



The  
University  
Of  
Sheffield.

# ReQoL

*Recovering Quality of Life*



Website: [www.reqol.org.uk](http://www.reqol.org.uk)

Download ReQoL: <http://goo.gl/kG8fUa>

# What is ReQoL

---

ReQoL is a patient reported outcome measure (PROM) that was developed in collaboration with service users and clinicians.

[www.reqol.group.shef.ac.uk/film.mov](http://www.reqol.group.shef.ac.uk/film.mov) 6 min 40

[www.reqol.group.shef.ac.uk/screencast.mp4](http://www.reqol.group.shef.ac.uk/screencast.mp4) 9 mins

<http://www.reqol.group.shef.ac.uk/cliniciannote.pdf>

<http://www.reqol.group.shef.ac.uk/visualsummary.pdf>

# Why use ReQoL?



Consistent with the themes of recovery



Constructed using inputs from service users and clinicians at all stages



Acceptable to service users and clinicians



Suitable for a range of mental health conditions from mild to very severe



ReQoL is a psychometrically sound – robust methodology



Short and simple



ReQoL can measure change in QoL – responsiveness has factored in item selection

# What we want you to do

---

*Please add in trust/team specific information, for example:*

- *Ask service users to complete ReQoL to establish baseline scores*
- *Enter the data into the EPR system*
- *Review at agreed time-points*
- *Provide feedback to ReQoL lead/champion on any issues or benefits to inform roll out across all services*

# Screenshot of paper form

## ReQoL - 10

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

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
	No problems	Slight problems	Moderate problems	Severe problems	Very severe problems
Please describe your <b>physical health</b> (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

# Screenshot of form to be completed on EPR

---

*Please add your own picture to demonstrate where clinicians will input their data. You will not need this slide if you have an electronic version of ReQoL that for the service users to complete.*

# What happens next?

---

*Please add details of next steps in your service, for example:*

- *Report development*
- *Analysis*
- *Reporting to commissioners*
- *Using ReQoL to inform care and support delivery.*
- *Electronic app development*

# Using ReQoL in therapeutic work

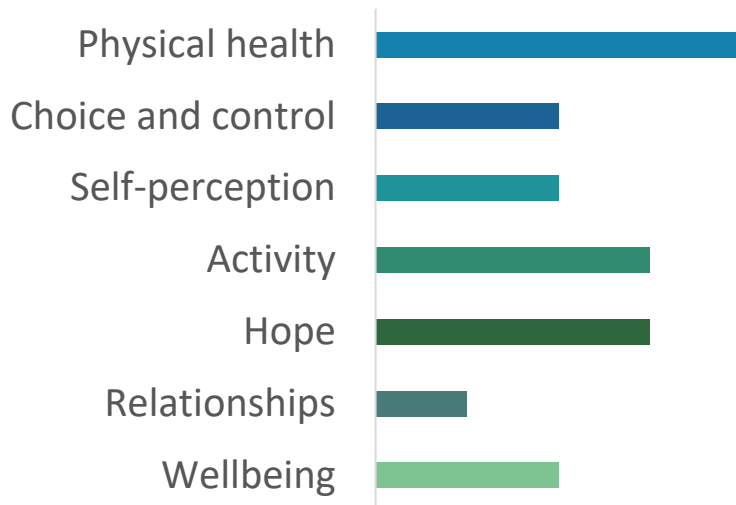
---

- ReQoL can be used quickly and effectively to help capture service users' perspective.
- ReQoL can be used to inform care decisions and to open up conversations about outcomes and needs.
- Service users can become active participants in decision-making and in completing the agreed actions
- ReQoL can be used in sessions and review meetings to help shift the focus of care by asking recovery-oriented questions.
- ReQoL can be used as a therapeutic tool to guide conversations and help to focus therapeutic work.



