

This is a **Sample** version of the  
**QUALITY OF LIFE ASSESSMENT KIT**

The **full version** of QUALITY OF LIFE ASSESSMENT KIT comes without 'sample' watermark

The full complete 80 page version includes –

- Overview
- Validation and reliability info
- Coding, scoring and administration guide
- Complete 7 sets of assessments they are –
- Wisconsin Quality of Life Index (W-QLI) Client Questionnaire
- Wisconsin Quality of Life Index (W-QLI) Provider Questionnaire
- Wisconsin Quality of Life Index (W-QLI) Caregiver Questionnaire
- Quality of Life Index for Adults (A-QLI) Questionnaire
- The Family Quality of Life Index (F-QLI)
- The Family Quality of Life Index (F-QLI) Provider Questionnaire

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# Quality of Life Assessment Manual

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## **Preface**

Quality of life (QoL) is fast becoming a standard measure of outcomes in clinical trials, cost effectiveness analysis and clinical practice. A confluence of forces including rising health care costs, concern over reported poor QoL of psychiatric patients living in the community and an awakening recognition that customary measures of treatment measures are inadequate has focused attention on the need to measure and improve QoL for persons with mental illness. Unfortunately, methods for combining clinical data with client perceptions and goals for improvement with treatment are not standardized. In addition, there are likely to be differences about the relative importance of different domains. Clinicians, families and the clients themselves may have a very different view of the client's QoL and the important goals of therapy. Quality of life is a subjective construct which varies with the population studied. It is generally conceptualized as a multi-dimensional construct made up of a number of independent domains including physical health, psychological well-being, social relationships, functional roles and subjective sense of life satisfaction. Each QoL domain can be assessed from the point of view of the clinician, client or caregiver, and the relative weighting of the importance of each domain can also vary from one observer to another.

This Quality of Life Assessment Manual is an introduction to seven QoL assessment measures developed by the Quality of Life Assessment Project at the University of Wisconsin - Madison. The manual provides an overview of QoL assessment for three distinct groups including families, older adults and adults with serious mental illness. This document also describes the conceptual framework for the instruments and illustrates some of the ways that outcome data may be presented and used.

## **Validation of the Instruments**

The W-QLI index was field tested for clients and providers by using local mental health providers known to the authors. Results of the initial validation work have been reported in detail elsewhere.<sup>(2)</sup> In order to ensure content and face validity of the W-QLI, we based the conceptual framework and the development of the instrument on a comprehensive model of QoL that includes multiple dimensions as well as multiple perspectives on the client's QoL. Furthermore, both consumers and professionals considered to have expertise and extensive experience with persons suffering from severe and persistent mental illness were involved in the development, definition and choice of items and/or scales to be included to represent these multiple dimensions of life quality. Finally, to the extent possible, existing valid scales were chosen to capture some aspects of the various domains and dimensions of QoL.

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<sup>(1)</sup> See *The brief psychiatric rating scale*, (p. 799-812) by J. Overall, D. Gorham, 1962, Psychological Report, Vol 10.

<sup>(2)</sup> See *A new patient focused index for measuring quality of life in persons with severe and persistent mental illness*, (p. 239-251) by M. Becker, R. Diamond, F. Sainfort, 1993, Quality of Life Research, Vol 2.

The Quality of Life Index for Older Adults and the Family Quality of Life Index are newer instruments in their initial stages of evaluation. They are designed to follow the conceptual framework of the W-QLI.

## **Introduction to Coding and Scoring**

This section provides an overview of the general steps to accomplish before coding, data entering and scoring the QoL questionnaires covered in this manual.

Whenever possible the questionnaire completion process should be supervised. Clients should be assisted to complete the self-report, self administered information requested and the questionnaires should be reviewed for completeness when they are returned. If the questionnaire has been administered as an interview, the client's choices and goals should be recorded verbatim and the interviewer should not influence the responders answer.

