Quality of Life-AD

Brief Descriptive Information about the Quality of Life-AD Measure

References:
Logsdon, R.G., Gibbons, L.E., McCurry, S.M., & Teri, L. (1999). Quality of life in Alzheimer's disease: Patient and caregiver reports. *Journal of Mental Health & Aging*, Volume *5*, Number 1, pages 21-32.

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Description:
The QOL-AD is a brief, 13-item measure designed specifically to obtain a rating of the patient's Quality of Life from both the patient and the caregiver. It was developed for individuals with dementia, based on patient, caregiver, and expert input, to maximize construct validity, and to ensure that the measure focuses on quality of life domains thought to be important in cognitively impaired older adults. It uses simple and straightforward language and responses & includes assessments of the individual's relationships with friends and family, concerns about finances, physical condition, mood, and an overall assessment of life quality.

Caregivers complete the measure as a questionnaire about their patients' QOL, while patients complete it in interview format about their own QOL. The measure consists of 13 items, rated on a four point scale, with 1 being poor and 4 being excellent. Total scores range from 13 to 52. It generally takes caregivers about 5 minutes to complete the measure about their patients; for patients, the interview takes about 10 to 15 minutes to administer. Detailed instructions for interviewer administration are available.

Scoring is straightforward- the sum of all items; patient and caregiver reports can be evaluated separately and/or combined into a single score if desired. Patients with MMSE scores of 10 or higher can usually complete it with no problem; below that caregivers can continue to complete it as proxies indefinitely.

QOL-AD Published Research
(studies marked with an * are clinical trials in which the QOL-AD was used as an outcome measure)

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Quality of Life: AD
(Interview Version for the person with dementia)

Interviewer administer according to standard instructions.
Circle responses.

1. Physical health.	Poor	Fair	Good	Excellent
2. Energy.	Poor	Fair	Good	Excellent
3. Mood.	Poor	Fair	Good	Excellent
4. Living situation.	Poor	Fair	Good	Excellent
5. Memory.	Poor	Fair	Good	Excellent
6. Family.	Poor	Fair	Good	Excellent
7. Marriage.	Poor	Fair	Good	Excellent
8. Friends.	Poor	Fair	Good	Excellent
9. Self as a whole.	Poor	Fair	Good	Excellent
10. Ability to do chores around the house.	Poor	Fair	Good	Excellent
11. Ability to do things for fun.	Poor	Fair	Good	Excellent
12. Money.	Poor	Fair	Good	Excellent
13. Life as a whole.	Poor	Fair	Good	Excellent

Comments:_____
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Quality of Life-AD
Instructions for Interviewers

The QOL-AD is administered in interview format to individuals with dementia, following the instructions below. Hand the form to the participant, so that he or she may look at it as you give the following instructions (instructions should closely follow the wording given in bold type):

I want to ask you some questions about your quality of life and have you rate different aspects of your life using one of four words: poor, fair, good, or excellent.

Point to each word (poor, fair, good, and excellent) on the form as you say it.

When you think about your life, there are different aspects, like your physical health, energy, family, money, and others. I'm going to ask you to rate each of these areas. We want to find out how you feel about your current situation in each area.

If you're not sure about what a question means, you can ask me about it. If you have difficulty rating any item, just give it your best guess.

It is usually apparent whether an individual understands the questions, and most individuals who are able to communicate and respond to simple questions can understand the measure. If the participant answers all questions the same, or says something that indicates a lack of understanding, the interviewer is encouraged to clarify the question. However, under no circumstances should the interviewer suggest a specific response. Each of the four possible responses should be presented, and the participant should pick one of the four.

If a participant is unable to choose a response to a particular item or items, this should be noted in the comments.   If the participant is unable to comprehend and/or respond to two or more items, the testing may be discontinued, and this should be noted in the comments.

As you read the items listed below, ask the participant to circle her/his response. If the participant has difficulty circling the word, you may ask her/him to point to the word or say the word, and you may circle it for him or her. You should let the participant hold his or her own copy of the measure, and follow along as you read each item.

