type="checkbox"/> extremely valuable to me <input type="checkbox"/> quite valuable to me <input type="checkbox"/> somewhat valuable to me <input type="checkbox"/> not very valuable to me <input type="checkbox"/> not at all valuable to me	<input type="checkbox"/> extremely valuable to society <input type="checkbox"/> quite valuable to society <input type="checkbox"/> somewhat valuable to society <input type="checkbox"/> not very valuable to society <input type="checkbox"/> not at all valuable to society
7:00am <p>(please write what you did in this space)</p>	<input type="checkbox"/> work <input type="checkbox"/> unpaid work <input type="checkbox"/> study <input type="checkbox"/> housework <input type="checkbox"/> travel <input type="checkbox"/> caring for myself <input type="checkbox"/> caring for others <input type="checkbox"/> playing with children <input type="checkbox"/> sport <input type="checkbox"/> recreation/leisure <input type="checkbox"/> socialising <input type="checkbox"/> chilling / doing nothing <input type="checkbox"/> rest <input type="checkbox"/> other _____	<input type="checkbox"/> I had to do it <input type="checkbox"/> I wanted to do it <input type="checkbox"/> I had nothing else to do	<input type="checkbox"/> extremely valuable to me <input type="checkbox"/> quite valuable to me <input type="checkbox"/> somewhat valuable to me <input type="checkbox"/> not very valuable to me <input type="checkbox"/> not at all valuable to me	<input type="checkbox"/> extremely valuable to society <input type="checkbox"/> quite valuable to society <input type="checkbox"/> somewhat valuable to society <input type="checkbox"/> not very valuable to society <input type="checkbox"/> not at all valuable to society
8:00am <p>(please write what you did in this space)</p>	<input type="checkbox"/> work <input type="checkbox"/> unpaid work <input type="checkbox"/> study <input type="checkbox"/> housework <input type="checkbox"/> travel <input type="checkbox"/> caring for myself <input type="checkbox"/> caring for others <input type="checkbox"/> playing with children <input type="checkbox"/> sport <input type="checkbox"/> recreation/leisure <input type="checkbox"/> socialising <input type="checkbox"/> chilling / doing nothing <input type="checkbox"/> rest <input type="checkbox"/> other _____	<input type="checkbox"/> I had to do it <input type="checkbox"/> I wanted to do it <input type="checkbox"/> I had nothing else to do	<input type="checkbox"/> extremely valuable to me <input type="checkbox"/> quite valuable to me <input type="checkbox"/> somewhat valuable to me <input type="checkbox"/> not very valuable to me <input type="checkbox"/> not at all valuable to me	<input type="checkbox"/> extremely valuable to society <input type="checkbox"/> quite valuable to society <input type="checkbox"/> somewhat valuable to society <input type="checkbox"/> not very valuable to society <input type="checkbox"/> not at all valuable to society
9:00am <p>(please write what you did in this space)</p>	<input type="checkbox"/> work <input type="checkbox"/> unpaid work <input type="checkbox"/> study <input type="checkbox"/> housework <input type="checkbox"/> travel <input type="checkbox"/> caring for myself <input type="checkbox"/> caring for others <input type="checkbox"/> playing with children <input type="checkbox"/> sport <input type="checkbox"/> recreation/leisure <input type="checkbox"/> socialising <input type="checkbox"/> chilling / doing nothing <input type="checkbox"/> rest <input type="checkbox"/> other _____	<input type="checkbox"/> I had to do it <input type="checkbox"/> I wanted to do it <input type="checkbox"/> I had nothing else to do	<input type="checkbox"/> extremely valuable to me <input type="checkbox"/> quite valuable to me <input type="checkbox"/> somewhat valuable to me <input type="checkbox"/> not very valuable to me <input type="checkbox"/> not at all valuable to me	<input type="checkbox"/> extremely valuable to society <input type="checkbox"/> quite valuable to society <input type="checkbox"/> somewhat valuable to society <input type="checkbox"/> not very valuable to society <input type="checkbox"/> not at all valuable to society

What I did yesterday For the hour beginning at	I consider this activity to be:	Why were you doing it:	How much do you value it:	How much does society value it
