

INTERPRETING QUALITY OF LIFE SCORES

Examining Quality of Life Scores

Quality of Life scores can be examined for a specific item, for an area of life (e.g., physical being), for a particular domain (e.g., Becoming), or for the your life as a whole.

Scores Weighted Towards Importance

Items rated as especially important produce especially high QOL scores for items where high enjoyment is indicated. Similarly, items rated as especially important produce especially low Quality of Life scores where lack of enjoyment is indicated.

To illustrate, an individual who describes an item as Very Important (4) and reports being Very Satisfied (4) receives a score of 4. An individual who rates an item as Not Very Important (2) and reports being Not Very Satisfied (2) receives a score of -2. Items rated as being less important produce more moderate Quality of Life scores.

Therefore, it is important to contextualize Quality of Life scores, especially when conducting individual assessments.

Control and Opportunities Scores: Providing Context

Control and Opportunities scores provide an important context in which to interpret quality of life scores. For example, a person may have a good quality of life score for "the daily things I do" but has had very little opportunity to see what other activities are like. Similarly, a person may have a good score on "the people around me" but not have chosen who those people are. Conversely, a person may have a low quality of life score for growth becoming, or "the things I do to improve or change", yet reports quite a few opportunities in the category.

General Interpretation of Scores

The Quality of Life rating is not a standardized or normative score. It is a descriptive measure that serves as an indicator of the quality of life experienced and perceived by people within their specific circumstances and environments. Thus, the Quality of Life scores must be interpreted in relation to other factors of peoples lives, such as the Control and Opportunities scores described above, and other descriptive and demographic data.

Generally speaking, however, Quality of Life scores may be interpreted as outlined in the following table.

<i>Range of QOL Scores</i> (scale: -10.00 to +10.00)	<i>Quality of life indication</i>
6.0 to 10.00	The ideal range indicating an excellent quality of life
3.0 to 5.99	A 'good' quality of life with no major concerns
-1.0 to 2.99	Adequate quality of life but some areas might need improvement
-1.1 to -5.99	Problematic and needs improvement
-6.0 to -10.00	Very problematic and may indicate a need for assistance or intervention