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Objectives:

Exercise is now a significant and key component in the management of Parkinson's disease. In this context, exercise may embrace activities as diverse as Tai Chi, Nordic walking, endurance training and various forms of dance, such as Tango and Irish dancing.

The PDQ-Exercise is a newly developed seven-item patient reported outcome measure that has been developed to assess the efficacy of studies that focus on, or incorporate, an exercise component.

Initial validation indicated that the measure demonstrates excellent validity and internal consistency. An important additional attribute of any PROM is test-retest reliability, i.e. the ability to provide stable results over time presuming that there has been no change in the status of the construct being measured. The objective of this study was to make an assessment of the test-retest reliability of the PDQ-Exercise.

Methods:

People with Parkinson's (PwP) were recruited via Parkinson's UK, the national Parkinson's disease support organisation in the United Kingdom. Participants completed the PDQ-Exercise online on two occasions, two weeks apart. On second administration participants answered an additional question asking how much, or otherwise, the effects of their Parkinson's had changed over the two week period. Subsequent analyses focused on those PwP who reported no change in their PD symptoms.

Results:

At first administration 398 PwP fully completed the PDQ-Exercise and at second administration 326 participants with no missing data responded. The percentage of those who reported no change in QoL was 68.7% (n=224). The intraclass correlation coefficient was calculated at .93.

Conclusion:

Results from the reported study indicate that the PDQ-Exercise demonstrates sound test-retest reliability and can be confidently used by researchers who wish to incorporate it in their research. Additional psychometric properties, such as sensitivity to change, are currently being assessed.

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If you have any questions about the PDQ-Exercise or want to find out more about the research, please contact:
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Alternatively you can visit the COA page on Oxford University Innovation's website using the QR code!



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