
WHOQOL-BREF

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U.S. Version



University of Washington
Seattle, Washington
United States of America

Emblem...Soul Catcher: a Northwest Coast Indian symbol of physical and mental well-being. Artist: Marvin Oliver

Instructions

This questionnaire asks how you feel about your quality of life, health, or other areas of your life. Please answer all the questions. If you are unsure about which response to give to a question, please choose the one that appears most appropriate. This can often be your first response.

Please keep in mind your standards, hopes, pleasures and concerns. We ask that you think about your life in the last two weeks. For example, thinking about the last two weeks, a question might ask:

| | (Please circle the number) | | | | |
|---|----------------------------|----------|------------|----------|------------|
| For office use | Not at all | A little | Moderately | Mostly | Completely |
| Do you get the kind of support from others that you need? | 1 | 2 | 3 | 4 | 5 |

You should circle the number that best fits how much support you got from others over the last two weeks. So you would circle the number 4 if you got a great deal of support from others. ○

| | (Please circle the number) | | | | |
|---|----------------------------|----------|------------|----------|------------|
| For office use | Not at all | A little | Moderately | Mostly | Completely |
| Do you get the kind of support from others that you need? | 1 | 2 | 3 | ④ | 5 |

You would circle number 1 if you did not get any of the support that you needed from others in the last two weeks. ○

| | (Please circle the number) | | | | |
|---|----------------------------|----------|------------|----------|------------|
| For office use | Not at all | A little | Moderately | Mostly | Completely |
| Do you get the kind of support from others that you need? | ① | 2 | 3 | 4 | 5 |

Please read each question, assess your feelings, and circle the number on the scale that gives the best answer for you for each question.

| | | <i>(Please circle the number)</i> | | | | | | |
|-----------------------|-----------|-----------------------------------|--|-----------------------|----------|-----------|----------|----------|
| | | Very poor | Poor | Neither poor nor good | Good | Very Good | | |
| <i>For office use</i> | G1 / G1.1 | 1. | How would you rate your quality of life? | 1 | 2 | 3 | 4 | 5 |

| | | <i>(Please circle the number)</i> | | | | | | |
|-----------------------|-----------|-----------------------------------|---|------------------------------------|-----------|----------------|----------|----------|
| | | Very dissatisfied | Dissatisfied | Neither satisfied nor dissatisfied | Satisfied | Very satisfied | | |
| <i>For office use</i> | G4 / G2.3 | 2. | How satisfied are you with your health? | 1 | 2 | 3 | 4 | 5 |

The following questions ask about **how much** you have experienced certain things in the last two weeks.

| | | <i>(Please circle the number)</i> | | | | | | |
|-----------------------|-----------------|-----------------------------------|--|-------------------|-----------|-------------------|----------|----------|
| | | Not at all | A little | A moderate amount | Very much | An extreme amount | | |
| <i>For office use</i> | F1.4 / F1.2.5 | 3. | To what extent do you feel that physical pain prevents you from doing what you need to do? | 1 | 2 | 3 | 4 | 5 |
| <i>For office use</i> | F11.3 / F13.1.4 | 4. | How much do you need any medical treatment to function in your daily life? | 1 | 2 | 3 | 4 | 5 |
| <i>For office use</i> | F4.1 / F6.1.2 | 5. | How much do you enjoy life? | 1 | 2 | 3 | 4 | 5 |

| | | <i>(Please circle the number)</i> | | | | |
|-----------------------|---|-----------------------------------|----------|-------------------|-----------|-------------------|
| <i>For office use</i> | | Not at all | A little | A moderate amount | Very much | An extreme amount |
| F24.2 / F29.1.3 | 6. To what extent do you feel your life to be meaningful? | 1 | 2 | 3 | 4 | 5 |

| | | <i>(Please circle the number)</i> | | | | |
|-----------------------|--|-----------------------------------|----------|-------------------|-----------|-----------|
| <i>For office use</i> | | Not at all | Slightly | A Moderate amount | Very much | Extremely |
| F5.2 / F7.1.6 | 7. How well are you able to concentrate? | 1 | 2 | 3 | 4 | 5 |
| F16.1 / F20.1.2 | 8. How safe do you feel in your daily life? | 1 | 2 | 3 | 4 | 5 |
| F22.1 / F27.1.2 | 9. How healthy is your physical environment? | 1 | 2 | 3 | 4 | 5 |

