

MoQ-10

Code _____ Age _____ Year Sex ☐ Male ☐ Female Date _____

Instructions: How much do you agree with the following statement? Please check the box on the right.

1	I am not afraid of death that may come.	Strongly Disagree	Disagree	Agree	Strongly Agree
2	I frequently think about my own death.	Strongly Disagree	Disagree	Agree	Strongly Agree
3	If my life were to end now, I would be content.	Strongly Disagree	Disagree	Agree	Strongly Agree
4	I believe that I will die someday, perhaps even today.	Strongly Disagree	Disagree	Agree	Strongly Agree
5	I am ready to leave this world now, even though there is still much to do.	Strongly Disagree	Disagree	Agree	Strongly Agree
6	The thought of my own death makes me feel calm or relaxed.	Strongly Disagree	Disagree	Agree	Strongly Agree
7	I have taken care of everything so that things will be in order when I die, such as my estate or possessions.	Strongly Disagree	Disagree	Agree	Strongly Agree
8	I accept the fact that death is a natural part of life, even when it happens to someone I love.	Strongly Disagree	Disagree	Agree	Strongly Agree
9	I believe that the soul does not die after death, and there is life in the next world.	Strongly Disagree	Disagree	Agree	Strongly Agree
10	If I were to leave this world, I would want to go...	Heaven/Higher Heaven	Stay with those who respect and believe in you	Keep Watching over those whom you care about	be reborn as a new person

MoQ: Developed by Wongpakaran N & T, Geriatric Psychiatry Unit, Chiang Mai University, Thailand June, 2017

Glushich A, Wongpakaran N, Wongpakaran T, DeMaranville J, Wedding D. [Positive death attitudes and psychological well-being: examining the influence of the four immeasurables](#). Front Public Health. 2025 Jun

27;13:1622813. doi: 10.3389/fpubh.2025.1622813. eCollection 2025.PMID: 40655212