*Performing Scoring Checks.* Determine the completeness of the scale scoring. In general, we recommend that scale scores not be calculated if half or more of the scale items are missing. Compute raw scale scores according to the calculations provided in the coding and scoring directions for the scale used. Coding books are available from the principle investigator upon request. Outcome scores and information can be used in a variety of ways. On the following pages, we provide examples of ways to display and use the data for individual and clinical use. We continue to work on the development of optimal ways to format the data.

In collaboration with Alvan R. Feinstein, MD, we have developed a taxonomy for evaluating the goals domain. This taxonomy which appears on page 7 is used to categorize the goals. The taxonomic number can be used to analyze goals by responder type (i.e. client, clinician or caregiver) and across clinical settings.

**The following pages contain a brief sample overview of the 7 assessments contained in the complete QUALITY OF LIFE ASSESSMENT KIT.**

## **WISCONSIN QUALITY OF LIFE INDEX CLIENT QUESTIONNAIRE**

### **CONCEPTUAL FRAMEWORK**

The Wisconsin Quality of Life Index (W-QLI) Client Questionnaire is a comprehensive multi-dimensional measurement tool that reflects the personal priorities and goals of individual mental health clients. On the basis of previous research, our clinical experience, and recommendations from an advisory board convened to develop the index, we defined QoL as made up of the following nine domains: 1) general life satisfaction, 2) activities and occupations, 3) psychological well-being, 4) physical health, 5) social relations/support, 6) economics, 7) activities of daily living, 8) symptoms, and 9) goal attainment. Each domain can be individually weighted depending on its relative importance to the patient. While this instrument can be used by itself, it is meant to be used in conjunction with two other instruments that measure patient QoL from the provider and caregiver perspectives. The Wisconsin Quality of Life Index Client Questionnaire was designed to be self-administered though clients can be assisted if necessary.

## **WISCONSIN QUALITY OF LIFE INDEX (W-QLI) PROVIDER QUESTIONNAIRE**

### **CONCEPTUAL FRAMEWORK**

The Wisconsin Quality of Life Index (W-QLI) Provider Questionnaire is a comprehensive multi-dimensional measurement tool that reflects the clinician's perspective on the client's QoL and functional status. On the basis of previous research, our clinical experience, and recommendations from an advisory board convened to develop the index, we provide eight domains for clinicians to evaluate their clients. These include: 1) occupational activities, 2) psychological well being, 3) physical health, 4) social relations/support, 5) economics, 6) activities of daily living, 7) symptoms/outlook, and 8) goal attainment. In calculating the total QoL score, each domain can be individually weighted depending on how important the clinician thinks the domain is to the client. This instrument is especially helpful for discovering whether the clinician and client are in concordance about treatment goals and the relative importance of different QoL domains. While this instrument can be used by itself, it is designed to be used in conjunction with another instrument that measures the client's QoL from his/her perspective. There is a third form in the Wisconsin Quality of Life Index which measures the client's QoL from a family member or significant other's point of view. The Caregiver Questionnaire of the Wisconsin Quality of Life Index can also be used to assess attitudes from family and friends toward the assistance they provide to clients and is further described on page 28.

## **WISCONSIN QUALITY OF LIFE INDEX CAREGIVER QUESTIONNAIRE**

### **CONCEPTUAL FRAMEWORK**

The Wisconsin Quality of Life Index (W-QLI) Caregiver Questionnaire is a comprehensive multi-dimensional measurement tool that reflects the perspective of the client's primary caregiver. On the basis of previous research, our clinical experience, and recommendations from an advisory board convened to develop the index, we used four scales in the caregiver questionnaire: 1) services, 2) family assistance, 3) life activities and goals, and 4) the QoL uniscale. The first three scales can be individually weighted depending on their relative importance to the patient. In addition, there are a number of open-ended questions which give the caregiver the opportunity to share their opinion about what the most important factors are for improving treatment outcomes for the client. This instrument is meant to be used in conjunction with two other instruments that measure patient QoL from the client and clinician perspectives. This instrument is particularly useful for examining discrepancies between client and caregiver and between caregiver and provider in terms of assessing client's treatment goals and overall QoL. This survey is also helpful for assessing family burden. The Wisconsin Quality of Life Index Caregiver Questionnaire was designed to be self-administered though respondents can be assisted if necessary.

