

This is a **Sample** version of the  
**Quality of Life in Alzheimer's Disease  
Measure (QOL-AD)**

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- Overview Description
- Administration guide.
- Scoring Instructions
- 13 item questioner/Test for Interviewer
- 13 item questioner/Test for Relative

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# Quality of Life in Alzheimer's Disease Measure (QOL-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.

Logsdon, R.G., Gibbons, L.E., McCurry, S.M. & Teri, L. (2002). Assessing quality of life in older adults with cognitive impairment. *Psychosomatic Medicine*, 64, 510-519.

### 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.

# 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.

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.**

## **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.**

<b>Quality of Life: AD</b> (Interview Version for the person with dementia)				
Interviewer administer according to standard instructions. <b>Circle responses.</b>				
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

**This is the end of the Sample version of the QOL-AD.  
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