

The Underactive Thyroid-Dependent Quality of Life Questionnaire (ThyDQoL): Summary Guidelines

The ThyDQoL is an individualised measure of the impact of hypothyroidism on quality of life (QoL).

Comment

The design of the ThyDQoL is based on that of the ADDQoL for people with diabetes for which there is considerable evidence for reliability, validity and responsiveness. The ThyDQoL has only recently been designed and developed, but it has also been shown to have high internal consistency reliability, and there is evidence for some aspects of validity.

Availability

The ThyDQoL can be obtained from: Health Psychology Research Ltd

Fax: +44 (0)1784-414657. E-mail: info@healthpsychologyresearch.com

Website: www.healthpsychologyresearch.com

Selected references

- Bradley C et al. (1999) The development of an individualised questionnaire measure of perceived impact of diabetes on quality of life: the ADDQoL. *Quality of Life Research* **8**: 79-91.
- Bradley C (2001) Importance of differentiating health status from quality of life. *The Lancet* **357**: 7-8.
- McMillan CV et al. (2004) Design of new questionnaires to measure quality of life and treatment satisfaction in hypothyroidism. *Thyroid* **14**(11): 916-925.
- McMillan CV et al. (2004) Psychometric properties of two new measures of quality of life (QoL) and treatment satisfaction in hypothyroidism: the ThyDQoL and ThyTSQ. *Quality of Life Research* **13**(9): 1556.
- McMillan CV et al. (2005) Quality of life and treatment satisfaction in patients with hypothyroidism. *Proceedings of the British Psychological Society* **13**(1): 83.
- McMillan CV et al. (2005) Psychometric validation of new measures of hypothyroid-dependent quality of life (QoL) and symptoms. *Endocrine Abstracts* **9** P151.
- Razvi S et al. (2005) Quality of Instruments used in measuring symptoms, health status and quality of life in hypothyroidism: a systematic qualitative review. *Clin Endocrinol (Oxf)* **63** 617-624.

Format of the 2 overview items

I)	In general, my present quality of life is: <input type="checkbox"/> excellent <input type="checkbox"/> very good <input type="checkbox"/> good <input type="checkbox"/> neither good nor bad <input type="checkbox"/> bad <input type="checkbox"/> very bad <input type="checkbox"/> extremely bad
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II)	If I did <u>not</u> have underactive thyroid, my quality of life would be: <input type="checkbox"/> very much better <input type="checkbox"/> much better <input type="checkbox"/> a little better <input type="checkbox"/> the same <input type="checkbox"/> worse
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Format of a condition-specific domain with 'not applicable' option

2	Are you currently working? Yes <input type="checkbox"/> No <input type="checkbox"/> If no, do you want to work? Yes <input type="checkbox"/> No <input type="checkbox"/> If yes to either question, complete (a) and (b) . If no to both questions, go straight to Question 3 .
(a)	If I did <u>not</u> have underactive thyroid, my working life would be: <input type="checkbox"/> very much better <input type="checkbox"/> much better <input type="checkbox"/> a little better <input type="checkbox"/> the same <input type="checkbox"/> worse
(b)	For me, working life is: <input type="checkbox"/> very important <input type="checkbox"/> important <input type="checkbox"/> somewhat important <input type="checkbox"/> not at all important

Summary of the 18 domain-specific items

No: Wording

If I did not have underactive thyroid,.....

- 1 ...I would enjoy the things I do in my spare time....
 - 2* ...my working life would be....
 - 3* ...my holidays would be....
 - 4* ...my family life would be....
 - 5 ...my social life would be....
 - 6* ...my closest personal relationship would be....
 - 7* ...my sex life would be....
 - 8 ...physically I could do....
 - 9 ...my energy levels would be....
 - 10 ...the speed I could do things would be....
 - 11 ...getting out and about (e.g. shopping, short trips) would be....
 - 12 ...I could handle my household tasks....
 - 13 ...my physical appearance would be....
 - 14* ...my weight would be....
 - 15* ...my experience of bodily discomfort would be....
 - 16* ...I would feel depressed or low....
 - 17* ...my motivation to do things would be....
 - 18 ...my feelings about the future (e.g. worries, hopes) would be....
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* These items include a 'not applicable' response option

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