

The Underactive Thyroid Symptom Rating Questionnaire (ThySRQ)

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The ThySRQ is a new self-completion measure of symptoms in hypothyroidism, and which assesses the degree to which patients are bothered by applicable symptoms. The ThySRQ is introduced:

This questionnaire asks you about symptoms that can be associated with underactive thyroid. You might have experienced some of these symptoms in recent weeks.

For each symptom the respondent is first asked if they have had a symptom in recent weeks. If they answer ‘Yes’ they go on to complete the symptom bother rating to indicate how much the symptom bothers them, from *not at all*, *a little*, *moderately*, *a lot*, (scoring from 0 to 3). If their initial answer is ‘No’, respondents are asked to go straight to the next symptom. See below for an example of an item with scoring, and a list of the 15 symptoms.

Frequencies of symptoms may be reported, and the mean symptom bother ratings may be calculated for each symptom individually. We recommend that, where a respondent has marked that they do not have a symptom and has left section (b) of the item blank, they are given a bother rating of zero for that symptom (to indicate that they are not at all bothered by the symptom). This procedure will ensure as much respondent data as possible is available for analysis. If a respondent marks that they do not have a symptom, and then completes section (b), but with a bother rating other than zero, we suggest that the bother rating is treated as missing data.

Although the reliability of the 15-item measure was high, we do **not** recommend that a total score for the questionnaire be calculated as factor analyses did not provide support for this.

Example of an item with scoring

1 (a)	Have you felt tired in recent weeks? No 0 If <i>no</i> , go to next symptom Yes 1 If <i>yes</i> , complete (b)			
(b)	If yes , how much has this bothered you?			
	0 not at all	1 a little	2 moderately	3 a lot

Have you...(symptom)... in recent weeks?

1. felt tired ...
2. gained weight ...
3. felt colder than other people ...
4. had constipation ...
5. had hair problems (e.g. hair loss, coarseness) ...
6. had skin problems (e.g. dryness, coarseness) ...
7. had nail problems (e.g. brittleness, flaking) ...
8. had loss of appetite ...
9. had hearing problems ...
10. had voice problems (e.g. hoarseness, huskiness) ...
11. had speech problems (e.g. slowness, inaccuracy) ...
12. had memory problems ...
13. had difficulty concentrating ...
14. felt giddy or dizzy ...
15. felt depressed or low ...

Availability

The ThySRQ is made available to users by formal arrangement with Health Psychology Research Ltd. Requests should be made to info@healthpsychologyresearch.com. A user agreement is necessary to avoid breach of copyright and to ensure that the latest and most appropriate version of the questionnaire is used.

Evidence of licensing may be required by regulators, editors and/or examiners.

Contact Information

For permission to use the ThySRQ and to ensure that you have the most up-to-date version, please contact:

E-mail: info@healthpsychologyresearch.com

Website: www.healthpsychologyresearch.com

Selected References

- Steen N, McColl E. *Developing and testing symptom-based outcome measures*. In: Hutchinson A, McColl E, Christie MJ, Riccalton CL, eds. *Health Outcomes for Primary and Outpatient Care*. Chur, Switzerland: Harwood Academic Publishers, 1995: 23-44.
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