

Impact of Weight on Quality of Life Assessment Tools

Quality of Life Consulting offers two highly consistent, widely used assessment tool for the impact of weight on quality of life: IWQOL-Lite for adults and IWQOL-Kids for children and adolescents.

Together, these tools have been successfully employed in numerous pharmaceutical and clinical trials.

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 40 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](#)
- 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.) <http://www.uk.sagepub.com/refbooksProdTOC.nav?prodId=Book230593>

Questions and Licensing Information

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

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Available Languages for the IWQOL-Lite:

1. Afrikaans for South Africa
2. Arabic for UAE (United Arab Emirates)
3. Arabic for Israel
4. Bengali for India
5. Bulgarian for Bulgaria
6. Catalan for Spain
7. Cebuano for Philippines
8. Chinese for Hong Kong
9. Chinese for Taiwan
10. Czech for Czech Republic
11. Danish for Denmark
12. Dutch for Netherlands
13. Dutch for Belgium
14. English for Australia
15. English for Canada
16. English for India
17. English for Malaysia
18. English for New Zealand
19. English for Philippines
20. English for Singapore
21. English for South Africa
22. English for the UK (including Ireland)
23. English for the United States
24. Estonian for Estonia
25. Finnish for Finland
26. French for France
27. French for Belgium
28. French for Canada
29. French for Switzerland
30. German for Germany
31. German for Austria
32. German for Switzerland
33. Greek for Greece
34. Gujarati for India
35. Hebrew for Israel
36. Hindi for India
37. Hungarian for Hungary
38. Italian for Italy
39. Italian for Switzerland
40. Japanese for Japan
41. Kannada for India
42. Korean for Korea
43. Latvian for Latvia
44. Lithuanian for Lithuania
45. Malay for Malaysia
46. Malay for Singapore
47. Malayalam For India
48. Mandarin for China
49. Mandarin for Malaysia
50. Mandarin for Singapore
51. Marathi for India
52. Norwegian for Norway
53. Oriya for India
54. Polish for Poland
55. Portuguese for Portugal
56. Portuguese for Brazil
57. Punjabi for India
58. Romanian for Romania
59. Russian for Russia
60. Russian for Estonia
61. Russian for Israel
62. Russian for Latvia
63. Russian for Lithuania
64. Russian for Ukraine
65. Sesotho for South Africa
66. Slovakian for Slovakia
67. Spanish for Spain
68. Spanish Harmonized for Latin America & US
69. Spanish for Argentina
70. Spanish for Chile
71. Spanish for Costa Rica
72. Spanish for Mexico
73. Spanish for Peru
74. Spanish for Puerto Rico
75. Spanish for the USA
76. Swedish for Sweden
77. Swedish for Finland
78. Tagalog for Philippines
79. Tamil for India
80. Tamil for Malaysia
81. Telugu for India
82. Thai for Thailand
83. Turkish for Turkey
84. Ukrainian for Ukraine
85. Urdu for India
86. Xhosa for South Africa
87. Zulu for South Africa

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 Children and Adolescents Age 11 – 19.

The IWQOL-Kids is modeled after the IWQOL-Lite and designed for use by adolescents aged 11 to 19. Each item begins with the phrase, "Because of my weight," and contains five response options, ranging from "always true" to "never true."

Characteristics of 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)
- Sensitive to differences among BMI groups and between clinical and community samples
- Responsive to weight loss/social support intervention
- 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

References

Kolotkin 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.