The following questions ask about **how completely** you experience or were able to do certain things in the last two weeks.

| | | <i>(Please circle the number)</i> | | | | |
|-----------------------|--|-----------------------------------|----------|------------|----------|------------|
| <i>For office use</i> | | Not at all | A little | Moderately | Mostly | Completely |
| F2.1 / F2.1.1 | 10. Do you have enough energy for everyday life? | 1 | 2 | 3 | 4 | 5 |
| F7.1 / F9.1.2 | 11. Are you able to accept your bodily appearance? | 1 | 2 | 3 | 4 | 5 |
| F18.1 / F23.1.1 | 12. Have you enough money to meet your needs? | 1 | 2 | 3 | 4 | 5 |

| | | <i>(Please circle the number)</i> | | | | |
|-----------------|--|-----------------------------------|----------|------------|----------|------------|
| | | Not at all | A little | Moderately | Mostly | Completely |
| For office use | | | | | | |
| F20.1 / F25.1.1 | 13. How available to you is the information that you need in your day-to-day life? | 1 | 2 | 3 | 4 | 5 |
| F21.1 / F26.1.2 | 14. To what extent do you have the opportunity for leisure activities? | 1 | 2 | 3 | 4 | 5 |

| | | <i>(Please circle the number)</i> | | | | |
|----------------|--|-----------------------------------|----------|-----------------------|----------|-----------|
| | | Very poor | Poor | Neither poor nor well | Well | Very well |
| For office use | | | | | | |
| F9.1 / F11.1.1 | 15. How well are you able to get around? | 1 | 2 | 3 | 4 | 5 |

The following questions ask you to say how **good** or **satisfied** you have felt about various aspects of your life over the last two weeks.

| | | <i>(Please circle the number)</i> | | | | |
|-----------------|--|-----------------------------------|--------------|------------------------------------|-----------|----------------|
| | | Very dissatisfied | Dissatisfied | Neither satisfied nor dissatisfied | Satisfied | Very satisfied |
| For office use | | | | | | |
| F3.3 / F4.2.2 | 16. How satisfied are you with your sleep? | 1 | 2 | 3 | 4 | 5 |
| F10.3 / F12.2.3 | 17. How satisfied are you with your ability to perform your daily living activities? | 1 | 2 | 3 | 4 | 5 |
| F12.4 / F16.2.1 | 18. How satisfied are you with your capacity for work? | 1 | 2 | 3 | 4 | 5 |

| | | <i>(Please circle the number)</i> | | | | |
|---------------------------|---|-----------------------------------|--------------|--|-----------|-------------------|
| | | Very dissatisfied | Dissatisfied | Neither satisfied nor dissatisfied | Satisfied | Very satisfied |
| <i>For office use</i> | | | | | | |
| F6.4 / F8.2.2 | 19. How satisfied are you with yourself? | 1 | 2 | 3 | 4 | 5 |
| F13.3 / F17.2.3 | 20. How satisfied are you with your personal relationships? | 1 | 2 | 3 | 4 | 5 |
| F15.3 / F3.2.1 | 21. How satisfied are you with your sex life? | 1 | 2 | 3 | 4 | 5 |
| F14.4 / F18.2.5 | 22. How satisfied are you with the support you get from your friends? | 1 | 2 | 3 | 4 | 5 |
| F17.3 / F21.2.2 | 23. How satisfied are you with the conditions of your living place? | 1 | 2 | 3 | 4 | 5 |
| F19.3 / F24.2.1 | 24. How satisfied are you with your access to health services? | 1 | 2 | 3 | 4 | 5 |
| F.23.3 / F28.2.2 | 25. How satisfied are you with your mode of transportation? | 1 | 2 | 3 | 4 | 5 |

The follow question refers to **how often** you have felt or experienced certain things in the last two weeks.

| | | <i>(Please circle the number)</i> | | | | | |
|-----------------------|----------------|-----------------------------------|---|-------------|------------|----------|----------|
| | | Never | Seldom | Quite often | Very often | Always | |
| <i>For office use</i> | F8.1 / F10.1.2 | 26. | How often do you have negative feelings, such as blue mood, despair, anxiety, depression? | | | | |
| | | | 1 | 2 | 3 | 4 | 5 |

Did someone help you to fill out this form? *(Please circle Yes or No)*

Yes

No

How long did it take to fill out this form?

