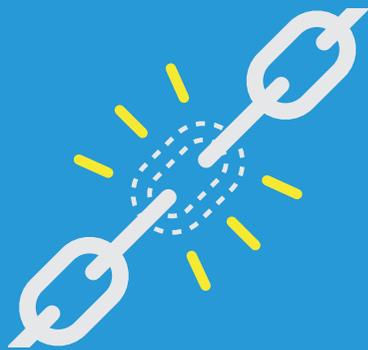## Current outcome measures used in mental health

In assessing the recovery of mental health service users, some traditional measures focus on the manifestation of symptoms while others are too generic.

Existing measures do not cover the recovery themes that have been identified as important by service users themselves.

How can ReQoL be an enabling tool in the recovery process?

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 the service users via the ReQoL outcome measure. This will empower service users to self-report on what matters most to them, and allows them to evaluate their progress on the recovery journey. By doing so, the ReQoL measure offers an opportunity for service users to feel in control of what happens with their treatment and recovery.

A new outcome measure called ReQoL (Recovering Quality of Life) has been developed which places service users at the heart of their recovery and allows them to build a meaningful life with or without symptoms.

ReQoL can be used as a practical aid for the clinician. It is suitable for use within the session to review progress and to guide conversation that would be beneficial to the service user.

What are the strengths of ReQoL?

Focuses on what really matters to service users experiencing mental health problems and how they can improve their quality of life

Consistent with the themes of recovery

Designed using inputs from service users at all stages of development

Gives a voice to the users as well as ownership in their recovery and treatment

Acceptable and useful to clinicians whose inputs have been included in all stages of development

Suitable for ages 16+ and for those with different cultural backgrounds

Applies to the whole spectrum of mental health conditions, from common mental health disorders through to very severe ones

Tested by 6000+ mental health service users making it psychometrically sound

Easy to complete as it is short and simple

Scores can be easily calculated and interpreted

How was ReQoL developed?

Stage 1: Identifying themes	Stage 2: Generating items	Stage 3: Face and content validity testing	Stages 4 & 5: Psychometric testing
From talking to service users and reviewing the literature, we found the recovery and quality of life themes that should underpin the measure.	We selected 1597 initial questions. These were reviewed by the research team, service users, clinicians and governance groups, and ultimately reduced to 87.	The 87 questions were tested by 95 service users in 6 NHS trusts. Using the feedback from adults, young people and those with a cross-cultural background, the research team selected only 61 questions.	The 61 questions were administered to 2062 service users experiencing mental health conditions in NHS trusts, primary care and the community. ReQoL was then reduced to 40 questions that were tested by 4266 users at baseline and 1237 of whom completed a follow up questionnaire. The data was analysed and resulted in the brief and long versions of ReQoL.

1597 questions → **87 questions** → **61 questions** → **40 questions** → **20 questions**

Next steps

Future plans include the construction of preference weights so that ReQoL can be used in cost effectiveness evaluation of drugs and interventions in the area of mental health to better reflect health benefits. Normative values and benchmarks will also be available to enrich the interpretation of results.

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

ReQoL: a user-friendly and recovery-friendly measure.

What does ReQoL-10 look like?*

ReQoL™
Recovering Quality of Life

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	4	3	2	1	0
2. I felt able to trust others	0	1	2	3	4
3. I felt unable to cope	4	3	2	1	0
4. I could do the things I wanted to do	0	1	2	3	4
5. I felt happy	0	1	2	3	4
6. I thought my life was not worth living	4	3	2	1	0
7. I enjoyed what I did	0	1	2	3	4
8. I felt hopeful about my future	0	1	2	3	4
9. I felt lonely	4	3	2	1	0
10. I felt confident in myself	0	1	2	3	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.	4	3	2	1	0

*There is a longer version ReQoL-20 which contains 20 mental health questions and the same physical health question. The initial 10 questions of the ReQoL-20 are exactly the same as the ones in the ReQoL-10.

For more information on ReQoL
visit the website www.reqol.org.uk
or email reqol@sheffield.ac.uk

ReQoL™
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