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| **Background:**The Recovering Quality of Life (ReQOL) Questionnaire is a Patient Reported Outcome Measure (PROM) developed to assess the quality of life of people with different mental health conditions. See <http://innovation.ox.ac.uk/outcome-measures/recovering-quality-life-reqol-questionnaire/> for comprehensive details. |
| **General Guidelines:** 1. Maintain the source formatting and tense throughout.2. The register should assume a 10-12 year old reading level, not age. 3. For the translation of the second person singular ‘you’ and ‘your’, please follow the target language norm for Patient Reported Outcome measures as it relates to formal vs. informal language.4. Most of the concepts and terms in the items below are straightforward. However, it is recommended to keep in mind they are intended for persons recovering from mental health conditions or disorders whose experiences with the symptoms or states of mind described in the items may be different from the general population. This should not affect the translation in most cases; nevertheless, it should be taken into account. |
| **List of Concept Elaborations** |
| **English (United States)** | **Concept Elaboration** | **Translation Guidelines** | **Acceptable Alternatives** | **Unacceptable Alternatives** |
| For each of the following statements, please tick one box that best describes your thoughts, feelings and activities **over the** **last week.** | This item is an introductory statement to the respondent. It includes an instruction to mark the box representing the one response option that best describes his or her experiences over the recall period of the last week. | Maintain the source formatting throughout. In this item, be sure the words ‘**over the** **last week**’ are in bold. |  | The recall period may not be translated as the last 7 days |
| **Over the last week** | The recall period – the amount of time the respondent is asked to consider when responding to the items. |  |  | The last 7 days |
| None of the time | There are 5 response options for the 1st ten items in the questionnaire. ‘None of the time’ is the response option on the low end of the spectrum.  | There is a semantic distance between each response option in the source English. The semantic distance of target language translations should maintain this distance. |  | Never |
| Only occasionally |  | The translation’s semantic distance between ‘None of the time’ and ‘Only occasionally’ should be equivalent to the source.  |  | Only rarelyOccasionally |
| Sometimes |  | The translation’s semantic distance between ‘Only occasionally’ and ‘Sometimes’ should be equivalent to the source.  |  | At times |
| Often |  | The translation’s semantic distance between ‘Sometimes’ and ‘Often’ should be equivalent to the source.  |   |  |
| Most or all of the time |  | The translation’s semantic distance between ‘Often’ and ‘Most or all of the time’ should be equivalent to the source.  |  | Most of the timeAll of the time |
| I found it difficult to get started with everyday tasks | The intent of this item is to determine how often the respondent experienced difficulty getting going or initiating daily tasks due to mental health issues, which can prevent people from feeling capable of this movement. | ‘to get started’ has to do with getting going, and encompasses both physical and mental initiation. It should not be translated in a way that only signifies the physical starting of a task. | In some languages, ‘I found it difficult’ will present challenges and may be replaced with ‘It was difficult for me’. |  |
| I felt able to trust others |  |  | ‘other people’ is an acceptable alternative for ‘others’ |  |
| I felt unable to cope | The intent of this item is to determine how often the respondent felt an inability to manage. The English source does not specify with what exactly the respondent felt unable to cope. However, it would have to do with the anxieties and stressors that are associated with mental health conditions. | The use of the verb ‘to cope’ without specifying with what the respondent is unable to cope is intentionally vague. The translation should be equally vague. |   | ‘survive’ is not an acceptable alternative for ‘cope’ as it is too extreme. |
| I could do the things I wanted to do |  | The use of the term ‘things’ is intentionally vague. The translation should maintain this vagueness. |  |  |
| I felt happy |  | The translation should employ the most generic term for ‘happy’ as per the source. |  |  |
| I thought my life was not worth living | The intent of this item is to determine how often the respondent thought that to continue living was pointless. It could convey a sense of purposeless, depression or apathy.  | The expression ‘not worth living’ does not specify why. The translation should convey the same sense of ambiguity. |  |  |
