Questionnaire for baseline and follow-up assessments of health-related laughter interventions (Q-LAUGH)*

<table>
<thead>
<tr>
<th>Code:</th>
<th>Data (dd/mm/yy):</th>
<th>Group:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Personal data</td>
<td>Age (years):</td>
<td>Gender: □ Female □ Male</td>
</tr>
<tr>
<td>Marital status:</td>
<td>□ Single □ Married □ Separated/divorced □ Widowed</td>
<td></td>
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<tr>
<td>Total years of education:</td>
<td>□ &lt; 9 □ 9-12 □ &gt; 12</td>
<td></td>
</tr>
<tr>
<td>Employment:</td>
<td>□ Working □ Retired □ Housekeeping □ Student □ Unemployed</td>
<td></td>
</tr>
<tr>
<td>Presence of any chronic disease (diabetes, hypertension, asthma, pain, obesity, depression):</td>
<td>□ No □ Yes</td>
<td></td>
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</tbody>
</table>

For each group, circle the answer which best matches your state today:

**Ability to laugh**
- I don’t find it difficult to laugh and express my laughter
- I find it somewhat difficult to laugh and express my laughter
- I am unable to laugh and express my laughter

**Enthusiasm to laugh**
- I haven’t lost my enthusiasm to laugh
- I have lost some enthusiasm to laugh
- I have lost my enthusiasm to laugh completely

**Frequency of laughter**
- I laugh as often or more than I used to
- I laugh less than I used to
- I don’t laugh at all or very rarely

**Laughter experience**
- I don’t find it difficult to simulate, play or experiment with my laughter
- I find it somewhat difficult to simulate, play or experiment with my laughter
- I am unable to simulate, play or experiment with my laughter

**Social laughter**
- I don’t find it difficult to laugh before different people or in different situations
- I find it somewhat difficult to laugh before different people or in different situations
- I am unable to laugh before different people or in different situations

**TOTAL SCORE**


How many times do you laugh in one day?
0-5 times / 6-10 times / 11-15 times / 16-20 times / 21-25 times / > 25 times

Rate your current level of laughter on a scale of zero (don’t laugh) to ten (uncontrollable laughter):
1. When you hear a joke
2. When you watch a comedy
3. When you are with family/relatives
4. When you are with friends
5. During a regular day

Rate your level of health today on a scale of zero (worst imaginable health state) to one hundred (best imaginable health state):

0-------10-------20-------30-------40-------50-------60-------70-------80-------90-------100