

Copies of the UW-QOL Scale

The University of Washington Quality of Life (UW-QOL) questionnaire has undergone several recent improvements. Version 4 has 12 domain-specific questions. In addition to the items addressing pain, appearance, activity level, recreation, swallowing, chewing, speech, shoulder function, taste, and saliva production, two specific questions on depression and anxiety have been added.

Both versions ask the patient to rate the domain items of greatest importance to them. In addition to domain-specific items, both versions also include 4 generic QOL questions:

- What is your overall quality of life (*'Global QOL'*)?
- What is your *health-related* quality of life (*'Global HR-QOL'*)?
- How has your health-related quality of life changed (*'Transitional HR-QOL,' 'Incremental HR-QOL'*)?
- Free text response to describe quality of life (*'Open-ended QOL'*). Our patients have used this question as an opportunity to describe their QOL in their own words or drawings.

Composite and global scoring

Each of the domain-specific items is scored from 0 (worst QOL) to 100 (best QOL). Details are provided below. The 'composite' score is created by averaging the scores from the 10 (version 3) or 12 (version 4) items. We do not include the four generic questions in the composite scoring, because these represent very different constructs. We have found that the global QOL, global HR-QOL and transitional HR-QOL items provide different and useful perspectives from the composite score. We recommend that these questions be used independently. We are developing methodology to 'score' the open-ended QOL questions.

Scoring of individual domain items

Scores range from 0 (worst QOL) to 100 (best QOL) for each item. Intermediate scores depend on the number of responses to each question:

- On 3 point items, scores are 0, 50, and 100.
- On 4 point items, scores are 0, 33, 67, and 100.
- On 5 point items, scores of 0, 25, 50, 75, and 100.

For clarity, the scoring sheets list specific scores for each item response. Items from both versions 3 and 4 are included. Please do not use the scoring sheet as the questionnaire.

References

1. Weymuller E, Alsarraf R, Yueh B, Deleyiannis F, Coltrera M. Analysis of the performance characteristics of the UW-QOL & modification of the instrument. Arch Otolaryngol Head Neck Surg 127(5):489-493, May 2001.
2. Rogers SN, Gwanne S, Lowe D, Humphris G, Yueh B, Weymuller EA. The addition of mood and anxiety domains to the University of Washington Quality of Life scale. Head and Neck 24(6):521-529, Jun 2002.