

Outcome Measure	World Health Organisation Quality of Life-BREF (WHOQOL-BREF)
Sensitivity to Change	Yes
Population	Adult
Domain	Health related quality of life
Type of Measure	Self-report, interviewer assisted, or interview-administered
ICF-Code/s	e3, e4, b, d7
Description	<p>The WHOQOL-100 is an international cross-culturally comparable quality of life assessment instrument. It assesses the individual's perceptions in the context of their culture and value systems, and their personal goals, standards and concerns.</p> <p>The WHOQOL-BREF is an abbreviated version of the WHOQOL-100 instrument and comprises 26 items, which measure the following broad domains: physical health, psychological health, social relationships, and environment. The WHOQOL-BREF is a shorter version of the original instrument that may be more convenient for use in large research studies or clinical trials. The items were selected for their ability to explain a substantial proportion of variance within their parent facet, for their relationship with the overall WHOQOL-100 and for discriminant validity. The WHOQOL-BREF is available in 19 different languages. The appropriate language version, and permission for using it, can be obtained from The WHOQOL Group.</p> <p>The WHOQOL-BREF produces a quality of life profile. It is possible to derive four domain scores (physical health, psychological, social relationships, environment). There are also two items that are examined separately: question 1 asks about an individual's overall perception of quality of life and question 2 asks about an individual's overall perception of their health. The four domain scores denote an individual's perception of quality of life in each particular domain. Domain scores are scaled in a positive direction (i.e. higher scores denote higher quality of life).</p>
Properties	<p><u>Internal consistency:</u> Cronbach's α was acceptable for 3 domains (physical = 0.82, psychological = 0.81, environment = 0.80) and marginal for 1 (social relationships = 0.68) (Skevington, Lotfy, & O'Connell, 2004). Chiu et al. (2006) showed Cronbach's α ranged from 0.75-0.89 and the ICC varied from 0.74-0.95 in a TBI population.</p> <p><u>Discriminant validity:</u> T-tests of domain scores for illness versus well samples showed discriminant validity was significant for each domain ($p < .01$ for each domain) (Skevington et al., 2004). Domain scores were significantly lower for subjects with TBI who were unemployed, were dependent for activities of daily living, had weak social support and indicated having depression (Chiu et al., 2006).</p> <p><u>Construct validity:</u> All domains for the WHOQOL-BREF were significant independent predictors of the overall WHOQUAL-100 (Skevington et al.,</p>

	<p>2004).</p> <p><u>Convergent validity:</u> For individuals with TBI, significant Spearman's correlations were obtained between physical domain with Glasgow Outcome Scale (0.53) and Barthel index (0.31), psychological domain with CES-D (-0.64), psychological domain and social domain with the Social Support Survey (0.52 & 0.37 respectively) (Chiu et al., 2006).</p> <p><u>Factor analyses:</u> The WHOQOL-100 was based on 6 theoretical domains that were reorganized into 4 domains for the WHOQOL-BREF. Exploratory factor analysis showed four factors that explained 53% of the variance of the data (Skevington et al., 2004).</p>
Advantages	<ul style="list-style-type: none"> • Careful development process, including cross-culturally • In the public domain • Brief, as well as a long (the standard 100 item) form • Multidimensional • Extensive normative data for the standard form • Available in 19 different language • Acceptable psychometric properties • Validated for TBI in Taiwan
Disadvantages	<ul style="list-style-type: none"> • Validation for TBI performed in Taiwan not Australia
Reviewers	Tamara Ownsworth (RT)

References

- Chiu, W. T., Huang, S. J., Hwang, H. F., Tsao, J. Y., Chen, C. F., Tsai, S. H., & Lin, M. R. (2006). Use of the WHOQOL-BREF for evaluating persons with traumatic brain injury. *Journal of neurotrauma*, 23(11), 1609-1620. doi: DOI 10.1089/neu.2006.23.1609
- Skevington, S. M., Lotfy, M., & O'Connell, K. A. (2004). The World Health Organization's WHOQOL-BREF quality of life assessment: Psychometric properties and results of the international field trial - A report from the WHOQOL group. *Quality of Life Research*, 13(2), 299-310. doi: Doi 10.1023/B:Qure.0000018486.91360.00