

## The ADDQoL 18

### an individualised measure of the impact of diabetes on quality of life

#### Scoring

- *Two overview items*: scored individually
- *Individual domains*: a weighted score for each domain is calculated as follows:

$$\begin{aligned} \text{Weighted impact score} &= \text{impact rating (-3 to +3)} \times \text{importance rating (0 to 3)} \\ &= -9 \text{ (maximum negative impact of diabetes)} \\ &\quad \text{to +9 (maximum positive impact of diabetes)} \end{aligned}$$

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*:
 
$$\begin{aligned} &= \frac{\text{Sum of weighted ratings of applicable domains}}{\text{N of applicable domains}} \\ &= -9 \text{ (maximum negative impact of diabetes)} \\ &\quad \text{to +9 (maximum positive impact of diabetes)} \end{aligned}$$

#### 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.

#### Availability

The ADDQoL can be obtained from: Prof Clare Bradley [address below].

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Website: [www.healthpsychologyresearch.com](http://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*, 5<sup>th</sup> Oct, <http://bmj.com/cgi/content/full/325/7367/746>. [Full version of paper; abridged version published in printed BMJ 325: 746-749.]
- 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.

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

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

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

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

<b>1a) If I did not have diabetes, my working life and work-related opportunities would be:</b>							○ not applicable
-3	-2	-1	0	1	2	3	
very much better	much better	a little better	the same	a little worse	much worse	very much worse	
<b>1b) This aspect of my life is:</b>							
	3	2	1	0			
	very important	important	somewhat important	not at all important			

**Summary of the 18 domain-specific items and their response options:**

"If I did not have diabetes ... would be:"

...my working life and work-related opportunities...	(very much better - very much worse)*
...my family life...	(very much better - very much worse)*
...my friendships and social life...	(very much better - very much worse)
...my sex life...	(very much better - very much worse)*
...my physical appearance...	(very much better - very much worse)
...the things I could do physically...	(very much increased - very much decreased)
...my holidays or leisure activities...	(very much better - very much worse)
...ease of travelling (local or long distance)...	(very much better - very much worse)
...my confidence in my ability to do things...	(very much increased - very much decreased)
...my motivation to achieve things...	(very much increased - very much decreased)
...the way society at large reacts to me...	(very much better - very much worse)
...my worries about the future...	(very much decreased - very much increased)
...my finances...	(very much better - very much worse)
...my need to depend on others for things I would like to do for myself...	(very much decreased - very much increased)
...my living conditions...	(very much better - very much worse)
...my freedom to eat as I wish...	(very much increased - very much decreased)
...my enjoyment of food...	(very much increased - very much decreased)
...my freedom to drink as I wish (e.g. sweetened hot and cold drinks, fruit juice, alcohol)...	(very much increased - very much decreased)

\* These items include a 'not applicable' response option

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