## **QUALITY OF LIFE INDEX FOR ADULTS QUESTIONNAIRE (A-QLI)**

### **CONCEPTUAL FRAMEWORK**

The Quality of Life Index for Older Adults (A-QLI) is a comprehensive multidimensional measurement tool that reflects the complexity of QoL outcomes in older adults. Outcome information is captured using a three dimensional strategy which measures the responders status, disability and personal evaluation on eight key domains. The instrument measures a full range of health and functional outcomes. Older adults are asked to report on their physical, emotional and social well-being, and to respond to questions about their mood, feelings, personal goals and preferences. In this way the A-QLI is able to capture the individual's values and desires for improvement. The instrument is balanced allowing for positive and negative outcomes. The A-QLI is designed to be self-administered. However, a scripted version has been constructed for use in a face-to-face or telephone interview and a parallel provider form has been developed. A description of the eight domains follows. The conceptual model for the A-QLI is found on page 41.

## **QUALITY OF LIFE INDEX FOR**

## **ADULTS (A-QLI) PROVIDER QUESTIONNAIRE**

### **CONCEPTUAL FRAMEWORK**

The Quality of Life Index for Adults (A-QLI) Provider Questionnaire is a parallel form to the A-QLI, which is optional in its use or can be used when clients are aphasic or otherwise unable to complete a form for themselves. It can be a very useful tool in clinical practice primarily because it is easy to assume more concordance with clients than actually exists. Use of the Provider Questionnaire allows clinicians to understand the reality of the commonality or discordance that exists. The domains for the Quality of Life Index for Older Adults Provider Questionnaire closely parallel those of the client version with some differences and are as follows:

## **THE FAMILY QUALITY OF LIFE INDEX (F-QLI) PROVIDER QUESTIONNAIRE**

### **CONCEPTUAL FRAMEWORK**

The Family Quality of Life Index (F-QLI) Provider Questionnaire is a parallel form to the F-QLI, which is optional in its use. It can be a very useful tool in clinical practice primarily because it is easy for providers to assume more concordance with clients than actually exists. Use of the Provider form allows clinicians to understand the reality of the commonality or discordance that exists between providers and clients. The domains closely parallel those of the client version with some modifications and are as follows:

## **THE FAMILYQUALITY OF LIFE**

## **INDEX (F-QLI)**

### **CONCEPTUAL FRAMEWORK**

The Family Quality of Life Index (F-QLI) is a comprehensive multi-dimensional measurement tool that reflects the priorities and goals of families seeking counseling services. It is designed to be administered by social service agencies providing family preservation services. On the basis of previous research, our clinical experience, and recommendations from an advisory board convened to develop the instrument, we defined quality of family life as made up of the following seven domains: 1) life satisfaction, 2) activities of daily living, 3) physical health, 4) psychological well-being, 5) social relations, 6) alcohol and other drug abuse, and 7) goal attainment. Each domain can be individually weighted depending on its relative importance to the respondent. The goal attainment domain is helpful for both family members and the service provider in that it allows respondents to explicitly specify unique family goals in utilizing social services. Multiple respondents within the family can fill out the form so the service provider can assess differences between family members on perceptions about family QoL and counseling goals. The Family Quality of Life Index was designed to be self-administered though it can be administered verbally by the service provider when necessary. The independent domains of the F-QLI are briefly described below. Each domain can be scored separately and the separate domain scores can be added to produce the total quality of family life score. There is a parallel form for providers which can be used by professionals to assess clients' family QoL. The conceptual model for the F-QLI is found on page 62.

Below is a sample view of one of the assessment within the QUALITY OF LIFE ASSESSMENT KIT for complete 80 page kit with 7 full assessments, please go to page 1 (top page) and purchase complete version.

