

ReQoL™ Recovering Quality of Life

A new outcome measure for your recovery-focused service

A new outcome measure called ReQoL – Recovering Quality of Life – has been developed that places service users at the heart of their recovery and provides practitioners with a user-friendly, valid and reliable aid to clinical decision making and outcomes monitoring.

1. ReQoL is an enabling tool for service users

- The quality of life of service users should have a central role in the recovery journey they undertake. One way to create a positive recovery environment is to provide a voice to service users and this is the aim of ReQoL
- ReQoL enables service users to self-report on what matters most to them and provide them to evaluate their progress on the recovery journey
- By doing so, ReQoL offers an opportunity for service users to feel in control of what happens with their treatment and recovery

2. ReQoL is a clinical aid for practitioners

- There are two versions of ReQoL: a short 10-item version (ReQoL-10) and a 20-item version (ReQoL-20). The initial 10 items of the longer version are the same as the shorter version. ReQoL-20 is shown overleaf
- The two versions provide practitioners with a choice of measures according to their need
- ReQoL-20 can be used initially to aid assessment and also be used at the end of an intervention. It might also be used for research studies
- ReQoL-10 can be used for weekly or regular monitoring. It can also be used within the session to review progress and be used as a way of identifying areas of collaborative work that would be beneficial to the service user
- Both versions can be used by the practitioner within the session as feedback to the service user by making comparisons with previously completed forms

(The first ten items numbered 1-10 of the ReQoL-20 reproduced on the next page constitute the ReQoL-10 measure. Please note that the layout of the ReQoL-10 and ReQoL-20 are different to the presentation overleaf.)

For each of the following statements, please tick one box that best describes your thoughts, feelings and activities over the **last week**.

ReQoL-20 questions reproduced Last week		None of the time	Only occasionally	Sometimes	Often	Most or all of the time
1.	I found it difficult to get started with everyday tasks	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
2.	I felt able to trust others	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
3.	I felt unable to cope	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
4.	I could do the things I wanted to do	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
5.	I felt happy	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
6.	I thought my life was not worth living	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
7.	I enjoyed what I did	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
8.	I felt hopeful about my future	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
9.	I felt lonely	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
10.	I felt confident in myself	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
11.	I did things I found rewarding	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
12.	I avoided things I needed to do	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
13.	I felt irritated	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
14.	I felt like a failure	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
15.	I felt in control of my life	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
16.	I felt terrified	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
17.	I felt anxious	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
18.	I had problems with my sleep	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
19.	I felt calm	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
20.	I found it hard to concentrate	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
		No problems	Slight problems	Moderate problems	Severe problems	Very severe problems
Please describe your physical health (problems with pain, mobility, difficulties caring for yourself or feeling physically unwell) over the last week		<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0

