

Social and Behavioral Sciences Assignment 1

Health Behavior Impact on Health- Related Quality of Life (HRQOL): Article Review and Behavioral Science Intervention Proposal

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Presentation Overview

- **Health-Related Quality of Life (HRQOL): concepts and measurement**
 - **CDC HRQOL Surveillance Program's Healthy Days Measures**
- **Health behavior and HRQOL: relationships and data**
- **Assignment overview: Article review and behavioral science intervention proposal to improve HRQOL**

• Introduction and outline of the presentation.

• 3 primary components of presentation include an overview of QOL, HRQOL, and the CDC's Healthy Days Measures, relevant data resulting from use of the measures, and assignment instructions.

Measuring Health-Related Quality of Life (HRQOL)

- **Broad outcome measures designed to measure physical, emotional, and social dimensions of health** (*McDowell & Newell, 1996*).
- **No one definition of HRQOL is agreed upon, but generally assessed with generic measures (e.g., Short-Form 36) or disease-specific measures (e.g., Quality of Life in Epilepsy Scale-10** (*Ware & Sherbourne, 1992; Cramer et al., 1996*).
- **Quality of Life Instruments Database (QOLID): Online database of generic and disease-specific measures.** <http://www.proqolid.org>

- Introduce the concept of HRQOL and its measurement.
- There are varying definitions for HRQOL.
- There are many ways and scales with which to measure HRQOL depending on one's needs. Generally, each scale has its advantages and disadvantages that make it more or less advantageous to use depending on the scenario in question. See the provided link for a database of QOL scales.

What is Health-Related Quality of Life (HRQOL)?

- **For public health surveillance purposes, HRQOL was defined as...“an individual’s or group’s perceived physical and mental health over time.”**

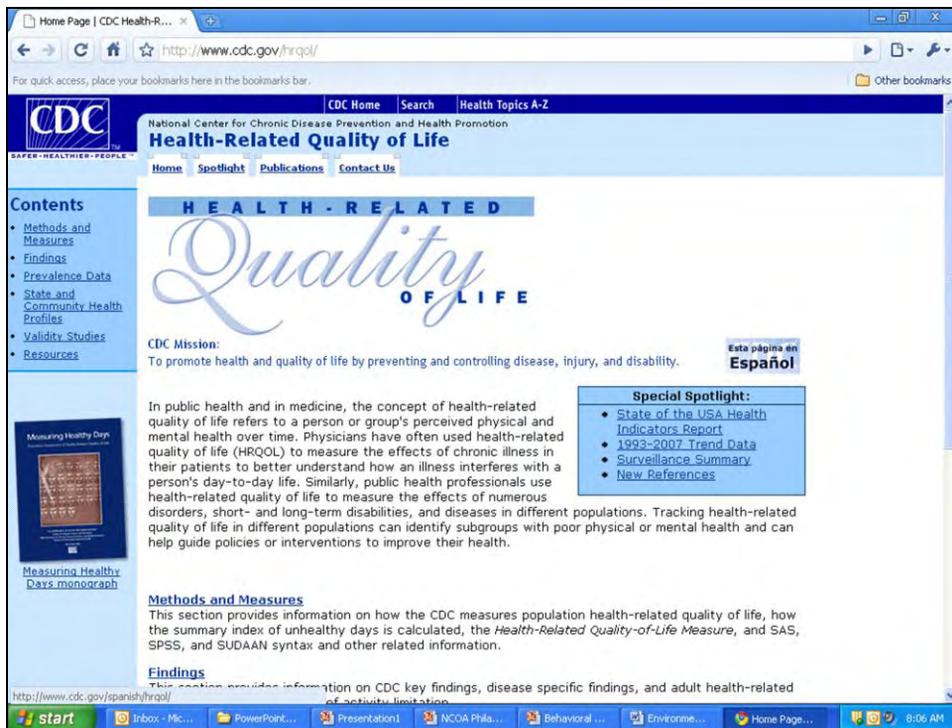
(Measuring Healthy Days, CDC 2000)

- <http://www.cdc.gov/hrqol>
- <http://www.cdc.gov/brfss>

•This slide presents a definition of HRQOL as defined by CDC.

•Links: 1st link is to the CDC’s HRQOL Surveillance Program homepage;

2nd link is to the CDC BRFSS homepage. The Healthy Days Measures are administered as part of the annual BRFSS.



- This is CDC's HRQOL Surveillance Program's homepage.
- Use this slide just to familiarize the class with the website and what it contains. Note the definition of HRQOL in the main paragraph.

