

Occupational Balance Questionnaire (OBQ)  
©Carita Håkansson and Petra Wagman

Name:

Date:

Please check the box that best corresponds to your current situation.

**1. In a typical week, I feel there are just enough things to do.**

1	2	3	4
Strongly Disagree	Disagree	Agree	Strongly Agree

**2. There is a balance between things I do for myself and things I do for others.**

1	2	3	4
Strongly Disagree	Disagree	Agree	Strongly Agree

**3. I make sure I do things I really want to do.**

1	2	3	4
Strongly Disagree	Disagree	Agree	Strongly Agree

**4. I balance the different kinds of activities in my life, e.g., work, household chores, leisure, rest, and sleep.**

1	2	3	4
Strongly Disagree	Disagree	Agree	Strongly Agree

**5. I have enough time to do the things that I must do.**

1	2	3	4
Strongly Disagree	Disagree	Agree	Strongly Agree

**6. I have a balance among my physical, social, intellectual and restful activities.**

1	2	3	4
Strongly Disagree	Disagree	Agree	Strongly Agree

**7. I am satisfied with the amount of time that I spend on my various daily activities.**

1	2	3	4
Strongly Disagree	Disagree	Agree	Strongly Agree

**8. In a typical week, I am satisfied with the number of activities that I take part in.**

1	2	3	4
Strongly Disagree	Disagree	Agree	Strongly Agree

**9. There is enough variation between things that I must do and things that I want to do.**

1	2	3	4
Strongly Disagree	Disagree	Agree	Strongly Agree

**10. There is a balance between activities that give me energy versus those that drain my energy.**

1	2	3	4
Strongly Disagree	Disagree	Agree	Strongly Agree

**11. I am satisfied with the amount of time that I spend relaxing, recovering, and sleeping.**

1	2	3	4
Strongly Disagree	Disagree	Agree	Strongly Agree

Total score (add):

#### References

Wagman, P. & Håkansson, C. (2014). Introducing the Occupational Balance Questionnaire (OBQ). *Scandinavian Journal of Occupational Therapy*, 21(3), 227-231

Yu, Y., Manku, M. & Backman, C. L. (2018). Measuring occupational balance and its relationship to perceived stress and health: Mesurer l'équilibre occupationnel et sa relation avec le stress perçu et la santé. *Canadian Journal of Occupational Therapy. Revue Canadienne d'Ergothérapie*, 85(2), 117-127. <https://doi.org/10.1177/0008417417734355>