World Health Organization Quality of Life – BREF (WHOQOL-BREF)

Assessment Overview

Assessment Area

ICF Domain:
Quality of Life
Subscales (domains):
Physical Health (7 items)
Psychological Health (6 items)
Social Relationships (3 items)
Environment (8 items)

You Will Need

Length:
10-15 minutes, 24+2 items
Scoring:
Items scored 1-5. Raw domain score is the sum of respective item scores. All domain scores are then normalized to a range of 0-100. Refer to user manual for scoring algorithm.
SPSS algorithm available for automatic scoring.

Summary

The World Health Organization Quality of Life – BREF (WHOQOL-BREF) is a self-report questionnaire which assesses 4 domains of quality of life (QOL): physical health, psychological health, social relationships, and environment. In addition, there are 2 items that measure overall QOL and general health. The assessment conceptually fits with the WHO definition of QOL.

The WHOQOL-BREF was developed by extracting 1 item from each of the 24 facets and 2 of the 4 general items from WHOQOL-100. WHOQOL-BREF can provide data for both research and clinical purposes. Although it is a relatively brief instrument, its structure allows one to acquire specific information covering many aspects of life.

This scale was not developed for people with SCI, therefore, it is possible that there are some questions in the scale that are not relevant.

Availability

Assessment Interpretability

Minimal Clinically Important Difference

Not established in SCI

Statistical Error

Standard Error of Measurement:
Overall QOL/General Health: 7.8
Physical Health: 5.2
Psychological: 2.4
Social Relationships: 6.4
Environment: 5.1

Minimal Detectable Change:
General Health: 21.5
Physical Health: 14.4
Psychological: 6.6
Social Relationships: 17.9
Environment: 14.1

(Lin, 2007; N=187, 151 male, mixed injury type, mean time since injury = 7.4 years)

Typical Values

Mean (SD) Scores:
Overall QOL/General Health: 52.4 (19.4)
Physical Health: 56.1 (19.6)
Psychological: 53.7 (16.9)
Social Relationships: 58.9 (16.1)
Environment: 53.1 (15.3)

(Lin, 2007; N=187, 151 male, mixed injury type, mean time since injury = 7.4 years)

Measurement Properties

Validity – **Low** to **High**

Moderate **or higher correlation between WHOQOL-BREF subscales and the Short Form-36 (SF-36) subscales measuring similar constructs:**
r > 0.4

(Lin, 2007; N=187, 151 male, mixed injury type, mean time since injury = 7.4 years)

Low **to** ***High*** **correlation between WHOQOL-BREF subscales and the Impact of Participation and Autonomy Questionnaire (IPAQ) subscales:**
r = -0.30 to -0.65

(Suttiwong et al., 2013; N=161, 77% male, mixed injury types, mean (SD) time since injury = 10.6 (7.1) years)

Number of studies reporting validity data: 6

Reliability – **Moderate** to **High**

Moderate **to** ***High*** **Inter-rater Reliability:**
ICC = 0.56-0.95

High **Intra-rater Reliability:**
ICC = 0.84-0.93

(Lin, 2007; N=187, 151 male, mixed injury type, mean time since injury = 7.4 years)

(Salvador-De La Barrera et al. 2018, N=54 (44M); Mean age (SD): 45.5 (13.2); 20 CSCI, 28 TSCI, 6 LSCI)

Low **to** ***High*** **Internal Consistency:**
Overall α = 0.73-0.89
Physical Health Domain α = 0.73-0.87
Psychological Domain α = 0.74-0.86
Social Relationship Domain α = 0.54-0.75
Environment Domain α = 0.65-0.86

(Lin, 2007; N=187, 151 male, mixed injury type, mean time since injury = 7.4 years)

(Salvador-De La Barrera et al. 2018, N=54 (44M); Mean age (SD): 45.5 (13.2); 20 CSCI, 28 TSCI, 6 LSCI)

(Xavier de Franca et al. 2011, N=47 (91.5% Male); Mean age (SD): 42.95 (14.12))

(Jang 2004, N=111; Mean age (SD): 40 (13); Complete tetraplegia=23, Incomplete tetraplegia=28, Complete paraplegia=43, Incomplete paraplegia=17)

(Miller et al. 2008, N=161 (77% Male); Mean age (SD): 46.88 (15.52))

Number of studies reporting reliability data: 5

Responsiveness

Floor/Ceiling Effect:
0.0%-1.3% at floor
0.0%-0.4% at ceiling

(Subscale values; Lin, 2007; N=187, 151 male, mixed injury type, mean time since injury = 7.4 years)

Effect Size:
Overall QOL & general health domain (combined): 1.01
Physical Health: 1.83
Psychological Health: 0.78
Social Relationship: 1.16
Environment: 0.78

(Lin, 2007; N=187, 151 male, mixed injury type, mean time since injury = 7.4 years)

Number of studies reporting responsiveness data: 2