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## **DESIGN OF AN INDIVIDUALISED MEASURE OF THE IMPACT OF DIABETES ON THE QUALITY OF LIFE OF ELDERLY PEOPLE: THE ADDQoL SENIOR**

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Diabetes affects about 5% of people over the age of 65 (20% over 85) in the UK. The ADDQoL measure of the impact of diabetes on the quality of life (QoL) of adults has been shown to have good evidence for validity, reliability and sensitivity to change. Development of similar questionnaires to measure the impact of macular disease (MacDQoL) and diabetic retinopathy (RetDQoL) have suggested that the ADDQoL may be improved to facilitate completion by elderly people.

Modifications to the pilot ADDQoL Senior layout included: enlarged font; vertical format response options; one domain per page. Positive impact options (i.e. QoL improved by diabetes) are rarely used compared with negative impact options, so only one level of 'positive' impact was included. Leader questions (e.g. 'do you have family/relatives?') replaced ADDQoL 'not applicable' options. Changes to content included: the 'holidays or leisure activities' domain was split into two items; 'spiritual/religious life' was added; 'working life' was removed.

The ADDQoL Senior was pilot-tested during tape-recorded interviews with one man and three women with Type 2 diabetes (age: 69-91 years) in a residential care home in England. Three interviewees could not read the ADDQoL Senior, due to impaired vision, but completed it easily when read aloud. Their comments led to several important wording changes to aid comprehension and relevance e.g.: 'leisure activities' became 'interests and pastimes'; 'close personal relationship' was removed; 'relationships with the people I see most days' was added.

The resulting ADDQoL Senior now includes two overview items ('present QoL' and 'diabetes-specific QoL') and 17 domain-specific items relevant to older people with diabetes. Its psychometric properties will be evaluated in a study of care home residents currently underway.