# Wisconsin Quality of Life Client Questionnaire

Wisconsin Quality of Life Associates  
University of Wisconsin - Madison

Your Name: \_\_\_\_\_ ID #: \_\_\_\_\_

Date of Completion: \_\_\_/\_\_\_/\_\_\_ Location: \_\_\_\_\_

**Directions:** We are interested in your views and feelings. The questions in this booklet ask for your opinions about the quality of your life. When you answer each question please indicate the response which most closely reflects your opinion.

You are the person who knows best how you feel about these questions. If you would like someone to help you in filling out this questionnaire, and a friend or family member is not available, please contact a staff member to assist you.

Note: if this form was filled out by someone other than you, please

indicate who helped: \_\_\_\_\_

Relationship to you: \_\_\_\_\_

**BACKGROUND INFORMATION**

What is your date of birth? \_\_\_\_\_

You are?  Male  Female

What is your highest school grade completed: \_\_\_\_\_

What is your current relationship/marital status?

- Single/Never Married
- Married
- Divorced
- Committed relationship
- Separated
- Spouse deceased

How many times have you been married? \_\_\_\_\_

What is the source of your income? (Check all that apply)

- Paid employment
- Social Security Disability Income (SSDI) or Supplemental Security Income (SSI)
- Veterans disability or pension benefits
- General assistance
- AFDC
- Unemployment compensation
- Retirement, investment or savings
- Alimony or child support
- Money shared by your spouse/partner
- Money from your family
- Other source: \_\_\_\_\_

What is your racial/ethnic background? (Check all that apply)

- American Indian/Native American
- Asian
- African American
- Hispanic/Latino
- White
- Other, specify: \_\_\_\_\_

During the past four weeks, you lived: (Check all that apply)

- alone
- with roommate/friend
- with children
- with parents
- with significant other/spouse
- with other, please specify: \_\_\_\_\_

Who would you like to live with? (Check all that apply)

- alone
- friend/roommate
- with children
- with parents
- with significant other/spouse
- with other, please specify: \_\_\_\_\_

During the past four weeks, you lived primarily: (Check one)

- in an apartment/home
- in a boarding home
- in an group home or halfway house
- homeless
- at school/college
- in an institution (i.e. hospital or nursing home)
- in jail/prison
- other, please specify: \_\_\_\_\_

Where would you like to live? (Choose one)

- in an apartment/home
- in a boarding home
- in an group home or halfway house
- homeless
- at school/college
- in an institution (i.e. hospital or nursing home)
- in jail/prison
- other, please specify: \_\_\_\_\_

SATISFACTION LEVEL							
	Very dissatisfied	Moderately dissatisfied	A little dissatisfied	Neither satisfied or dissatisfied	A little satisfied	Moderately satisfied	Very satisfied
How satisfied or dissatisfied are you with the way you spend your time?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How satisfied or dissatisfied are you when you are alone?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How satisfied or dissatisfied are you with your housing?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How satisfied or dissatisfied are you with your neighborhood as a place to live in?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How satisfied or dissatisfied are you with the food you eat?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How satisfied or dissatisfied are you with the clothing you wear?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How satisfied or dissatisfied are you with the mental health services you use?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How satisfied or dissatisfied are you with your access to transportation?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How satisfied or dissatisfied are you with your sex life?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How satisfied or dissatisfied are you with your personal safety?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**We have asked how satisfied you are with different parts of your life. Now we would like to know how important each of these aspects of your life are.**

	Not at all important	Slightly important	Moderately important	Very important	Extremely important
How important to you is the way you spend your time?	<input type="radio"/>				
How important is it to feel comfortable when alone?	<input type="radio"/>				
How important is your housing?	<input type="radio"/>				
How important is your neighborhood as a place to live in?	<input type="radio"/>				
How important to you is the food you eat?	<input type="radio"/>				
How important to you is the clothing you wear?	<input type="radio"/>				
How important to you are the mental health services you use?	<input type="radio"/>				
How important to you is your access to transportation?	<input type="radio"/>				
How important to you is your sex life?	<input type="radio"/>				
How important to you is your personal safety?	<input type="radio"/>				

