



ReQoL-10 Scoring Guide

ReQoL-10 consists of 10 mental health questions and one physical health question. Although physical health is important to the quality of life of mental health service users, it is not included in the total because it is distinct from mental health.

The Calculation of Scores

Each question is scored from 'None of the time' to 'Most or all of the time'. The scores are found as a subscript under each response option. In the ReQoL-10, there are 6 positively worded questions and 4 negatively worded questions. The positively worded questions are: Q2, Q4, Q5, Q7, Q8 and Q10. They are scored from 0 to 4.

Last week	None of the time	Only occasionally	Sometimes	Often	Most or all of the time
2. I felt able to trust others	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄

The negatively worded questions are: Q1, Q3, Q6 and Q9. The scores are reversed for the negatively worded items which are scored from 4 to 0.

Last week	None of the time	Only occasionally	Sometimes	Often	Most or all of the time
1. I found it difficult to get started with everyday tasks	<input type="checkbox"/> ₄	<input type="checkbox"/> ₃	<input type="checkbox"/> ₂	<input type="checkbox"/> ₁	<input type="checkbox"/> ₀

An overall index score can be calculated by summing the numbers for the 10 questions. The minimum score is 0 and the maximum is 40, where 0 indicates poorest quality of life and 40 indicates the highest quality of life as measured by ReQoL-10.

Missing data

If a single question is unanswered, the mean value of the other responses can be used to fill the gap. If more than one question is unanswered, then the overall index score cannot be calculated. If respondents give two answers to a single question, we recommend that the lower quality of life response is adopted.

Work regarding the best method of handling missing data is ongoing.