

Impact of Weight on Quality of Life Assessment Tools

Quality of Life Consulting offers two widely used assessment tools for measuring the impact of weight on quality of life: IWQOL-Lite® for adults and IWQOL-Kids® for adolescents (ages 11-19).

Together, these tools have been successfully employed in numerous research studies and clinical practices.

IWQOL-Lite for Adults

Impact of Weight on Quality of Life-Lite (IWQOL-Lite) is a validated, 31-item, self-report measure of obesity-specific quality of life available in more than 80 languages.

- In addition to a total score, there are scores on five domains:
 - Physical function
 - Self-esteem
 - Sexual life
 - Public distress
 - Work
- Good internal consistency (ranging from .90 to .96) ¹
- Good test-retest reliability (.83 to .94) ²
- Responsive to weight loss and weight gain ^{3,4}
- Sensitive to treatment-seeking status ^{5,6}
- Sensitive to degree of obesity ⁷
- A scale structure supported by confirmatory factor analysis ¹
- Recommended by the European Association of Endoscopic Surgery
- Listed in Patient-Reported Outcome and Quality of Life Instruments Database [PROQOLID](#)
- Listed in [The Compendium of Quality of Life Instruments](#)
- Listed in the [On-Line Guide to Quality-of-Life-Assessment \(OLGA\)](#)
- Listed in [Suggestions for the Pre-surgical Psychological Assessment of Bariatric Surgery Candidates](#)
- Recommended as a tool for use with obesity by Evidence-based Behavioral Practice ([site](#)/[PDF](#)).
- Reviewed in Handbook of Assessment Methods for Eating Behaviors and Weight-related Problems: Measures, Theory, and Research (second edition). Allison DB, Baskin ML, eds.; Sage Publications: Thousand Oaks, CA: 33-78 (Chapter entitled "[Assessment of health-related quality of life in obesity and eating disorders](#)" by Kolotkin RL, Haaz S, Fontaine KR.)

Questions and Licensing Information

If you would like information about licensing IWQOL-Lite® or IWQOL-Kids®, or have questions about their design or usage, please contact the primary developer through her website:

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IWQOL-Lite copyright Duke University

IWQOL-Kids copyright Ronette L. Kolotkin and Cincinnati Children's Hospital Medical Center

Available Languages for the IWQOL-Lite

Afrikaans for South Africa	French for Canada	Russian for Israel
Arabic for UAE (United Arabic Emirates)	French for Switzerland	Russian for Estonia
Arabic for Israel	German for Germany	Russian for Latvia
Bengali for India	German for Austria	Russian for Ukraine
Bulgarian for Bulgaria	German for Switzerland	Slovakian for Slovakia
Catalan for Spain	Greek for Greece	Spanish for Spain
Cebuano for Philippines	Gujarati for India	Spanish for Argentina
Chinese for Hong Kong	Hebrew for Israel	Spanish for Chile
Chinese for Taiwan	Hindi for India	Spanish for Costa Rica
Czech for Czech Republic	Hungarian for Hungary	Spanish for Mexico
Danish for Denmark	Italian for Italy	Spanish for Peru
Dutch for Netherlands	Italian for Switzerland	Spanish for Puerto Rico
Dutch for Belgium	Japanese for Japan	Spanish for the USA
English for Australia,	Kannada for India	Spanish-Harmonized Latin American and U.S.
English for Canada	Korean for Korea	Spanish
English for India	Latvian for Latvia	Swedish for Sweden
English for Malaysia	Lithuanian for Lithuania	Swedish for Finland
English for New Zealand	Malay for Malaysia	Tagalog for Philippines
English for Philippines	Malay for Singapore	Tamil for India
English for Singapore	Malayalam for India	Tamil for Malaysia
English for South Africa	Mandarin for Malaysia	Telugu for India
English for the UK (including Ireland)	Mandarin for Singapore	Thai for Thailand
English for the US	Marathi for India	Turkish for Turkey
Estonian for Estonia	Norwegian for Norway	Ukrainian for Ukraine
Finnish for Finland	Polish for Poland	Urdu for India
French for France	Portuguese for Portugal	Xhosa for South Africa
French for Belgium	Portuguese for Brazil	Zulu for South Africa.
	Romanian for Romania	
	Russian for Russia	

Key References

¹ Kolotkin RL, Crosby RD, Kosloski KD, Williams GR. [Development of a brief measure to assess quality of life in obesity. Obesity Research.](#) 2001;9:102-11.

² Kolotkin RL, Crosby RD. [Psychometric evaluation of the Impact Of Weight On Quality Of Life-Lite Questionnaire \(IWQOL-Lite\) in a community sample.](#) Quality of Life Research. 2002;11(2):157-71.

