# WHOQOL-SRPB

## Users Manual

## Scoring and Coding for the

## WHOQOL SRPB Field-Test Instrument



MENTAL HEALTH: EVIDENCE & RESEARCH,
DEPARTMENT OF MENTAL HEALTH &
SUBSTANCE DEPENDENCE

WORLD  HEALTH ORGANIZATION

GENEVA, SWITZERLAND

# WHOQOL-SRPB FIELD-TEST INSTRUMENT

The WHOQOL-SRPB field-test instrument exists of 32 questions, covering quality of life aspects related to spirituality, religiousness and personal beliefs (SPRB). This instrument has been developed from an extensive pilot test of 105 questions in 18 centres around the world. The resulting 32-item instrument represent the finalised version of the WHOQOL-SPRB to be used for field trials.

The WHOQOL-SRPB field-test instrument is to be used in conjunction with the WHOQOL-100 (The manual of WHOQOL-100 is available from WHO in Geneva). It is a generic English version and should not be used as it stands, nor just be translated. Languange/cultural versions suitable for use in a limited number of populations are available from respective listed field sites that pilot-tested the instrument. Contact information for these sites is available from WHO in Geneva. These versions are constructed by taking the corresponding 32 questions and response scales exactly as they stood in the language version that was used in the pilot test. (It should be noted that some variations exist even between the versions from the different English language centres, i.e., an American and a Britsh version exists).

These questions respond to the definition of Quality of Life as *individuals' perceptions of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards and concerns.*

Centres wishing to develop a new language or cultural version, must follow the protocol for new centres under the supervision of the Department of Mental Health & Substance Dependence, WHO, Geneva, and as mentioned above must never just make a direct translation or an unsupervised adaptation of the WHOQOL-SRPB . For further information contact: mhgap-info@who.int

MENTAL HEALTH: EVIDENCE & RESEARCH,
DEPARTMENT OF MENTAL HEALTH &
SUBSTANCE DEPENDENCE,
WORLD HEALTH ORGANIZATION,
GENEVA, SWITZERLAND, 2002

**WORLD HEALTH ORGANIZATION,**
**SRPB QUALITY OF LIFE GROUP**

The WHOQOL SRPB Group comprises a coordinating group of collaborating investigators in each of the field sites and a panel of consultants. Dr S. Saxena directs the project that was initiated by Dr Rex Billington. Technical assistance on the project was given by Ms K. O'Connell and Dr M Van Ommeren. The instrument was developed in 18 field sites: Dr Bonicato, Foundation of Oncology, La Plata, Argentina; Dr Midttun, PSI Mental Health Initiative, Vilnius, Lithuania; Dr Bisht, Sri Aurobindo Onternational Institute, Pondicherry, India; Dr Omolo, Faculty of Health Science, Moi University, Eldoret, Kenya; Prof Fang, School of Public Health, University of Medical Sciences, Guabg Zhou, China; Dr Elbi, Medical Faculty, Egean University, Izmir, Turkey; Dr Schwartzman, Medical Psychology Department, University of Uruguay, Calabria, Uruguay; Dr Hasanah Che Ismail., Universiti Sains Malaysia, Kubang Kerian, Malaysia; Dr Tazaki, Science University of Tokyo, Tokyo, Japan; Dr De Girolamo, Laboratory of Epidemiology and Biostatistics, Clinical Institute of Health, Rome, Italy; Prof. Kamel, Faculty of Medicine, Alexandria, Egypt; Dr Amir, University of the Negev, Beer Sheva, Israel; Dr Lucas, University of Barcelona, Barcelona, Spain; Dr Chandra, Department of Psychiatry, All India Institute of Medical Sciences, New Delhi, India; Dr Fleck, Department of Psychiatry and Legal Medicine, University of the State of Rio Grande do Sul, Porto Alegre, Brazil; Dr Kitikorn, Branch of Preventive Mental Health, Department of Mental Health, Ministry of Public Health, Bangkok, Thailand; Prof Skevington, Department of Psychology, University of Bath, England, UK.