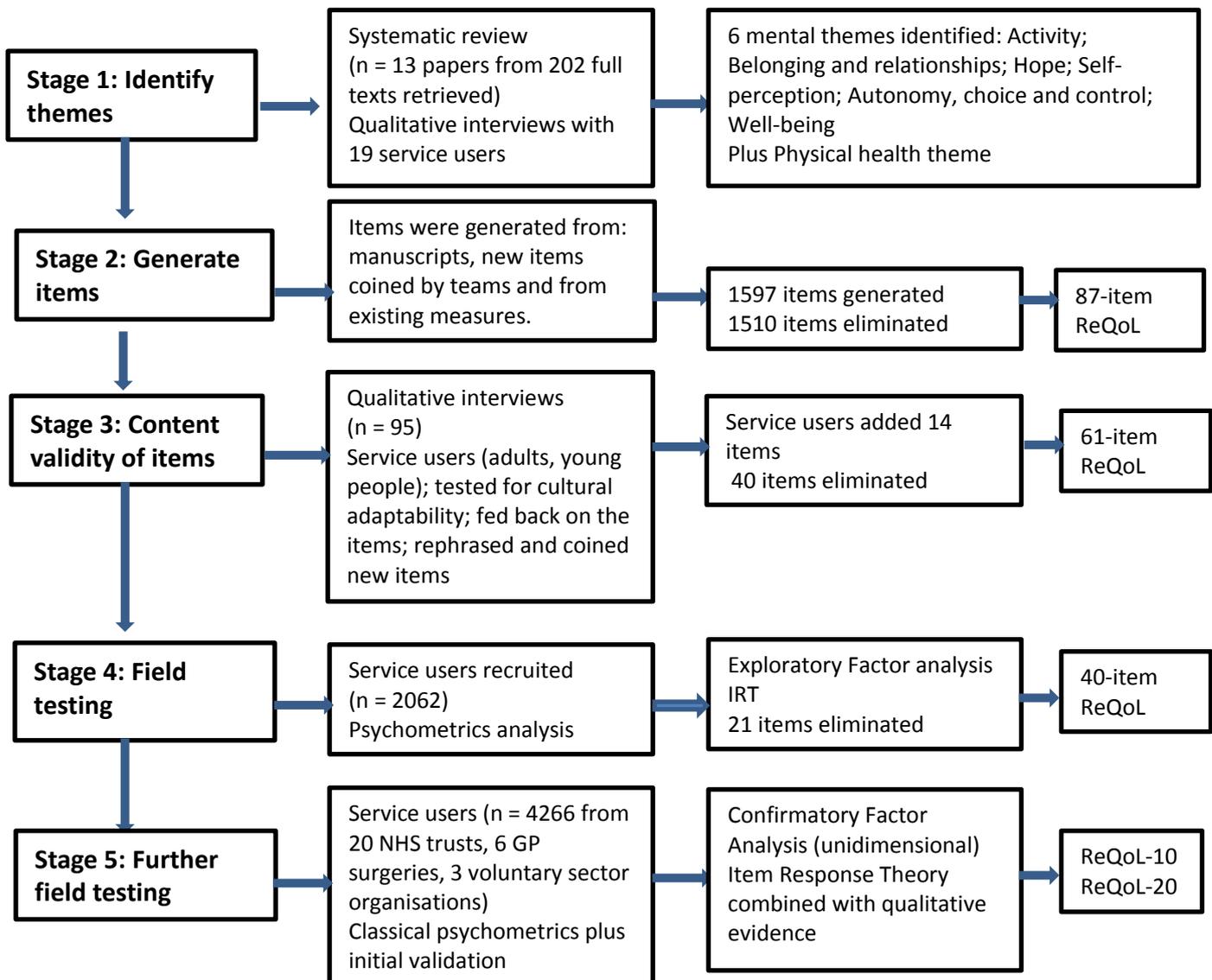
3. ReQoL is a user-friendly recovery measure

- Both versions of ReQoL are comprised of positive and negative worded items
- Items have been drawn to cover the following areas of quality of life that are important for service users:
 - Activity (meaningful)
 - Belonging and relationships
 - Choice, control and autonomy
 - Hope
 - Self-perception
 - Well-being
 - Physical health

4. The strengths of ReQoL

- ✓ It was collaboratively developed with service users and clinicians who were central to the research, as advisors, researchers, and participants
- ✓ It has been tested by 6000+ service users and is psychometrically validated
- ✓ It applies to the whole spectrum of mental health conditions, from common mental health disorders through to very severe ones
- ✓ It is free to use and can be incorporated into patient information systems
- ✓ It can capture service users' perspectives
- ✓ It can be integrated into care planning and used to inform care decisions with service users as participants in decision-making processes
- ✓ It can be used as a therapeutic tool to guide conversations and help focus sessions
- ✓ It can be used to provide on-going feedback of progress
- ✓ It is suitable for ages 16+ and for people with different cultural backgrounds
- ✓ Easy to complete as it is short and simple
- ✓ Scores can be easily calculated and interpreted

5. The development of ReQoL



6. Next steps

Preference weights will be constructed so that ReQoL can be used in cost effectiveness evaluation of drugs and interventions in the area of mental health. Normative values and benchmarks will also be available to enrich the interpretation of results.

For more information on ReQoL, visit the website www.regol.org.uk or email regol@sheffield.ac.uk or telephone: 0114 2220884.

You can obtain a licence for the ReQoL measures by visiting the Oxford University Innovation Ltd at <http://innovation.ox.ac.uk/outcome-measures/recovering-quality-life-regol-questionnaire/>

The development of ReQoL conducted at the University of Sheffield was commissioned and funded by the Policy Research Programme, Department of Health.