1. **First of all, how do you feel about your physical health? Would you say it's poor, fair, good, or excellent? Circle whichever word you think best describes your physical health right now.**

2. **How do you feel about your energy level? Do you think it is poor, fair, good, or excellent?** If the participant says that some days are better than others, ask him or her to rate how she/he has been feeling most of the time lately.

3. **How has your mood been lately? Have your spirits been good, or have you been feeling down? Would you rate your mood as poor, fair, good, or excellent?**

4. **How about your living situation? How do you feel about the place you live now? Would you say it's poor, fair, good, or excellent?**

5. **How about your memory? Would you say it is poor, fair, good, or excellent?**

6. **How about your family and your relationship with family members? Would you describe it as poor, fair, good, or excellent?** If the respondent says they have no family, ask about brothers, sisters, children, nieces, nephews.

7. **How do you feel about your marriage? How is your relationship with (spouse's name). Do you feel it's poor, fair, good, or excellent?** Some participants will be single, widowed, or divorced. When this is the case, ask how they feel about the person with whom they have the closest relationship, whether it's a family member or friend. If there is a family caregiver, ask about their relationship with this person. It there is no one appropriate, or the participant is unsure, score the item as missing. If the participant's rating is of their relationship with someone other than their spouse, note this and record the relationship in the comments section.

8. **How would you describe your current relationship with your friends? Would you say it's poor, fair, good, or excellent?** If the respondent answers that they have no friends, or all their friends have died, probe further. **Do you have anyone you enjoy being with besides your family? Would you call that person a friend?** If the respondent still says they have no friends, ask **how do you feel about having no friends—poor, fair, good, or excellent?**

9. **How do you feel about yourself—when you think of your whole self, and all the different things about you, would you say it's poor, fair, good, or excellent?**

10. **How do you feel about your ability to do things like chores around the house or other things you need to do? Would you say it's poor, fair, good, or excellent?**

11. **How about your ability to do things for fun, that you enjoy? Would you say it's poor, fair, good, or excellent?**

12. **How do you feel about your current situation with money, your financial situation? Do you feel it's poor, fair, good, or excellent?** If the respondent hesitates, explain that you don't want to know what their situation is (as in amount of money), just how they feel about it.

13. **How would you describe your life as a whole. When you think about your life as a whole, everything together, how do you feel about your life? Would you say it's poor, fair, good, or excellent?**

SCORING INSTRUCTIONS FOR THE QOL:
Points are assigned to each item as follows: poor=1, fair=2, good=3, excellent=4.
The total score is the sum of all 13 items.

Quality of Life: AD
(Questionnaire Version for the Family Member or Caregiver)

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The following questions are about your relative's quality of life.
When you think about your relative's life, there are different aspects, some of which are listed below. Please think about each item, and rate your relative's current quality of life in each area using one of four words: **poor, fair, good, or excellent**. Please rate these items based on your relative's life **at the present time** (e.g. within the past few weeks). If you have questions about any item, please ask the person who gave you this form for assistance.
Circle your responses.

1. Physical health.	Poor	Fair	Good	Excellent
2. Energy.	Poor	Fair	Good	Excellent
3. Mood.	Poor	Fair	Good	Excellent
4. Living situation.	Poor	Fair	Good	Excellent
5. Memory.	Poor	Fair	Good	Excellent
6. Family.	Poor	Fair	Good	Excellent
7. Marriage.	Poor	Fair	Good	Excellent
8. Friends.	Poor	Fair	Good	Excellent
9. Self as a whole.	Poor	Fair	Good	Excellent
10. Ability to do chores around the house.	Poor	Fair	Good	Excellent
11. Ability to do things for fun.	Poor	Fair	Good	Excellent
12. Money.	Poor	Fair	Good	Excellent
13. Life as a whole.	Poor	Fair	Good	Excellent

Comments:_____

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