10:00am (please write what you did in this space)	<input type="checkbox"/> work <input type="checkbox"/> unpaid work <input type="checkbox"/> study <input type="checkbox"/> housework <input type="checkbox"/> travel <input type="checkbox"/> caring for myself <input type="checkbox"/> caring for others <input type="checkbox"/> playing with children <input type="checkbox"/> sport <input type="checkbox"/> recreation/leisure <input type="checkbox"/> socialising <input type="checkbox"/> chilling / doing nothing <input type="checkbox"/> rest <input type="checkbox"/> other _____	<input type="checkbox"/> I had to do it <input type="checkbox"/> I wanted to do it <input type="checkbox"/> I had nothing else to do	<input type="checkbox"/> extremely valuable to me <input type="checkbox"/> quite valuable to me <input type="checkbox"/> somewhat valuable to me <input type="checkbox"/> not very valuable to me <input type="checkbox"/> not at all valuable to me	<input type="checkbox"/> extremely valuable to society <input type="checkbox"/> quite valuable to society <input type="checkbox"/> somewhat valuable to society <input type="checkbox"/> not very valuable to society <input type="checkbox"/> not at all valuable to society
11:00am (please write what you did in this space)	<input type="checkbox"/> work <input type="checkbox"/> unpaid work <input type="checkbox"/> study <input type="checkbox"/> housework <input type="checkbox"/> travel <input type="checkbox"/> caring for myself <input type="checkbox"/> caring for others <input type="checkbox"/> playing with children <input type="checkbox"/> sport <input type="checkbox"/> recreation/leisure <input type="checkbox"/> socialising <input type="checkbox"/> chilling / doing nothing <input type="checkbox"/> rest <input type="checkbox"/> other _____	<input type="checkbox"/> I had to do it <input type="checkbox"/> I wanted to do it <input type="checkbox"/> I had nothing else to do	<input type="checkbox"/> extremely valuable to me <input type="checkbox"/> quite valuable to me <input type="checkbox"/> somewhat valuable to me <input type="checkbox"/> not very valuable to me <input type="checkbox"/> not at all valuable to me	<input type="checkbox"/> extremely valuable to society <input type="checkbox"/> quite valuable to society <input type="checkbox"/> somewhat valuable to society <input type="checkbox"/> not very valuable to society <input type="checkbox"/> not at all valuable to society
12:00noon (please write what you did in this space)	<input type="checkbox"/> work <input type="checkbox"/> unpaid work <input type="checkbox"/> study <input type="checkbox"/> housework <input type="checkbox"/> travel <input type="checkbox"/> caring for myself <input type="checkbox"/> caring for others <input type="checkbox"/> playing with children <input type="checkbox"/> sport <input type="checkbox"/> recreation/leisure <input type="checkbox"/> socialising <input type="checkbox"/> chilling / doing nothing <input type="checkbox"/> rest <input type="checkbox"/> other _____	<input type="checkbox"/> I had to do it <input type="checkbox"/> I wanted to do it <input type="checkbox"/> I had nothing else to do	<input type="checkbox"/> extremely valuable to me <input type="checkbox"/> quite valuable to me <input type="checkbox"/> somewhat valuable to me <input type="checkbox"/> not very valuable to me <input type="checkbox"/> not at all valuable to me	<input type="checkbox"/> extremely valuable to society <input type="checkbox"/> quite valuable to society <input type="checkbox"/> somewhat valuable to society <input type="checkbox"/> not very valuable to society <input type="checkbox"/> not at all valuable to society
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2:00pm (please write what you did in this space)	<input type="checkbox"/> work <input type="checkbox"/> unpaid work <input type="checkbox"/> study <input type="checkbox"/> housework <input type="checkbox"/> travel <input type="checkbox"/> caring for myself <input type="checkbox"/> caring for others <input type="checkbox"/> playing with children <input type="checkbox"/> sport <input type="checkbox"/> recreation/leisure <input type="checkbox"/> socialising <input type="checkbox"/> chilling / doing nothing <input type="checkbox"/> rest <input type="checkbox"/> other _____	<input type="checkbox"/> I had to do it <input type="checkbox"/> I wanted to do it <input type="checkbox"/> I had nothing else to do	<input type="checkbox"/> extremely valuable to me <input type="checkbox"/> quite valuable to me <input type="checkbox"/> somewhat valuable to me <input type="checkbox"/> not very valuable to me <input type="checkbox"/> not at all valuable to me	<input type="checkbox"/> extremely valuable to society <input type="checkbox"/> quite valuable to society <input type="checkbox"/> somewhat valuable to society <input type="checkbox"/> not very valuable to society <input type="checkbox"/> not at all valuable to society

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What I did yesterday For the hour beginning at	I consider this activity to be:	Why were you doing it:	How much do you value it:	How much does society value it
