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World Health Organization Quality of Life Assessment (WHOQOL-BREF)

Availability	The instrument is freely available here: World Health Organization Quality of Life Assessment
Classification:	<p>Supplemental Highly-Recommended: Mitochondrial Disease (Mito):</p> <ul style="list-style-type: none"> • Highly recommended for studies that have patient reported outcomes and/or measure quality of life <p>Supplemental: Spinal Cord Injury (SCI) and Parkinson’s Disease (PD)</p> <p>Exploratory: Cerebral Palsy (CP)</p>
Short Description of Instrument:	<p>The World Health Organization Quality of Life Assessment (WHOQOL-BREF) (The WHOQOL Group, 1998; World Health Organization, 2004) was developed as short version of the WHOQOL-100 for use in situations where time is restricted, “the burden on the respondent must be minimized” or “in large epidemiologic studies and clinical trials” (Jang et al., 2004). WHOQOL-BREF is an international cross-culturally comparable quality of life assessment instrument – assesses the individual’s perceptions in the context of their culture and value systems, and their personal goals, standards and concerns Using data from 15 sites collected during the WHOQOL-100 field trials, 26 questions from 24 facets grouped into 4 domains (Physical Health, Psychological, Social Relationships, and Environment) were selected for inclusion in the WHOQOL-BREF (World Health Organization, 2004). These questions were selected for their ability to explain a substantial portion of the variance within their parent facet and domain, for their relationship with the overall WHOQOL model and for their discriminant validity (The WHOQOL Group, 1998; Lucas-Carrasco et al., 2011; Hirayama, et al., 2008).</p>
Rationale:	<p>SCI: It has been used in SCI population and allows for comparisons with other conditions/samples. It has good psychometric properties (Jang et al., 2004; Lin et al, 2007; Hill et al. 2010).</p> <p>Limitations: The WHOQOL-BREF is a self reporting questionnaire that would not be suitable for those with significant cognitive impairment.</p>

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Scoring:	<p>Four domain scores can be derived from the WHOQOL-BREF (World Health Organization, 1996). There are also 2 items that are examined separately: Question 1 which asks about the overall perception of QoL and Question 2 which asks about the overall perception of health). Each item is scored on a 5-point Likert scale (1(low) – 5(high)) and a mean score is calculated for each domain. The mean scores are subsequently transformed (multiplied by 4) into a scaled scores that are directly comparable to the scores used in the WHOQOL-100. These transformed scores range between 4-20. A second transformation method converts domain scores to a 0-100 scale. In general, higher scores denote a better quality of life (The WHOQOL Group, 1998; World Health Organization, 1996, 2004).</p> <p>Equations for computing domain scores:</p> <p>Physical domain= ((6-Q3) + (6-Q4) + Q10 + Q15 + Q16 + Q17 + Q18)x4.</p> <p>Psychological domain= (Q5 + Q6 + Q7 + Q11 + Q19 + (6-Q26))x4.</p> <p>Social Relationships domain= (Q20 + Q21 + Q22)x4.</p> <p>Environment domain= (Q8 + Q9 + Q12 + Q13 + Q14 + Q23 + Q24 + Q25)x4.</p> <p>Transformed Scale = [(Actual raw score – lowest possible raw score)/Possible raw score range] x 100</p>
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References:	<p>Key Reference:</p> <p>The WHOQOL Group. Development of the World Health Organization WHOQOL-BREF quality of life assessment. <i>The WHOQOL Group. Psychol Med.</i> 1998;28(3):551–558.</p> <p>World Health Organization. WHOQOL-BREF, Introduction, Administration, Scoring, and Generic Version of the Assessment. 1996; http://www.who.int/mental_health/media/en/76.pdf. Accessed 11 September, 2015.</p> <p>World Health Organization. The World Health Organization Quality of Life (WHOQOL) -BREF. 2004; http://www.who.int/substance_abuse/research_tools/en/english_whoqol.pdf. Accessed 11 September, 2015.</p> <p>Additional References:</p> <p>Hill MR, Noonan VK, Sakakibara BM, Miller WC. Quality of life instruments and definitions in individuals with spinal cord injury: a systematic review. <i>Spinal Cord.</i> 2010;48(6):438-450.</p> <p>Hirayama MS, Gobbi S, Gobbi LT, Stella F. Quality of life (QoL) in relation to disease severity in Brazilian Parkinson's patients as measured using the WHOQOL-BREF. <i>Arch Gerontol Geriatrics.</i> 2008;46(2):147–160.</p> <p>Jang Y, Hsieh CL, Wang YH, Wu YH. A validity study of the WHOQOL-BREF assessment in persons with traumatic spinal cord injury. <i>Arch Phys Med Rehabil.</i> 2004;85(11):1890–1895.</p> <p>Lin MR, Hwang HF, Chen CY, Chiu WT. Comparisons of the brief form of the World Health Organization Quality of Life and Short Form-36 for persons with spinal cord injuries. <i>Am J Phys Med Rehabil.</i> 2007;86(2):104–113.</p> <p>Lucas-Carrasco R, Pascual-Sedano B, Galan I, Kulisevsky J, Sastre-Garriga J, Gomez-Benito J. Using the WHOQOL-DIS to measure quality of life in persons with physical disabilities caused by neurodegenerative disorders. <i>Neurodegenerative Dis.</i> 2011;8(4):178–186.</p>
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