

Youth Quality of Life Instrument (Research Version)

OVERVIEW

- The Youth Quality of Life Instrument – Research Version (YQOL-R) measures generic quality of life in youth with and without chronic conditions and disabilities.

SCALES AND/OR SUBSCALES

- In addition to a total score, four domains have been identified from the YQOL-R: Sense of Self, Social Relationships, Culture and Community, and General Quality of Life.

ACCESS THIS INSTRUMENT

- The YQOL-R is distributed by the Seattle Quality of Life Group (SeaQoL), based at the University of Washington.
- The distribution fees for most SeaQoL instruments are: free for students and requesters in developing countries; \$200 for non-profit/ academic/government use; and \$500 for corporate use. There are additional fees for translations.
- The YQOL-SF is available for free (with a user agreement). Please note, it has not been independently validated.
- Download a sample page of the YQOL-R: http://depts.washington.edu/seaqol/docs/YQOL-R_SAMPLE-PAGE.pdf
- Online order form for the YQOL-R: <https://catalyst.washington.edu/webq/survey/seaqol/92344>

STEPPING UP THEME(S) & OUTCOME(S)

- **Health & Wellness**
 - » Youth are mentally well
- **Strong, Supportive Friends & Families**
 - » Youth have families or guardians equipped to help youth thrive
 - » Youth form and maintain healthy, close relationships

TARGET POPULATION

- Youth between 11 and 18 years of age

LENGTH & HOW IT IS MEASURED

- 42 items
- Response scale ranges from 0 (not at all) to 10 (very much)
- The scores are summed and then transformed to a 0 to 100 scale
- A higher score represents a higher quality of life
- Self-report, paper-pencil
- Available in many languages including English, Dutch, French, German, Greek, Polish, and Spanish

DEVELOPER

- Patrick, D.L., & Edwards, T.C.



GOOD TO KNOW

- Information about other YQOL instruments can be found on the SeaQoL website: <http://depts.washington.edu/seaqol/instruments>
- Permission: The YQOL-R is Copyrighted in the United States by the University of Washington. Do not use without permission.
- There are also different versions of this questionnaire including:
 - » YQOL-S – Surveillance version: a shorter survey that includes the items from the YQOL-R which are most likely to be of interest to policy makers. It is not a short version of the YQOL-R and may not accurately represent overall quality of life. It does not have the same psychometric properties as the YQOL-R.
 - » YQOL-SF – Short Form: a shorter, but general-purpose version of the YQOL-R; however, this 16-item version has not yet been validated.



PSYCHOMETRICS

• Reliability

High internal consistency ($\alpha > .80$ for all four domains and for the total measure score)

Test-retest inter-class correlation coefficients for the four subscales ($r = .74 - .85$)

• Validity

Content validity

Construct validity

Convergent validity

Discriminant validity



LEARN MORE

- Alum, G. A. et al. (2012). Youth quality of Life instrument-research version (YQOL-R): propriedades psicométricas em uma amostra comunitária. *Jornal de Pediatria, Porto Alegre*, v. 88, n. 5, p. 443-448.
- Edwards, T. C., Huebner, C. E., Connell, F. A., & Patrick, D. L. (2002). Adolescent quality of life, part I: Conceptual and measurement model. *Journal of Adolescence*, 25, 275-286.
- Patrick, D. L., T. C. Edwards, and T. D. Topolski (2002) Adolescent quality of life, part II: initial validation of a new instrument. *Journal of Adolescence*, 287-300.

DESCRIBING YOUR LIFE

Youth Quality of Life Instrument – Short Form (YQOL-SF) Version 2.0



Donald L. Patrick, PhD, MSPH
Todd C. Edwards, PhD

Seattle Quality of Life Group
University of Washington
Department of Health Services
4333 Brooklyn Ave NE, Box 359455
Seattle, Washington 98195-9455
(800) 291-2193

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Following are some statements that you might make about yourself. Please circle the one number on each scale that best describes how closely the statement applies to you IN GENERAL. There are no right or wrong answers, we are only interested in how you feel about your life.

1. I am able to do most things as well as I want (please circle one number)

NOT AT ALL	0	1	2	3	4	5	6	7	8	9	10	VERY MUCH
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2. I feel good about myself (please circle one number)

NOT AT ALL	0	1	2	3	4	5	6	7	8	9	10	VERY MUCH
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3. I feel I am important to others (please circle one number)

NOT AT ALL	0	1	2	3	4	5	6	7	8	9	10	VERY MUCH
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4. I am pleased with how I look (please circle one number)

NOT AT ALL	0	1	2	3	4	5	6	7	8	9	10	VERY MUCH
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5. I feel understood by my parents or guardians (please circle one number)

NOT AT ALL	0	1	2	3	4	5	6	7	8	9	10	VERY MUCH
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6. I feel I am getting along with my parents or guardians (please circle one number)

NOT AT ALL	0	1	2	3	4	5	6	7	8	9	10	VERY MUCH
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7. I feel alone in my life (please circle one number)

NOT AT ALL	0	1	2	3	4	5	6	7	8	9	10	VERY MUCH
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8. I am happy with the friends I have *(please circle one number)*

NOT AT ALL	0	1	2	3	4	5	6	7	8	9	10	VERY MUCH
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9. I feel I can take part in the same activities as others my age *(please circle one number)*

NOT AT ALL	0	1	2	3	4	5	6	7	8	9	10	VERY MUCH
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10. People my age treat me with respect *(please circle one number)*

NOT AT ALL	0	1	2	3	4	5	6	7	8	9	10	VERY MUCH
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11. I feel my life is full of interesting things to do *(please circle one number)*

NOT AT ALL	0	1	2	3	4	5	6	7	8	9	10	VERY MUCH
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12. I look forward to the future *(please circle one number)*

NOT AT ALL	0	1	2	3	4	5	6	7	8	9	10	VERY MUCH
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13. I feel safe when I am at home *(please circle one number)*

NOT AT ALL	0	1	2	3	4	5	6	7	8	9	10	VERY MUCH
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14. I feel I am getting a good education *(please circle one number)*

NOT AT ALL	0	1	2	3	4	5	6	7	8	9	10	VERY MUCH
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15. I am satisfied with the way my life is now *(please circle one number)*

NOT AT ALL	0	1	2	3	4	5	6	7	8	9	10	VERY MUCH
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Steps in Scoring the YQOL-SF

- 1) First, transpose all 15 items to t-scores on a 100-point scale as follows:

$$t\text{ score} = \frac{\text{actual score} - \text{lowest possible score}}{\text{possible range}} * 100$$

SPSS syntax of the following form:

```
COMPUTE Item1_tscore = ((Item1_score-0)/10)*100.
```

This transformation converts the lowest and highest possible scores to 0 and 100, respectively. Scores between these values represent the percentage of the total possible score achieved.

- 2) Reverse score item #7 (I feel alone in my life) prior to calculating a total score. *The instrument scoring is arranged so that a higher score = higher quality of life.*
- 3) Then, calculate the mean of the 15 transformed items to form the total score.
- 4) At least 12 of the 15 items must have responses in order to compute a total score. Otherwise, set the total score to a missing value.