

## **Critique of the EuroQol EQ-5D-5L Health Questionnaire**

### **Overview**

The EQ-5D-5L is a standardised health-related quality of life questionnaire comprising five dimensions (mobility, self-care, usual activities, pain/discomfort, anxiety/depression) rated on five severity levels, plus a visual analogue scale for overall health assessment.

### **Strengths**

The questionnaire demonstrates strong construct validity and enables cross-cultural comparisons. Its brevity (five questions plus VAS) minimises respondent burden whilst maintaining accessibility across diverse populations.

### **Critical design issues**

Content gaps include absent cognitive function assessment and inadequate social functioning coverage. The anxiety/depression dimension conflates distinct psychological constructs, preventing accurate mental health representation.

Temporal framing inconsistency asks about "today" only, inadequately capturing fluctuating conditions like multiple sclerosis. The ordinal response scale assumes equal intervals between severity levels without empirical justification.

Cross-cultural validity challenges emerge with concepts like "usual activities," which vary significantly across demographics and cultures.

### **Proposed improvements**

1. Separate anxiety and depression into distinct dimensions
2. Add cognitive function and sleep/energy dimensions
3. Implement dual temporal framing (today/past week)
4. Develop population-specific modules whilst maintaining core comparability
5. Consider numerical rating scales to improve statistical properties

### **Conclusion**

Whilst the EQ-5D-5L successfully balances comprehensiveness with practicality, modernisation addressing contemporary health outcome understanding would enhance its validity and applicability.