The Schizophrenia Quality of Life Scale (SQLS) is a 30-item self-report questionnaire that addresses perceptions and concerns regarding quality of life affected by schizophrenia and its treatment. It is intended to be used as an adjunct to traditional assessment of patients with schizophrenia. The SQLS has been found to have good reliability, good validity, and to be responsive to the effects of treatment. The SQLS provides scores on three scales (Psychosocial, Motivation/Energy, and Symptoms/Side Effects). It is recommended that the researcher or practitioner administering the questionnaire be present the entire time. If the patient has difficulty with self-completion, the SQLS can be administered as an interview. The User Manual outlines other administration issues. The SQLS is currently being revised for use with atypical antipsychotic medications. Additional psychometric testing of the SQLS is currently underway.

The Schizophrenia Quality of Life Scale (SQLS)

We are interested in finding out about the quality of your life over the past seven days. Please respond to all the following statements by ticking one box for each statement.

1. I lack the energy to do things.
2. I am bothered by my shaking/trembling.
3. I feel unsteady walking.
4. I feel angry.
5. I am troubled by a dry mouth.
6. I can’t be bothered to do things.
7. I worry about my future.
8. I feel lonely.
9. I feel hopeless.
10. My muscles get stiff.
11. I feel very jumpy and edgy.
12. I am able to carry out my day to day activities.
13. I take part in enjoyable activities.
15. I like to plan ahead.
16. I find it hard to concentrate.
17. I tend to stay at home.
18. I find it difficult to mix with people.
19. I feel down and depressed.
20. I feel that I can cope.
21. My vision is blurred.
22. I feel very mixed up and unsure of myself.
23. My sleep is disturbed.
24. My feelings go up and down.
25. I get muscle twitches.
26. I am concerned that I won’t get better.
27. I worry about things.
28. I feel that people tend to avoid me.
29. I get upset thinking about the past.
30. I get dizzy spells.

Thank you for your time.

NOTE: In the actual SQLS format, the 30 items are widely spaced over 3 pages, with the response choices above each box.

Scoring: Never=0, Rarely=1, Sometimes=2, Often=3, Always=4. Re-code the scores for items 12, 13, 15, and 20 such that 0=4, 1=3, 2=2, 3=1, 4=0. The scales and their items are: Psychosocial (4, 7, 8, 9, 11, 14, 16, 19, 22, 24, 26, 27, 28, 29); Motivation/Energy (1, 6, 12, 13, 15, 17, 20); and Symptoms/Side Effects (2, 3, 5, 10, 21, 23, 25, 30). The maximum possible raw score for each scale is 60, 28, and 32, respectively.

To obtain the scale score for each scale, sum the item scores, divide by the maximum possible raw score, and multiply by 100. If a response to a question is missing, do not calculate a scale score for that individual for that scale. There is no calculation of a total score that would combine the scales. Each scale score has a range from 0 (best possible quality of life score) to 100 (worst possible quality of life score).

Although norms have not yet been firmly established, preliminary data were obtained from 161 patients (all of whom had long-term conditions, were stable, and were receiving medication). The means of each scale score, followed by the range of scores between the 25th and 75th percentiles, are as follows: Psychosocial (47.74, 33.33–64.58); Motivation/Energy (52.44, 38.29–64.29); Symptoms/Side Effects (34.74, 15.63–50.00). The User Manual contains additional psychometric data.

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²The User Manual for the SQLS (Wilkinson G, Wild D, Jenkinson C, Fitzpatrick R & Hesdon B) and copies of the SQLS are available. For information on how to purchase, contact its publisher, Oxford Outcomes, via their Web site (http://www.oxfordoutcomes.com), by email (oxford.outcomes@btinternet.com), or by postal mail (Oxford Outcomes, Bury Knowle Coach House, North Place, Old High Street, Headington, Oxford OX3 9HY United Kingdom).