8:00pm (please write what you did in this space)	<input type="checkbox"/> work <input type="checkbox"/> unpaid work <input type="checkbox"/> study <input type="checkbox"/> housework <input type="checkbox"/> travel <input type="checkbox"/> caring for myself <input type="checkbox"/> caring for others <input type="checkbox"/> playing with children <input type="checkbox"/> sport <input type="checkbox"/> recreation/leisure <input type="checkbox"/> socialising <input type="checkbox"/> chilling / doing nothing <input type="checkbox"/> rest <input type="checkbox"/> other _____	<input type="checkbox"/> I had to do it <input type="checkbox"/> I wanted to do it <input type="checkbox"/> I had nothing else to do	<input type="checkbox"/> extremely valuable to me <input type="checkbox"/> quite valuable to me <input type="checkbox"/> somewhat valuable to me <input type="checkbox"/> not very valuable to me <input type="checkbox"/> not at all valuable to me	<input type="checkbox"/> extremely valuable to society <input type="checkbox"/> quite valuable to society <input type="checkbox"/> somewhat valuable to society <input type="checkbox"/> not very valuable to society <input type="checkbox"/> not at all valuable to society
9:00pm (please write what you did in this space)	<input type="checkbox"/> work <input type="checkbox"/> unpaid work <input type="checkbox"/> study <input type="checkbox"/> housework <input type="checkbox"/> travel <input type="checkbox"/> caring for myself <input type="checkbox"/> caring for others <input type="checkbox"/> playing with children <input type="checkbox"/> sport <input type="checkbox"/> recreation/leisure <input type="checkbox"/> socialising <input type="checkbox"/> chilling / doing nothing <input type="checkbox"/> rest <input type="checkbox"/> other _____	<input type="checkbox"/> I had to do it <input type="checkbox"/> I wanted to do it <input type="checkbox"/> I had nothing else to do	<input type="checkbox"/> extremely valuable to me <input type="checkbox"/> quite valuable to me <input type="checkbox"/> somewhat valuable to me <input type="checkbox"/> not very valuable to me <input type="checkbox"/> not at all valuable to me	<input type="checkbox"/> extremely valuable to society <input type="checkbox"/> quite valuable to society <input type="checkbox"/> somewhat valuable to society <input type="checkbox"/> not very valuable to society <input type="checkbox"/> not at all valuable to society
10:00pm (please write what you did in this space)	<input type="checkbox"/> work <input type="checkbox"/> unpaid work <input type="checkbox"/> study <input type="checkbox"/> housework <input type="checkbox"/> travel <input type="checkbox"/> caring for myself <input type="checkbox"/> caring for others <input type="checkbox"/> playing with children <input type="checkbox"/> sport <input type="checkbox"/> recreation/leisure <input type="checkbox"/> socialising <input type="checkbox"/> chilling / doing nothing <input type="checkbox"/> rest <input type="checkbox"/> other _____	<input type="checkbox"/> I had to do it <input type="checkbox"/> I wanted to do it <input type="checkbox"/> I had nothing else to do	<input type="checkbox"/> extremely valuable to me <input type="checkbox"/> quite valuable to me <input type="checkbox"/> somewhat valuable to me <input type="checkbox"/> not very valuable to me <input type="checkbox"/> not at all valuable to me	<input type="checkbox"/> extremely valuable to society <input type="checkbox"/> quite valuable to society <input type="checkbox"/> somewhat valuable to society <input type="checkbox"/> not very valuable to society <input type="checkbox"/> not at all valuable to society
11:00pm (please write what you did in this space)	<input type="checkbox"/> work <input type="checkbox"/> unpaid work <input type="checkbox"/> study <input type="checkbox"/> housework <input type="checkbox"/> travel <input type="checkbox"/> caring for myself <input type="checkbox"/> caring for others <input type="checkbox"/> playing with children <input type="checkbox"/> sport <input type="checkbox"/> recreation/leisure <input type="checkbox"/> socialising <input type="checkbox"/> chilling / doing nothing <input type="checkbox"/> rest <input type="checkbox"/> other _____	<input type="checkbox"/> I had to do it <input type="checkbox"/> I wanted to do it <input type="checkbox"/> I had nothing else to do	<input type="checkbox"/> extremely valuable to me <input type="checkbox"/> quite valuable to me <input type="checkbox"/> somewhat valuable to me <input type="checkbox"/> not very valuable to me <input type="checkbox"/> not at all valuable to me	<input type="checkbox"/> extremely valuable to society <input type="checkbox"/> quite valuable to society <input type="checkbox"/> somewhat valuable to society <input type="checkbox"/> not very valuable to society <input type="checkbox"/> not at all valuable to society