Core Healthy Days Measures

1. Would you say that in **general** your **health** is excellent, very good, good, fair, or poor?
2. Now thinking about your physical health, which includes physical illness and injury, for how many **days during the past 30 days** was your **physical health not good**?
3. Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your **mental health not good**?
4. During the past 30 days, for about how many days did **poor physical or mental health keep you from doing your usual activities**, such as self-care, work, or recreation?

•These are the 4 core Healthy Days measures (HRQOL-4) used in the Behavioral Risk Factor Surveillance System (BRFSS) and the National Health and Nutrition Examination Survey (NHANES).

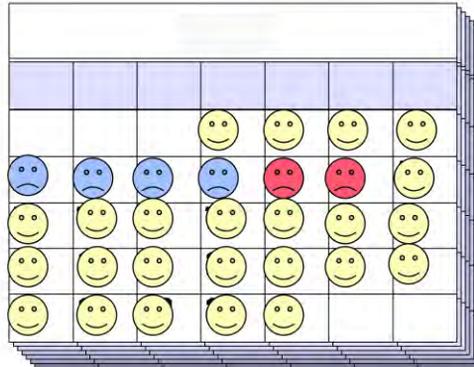
•While there are other Healthy Days measures that are sometimes included in these surveys (Activity Limitations module (4 questions), Healthy Days Symptoms module (5 questions)) (see http://www.cdc.gov/hrqol/hrqol14_measure.htm), these are 4 core questions that are most widely used.

Unhealthy Days = days in the past 30 days when both physical and mental health were not good

