

Background

With a view to the development of a new measure, research began with an examination of whether the EQ-5D, SF-36 (and derivatives) were suitable measures for the economic evaluation of mental health care interventions. There were concerns that these generic measures have been primarily designed for physical health problems and therefore miss important aspects of the impact of mental health problems on the quality of people's lives.

Aims

To examine whether the EQ-5D and SF-36/12/6D include what is important to quality of life for people with mental health problems

Method

Review and synthesis of qualitative Quality of Life research (Connell et al 2012)* and thematic analysis of interviews with service users (Brazier et al – in press)

Results: What is important to quality of life for people with mental health problems

Self-Perception

"The worse part is the lack of self worth and having to accept that one is disabled, one has a stigma which stops you from doing anything else really other than being worthless"

Well/Ill-Being

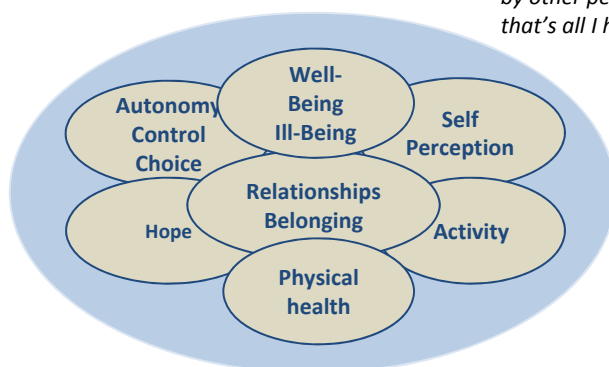
"I would lose this anxiety that I seem to be constantly carrying with me"

Relationships and Belonging

"I have feelings of not belonging to the human race ..., it's not an outcast, I just don't feel a connection ... I would just like to be supported by other people .. and helping other people, that's all I have ever wanted to do"

Activity

"I went on a year's course at engineering and I was absolutely scared about going on that, but I did it and I did it, you know, quite well ... and at that time, I was really happy in my life"



Hope

"The one thing that I used to do a lot is not think about the future, think only a couple of days ahead ... now, I'm more willing to think further ahead, I'm more willing to say, well in a year's time I'd like to be at this place"

Physical Health

"think it is because I am that stressed out, and that hyped up ... when things are on my mind I don't sleep at all, it has affected my health and everything and I think that's why I have got these other issues now where my body is just in pain all the time ..."

Autonomy, control and choice

"I do feel reliant on my parents ... I would like to be able to have my own house and be on the property ladder and like live the life like I thought that I was going to"

Conclusions

Generic quality of life measures do not contain a sufficient proportion of the domains identified by people with mental health problems to be able to adequately measure quality of life

That the domains important to Quality of Life are similar to those important to Personal Recovery – Connectedness, Hope, Identity, Meaning and Empowerment (CHIME – Leamy et al 2011*)

What next:

Together with experts in the areas of personal recovery, service users and clinicians a new measure – Recovering Quality of Life (ReQoL) is being developed for use in mental health services. This project is being undertaken for Department of Health and NHSE, by the Policy Research Unit in Economic Evaluation of Health and Care Interventions (EEPRU) to be completed by April 2015.

For further information about the measure please contact Anju Keetharuth:

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or visit the Web Site: www.eepru.org.uk

* References can be found on back of handout