**Table 1. The Original WHOQOL-100 with SRPB facets**

| Domain I | Physical |
|---|---|
| 1 | Pain and discomfort |
| 2 | Energy and fatigue |
| 3 | Sleep and rest |
| **Domain II** | **Psychological** |
| 4 | Positive feelings |
| 5 | Thinking, learning, memory and concentration |
| 6 | Self-esteem |
| 7 | Bodily image and appearance |
| 8 | Negative feelings |
| **Domain III** | **Level of Independence** |
| 9 | Mobility |
| 10 | Activities of daily living |
| 11 | Dependence on medication or treatments |
| 12 | Work capacity |
| **Domain IV** | **Social Relationships** |
| 13 | Personal relationships |
| 14 | Social support |
| 15 | Sexual activity |
| **Domain V** | **Environment** |
| 16 | Physical safety and security |
| 17 | Home environment |
| 18 | Financial resources |
| 19 | Health and social care: accessibility and quality |
| 20 | Opportunities for acquiring new information and skills |
| 21 | Participation in and opportunities for recreation/ leisure activities |
| 22 | Physical environment  (pollution/noise/traffic/climate) |
| 23 | Transport |
| **Domain VI** | **Spirituality/Religion/ Personal Beliefs** |
| 24 | Spirituality |
| | |
| | **Additional  SRPB Facets** |
| **S1** | ***Spiritual Connection** |
| **S2** | ***Meaning & Purpose In Life** |
| **S3** | ***Experiences of  Awe & Wonder** |
| **S4** | ***Wholeness & Integration** |
| **S5** | ***Spiritual  Strength** |
| **S6** | ***Inner Peace** |
| **S7** | ***Hope & Optimsim** |
| **S8** | ***Faith** |
| | |
| **Overall quality of life and general health perceptions** | |

**\*** *Facets that are highlighted in bold are specific to Spirituality,Religion and Personal Beliefs and have been added to the original WHOQOL .*

## ITEM  NAMES

To distinguish the new additional SRPB items, rather than using the WHQOOL-100 "F" value, these new items were given the label "SP" for Spiritual. In addition, these were arranged to range from SP1.1- SP8.4. The original pilot test names can be found in the right column of  Table 1.

| NEW ITEM NAME | OLD ITEM NAME (used in pilot test) |
|---|---|
| SP1.1 | S1.3 |
| SP1.2 | S1.4 |
| SP1.3 | S1.5 |
| SP1.4 | S1.7 |
| SP2.1 | S2.1 |
| SP2.2 | S2.2 |
| SP2.3 | S2.5 |
| SP2.4 | S2.7 |
| SP3.1 | S3.1 |
| SP 3.2 | S3.2 |
| SP3.3 | S3.3 |
| SP3.4 | S3.7 |
| SP4.1 | S4.1 |
| SP4.2 | S4.2 |
| SP4.3 | S4.3 |
| SP4.4 | S4.4 |
| SP5.1 | S6.1 |
| SP5.2 | S6.3 |
| SP5.3 | S6.5 |
| SP5.4 | S6.7 |
| SP6.1 | S8.1 |
| SP6.2 | S8.2 |
| SP6.3 | S8.3 |
| SP6.4 | S8.4 |
| SP7.1 | S10.1 |
| SP7.2 | S10.2 |
| SP7.3 | S10.3 |
| SP7.4 | S10.4 |
| SP8.1 | S14.1 |
| SP8.2 | S14.2 |
| SP8.3 | S14.3 |
| SP8.4 | S14.6 |

# SCORING OF THE WHOQOL- SRPB INSTRUMENT

The WHOQOL-100 and WHOQOL SRPB field-test instrument together produce a quality of life profile with detailed information on SPRB aspects of quality of life. It is possible to derive six domain scores, 32 facet scores, and one general facet score that measures overall quality of life and general health. Eight of these 32 facets are facets belonging to the SRPB field-test instrument and these are highlighted in bold in Table 1. The SRPB facets are labelled SP1.1-SP8.1, to distinguish them from the generic WHOQOL-100 facets (which are labelled F1.1-f24.4 and G1.1 to G1.4). Each SRPB facet, like the WHOQOL-100, has four items to represent these facets.

