

## The 8-item Perceived Ageism Questionnaire (PAQ-8)

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### 1. Original Dutch version of the Perceived Ageism Questionnaire [used for validation]

De volgende vragen gaan over uw ervaringen met de manier waarop anderen u benaderen in het dagelijks leven. Geef telkens aan in hoeverre u onderstaande gevoelens het afgelopen jaar heeft gehad.

	Hoe vaak in het afgelopen jaar heeft u het gevoel gehad dat ..	Nooit	Zelden	Soms	Vaak	Heel vaak
1	.. mensen u vanwege uw leeftijd benaderen alsof u een klein kind bent?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2	.. er niet naar u geluisterd wordt en/of uw mening/adviezen niet serieus genomen worden vanwege uw leeftijd?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3	.. mensen uw adviezen en bijdrage aan een gesprek waarderen vanwege uw levenservaring?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4	.. mensen negatieve vooroordelen of een overdreven stereotype beeldvorming (bijv. zwak, kwetsbaar, saai, langzaam) over u hebben vanwege uw leeftijd?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5	.. mensen er vanwege uw leeftijd van uitgaan dat u wijs en verstandig bent?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6	.. mensen u onterecht behandelden alsof u minder aankunt (geestelijk of fysiek) vanwege uw leeftijd?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7	.. mensen vanwege uw leeftijd geringschattend denken (met weinig of geen waarde) over uw bijdrage aan de samenleving?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8	.. mensen u juist vanwege uw leeftijd als betekenisvol onderdeel van de samenleving zien (bijv. oppassen op (klein)kinderen of vrijwilligersactiviteiten)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Note. Rows are color-coded to distinguish items pertaining to the negative (red) and positive (blue) subscale of the Perceived Ageism Questionnaire (PAQ).

## 2. English version of the Perceived Ageism Questionnaire

The following questions are about your experiences with the way others approach you in everyday life. Please indicate to what extent you have had the following feelings in the past year.

		Never	Barely	Sometimes	Often	Very often
1	.. people approach you as if you are a child because of your age?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2	.. you are not being listened to and/or your opinion advice is not taken seriously because of your age?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3	.. people value your advice and contribution to a conversation because of your life experience?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4	.. people hold negative prejudices or exaggerated stereotypes (e.g., weak, vulnerable, dull, slow) about you because of your age?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5	.. people assume that you are wise and sensible because of your age?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6	.. people unjustly treat you as if you are less capable (mentally or physically) because of your age?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7	.. people think disparagingly (with little or no dignity) about your contribution to society because of your age?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8	.. people see you as a meaningful part of society precisely because of your age (e.g., babysitting (grand)children or volunteer activities)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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