

ReQoLTM

Recovering Quality of Life

**DEVELOPMENT OF A NEW PATIENT REPORTED
OUTCOME MEASURE FOR MENTAL HEALTH SERVICES**



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#ReQoL

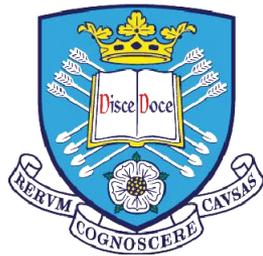
Contact: reqol@sheffield.ac.uk

Website: www.reqol.org.uk

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DEVELOPMENT OF A NEW PATIENT REPORTED OUTCOME MEASURE FOR MENTAL HEALTH SERVICES



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John Brazier

School of Health and Related Research

Contact: reqol@sheffield.ac.uk

Website: www.reqol.org.uk

Rationale for commissioning a new measure

Current Policy Context

- **Mental health policy**
No health without mental health
Five-year forward view mental health
- **Payment system**
National tariff
- **NHS outcomes framework**
- **Value for money**



Traditional measures focused on symptoms or too generic



Recovery themes (CHIME) (Leamy, 2011)

Connectedness

Hope

Identity

Meaning and Purpose

Empowerment

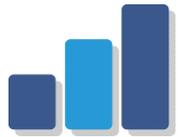
Scope of ReQoL

Aim: Develop a brief measure of recovery and quality of life for users of mental health services

For whom?



For mental health populations aged 16 and over



For primary, secondary and tertiary mental health services



Brief version (10 items) and longer version (20 items)



Suitable across all mental health populations including common mental health problems, severe and complex and psychotic



For self-completion

Development process

Four main governance groups



Expert users involved in all stages and in decision making



Consultation at the end of each stage

Stage 1: Identifying themes

Methods used

Systematic review of qualitative literature

Qualitative interviews with 19 service users

Framework analysis to identify themes

ReQoL (QoL literature) Connell et al.

1. Belonging and Relationships

2. Hope

3. Self perception

4. Activity

5. Autonomy, Choice and Control

6. Well-Being

7. Physical health

Recovery literature Leamy et al.

Connectedness

Hope

Identity

Meaning

Empowerment

Well-being/Symptoms

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Stage 2: Generating items

Methods used

1. Identified items under each theme from:

- Manuscripts from qualitative interviews (mainly)
- Existing QoL measures
- Existing recovery measures

2. Applied *Streiner and Norman* criteria to sift through to reduce the number of items

Initial round of selection
N = 1597

ReQoL Sheffield team
N = 122

Expert User Group
N = 180

Scientific Group
N = 101

ReQoL Sheffield team
N = 87

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Stage 3: Face to face validity testing

Methods used

- Participants were presented with a subset of 87 questions
- Commented on the questions
- Chose their favourite ones and rephrased items



- 59 adult service users interviewed across 4 NHS trusts
- 17 younger service users aged 16-18
- 22 participants from South Asian and Polish backgrounds
- Translatability assessment (MAPI Group)

Wide range of self-reported diagnosis:

Schizophrenia, Depression, Bipolar, Psychosis, OCD, Anxiety, Asperger's syndrome, PTSD, Personality disorder, Eating disorder, Alcohol problems, Cognitive impairment, Agoraphobia, Tourette's syndrome.

Items falling in the following categories were eliminated:

- Potentially distressing
- Judgmental
- Difficult to respond to
- Not too relevant to everyone
- Difficulties with interpretation

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Stages 4 and 5: Psychometric testing

Methods used

Recruitment took place in secondary care, primary care and voluntary sector



Service users completed item pools

Mode of administration

- Face to face in clinics
- Post
- Online

6514 service users required
A subset were followed up (N = 1237)

20 Trusts	64%
6 GP practices	20%
Casper Trial Cohort	6%
Online panels	8%
Voluntary sector	2%

Age Category	
16 to 29	10%
30 to 59	45%
60 to 79	23%
79 and over	22%

Self report main diagnosis

Depression	44%
Anxiety	28%
Psychotic disorders	17%
Bipolar	11%
Personality disorder	6%
Eating disorders	6%

Stages 4 and 5: Psychometric testing

Recruiting Organizations	
Birmingham and Solihull NHS FT	McPin
Black Country	My Space – voluntary organisation
Bradford District Care FT	Northumberland Tyne and Wear NHS FT
CASPER Trial Cohort	Rotherham, Doncaster and South Humber
Central and North West London	Sheffield Children's Hospital
Central and North West London Recovery College	Sheffield Health and Social Care Trust
Chesterfield Royal Hospital (Adolescents)	Solent
Cumbria	Southern Health
Dorset	South Staffordshire and Shropshire NHS SP
Dudley and Walsall MHT	South West Yorkshire FT
GP surgeries in Sheffield (6)	South West London St George's Trust
Leeds and York FTP	Tees, Esk and Wear Valleys



Criteria for informing item selection

1. **All six mental health domains** identified in Stage 1 of the research are represented in the final two versions of ReQoL
2. **Service user acceptability** (based on data collected in Stages 2,3,4 and 5) and **clinician acceptability and usefulness** (based on data collected on the 40 item pool through focus groups with clinicians)
3. Robust **psychometric properties** using classical and modern techniques like factor analysis and item response theory

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 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

ReQoL - 20

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

11. I did things I found rewarding
12. I avoided things I needed to do
13. I felt irritated
14. I felt like a failure
15. I felt in control of my life
16. I felt terrified
17. I felt anxious
18. I had problems with my sleep
19. I felt calm
20. I found it hard to concentrate

Please describe your physical health (problems with pain, mobility, difficulties caring for yourself or feeling physically unwell) over the last week

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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

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Acknowledgments



The University Of Sheffield.

All members of governance groups; Participants in the study; NIHR – CRN Mental health; MAPI Group staff at all participating trusts; charities and GP surgeries



With all of us in mind

South West Yorkshire Partnership 
NHS Foundation Trust

ocdaction
it's time to act


Foundation
Transforming mental health research



BIRLEY
HEALTH CENTRE

The Meadowhead



Group Practice



The Crookes Practice

Ecclesfield GP

Richmond Medical Centre

 **nethergreen surgery**

Birmingham and Solihull 
Mental Health NHS Foundation Trust

Black Country Partnership 
NHS Foundation Trust

Cumbria Partnership 
NHS Foundation Trust

Bradford District 
Care Trust

Central and North West London 
NHS Foundation Trust

Birmingham and Solihull 
Mental Health NHS Foundation Trust

Leeds and York Partnership 
NHS Foundation Trust

Dudley and Walsall 
Mental Health Partnership Trust

South West London and St George's 
Mental Health NHS Trust

Rotherham Doncaster and South Humber 
NHS Foundation Trust

Northumberland, Tyne and Wear 
NHS Foundation Trust

Chesterfield Royal Hospital 
NHS Foundation Trust

Tees, Esk and Wear Valleys 
NHS Foundation Trust

Sheffield Health and Social Care 
NHS Foundation Trust

Solent 
NHS Trust

Sheffield Children's 
NHS Foundation Trust

Southern Health 
NHS Foundation Trust

South Staffordshire and Shropshire Healthcare 
NHS Foundation Trust
A Keele University Teaching Trust

Dorset HealthCare 
University NHS Foundation Trust

Humber 
NHS Foundation Trust

Sheffield Health and Social Care 
NHS Foundation Trust

Bradford District 
Care Trust

After lunch there will be a collaborative implementation workshop focusing on

Practical aspects of using ReQoL
Implementing ReQoL in your service
Data visualization

After a short presentation you will be asked to join in two group discussions