The WHOQOL six domain scores denote an individual's perception of quality of life in the following domains: Physical, Psychological, Level of Independence, Social Relationships, Environment, and Spirituality. Individual items are rated on a 5 point Likert scale where 1 indicates low, negative perceptions and 5 indicates high, positive perceptions. For example, an item in the positive feeling facet asks "How much do you enjoy life?" and the available responses are 1(not at all), 2 (a little) 3 (a moderate amount), 4 (very much) and 5 (an extreme amount). As such, domain and facet scores are scaled in a positive direction where higher scores denote higher quality of life. Some facets (Pain and Discomfort, Negative Feelings, Dependence on Medication, Death and Dying) are not scaled in a positive direction, meaning that for these facets lower scores do denote higher quality of life. These need to be recoded so that high scores reflect better QoL. The scores from the four items in the Overall Quality of Life and General Health facet can be summed and presented as part of a profile. Items are organized by reposnse scale (capacity, frequency, intensity or satisfaction). Instructions for calculation of scores are given below. The calculation may be done trough an SPSS syntax file, which can be obtained from the WHOQOL SRPB Coordinaotr, Mental Health: Evidence and Research, Department of Mental Health and Substance Dependence, Geneva CH-1211, Switzerland.

## SCORING PROCEDURE

First, all scores need to be checked that they are in the appropriate range (between 1 and 5).

**Check all items from assessment have a range of 1-5**

```
RECODE f1.1 f1.2 f1.3 f1.4 f2.1 f2.2 f2.3 f2.4 f3.1 f3.2 f3.3 f3.4 f4.1 f4.2 f4.3 f4.4 f5.1 f5.2
f5.3 f5.4 f6.1 f6.2 f6.3 f6.4 f7.1 f7.2 f7.3 f7.4 f8.1 f8.2 f8.3 f8.4 f9.1 f9.2 f9.3 f9.4 f10.1 f10.2
f10.3 f10.4 f11.1 f11.2 f11.3 f11.4 f12.1 f12.2 f12.3 f12.4 f13.1 f13.2 f13.3 f13.4 f14.1 f14.2
f14.3 f14.4 f15.1 f15.2 f15.3 f15.4 f16.1 f16.2 f16.3 f16.4 f17.1 f17.2 f17.3 f17.4 f18.1 f18.2
f18.3 f18.4 f19.1 f19.2 f19.3 f19.4 f20.1 f20.2 f20.3 f20.4 f21.1 f21.2 f21.3 f21.4 f22.1 f22.2
f22.3 f22.4 f23.1 f23.2 f23.3 f23.4 f24.1 f24.2 f24.3 f24.4 g.1 g.2 g.3 g.4 SP1.1 SP1.2 SP1.3
SP1.4 SP2.1 SP2.2 SP2.3 SP2.4 SP3.1 SP3.2 SP3.3 SP3.4 SP4.1 SP4.2 SP4.3 SP4.4 SP5.1
SP5.2 SP5.3 SP5.4 SP6.1 SP6.2 SP6.3 SP6.4 SP7.1 SP7.2 SP7.3 SP7.4 SP8.1 SP8.2 SP8.3
SP8.4 (1=1) (2=2) (3=3) (4=4) (5=5) (ELSE=SYSMIS) .
```

(This recodes all data outside the range 1-5 to system missing).

Thirty one items are negatively phrased. All negatively framed items need to be recoded, so that all scores reflect better quality of life. These items need to be reverse scored to ensure that higher scores reflect better QoL. For example, a negatively phrased item includes "Do you worry about pain or discomfort?" A participant who answers (1) (not at all), would therefore have good QoL for this facet. As the WHOQOL ensures that higher scores reflect better QoL, the score therefore needs to be reversed so that one is changed to five. This can be calculated as follows;

**Reverse negatively phrased items**

RECODE f1.1 f1.2 f1.3 f1.4 f2.2 f2.4 f3.2 f3.4 f7.2 f7.3 f8.1 f8.2 f8.3 f8.4 f9.3
f9.4 f10.2 f10.4 f11.1 f11.2 f11.3 f11.4 f13.1 f15.4 f16.3 f18.2 f18.4 f22.2 f23.2 f23.4
(1=5) (2=4) (3=3) (4=2) (5=1). (1=5) (2=4) (3=3) (4=2) (5=1).
(This transforms negatively framed questions to positively framed questions)

None of the new, additional SRPB items are negatively phransed.

