

## Abstract

# NMA/AGSM/2022/PUBH/006 - Health-Related Quality of Life among Patients with Depression: Validation of the WHOQoL-Bref Questionnaire in a Local Population

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## Abstract

**Background:** An increasing number of measures are being developed for assessing the health-related quality of life (HRQoL) of patients with depression with limited suitability for practice settings in developing countries. This study aimed to validate the WHOQoL-Bref for measuring HRQoL among patients with depression.

**Methodology:** A cross-sectional study using the 'think aloud' method with approvals duly obtained. Forty respondents diagnosed with depression and attending the UPTH Neuropsychiatry outpatient clinic were administered the WHOQoL-Bref questionnaire. The data were analyzed using the SPSS version 24. Confirmatory factor analysis using maximum likelihood estimation was done to confirm the factorial structure, construct validity, and dimensionality. Item response theory was used to determine the endorsement rate.

**Results:** The result shows that the items contained in the test hang together on one distinct factor, which is the Quality of life. Suggesting that the WHOQL-Bref items are unidimensionally measuring just the construct of Quality of life. The internal consistency coefficient showed a high Cronbach's Alpha of 0.833; with the response rate and data completeness of 100% indicating good acceptability and feasibility. There was no clustering of most endorsements at either end of the scale showing a lack of floor or ceiling effects.

**Conclusion:** The WHOQOL has good psychometric properties, and this indicates the scale is well suited for measuring HRQoL among patients with depression in the local populace.

**Keywords:** Health-Related Quality of life, HRQoL, Depression, Validation, WHOQoL-Bref.

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