

Administration Guidelines

Self-Administration Guidelines

The I-QOL is contained in Appendix B. It was designed for self administration. The 22-item version takes approximately 5 minutes to complete. No specific training is required to complete this instrument since the instructions are self-explanatory. No difficulties have been reported among the various respondent groups who have assisted with the preliminary testing and who have participated in the clinical trials that included this measure. The consistently small amounts of missing data (less than 5%) attest to the acceptability of this measure to patients.

Additional factors that should be considered when administering the I-QOL include:

- Participants should be instructed to complete the I-QOL in a quiet place away from the influence of others.
- Educational level should be considered before self-completion. This can be done by asking persons what grade level they have completed or by administering a short reading comprehension test. Persons with low literacy or diverse language skills should always be provided interviewer assistance.
- Supervisors who provide the questionnaires to the participants should be trained to not introduce bias. For example, they should encourage respondents to provide one answer (response choice) for each question according to how they, the participants, think and feel. Great care should be taken to avoid messages (verbal or otherwise) that might persuade participants to answer questions according to any bias (the supervisors', their family's, or society's).

The “About You” addition to the I-QOL is designed to provide both general and incontinence-specific demographic information. This section can be found in Appendix C, and it takes approximately 1.5 minutes to complete. This section has been simultaneously translated and adapted with the I-QOL, using the same methodology. The above comments and suggestions on self administration can also be applied to the “About You” section.

Scoring the I-QOL

Scoring Instructions for the I-QOL

The I-QOL produces quality-of-life profiles for people suffering from urinary incontinence. The survey consists of 22 incontinent-specific quality of life items all having the following five-point ordinal response scale making it easier for the respondents to understand:

- | | |
|---|-------------|
| 1 | EXTREMELY |
| 2 | QUITE A BIT |
| 3 | MODERATELY |
| 4 | A LITTLE |
| 5 | NOT AT ALL |

The 22 items of the I-QOL and its subscales:

1. I worry about not being able to get to the toilet on time.	ALB	12. I worry about my incontinence getting worse as I grow older.	SE
2. I worry about coughing or sneezing because of my incontinence.	ALB	13. I have a hard time getting a good night of sleep because of my incontinence.	ALB
3. I have to be careful standing up after I've been sitting down because of my incontinence.	ALB	14. I worry about being embarrassed or humiliated because of my incontinence.	SE
4. I worry about where toilets are in new places.	ALB	15. My incontinence makes me feel like I'm not a healthy person.	PS
5. I feel depressed because of my incontinence.	PS	16. My incontinence makes me feel helpless.	PS
6. Because of my incontinence, I don't feel free to leave my home for long periods of time.	PS	17. I get less enjoyment out of life because of my incontinence.	PS
7. I feel frustrated because my incontinence prevents me from doing what I want.	PS	18. I worry about wetting myself.	SE
8. I worry about others smelling urine on me.	SE	19. I feel like I have no control over my bladder.	SE
9. Incontinence is always on my mind.	PS	20. I have to watch what or how much I drink because of my incontinence.	ALB
10. It's important for me to make frequent trips to the toilet.	ALB	21. My incontinence limits my choice of clothing.	PS
11. Because of my incontinence, it's important to plan every detail in advance.	ALB	22. I worry about having sex because of my incontinence.	PS

Subscales

Total (IQOL).....
Avoidance and Limiting Behavior (ALB).....
Psychosocial Impacts (PS).....
Social Embarrassment (SE).....

I-QOL Items

All Items
1, 2, 3, 4, 10, 11, 13, and 20
5, 6, 7, 9, 15, 16, 17, 21, and 22
8, 12, 14, 18 and 19

The I-QOL and its subscale scores are computed by adding each item's response, subtracting the lowest possible score and dividing that sum by the possible raw score range.

The scores are then transformed to have a range from 0 (maximum problem) to 100 (no problem at all). The formula used to compute the transformed score follows:

$$\text{Scale Score} = \frac{\text{the sum of the items} - \text{lowest possible score}}{\text{possible raw score range}} * 100$$

Example: If the five social embarrassment items had responses of 3,4,3,4,3, then the score would be calculated as follows:

$$\text{Social Embarrassment Score} = \frac{17 - 5}{20} * 100 = 60$$

where the sum of the items is $3+4+3+4+3=17$, the lowest possible score is $1+1+1+1+1=5$, and the possible raw score range equals 20 [$(5+5+5+5+5) - (1+1+1+1+1)$ or $25 - 5$]

Missing Data: If no more than three (of the 22) items are omitted, a mean substitution may be computed for these items. However, it is recommended that I-QOL scores be set to missing if more than three items are left unanswered.

Scoring Exercise and Test Dataset for the I-QOL

The following file included is:

- ♦ **iqol.sps** SPSS syntax code containing the algorithms for obtaining total and subscale scores. A hard copy of this code can be found in Appendix A

The purpose of this scoring exercise is to help I-QOL users to evaluate results in the process of calculating scores for the instrument. The test dataset, which is called "iqol.dat", contains data from 100 administrations of the I-QOL. SPSS syntax can be used to both import the raw data into SPSS format (**iqol_dl.sps**) and compute I-QOL scores (**iqol.sps**).

The following table presents statistics for the transformed scores for the I-QOL. After scoring the test dataset, the mean, standard deviation, and minimum and maximum observed values should agree with those found here.