# ReQoL

*Recovering Quality of Life*

Anju Keetharuth, Janice Connell, Milad Karimi , Michael Barkham, Tom Ricketts and  John Brazier,  University of Sheffield

## What is Recovering Quality of Life (ReQoL)?

✓ NEW **generic Patient Reported Outcome Measure** to assess **Quality of Life** in people with mental health conditions
✓ SHORT service user outcome measure for use in **routine practice**
✓ Developed from **service users' perspectives** with inputs from  clinicians, national and international experts
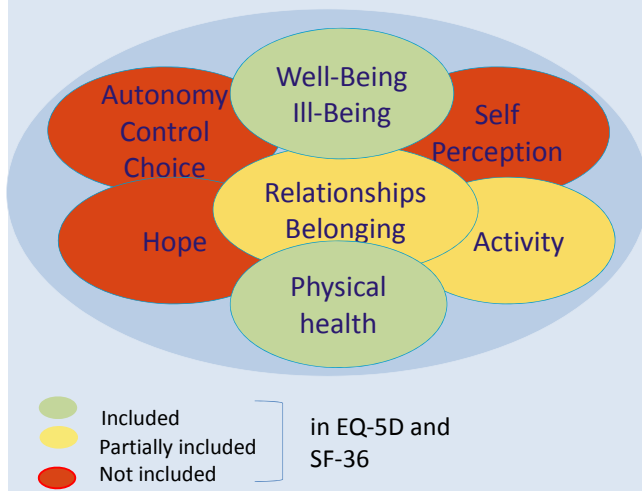✓ Commissioned and funded by the Department of Health

## Why ReQoL?

✓ Existing generic measures (EQ-5D and SF-36) are not suitable for use with mental health service users
✓ An appropriate outcome measure is necessary for use in the NHS Outcomes Framework
✓ An appropriate outcome measure is recommended in the context of the national tariff payment system (PbR)

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**Stage 1: Identifying Domains**

**Method:** The domains of the questionnaire were identified through a systematic review of the quality of life literature and 19 qualitative interviews with service users.

**Stage 2: Generating item pool**

**Method:** A systematic approach was adopted to generate an item pool. The criteria from Norman & Streiner (1989) were used to select items.
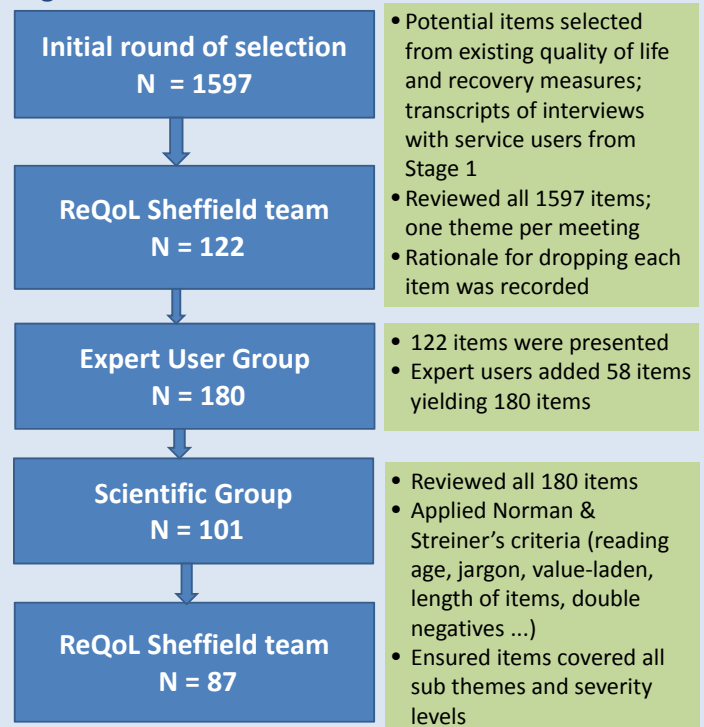
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**Results of stage 1:** Seven domains are important for quality of life to people with mental health problems. The domains are similar to factors which are important for Personal Recovery – Connectedness, Hope, Identity, Meaning, and Empowerment (CHIME -Leamy et al., 2011 ).



Autonomy Control Choice
Well-Being Ill-Being
Self Perception
Relationships Belonging
Hope
Activity
Physical health

Included
Partially included    in EQ-5D and SF-36
Not included

**Stage 2 Selection Flowchart:**

**Initial round of selection N = 1597**

• Potential items selected from existing quality of life and recovery measures; transcripts of interviews with service users from Stage 1
• Reviewed all 1597 items; one theme per meeting
• Rationale for dropping each item was recorded

**ReQoL Sheffield team N = 122**

**Expert User Group N = 180**

• 122 items were presented
• Expert users added 58 items yielding 180 items

**Scientific Group N = 101**

• Reviewed all 180 items
• Applied Norman & Streiner's criteria (reading age, jargon, value-laden, length of items, double negatives ...)
• Ensured items covered all sub themes and severity levels

**ReQoL Sheffield team N = 87**

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**Stage 3: Face and content validity**

• The items from Stage 2 were tested for face and content validity through 59 interviews with service users.
• Additional inputs on the items were obtained from clinicians, experts from our Stakeholder and Advisory Groups, and a translatability assessment.
• Number of items was reduced to 60, some which were rephrased based on comments received.

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## What next?

**PSYCHOMETRICS ANALYSIS: Between March and May 2015, the ReQoL questionnaire will be administered by at least 11 NHS trusts, 6 GP practices, and 4 charities nationally. The data collected will be analysed (factor analysis and Rasch analysis) to produce the final questionnaires: the full ReQoL (30 items) and the short ReQoL (10 items). Both versions will be available for use by August 2015.**

## Further work

The measure will then be validated (Sept 15 – Feb 2016) and preference weights will also be produced so that the ReQoL questionnaire can be used in economic evaluations (March – May 2016).

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For further information about ReQoL, please contact Anju Keetharuth
Email: reqol@sheffield.ac.uk; Tel: 0114 222 0884 or visit the Web Site: www.reqol.org.uk