# Scores can be displayed in a variety of ways to support care

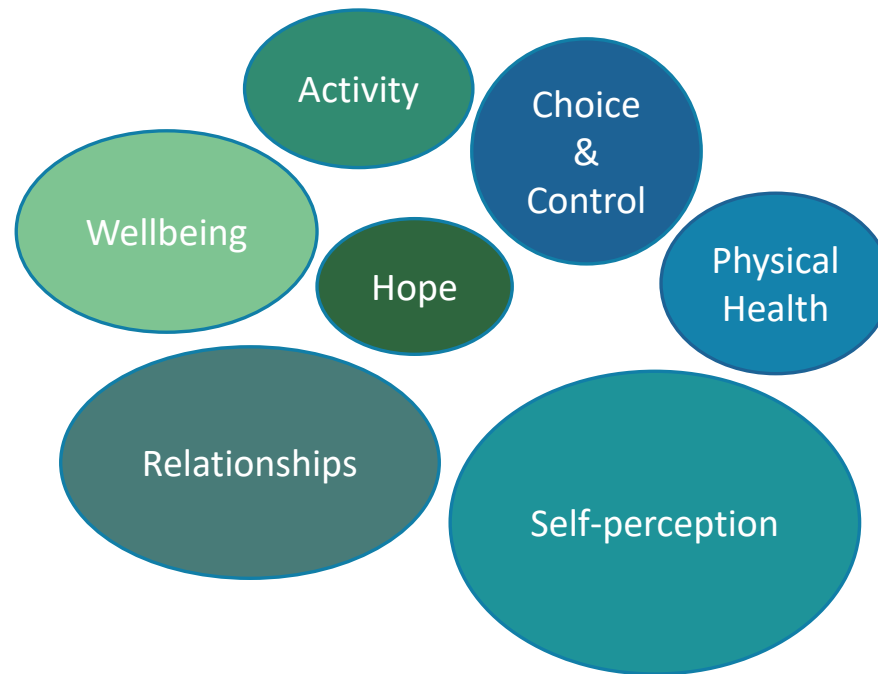
---



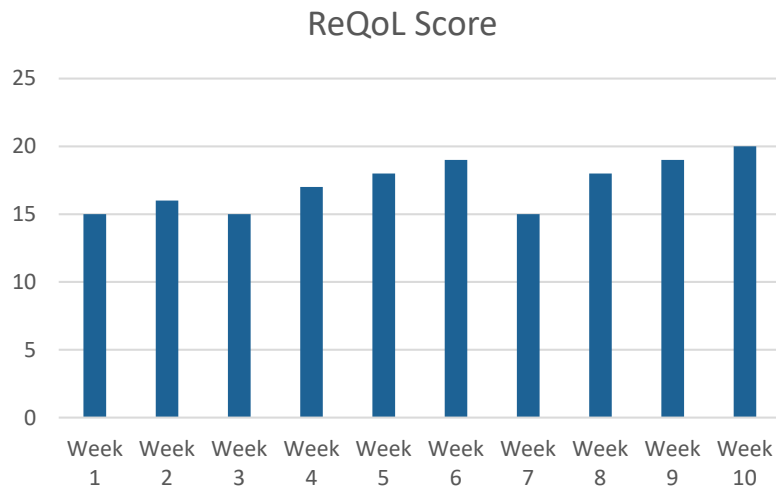
I found it difficult to get started with everyday tasks
I felt able to trust others
I felt unable to cope
I could do things I wanted to do
I felt happy
I thought my life was not worth living
I enjoyed what I did
I felt hopeful about my future
I felt lonely
I felt confident in myself

# Examples of ways to present data

---



# Scores can be compared over time in different ways



Time 1	Time 2	Time 3
I found it difficult to get started with everyday tasks	I found it difficult to get started with everyday tasks	I found it difficult to get started with everyday tasks
I felt able to trust others	I felt able to trust others	I felt able to trust others
I felt unable to cope	I felt unable to cope	I felt unable to cope
I could do things I wanted to do	I could do things I wanted to do	I could do things I wanted to do
I felt happy	I felt happy	I felt happy
I thought my life was not worth living	I thought my life was not worth living	I thought my life was not worth living
I enjoyed what I did	I enjoyed what I did	I enjoyed what I did
I felt hopeful about my future	I felt hopeful about my future	I felt hopeful about my future
I felt lonely	I felt lonely	I felt lonely
I felt confident in myself	I felt confident in myself	I felt confident in myself