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| I:\Network\P2P Self-Management SIP\5. Observational Study\Logos\JPEG files\PeerUp_Logo_FINAL-4color.jpg | Scoring the  Health-Related Quality of Life Question |

The question used to measure health-related quality of life (HRQoL) is from the Medical Outcomes Study, originally developed Ware and Sherbourne (RAND Corporation) 1 and has been deemed to be a valid measure to use on its own.2,3 (This question is also used on the Kidney Disease Quality of Life survey so you may already have access to the data to answer this question.)

In order to detect a change in health-related quality of life, it is recommended to administer this survey before participants begin the program (pre-test) and again at the end of the program (post-test). For example, pre-test would be before mentors complete training and before mentees attend a kick-off mixer and/or meet with their assigned mentor for the first time. The post-test can be administered at the celebration mixer or within a few days of the last meeting of a mentor/mentee pair.

**Scoring the HRQoL**:

1. C:\Users\ab5126\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.Outlook\EEEZISZT\Lightbulb.pngThe score for the question is the number that corresponds with the   
   response (e.g., “excellent” equals 5 points). A higher score   
   indicates higher HRQoL.

**In general, would you say that your health is…**

1. **Excellent**
2. **Very good**
3. **Good**
4. **Fair**

**1 Poor**

Depending on your overall program goals, an evaluator and/or statistician may be helpful in performing higher level statistical analyses.

1. Compare pre-test score with post-test score.

A blank HRQoL question is provided in a separate Word file with a cover; however, it is recommended that this question be added or combined with another survey(s).