**CALCULATION OF FACET SCORES**

Facets are scored through summative scaling. Each item contributes equally to the facet score. Mean scores are then calculated. In this case, all the items in the respective facet are added and divided by four.

**Calcualte Facets Means**

WHOQOL-100

Pain = (f1.1 + f1.2 + f1.3 + f1.4)/4 .
energy = (f2.1 + f2.2 + f2.3 + f2.4)/4 .
sleep = (f3.1 + f3.2 + f3.3 + f3.4)/4 .
pfeel = (f4.1 + f4.2 + f4.3 + f4.4)/4 .
cog = (f5.1 + f5.2 + f5.3 + f5.4)/4 .
esteem = (f6.1 + f6.2 + f6.3 + f6.4)/4 .
body = (f7.1 + f7.2 + f7.3 + f7.4)/4 .
nfeel = (f8.1 + f8.2 + f8.3 + f8.4)/4 .
mobil = (f9.1 + f9.2 + f9.3 + f9.4)/4 .
adl = (f10.1 + f10.2 + f10.3 + f10.4)/4 .
depend = (f11.1 + f11.2 + f11.3 + f11.4)/4 .
work = (f12.1 + f12.2 + f12.3 + f12.4)/4 .
relatio = (f13.1 + f13.2 + f13.3 + f13.4)/4 .

support = (f14.1 + f14.2 + f14.3 + f14.4)/4 .
sex = (f15.1 + f15.2 + f15.3 + f15.4)/4 .
safe = (f16.1 + f16.2 + f16.3 + f16.4)/4 .
home = (f17.1 + f17.2 + f17.3 + f17.4)/4 .
finance = (f18.1 + f18.2 + f18.3 + f18.4)/4 .
care = (f19.1 + f19.2 + f19.3 + f19.4)/4 .
info = (f20.1 + f20.2 + f20.3 + f20.4)/4 .
leisure = (f21.1 + f21.2 + f21.3 + f21.4)/4 .
enviro = (f22.1 + f22.2 + f22.3 + f22.4)/4 .
trans = (f23.1 + f23.2 + f23.3 + f23.4)/4 .
srpb = (f24.1 + f24.2 + f24.3 + f24.4)/4 .

Additional  SRPB facets
connect = (SP1.1 + SP1.2 + SP1.3 + SP1.4)/4
meaning = (SP2.1 + SP2.2 + SP2.3 + SP2.4)/4
awe = = (SP3.1 + SP3.2 + SP3.3 + SP3.4)/4
whole = (SP4.1 + SP4.2 + SP4.3 + SP4.4)/4
strength = (SP5.1 + SP5.2 + SP5.3 + SP5.4)/4
peace= (SP6.1 + SP6.2 + SP6.3 + SP6.4)/4
hope = (SP7.1 + SP7.2 + SP7.3 + SP7.4)/4
faith = (SP8.1 + SP8.2 + SP8.3 + SP8.4)/4

general = (g.1 + g.2 + g.3 + g.4)/4 .

## CALCULATION OF DOMAIN SCORES

Each facet is taken to contribute equally to the domain score. Domain scores are calculated by computing the mean of the facet score within the dom  ain, according to the following form ulae. The facets are summated according to the procedure given below.  Scores are multiplied by four, so that dom ain scores range between 4 and 20. The additional SRPB facets are to be scored with the original WHOQOL-100 spirituality facet.

### Calculate Domain Scores

Domain1 = (pain + energy + sleep) / 3  * 4 .

Domain2 = (pfeel + cog + esteem + body + nfeel) / 5  * 4 .

Domain3 = (mobil + adl + depend + work) / 4  * 4 .

Domain4 = (relatio + support + sex) / 3  * 4 .

Domain5 = (safe + home + finance + care + info + leisure + enviro +  trans) / 8  * 4 .

Domain6 = (srpb + connection + meaning + awe + wholeness + strnegth + peace + hope + faith) / 9  * 4 .