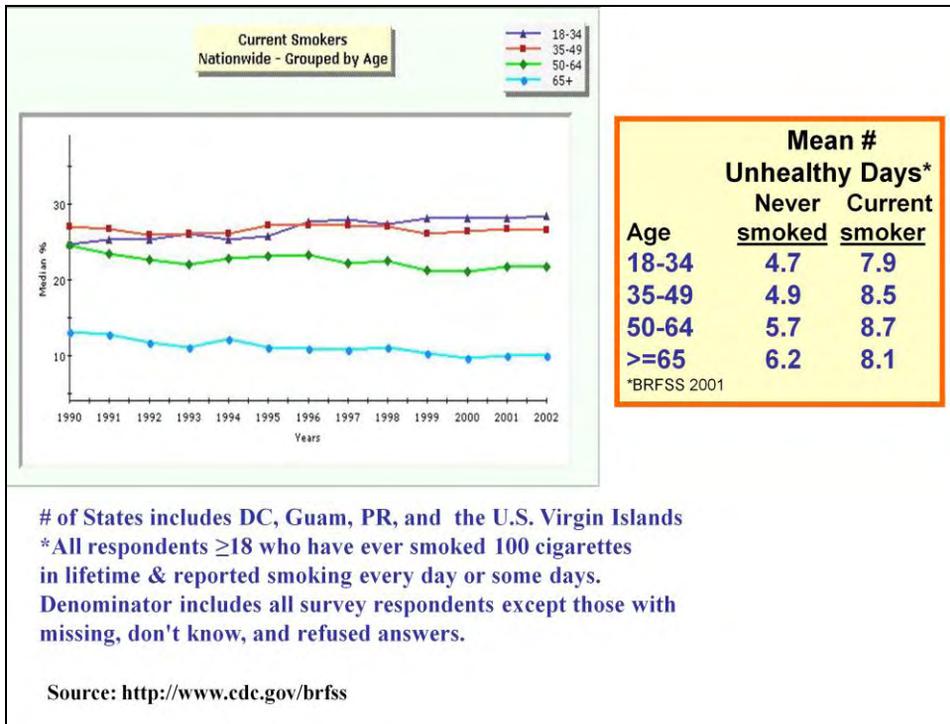
 = Physically unhealthy day

 = Mentally unhealthy day

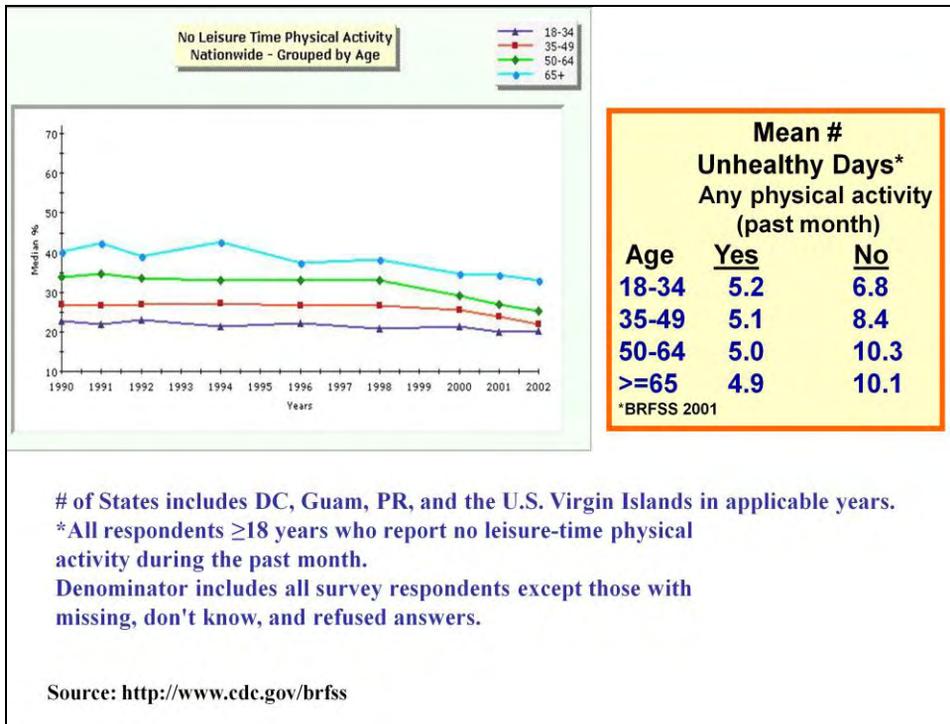
 = Healthy day



- This graphic provides an idea as to how physically, mentally, and overall unhealthy days are calculated from the questions on the previous slide.
- Unhealthy days are an estimate of the overall number of days during the previous 30 days when the respondent felt that either his or her physical or mental health was not good. To obtain this estimate, responses to questions 2 and 3 are combined to calculate a summary index of overall unhealthy days, with a logical maximum of 30 unhealthy days. For example, a person who reports four physically unhealthy days and two mentally unhealthy days is assigned a value of six unhealthy days, and someone who reports 30 physically unhealthy days and 30 mentally unhealthy days is assigned the maximum of 30 unhealthy days.
- The majority of individuals report substantially different numbers of physically unhealthy days versus mentally unhealthy days; for example, in the 1998 Behavioral Risk Factor Surveillance System (BRFSS), 67.8% of the 68,619 adults who reported any unhealthy days reported only physically unhealthy days or mentally unhealthy days.



- Graph indicates percentage of each group that are current smokers over time, 1990-2002.
- Box to the right displays mean number of unhealthy days according to age group and smoking status. It is evident that those who are current smokers experience a higher number of unhealthy days than non-smokers, on average, regardless of age group.
- Relevance: slide demonstrates relationship between a health behavior and mean number of unhealthy days.



- Graph indicates percentage of each group that reported no leisure time activity over time, 1990-2002.
- Box to the right displays mean number of unhealthy days according to age group and any reported physical activity in the past month. It is evident that those who were physically active in the past month experience a fewer number of unhealthy days than non-physically active individuals, on average, regardless of age group.
- Relevance: slide demonstrates relationship between a health behavior and mean number of unhealthy days.

Assignment Instructions:

- 1. Review health behavior related articles of interest on the HRQOL Surveillance Program website's Publications Page (available at http://www.cdc.gov/hrqol/publications_topic.htm#11).**
- 2. Identify and review an article of your choosing to determine the health behavior's impact on HRQOL.**
 - a) What relationships can you observe between the presence or absence of the health behavior and HRQOL outcomes?**
- 3. Propose a theoretically-based intervention to address the health behavior in question (e.g., Stages of Change/Transtheoretical model to guide a smoking cessation intervention).**

- Instructions for the student assignment.

Instructions continued:

