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).
### Available Languages for the IWQOL-Lite

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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 samples\(^1\)
- Responsive to weight loss/social support intervention\(^2,6\)
- 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 form

Available Languages for the IWQOL-Kids:

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

Key References


