

## Introduction to ReQoL

### A Patient Reported Outcome Measure

#### What are Patient Reported Outcome Measures?

- They are questionnaires that ask you about your health at a given time
- Completing one before, during and after treatment can help measure change and track progress

#### What is ReQoL?

- ReQoL is a patient reported outcome measure designed to measure change in mental health
- ReQoL focuses on recovery of quality of life
- ReQoL asks about things that service users have said are important to their recovery of quality of life
- ReQoL asks about the positive and negative aspects of mental health and quality of life

#### How many questions are there?

- There are two versions of ReQoL. The short version has ten questions and the longer version has 20

#### What are the benefits of ReQoL?

- ReQoL can help you and your caseworker see how you are getting on
- ReQoL can help you work together towards recovery

### What will the questionnaire tell me?

- Higher scores indicate greater quality of life
- If you want to, you can keep a copy of your scores to track how you are doing
- You can see if your scores go up or down over time

### Can I leave some questions blank?

- If there is a question you find difficult you may leave it blank
- Too many questions left blank could result in a score that is not reliable

### Who will see my answers?

- Only the people who treat you will see how you answer the questionnaire
- Anonymised scores may be combined to assess the service. People collecting the scores will not know who has filled in the questionnaires

### How will the information be used?

- Your answers can help you and your caseworker measure your progress
- Tracking your scores with your caseworker may help you decide if your current treatment is right for you

### Do I have to fill it in?

- No, it is up to you whether you want to fill it in or not, but it will help you track how you are doing
- If you have any questions, please raise them with your caseworker who will be happy to discuss them with you