



PozQoL Scale – Interim instructions for use - 31 October 2017

Introduction

PozQoL scale is a short, validated and freely available scale assessing the quality of life among people living with HIV (PLHIV). The scale includes four subscales: health concerns, psychological, social and functional.

PozQoL was developed in consultation with PLHIV community organisations and other stakeholders in Australia and validated on a sample of 465 adult Australians living with HIV. Details of the development of the scale, and the reliability and validity test results are described in the accompanying broadsheet¹. A peer-reviewed paper reporting on the development of PozQoL is currently under review.

PozQoL was developed by the Australian Research Centre in Sex, Health, and Society in partnership with ViiV Healthcare and National Association of People with HIV Australia with support from Positive Life NSW, Living Positive Victoria and Queensland Positive People.

In the forthcoming months, PozQoL will begin an implementation trial to field-test the scale across a range of community, support and healthcare programs for PLHIV. A full implementation brief is being developed for the implementation trial. The following instructions have been prepared to guide the use of PozQoL in the interim.

Incorporating the PozQoL Scale

When incorporating the PozQoL scale items into a survey or program evaluation, we recommend the following instructions and the 13 items in the following order:

“This survey is intended for people living with HIV. We would like to ask you about your health, relationships, life satisfaction, and wellbeing. Please indicate how much the following statements apply to you on a scale from 1 – not at all to 5 – extremely.”

item #		1 - Not at all	2 - Slightly	3 - Moderately	4 - Very	5 - Extremely
1	I am enjoying life	<input type="radio"/>				
2	I worry about my health	<input type="radio"/>				
3	I lack a sense of belonging with people around me	<input type="radio"/>				
4	I feel that HIV prevents me from doing as much as I would like	<input type="radio"/>				
5	I feel good about myself as a person	<input type="radio"/>				
6	Having HIV limits my opportunities in life	<input type="radio"/>				
7	I worry about the impact of HIV on my health	<input type="radio"/>				
8	I feel in control of my life	<input type="radio"/>				
9	I am afraid that people may reject me when they learn I have HIV	<input type="radio"/>				
10	Managing HIV wears me out	<input type="radio"/>				
11	I feel that HIV limits my personal relationships	<input type="radio"/>				
12	I fear the health effects of HIV as I get older	<input type="radio"/>				
13	I am optimistic about my future	<input type="radio"/>				

Scoring

PozQoL scores can be computed both as a total score and scores for particular subscales. Scoring PozQoL is a two-step process. In Step 1, items have to be recoded so that higher scores for all items indicate better quality of life. In Step 2, items within each subscale are averaged together to create the four subscale scores. PozQoL total score is calculated as an average of all items. Response range for each scale is 1-5. Items that are left blank (missing responses) are not taken into account when calculating the scores. Thus, the scores represent the average for items in the subscale that the respondent answered.

Step 1: Recoding items 2-4, 6-7, 9-12

Note: items 1, 5, 8, 13 remain unchanged as they are positively worded

[original response category → recoded value]

1 → 5
2 → 4
3 → 3
4 → 2
5 → 1

Step 2: Averaging items to form the final scores

Scale	# of items	After recoding, average the following items
PozQoL total score	13	1-13
PozQoL health concerns	3	2, 7, 12
PozQoL psychological	4	1, 5, 8, 13
PozQoL social	3	3, 9, 11
PozQoL functional	3	4, 6, 10

Suggested citation for PozQoL

¹Brown, G., Mikolajczak, G., Lyons, A., Power, J., Drummond, F., Coogle, A., Allan, B., Cooper, C., O'Connor, S. (2017). PozQoL: Valuing quality of life among people with HIV, ARCSHS Broadsheet Series Number 2, Australian Research in Sex, Health and Society, La Trobe University, Melbourne

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