

Adaptation and Validation of the World Health Organization Quality of Life-BREF for People with Aphasia

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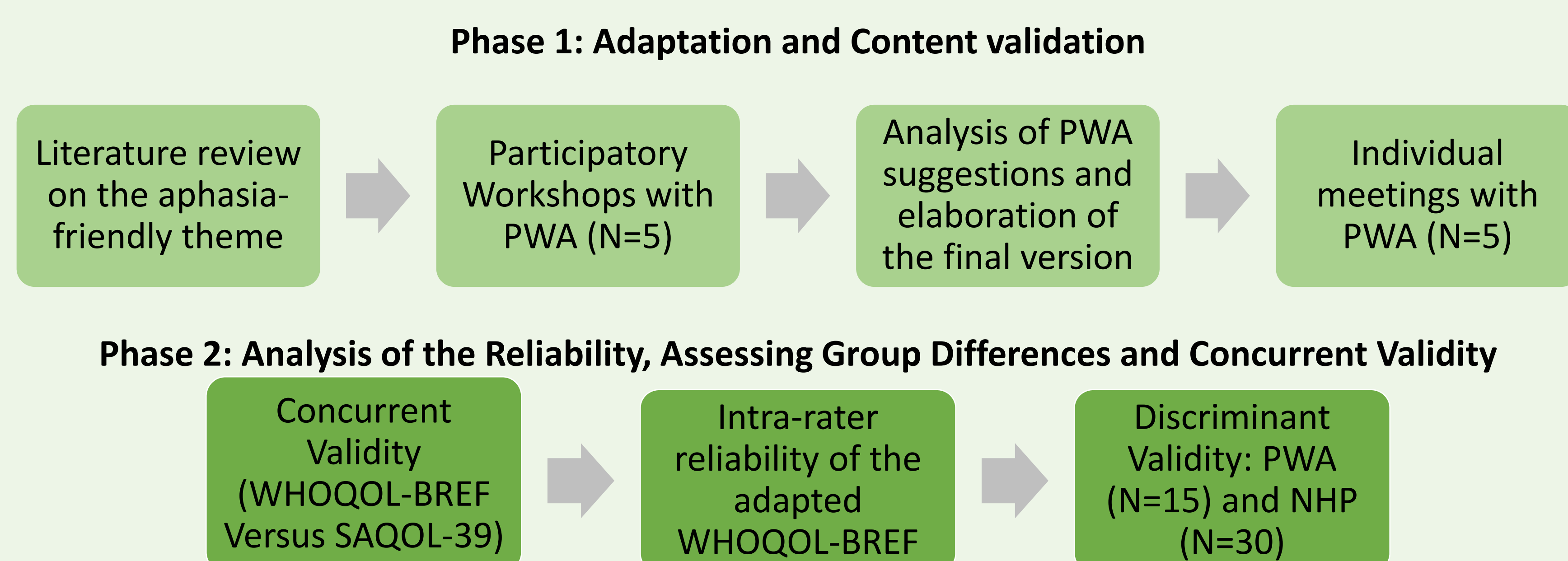
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INTRODUCTION

It is essential to consider the well-being and quality of life (QoL) of the person as part of an effective intervention in health. To this end, the World Health Organization (WHO) has developed an instrument to assess the QoL at various levels, the **World Health Organization Quality of Life-BREF (WHOQOL-BREF)** (1). However, it is **not adapted to the comprehension and expression difficulties** a person with aphasia has to face. The main objective of this study was to **create and validate an aphasia-friendly version of the WHOQOL-BREF**, Portuguese version (2), which is **adapted to the needs of people with aphasia (PWA)**.

METHODOLOGY



RESULTS

The results obtained are in line with what is reported in the literature regarding the aphasia-friendly adaptations of health assessment instruments. There are **no differences between test-retest**. Contrary to expectations, the results of assessing group differences showed that **PWA do not present significant differences in QoL when compared to NHP**, except for the physical domain. The results indicated a **correlation only between the WHOQOL-BREF Physical + SAQOL-39 Physical and WHOQOL-BREF Physical + SAQOL-39 Communication**.

Table 1. Group differences (PWA and NHP) with the aphasia-friendly version of the WHOQOL-BREF

WHOQOL-BREF	People with aphasia (n=15) M±S. D.	Neurologically Health Participants (n=30) M±S. D.	Statistical analysis results
Domain 1 (Physical)	73.90±9.22	81.50±8.46	t(43)=-2.76 p=0.009
Domain 2 (Psychological)	76.89±11.92	78.89±8.23	t(43)=-0.66 p=0.51
Domain 3 (Social Relationships)	73.78±15.00	80.22±12.19	t(43)=-1.55 p=0.13
Domain 4 (Environment)	79.50±9.27	75.17±7.99	t(43)=1.63 p=0.11
Total	76.50±7.91	78.68±6.81	t(43)=-0.96 p=0.34

Table 2. Concurrent validity: Pearson correlation values (n=15)

WHOQOL-BREF	SAQOL-39			
	Domain 1 (Physical)	Domain 2 (Psychological)	Domain 3 (Communication)	Domain 4 (Energy)
Domain 1 (Physical)	0.55	0.21	0.53	0.50 (p=0.060)
Domain 2 (Psychological)	0.15	-0.09	0.43	0.14
Domain 3 (Social Relationships)	0.20	0.28	0.32	0.50
Domain 4 (Environment)	0.16	0.29	0.51 (p=0.055)	0.16



CONCLUSIONS

- **Consensus was reached** regarding the adaptations needed to create an aphasia-friendly version of the WHOQOL-BREF;
- The results indicated that **PWA involved in the study have a good QoL**, with values obtained being similar to those of the NHP group, except for the physical domain
- **Further studies** with a larger group of PWA **are necessary** to analyse the psychometric characteristics of the adapted WHOQOL-BREF and establish standardized values for the Portuguese population of PWA.

REFERENCES

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