³ Kolotkin RL, Crosby RD, Williams GR, Hartley GG, Nicol S. [The relationship between health-related quality of life and weight loss.](#) Obesity Research. 2001;9:564-71.

⁴ Engel SG, Crosby RD, Kolotkin RL, Hartley GG, Williams GR, Wonderlich SA, Mitchell JE. [The impact of weight loss and regain on obesity-specific quality of life: mirror image or differential effect.](#) Obesity Research. 2003;11:1207-13.

⁵ Kolotkin RL, Crosby RD, Williams GR. [Health-related quality of life varies among obese subgroups.](#) Obesity Research. 2002;10:748-56.

⁶ Kolotkin RL, Crosby RD, Pendleton R, Strong M, Gress RE, Adams TD. [Health-related quality of life in patients seeking gastric bypass surgery vs. non-treatment-seeking controls.](#) Obesity Surgery. 2003;13:371-7.

⁷ White MA, O'Neil PM, Kolotkin RL, Byrne TK. [Gender, race, and obesity-related quality of life at extreme levels of obesity.](#) Obesity Research. 2004;12:949-55.

IWQOL-Kids for Adolescents Age 11 – 19.

The IWQOL-Kids is modeled after the IWQOL-Lite and designed for use by adolescents from 11 to 19 years old. This is a self-report measure of obesity-specific quality of life available in 18 languages.

Characteristics of the the IWQOL-Kids:

- 27 items
- In addition to a total score, there are scores on four domains:
 - Physical Comfort
 - Body Esteem
 - Social Life
 - Family Relations
- Good internal consistency (ranging from 0.88 to 0.95 for scales, and equal to 0.96 for total score)¹
- Sensitive to differences among BMI groups and between clinical and community samples¹
- Responsive to weight loss/social support intervention²⁻⁶
- Listed in the [On-Line Guide to Quality-of Life-Assessment \(OLGA\)](#)
- Listed in the Patient-Reported Outcome and Quality of Life Instruments Database [PROQOLID](#)

- Listed in [Suggestions for the Pre-surgical Psychological Assessment of Bariatric Surgery Candidates](#)
- Available in a parent-proxy form⁷

Available Languages for the IWQOL-Kids:

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|----------------------|-------------------------|
| • Arabic for Kuwait | • Malay |
| • Chinese (Mandarin) | • Mandarin |
| • Dutch | • Portuguese |
| • Dutch for Belgium | • Portuguese for Brazil |
| • English for US | • Russian |
| • Finnish | • Spanish |
| • French for Belgium | • Spanish for Mexico |
| • Hebrew | • Spanish for US |
| • Korean | • Swedish |

Key References

¹Kolotkin RL, Zeller, M, Modi, AC, Samsa, GP, Quinlan, NP, Yanovski, JA, Bell, SK, Maahs DM, Gonzales de Serna, D, Roehrig, HR. [Assessing weight-related quality of life in adolescents](#). Obesity (Silver Spring) 2006; 14: 448-457.

²Zeller M.H., Modi A.C., Noll J.G., Long J.D., Inge T.H. [Psychosocial Functioning Improves Following Adolescent Bariatric Surgery](#). Obesity (Silver Spring), 2009; 17, 985-990.

³Quinlan N.P., Kolotkin R.L., Fuemmeler B.F., Costanzo P.R. [Psychosocial outcomes in a weight loss camp for overweight youth](#). International Journal of Pediatric Obesity, 2009; 4, 134-142.

⁴Zeller M.H., Reiter-Purtill J., et al. [Two-year trends in psychosocial functioning after adolescent Roux-en-Y gastric bypass](#). Surgery for Obesity and Related Diseases, 2012; 7(6): 727-732.

⁵Wong W.W., Barlow S.E., Mikhail C., Wilson T.A., Hernandez P.M., Shypailo R.J., Abrams S.H. [A residential summer camp can reduce body fat and improve health-related quality of life in obese children](#). Journal of Pediatric Gastroenterology Nutrition, 2013 Jan; 56(1): 83-5.

⁶Inge T.H., Courcoulas A.P., Jenkins T.M., et al. [Weight Loss and Health Status 3 Years after Bariatric Surgery in Adolescents](#). New England Journal of Medicine, November 6, 2015; DOI: 10.1056/NEJMoa1506699.

⁷Nadeau K., Kolotkin R.L., Boex R., Witten T., McFann K.K., Zeitler P., Walders-Abramson N. Health-related quality of life in adolescents with comorbidities related to obesity. Journal of Adolescent Health, 2011 Jul; 49(1): 90-2. ([Abstract](#))