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Health Related Quality of Life (HRQOL-14)**

Availability:	The instrument is freely available here: Please click here for the Health Related Quality of Life-14
Classification:	Exploratory
Short Description of Instrument:	<p>The Center for Disease Control’s (CDC) 14-item HRQoL survey allows subjects to rate their overall health status and the influence of various symptoms on their daily activities. This is a publically available, standardized instrument that allows comparisons of a subject’s self-reported quality of life among various populations. The HRQOL-14 is comprised of three different modules including the Healthy Day core questions, which using 4 questions allows individuals to rate their own physical and mental health status, the Activity Limitations module , which using 5 questions allows subjects to describe how their health problems affect their functionality, and Healthy Days Symptoms module, which uses five questions to determine how common individuals experience a variety of symptoms.</p> <p>Unhealthy days are an estimate of the overall number of days during the previous 30 days when the respondent felt that either his or her physical or mental health was not good.</p> <p>Several organizations have found these Healthy Days measures useful at the national level for identifying health disparities, tracking population trends, and building broad coalitions around a measure of population health compatible with the World Health Organization's definition of health. The HRQOL measures and data also have been used for research or program planning by CDC's Cardiovascular Health and HIV/AIDS Programs as well as by the Public Health Foundation, the Foundation for Accountability, and several other government and academic programs.</p>
Rationale/Justification	<p>The HRQoL14 is one of many questionnaires that provide a summary score of an individual’s overall perceived health status and health-related functional disability. Many headache disorders influence an individual’s overall health and functional abilities. Therefore, it may be useful in some acute headache clinical trials to measure global health status. The HRQoL is a commonly used instrument with defined test characteristics. It is easy to administer and publically available. Because it is not specific to headache, the HRQoL can allow comparison with other symptoms and diseases. This instrument will be useful in acute headache therapeutic trials that seek to determine the influence of a particular therapy on longer-term outcomes. Investigators searching for a measure of global health status can choose between this instrument and other similar instruments such as the SF-12 and the SF-36.</p>
Scoring:	<p>Unlike other health profiles, the CDC HRQOL-14 does not use a summary score and is not based on psychometrically derived or preference-based weights. The only scoring used is with a summary “unhealthy days” index, computed by adding a respondent’s physically and mentally unhealthy days, with a maximum of 30 for one person.</p>

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References:	CDC HRQOL-14 Measure Web site: CDC HRQOL-14 Measure Web Site Moriarty DG, Zack MM, Kobau R. The Centers for Disease Control and Prevention's Healthy Days Measures - population tracking of perceived physical and mental health over time. Health Qual Life Outcomes. 2003 Sep 2;1:37
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