THANK YOU FOR YOUR HELP

WHOQOL-BREF Scoring

The WHOQOL-Bref, still in field trials, is a subset of 26 items taken from the WHOQOL-100. The same steps for the scoring WHOQOL-100 should be followed to achieve scores for the Bref. Although scoring the Bref is identical to scoring the WHOQOL-100, there are some differences that need to be addressed:

- The WHOQOL-Bref does not have facet scores
- Mean substitutions are recommended for Domain 1 *Physical Health* and Domain 4 *Environment* if no more than one item is coded missing
- Only three items need to be reversed before scoring

The WHOQOL-Bref (Field Trial Version) produces a profile with four domain scores and two individually scored items about an individual's overall perception of quality of life and health. The four domain scores are scaled in a positive direction with higher scores indicating a higher quality of life. Three items of the Bref must be reversed before scoring. They can be seen in Table 9, indicated by the “- (reverse)” denotation in the *Direction of scaling* column.

TABLE 9. Scoring Domains of the WHOQOL-BREF

| Domains and questions 236/BREF | Direction of scaling | Raw domain score | Raw item score |
|---|----------------------|---------------------|----------------|
| Overall Quality of Life and General Health | |(2-10) | |
| G1.1/B1 How would you rate your quality of life? | + | |(1-5) |
| G2.3/B2 How satisfied are you with your health? | + | |(1-5) |
| Domain 1 Physical Health | |(7-35) | |
| F1.2.5/B3 To what extent do you feel that physical pain prevents you from doing what you need to do? | -(reverse) | |(1-5) |
| F13.1.4/B4 How much do you need any medical treatment to function in your daily life? | -(reverse) | |(1-5) |
| F2.1.1/B10 Do you have enough energy for everyday life? | + | |(1-5) |
| F11.1.1/B15 How well are you able to get around? | + | |(1-5) |
| F4.1.1/B16 How satisfied are you with your sleep? | + | |(1-5) |
| F12.2.3/B17 How satisfied are you with your ability to perform your daily living activities? | + | |(1-5) |
| F16.2.1/B18 How satisfied are you with your capacity for work? | + | |(1-5) |
| Domain 2 Psychological | |(6-30) | |
| F6.1.2/B5 How much do you enjoy life? | + | |(1-5) |
| F29.1.3/B6 To what extent do you feel your life to be meaningful? | + | |(1-5) |
| F7.1.6/B7 How well are you able to concentrate? | + | |(1-5) |
| F9.1.2/B11 Are you able to accept your bodily appearance? | + | |(1-5) |
| F8.2.1/B19 How satisfied are you with yourself? | + | |(1-5) |
| F10.1.2/B26 How often do you have negative feelings such as blue mood, despair, anxiety, depression? | - (reverse) | |(1-5) |
| Domain 3 Social relationships | |(3-15) | |
| F17.1.3/B20 How satisfied are you with your personal relationships? | + | |(1-5) |
| F3.2.1/B21 How satisfied are you with your sex life? | + | |(1-5) |
| F18.2.5/B22 How satisfied are with the support you get from your friends? | + | |(1-5) |

| Domains and questions 236/BREF | | Direction of scaling | Raw domain score | Raw item score |
|-----------------------------------|--|----------------------|---------------------|----------------|
| Domain 4 | Environment | |(8-40) | |
| F20.1.2/B8 | How safe do you feel in your daily life? | + | |(1-5) |
| F27.1.2/B9 | How healthy is your physical environment? | + | |(1-5) |
| F23.1.1/B12 | Have you enough money to meet your needs? | + | |(1-5) |
| F25.1.1/B13 | How available to you is the information that you need in your daily-to-day life? | + | |(1-5) |
| F26.1.2/B14 | To what extent do you have the opportunity for leisure activities? | + | |(1-5) |
| F21.2.2/B23 | How satisfied are you with the condition of your living place? | + | |(1-5) |
| F24.2.1/B24 | How satisfied are you with your access to health services? | + | |(1-5) |
| F28.2.2/B25 | How satisfied are you with your transport? | + | |(1-5) |

If no more than one item from the *Physical Health* or *Environment* domains has been coded as missing, we recommend that a domain score be calculated by substituting a person-specific average across the completed items in the same scale. For example, if a respondent does not have a value for item B16 *How satisfied are you with your sleep?* in the Physical Health domain, but has answered all of the other items in that domain, then the value for item B16 would be the average of the remaining 6 items. If two or more items are coded missing in these two domains, the domain score should not be calculated, likewise if any items are coded missing in the *Psychological* and *Social Relationships* domains, a domain score for that respondent would not be calculated.