12:00midnight (please write what you did in this space)	<input type="checkbox"/> work <input type="checkbox"/> unpaid work <input type="checkbox"/> study <input type="checkbox"/> housework <input type="checkbox"/> travel <input type="checkbox"/> caring for myself <input type="checkbox"/> caring for others <input type="checkbox"/> playing with children <input type="checkbox"/> sport <input type="checkbox"/> recreation/leisure <input type="checkbox"/> socialising <input type="checkbox"/> chilling / doing nothing <input type="checkbox"/> rest <input type="checkbox"/> other _____	<input type="checkbox"/> I had to do it <input type="checkbox"/> I wanted to do it <input type="checkbox"/> I had nothing else to do	<input type="checkbox"/> extremely valuable to me <input type="checkbox"/> quite valuable to me <input type="checkbox"/> somewhat valuable to me <input type="checkbox"/> not very valuable to me <input type="checkbox"/> not at all valuable to me	<input type="checkbox"/> extremely valuable to society <input type="checkbox"/> quite valuable to society <input type="checkbox"/> somewhat valuable to society <input type="checkbox"/> not very valuable to society <input type="checkbox"/> not at all valuable to society

What I did yesterday For the hour beginning at	I consider this activity to be:	Why were you doing it:	How much do you value it:	How much does society value it
1:00am (please write what you did in this space)	<input type="checkbox"/> work <input type="checkbox"/> unpaid work <input type="checkbox"/> study <input type="checkbox"/> housework <input type="checkbox"/> travel <input type="checkbox"/> caring for myself <input type="checkbox"/> caring for others <input type="checkbox"/> playing with children <input type="checkbox"/> sport <input type="checkbox"/> recreation/leisure <input type="checkbox"/> socialising <input type="checkbox"/> chilling / doing nothing <input type="checkbox"/> rest <input type="checkbox"/> other _____	<input type="checkbox"/> I had to do it <input type="checkbox"/> I wanted to do it <input type="checkbox"/> I had nothing else to do	<input type="checkbox"/> extremely valuable to me <input type="checkbox"/> quite valuable to me <input type="checkbox"/> somewhat valuable to me <input type="checkbox"/> not very valuable to me <input type="checkbox"/> not at all valuable to me	<input type="checkbox"/> extremely valuable to society <input type="checkbox"/> quite valuable to society <input type="checkbox"/> somewhat valuable to society <input type="checkbox"/> not very valuable to society <input type="checkbox"/> not at all valuable to society
2:00am (please write what you did in this space)	<input type="checkbox"/> work <input type="checkbox"/> unpaid work <input type="checkbox"/> study <input type="checkbox"/> housework <input type="checkbox"/> travel <input type="checkbox"/> caring for myself <input type="checkbox"/> caring for others <input type="checkbox"/> playing with children <input type="checkbox"/> sport <input type="checkbox"/> recreation/leisure <input type="checkbox"/> socialising <input type="checkbox"/> chilling / doing nothing <input type="checkbox"/> rest <input type="checkbox"/> other _____	<input type="checkbox"/> I had to do it <input type="checkbox"/> I wanted to do it <input type="checkbox"/> I had nothing else to do	<input type="checkbox"/> extremely valuable to me <input type="checkbox"/> quite valuable to me <input type="checkbox"/> somewhat valuable to me <input type="checkbox"/> not very valuable to me <input type="checkbox"/> not at all valuable to me	<input type="checkbox"/> extremely valuable to society <input type="checkbox"/> quite valuable to society <input type="checkbox"/> somewhat valuable to society <input type="checkbox"/> not very valuable to society <input type="checkbox"/> not at all valuable to society
3:00am (please write what you did in this space)	<input type="checkbox"/> work <input type="checkbox"/> unpaid work <input type="checkbox"/> study <input type="checkbox"/> housework <input type="checkbox"/> travel <input type="checkbox"/> caring for myself <input type="checkbox"/> caring for others <input type="checkbox"/> playing with children <input type="checkbox"/> sport <input type="checkbox"/> recreation/leisure <input type="checkbox"/> socialising <input type="checkbox"/> chilling / doing nothing <input type="checkbox"/> rest <input type="checkbox"/> other _____	<input type="checkbox"/> I had to do it <input type="checkbox"/> I wanted to do it <input type="checkbox"/> I had nothing else to do	<input type="checkbox"/> extremely valuable to me <input type="checkbox"/> quite valuable to me <input type="checkbox"/> somewhat valuable to me <input type="checkbox"/> not very valuable to me <input type="checkbox"/> not at all valuable to me	<input type="checkbox"/> extremely valuable to society <input type="checkbox"/> quite valuable to society <input type="checkbox"/> somewhat valuable to society <input type="checkbox"/> not very valuable to society <input type="checkbox"/> not at all valuable to society
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Smith, N. R., Kielhofner, G., & Watts, J. H. (1986). The relationships between volition, activity pattern, and life satisfaction in the elderly. *American Journal of Occupational Therapy*, 40, 278–283.