| I enjoyed what I did |  | The expression ‘what I did’ does not specify which activities. The translation should convey the same sense of ambiguity. | ‘the things I did’ is an acceptable alternative for ‘what I did’ |  |
| I felt hopeful about my future |  | The source does not specify about what in the future the respondent felt hopeful. The translation should be equally indeterminate. |  |  |
| I felt lonely | The intent of this item is to determine how often the respondent experienced feelings of loneliness. |  |  | ‘alone’ is not an acceptable alternative for ‘lonely’ if it conveys the actual physical experience of being alone. ‘lonely’ can convey an emotional sense of isolation. |
| I felt confident in myself | The intent of this item is to determine how often the respondent experienced feelings of self-assurance. Individuals suffering from mental health conditions often experience a lack of confidence.  | The translation should be as direct and straightforward as the source without specifying why the respondent felt confident. |  |  |
| For official use |  |  |  |  |
| Score for items 1-10 (equivalent to ReQoL 10) = ……….. |  |  |  |  |
| I did things I found rewarding | ‘things I found rewarding’ could refer to any activity the respondent finds fulfilling |  |  |  |
| I avoided things I needed to do |  |  |  |  |
| I felt irritated | For those suffering from mental health conditions, irritability can be a common response to stress. | Target languages should have a term for ‘irritated’ that is distinct and different from terms connoting anger, anxiety and frustration. |  | angryfrustratednervousanxious |
| I felt like a failure | Depression, anxiety and trauma can cause feelings of failure in life. The intent of this item is to determine how often the respondent felt this way. | To feel that one is a failure is different from feeling as if one failed at a specific task or goal. Please ensure the target language translation reflects the item’s intent. |  |  |
| I felt in control of my life |  |  |  |  |
| I felt terrified |  | Terror is an extreme form of fear. The target language translation should reflect this severity. |  | I felt afraidI felt panicked  |
| I felt anxious | One may feel anxious when one does not know what will happen and is commonly felt in those with mental health conditions. | The target language should have a common term for ‘anxious’ as it relates to mental health. Please ensure this term is used in the translation. |  |  |
| I had problems with my sleep |  | The target language translation should be as general as the source. That is, it should not specify what type of problems the respondent had with his or her sleep. |  | ‘I had problems sleeping’ is not acceptable as it might imply falling asleep or staying asleep only. The source ‘problems with my sleep’ is more general and could involve any type of problem related to sleep. |
| I felt calm |  |  |  |  |
| I found it hard to concentrate |  |  | It was difficult for me to concentrate |  |
| Please describe your **physical** health (problems with pain, mobility, difficulties caring for yourself or feeling physically unwell) **over the last week** | The intent of this item is to determine to what extent the respondent experienced physical health difficulties over the last week recall period. |  |  |  |
| No problems |  | There is a semantic distance between each response option in the source English. The target language translations should maintain the same distance. |  |  |
| Slight problems |  | Ensure the translation of ‘Slight’ is a description of the severity of the problems experienced i.e. more severe than ‘no problems’ and less severe than ‘Moderate problems’. It should not reflect the number or amount of problems experienced. |  |  |
| Moderate problems |  | Ensure the translation of ‘Moderate’ is a description of the severity of the problems experienced i.e. more severe than ‘Slight problems and less severe than ‘Severe problems’. It should not reflect the number or amount of problems experienced. |  |  |
| Severe problems |  | Ensure the translation of ‘Severe is a description of the severity of the problems experienced i.e. more severe than ‘Moderate problems’ and less severe than ‘Very severe problems’. It should not reflect the number or amount of problems experienced. |  |  |
| Very severe problems |  | The translation should reflect the highest degree of severity of problems of the 5 response options. |  |  |
| For official use |  |  |  |  |
| Score (for items 11- 20 ) = ……….. |  |  |  |  |
| Score for (for items 1-20) equivalent to ReQoL-20 score = ……….. |  | Do not alter the acronym ‘ReQOL-20’. |  |  |
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| ReQoL-20 English for United Kingdom. | This text appears in the measure’s footer. | Do not alter the acronym ‘ReQOL-20’. |  |  |