After item recoding and handling of missing data, a raw score is computed by a simple algebraic sum of each item in each of the four domains. Once complete, check the frequencies of each domain to be sure that the scores are within the correct range indicated in Table 9 *Raw domain score* column. The next step is to transform each raw scale score using the formula on page 31. The possible raw score ranges for each domain are as follows: *Physical Health*=28, *Psychological*=24, *Social Relationships*=12, and *Environment*=32.

SCORING EXERCISE AND TEST DATASET FOR THE WHOQOL-BREF INSTRUMENT

The purpose of this scoring exercise is to help WHOQOL-Bref users to evaluate results from each step in the process of calculating the Domain summary scores of the instrument. This exercise was created for SPSS users, but with minor modifications, can be adapted for other computer programs or can be useful for those scoring the survey manually.

A test dataset and SPSS code for scoring the WHOQOL-Bref a computer diskette in this packet. The test dataset, which is called “**WQ_BREF.TXT**” on the diskette, contains data from 64 administrations of the WHOQOL-BREF. The data can be seen in *Appendix F*. The enclosed diskette also provides the user with the SPSS syntax used to:

- import raw data into SPSS format [**WQ_B_DL.SPS**]
- derive the WHOQOL-BREF domain summaries [**WQ_BREF.SPS**]

The SPSS code (called “**WQ_BREF.SPS**”) on the diskette begins by labeling all items and checking for out-of-range values. It then recodes the 3 negatively stated items so that a

higher score indicates better health. The 4 domains are then scored, labeled, and transformed to a 0 to 100 scale used to interpret and compare to other validated instrument tools such as the WHOQOL-100. A copy of the SPSS syntax is reproduced in Appendix F.

Table 10 presents statistics for the transformed domains for the WHOQOL-Bref. After scoring the test dataset, the means, standard deviations, and minimum and maximum observed values should agree with those presented in Table 10

TABLE 10. Test Dataset Descriptive Statistics: WHOQOL-BREF

| Descriptive Statistics | | | | | |
|-----------------------------------|----|---------|---------|---------|-------------------|
| | N | Minimum | Maximum | Mean | Std. Deviation |
| Physical (TRANSFORMED) | 64 | 32.14 | 92.86 | 66.7969 | 14.5480 |
| Psychological (TRANSFORMED) | 64 | 37.50 | 95.83 | 73.5026 | 13.7165 |
| Social Relations (TRANSFORMED) | 64 | 25.00 | 100.00 | 73.1771 | 17.0891 |
| Environment (TRANSFORMED) | 64 | 28.13 | 100.00 | 72.8027 | 14.1592 |
| Valid N (listwise) | 64 | | | | |

After all necessary items have been recoded, a raw score is calculated for each facet and each domain. Both facets and domains are scored through a simple algebraic summation of each item in that scale. As stated earlier, each question contributes equally to the facet score and each facet contributes equally to the domain score. Since each facet has four items with response values of 1 through 5, the raw score for any facet must have a minimum value of 4 and a maximum value of 20 (see Table 7 on the following pages).

TRANSFORMATION OF SCALE SCORES

The next step involves transforming each raw scale score to a 0-100 scale using the formula shown below:

$$\text{Transformed Scale} = \left[\frac{(\text{Actual raw score} - \text{lowest possible raw score})}{\text{Possible raw score range}} \right] \times 100$$

where “Actual raw score” is the values achieved through summation, “lowest possible raw score” is the lowest possible value that could occur through summation (this value would be 4 for all facets), and “Possible raw score range” is the difference between the maximum possible raw score and the lowest possible raw score (this value would be 16 for all facets: 20 minus 4).

This transformation converts the lowest and highest possible scores to zero and 100, respectively. Scores between these values represent the percentage of the total possible score achieved. The WHOQOL-100 scores from other Centers may not be transformed to the 0-100 scale. The U.S.WHOQOL instruments and scoring programs have used this transformation to provide comparative data for interpretation.

Example: A Facet 1 “Pain and discomfort” raw score of 15 would be transformed as follows:

$$\text{Transformed Scale} = \left[\frac{(15 - 4)}{16} \right] \times 100 = 68.75$$