# The ADDQoL19

## The ADDQoL is owned by Health Psychology Research Ltd. ("HPR"). Users must have a licence from HPR, which is contactable either via its website at www.healthpsychologyresearch.com or by email at info@healthpsychologyresearch.com

## Scoring

- *Two overview items:* scored individually

- *Individual domains:* a weighted score for each domain is calculated as follows:

  Weighted impact score

  = impact rating (-3 to +1) x importance rating (0 to 3)

  = -9 (maximum negative impact of diabetes) to +3 (maximum positive impact of diabetes)

  NB  "Unimportant" domains score 0, regardless of magnitude of impact of diabetes.
  Domains with no impact of diabetes score 0, regardless of their importance to QoL.
  Any non-applicable domains are not scored.

- *Average Weighted Impact Score:*

  = $\dfrac{\text{Sum of weighted ratings of applicable domains}}{\text{N of applicable domains}}$

  = -9 (maximum negative impact of diabetes) to +3 (maximum positive impact of diabetes)

## Comment

The ADDQoL was developed in the early 1990s (mentioned in appendix of 1994 Handbook as a new measure). Evidence for reliability, validity and responsiveness is well established for the English version and is becoming established for translations. Translations/adaptations are available in more than 20 languages, with further linguistic validation work in progress.  The latest version of the ADDQoL (ADDQoL19) was simplified in various ways in the light of development of the MacDQoL and RetDQoL for people with macular disease and diabetic retinopathy respectively.

## Availability

The ADDQoL 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.

## Contact Information

For permission to use the ADDQoL 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

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.

Bradley C and Speight J (2002) Patient perceptions of diabetes and diabetes therapy: assessing quality of life. *Diabetes Metabolism Research and Reviews* 18, Suppl. 3, S64-S69.

DAFNE Study Group (2002) Training in flexible, intensive insulin management to enable dietary freedom in people with type 1 diabetes: dose adjustment for normal eating (DAFNE) randomised controlled trial. *British Medical Journal*, 5th Oct, http://bmj.com/cgi/content/full/325/7367/746. [Full version of paper; abridged version published in printed BMJ 325: 746-749.]

Mitchell J et al (2005) Psychometric Evaluation of the MacDQoL individualised measure of the impact of macular degeneration on quality of life. *Health and Quality of Life Outcomes* **3**:25, http://hqlo.com/content/3/1/25

Wee HL et al (2006) Usefulness of the Audit of Diabetes Dependent Quality of Life (ADDQoL) Questionnaire in Patients with Diabetes in a Multi-Ethnic Asian Country. *Pharmacoeconomics* **24** (7) 673-682.

Woodcock AJ et al (2001) Problems with the performance of the SF-36 among people with type 2 diabetes in general practice. *Quality of Life Research* **10,** 661-670.

Woodcock AJ et al (2004) The influence of diabetic retinopathy on quality of life Interviews to guide the design of a condition-specific, individualised questionnaire: the RetDQoL. *Patient Education and Counseling* **53,** 365-383.

## Format of the 2 overview items (showing the scores assigned)

| I) | In general, my present quality of life is: | | | | | | |
|---|---|---|---|---|---|---|---|
| | 3 | 2 | 1 | 0 | -1 | -2 | -3 |
| | excellent | very good | good | neither good nor bad | bad | very bad | extremely bad |

| II) | If I did not have diabetes, my quality of life would be: | | | | |
|---|---|---|---|---|---|
| | -3 | -2 | -1 | 0 | 1 |
| | very much better | much better | a little better | the same | worse |

## Format of a condition-specific domain (showing the scores assigned)

| 18 (a) | **If I did _not_ have diabetes, my freedom to eat as I wish would be:** | | | | |
|---|---|---|---|---|---|
| | -3 | -2 | -1 | 0 | 1 |
| | very much greater | much greater | a little greater | the same | less |
| **(b)** | **My freedom to eat as I wish is:** | | | | |
| | 3 | | 2 | 1 | 0 |
| | very important | | important | somewhat important | not at all important |

## Summary of the 19 domain-specific items and their response options:

"If I did not have diabetes …:"

| | |
|---|---|
| …I would enjoy my leisure activities | (very much more – less) |
| …my working life would be | (very much better – worse)* |
| …local or long distance journeys would be | (very much easier – more difficult) |
| …my holidays would be | (very much better – worse)* |
| …physically I could do | (very much more – less) |
| …my family life would be | (very much better – worse)* |
| …my friendships and social life would be | (very much better – worse) |
| …my closest personal relationship would be | (very much better – worse)* |
| …my sex life would be | (very much better – worse)* |
| …my physical appearance would be | (very much better – worse) |
| …my self-confidence would be | (very much better – worse) |
| …my motivation would be | (very much better – worse) |
| …the way people in general react to me would be | (very much better – worse) |
| …my feelings about the future (e.g. worries, hopes) would be | (very much better – worse) |
| …my financial situation would be | (very much better – worse) |
| …my living conditions would be | (very much better – worse) |
| …I would have to depend on others when I do not want to | (very much less – more) |
| …my freedom to eat as I wish would be | (very much greater – less) |
| …my freedom to drink as I wish (e.g. fruit juice, alcohol, sweetened hot and cold drinks) would be | (very much greater – less) |

* These items include a preliminary "Yes/No" question to determine if the item is applicable.
Example (for Item 2):   "Are you currently working, looking for work or would you like to work?  Yes / No")