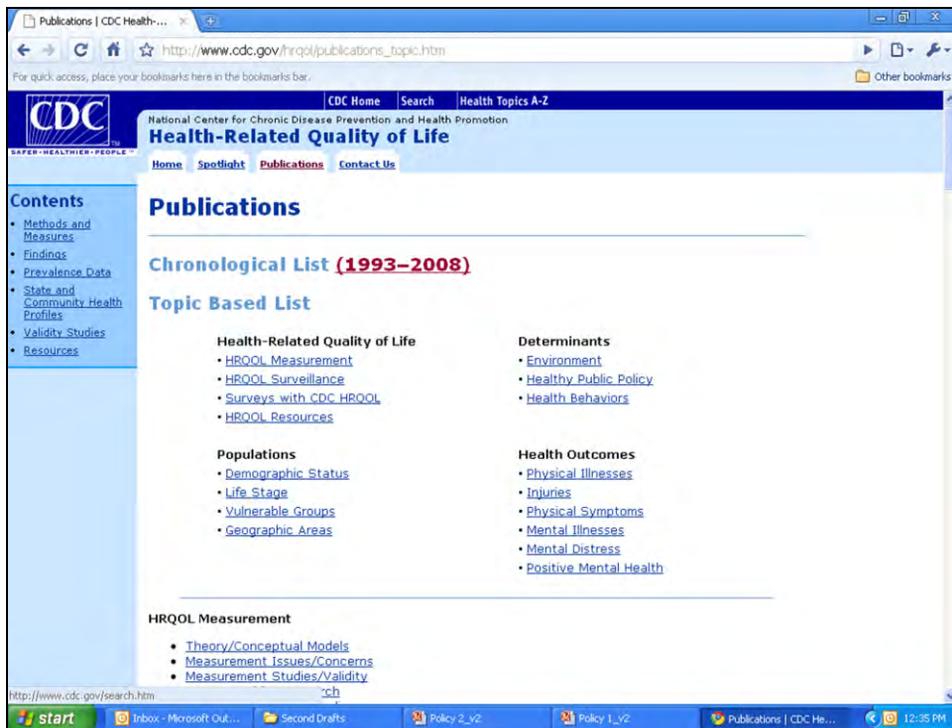
- 4. Write a paper (4-5 pages) that describes (a) findings and conclusions from the article review in terms of HRQOL impact of the health behavior; (b) your proposed intervention including application of the health behavior theory; and (c) the expected impact of your intervention on both the health behavior and HRQOL.**

Intermediate-level students should also:

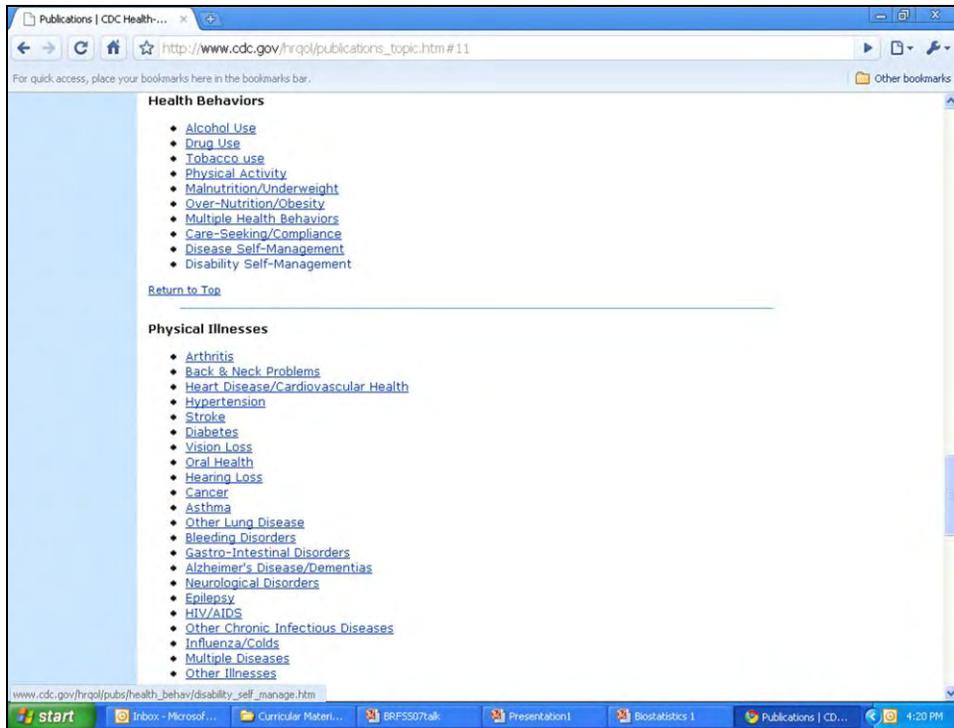
- 5. Develop an intervention evaluation plan (give consideration to both process and outcome evaluation) and include a description of the proposed evaluation methods in the paper.**

- Student instructions continued.

- Note that step 5 should be deleted from the slide and lesson plan if assignment is given to an introductory-level class or if students are not required to do this step.



- CDC HRQOL Surveillance Program’s Publications Page: Topic Based Listing.
- Students will visit this website to choose a health behavior article of interest



- The Health Behaviors section of the Publications Page.
- Note the articles are organized according to health behavior of interest.