

FertiQoL

The first internationally
validated instrument
to measure quality of life
in individuals experiencing
fertility problems

What is FertiQoL?

- FertiQoL is the first internationally validated self-report questionnaire that can be considered as a tool to assess the quality of life of an individual with infertility.¹⁻³
- FertiQoL, available in many languages, takes approximately 10 to 15 minutes to complete.^{2,3}
- The questionnaire includes 36 items and is divided into 4 domains (overall, personal, interpersonal, and healthcare) and 9 dimensions (emotional, psychological, physical, values, partner relationship, social network, occupational/work, medical, and psychoeducational).¹

How was FertiQoL developed?

- In 2002, the European Society of Human Reproduction and Embryology, the American Society for Reproductive Medicine, and Merck Serono (an affiliate of Merck KGaA, Darmstadt, Germany) joined forces to develop FertiQoL.¹
- Researchers, psychologists, social workers, counselors, patient user groups, gynecologists, and nurses in 8 countries generated a set of items that identified life domains affected by fertility problems.¹
- The first draft of FertiQoL was distributed to 1,400 people with fertility problems: 400 people in fertility clinics in 5 countries and 1,000 people online.¹
- For the sample used in validation of FertiQoL, 64% of the online sample and 30% of the clinical sample were from the United States.⁴

How should FertiQoL be used?

- FertiQoL can be administered to individuals independent of their infertility treatment status.²
- FertiQoL can be used as an instrument to facilitate improvement in the quality of life of those with infertility.
- Professionals, including mental health professionals, physicians, nurses, embryologists, researchers, and pharmacists, should be responsible for the administration of FertiQoL.¹
- An optional treatment module of 10 questions is also available and can be administered with FertiQoL to evaluate the impact of treatment on the quality of life of patients currently being treated for infertility.²

FertiQoL is available for free online at www.fertiqol.org.

VISIT FERTIQOL.ORG FOR DOWNLOADABLE PDFS IN MANY LANGUAGES.

FertiQoL International

Fertility Quality of Life Questionnaire (2008)

For each question, kindly check (tick the box) for the response that most closely reflects how you think and feel. Relate your answers to your current thoughts and feelings. Some questions may relate to your private life, but they are necessary to adequately measure all aspects of your life.

Please complete the items marked with an asterisk (*) only if you have a partner.

For each question, check the response that is closest to your current thoughts and feelings		Very Poor	Poor	Nor good nor poor	Good	Very Good
A	How would you rate your health?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
For each question, check the response that is closest to your current thoughts and feelings		Very Dissatisfied	Dissatisfied	Neither Satisfied Nor Dissatisfied	Satisfied	Very Satisfied
B	Are you satisfied with your quality of life?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
For each question, check the response that is closest to your current thoughts and feelings		Completely	A Great Deal	Moderately	Not Much	Not At All
Q1	Are your attention and concentration impaired by thoughts of infertility?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Q2	Do you think you cannot move ahead with other life goals and plans because of fertility problems?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Q3	Do you feel drained or worn out because of fertility problems?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Q4	Do you feel able to cope with your fertility problems?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
For each question, check the response that is closest to your current thoughts and feelings		Very Dissatisfied	Dissatisfied	Neither Satisfied Nor Dissatisfied	Satisfied	Very Satisfied
Q5	Are you satisfied with the support you receive from friends with regard to your fertility problems?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
*Q6	Are you satisfied with your sexual relationship even though you have fertility problems?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
For each question, check the response that is closest to your current thoughts and feelings		Always	Very Often	Quite Often	Seldom	Never
Q7	Do your fertility problems cause feelings of jealousy and resentment?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Q8	Do you experience grief and/or feelings of loss about not being able to have a child (or more children)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Q9	Do you fluctuate between hope and despair because of fertility problems?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Q10	Are you socially isolated because of fertility problems?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
*Q11	Are you and your partner affectionate with each other even though you have fertility problems?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Q12	Do your fertility problems interfere with your day-to-day work or obligations?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Q13	Do you feel uncomfortable attending social situations like holidays and celebrations because of your fertility problems?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Q14	Do you feel your family can understand what you are going through?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
For each question, check the response that is closest to your current thoughts and feelings		An Extreme Amount	Very Much	A Moderate Amount	A Little	Not At All
*Q15	Have fertility problems strengthened your commitment to your partner?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Q16	Do you feel sad and depressed about your fertility problems?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Q17	Do your fertility problems make you inferior to people with children?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Q18	Are you bothered by fatigue because of fertility problems?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
*Q19	Have fertility problems had a negative impact on your relationship with your partner?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
*Q20	Do you find it difficult to talk to your partner about your feelings related to infertility?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
*Q21	Are you content with your relationship even though you have fertility problems?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Q22	Do you feel social pressure on you to have (or have more) children?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Q23	Do your fertility problems make you angry?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Q24	Do you feel pain and physical discomfort because of your fertility problems?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

FertiQoL

FertiQoL was developed by Jacky Boivin, Janet Takefman, and Andrea Braverman with sponsorship from the European Society of Human Reproduction and Embryology (ESHRE), the American Society for Reproductive Medicine (ASRM), and Merck Serono (an affiliate of Merck KGaA, Darmstadt, Germany). ESHRE and ASRM jointly hold the rights to FertiQoL.

Visit www.fertiqol.org

References

1. FertiQoL Description. Available at: <http://www.fertiqol.org/description>. Accessed September 3, 2009.
2. FertiQoL Frequently Asked Questions. Available at: <http://www.fertiqol.org/faq>. Accessed September 3, 2009.
3. FertiQoL Instrument Description. Available at: <http://www.fertiqol.org/description/instrument>. Accessed September 22, 2009.
4. Data on file. Correspondence from Dr. Jacky Boivin.

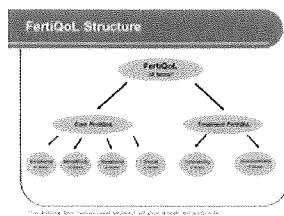




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FertiQoL Fertility Quality of Life

FertiQoL is a quality of life tool that measures a person's overall sense of wellbeing.



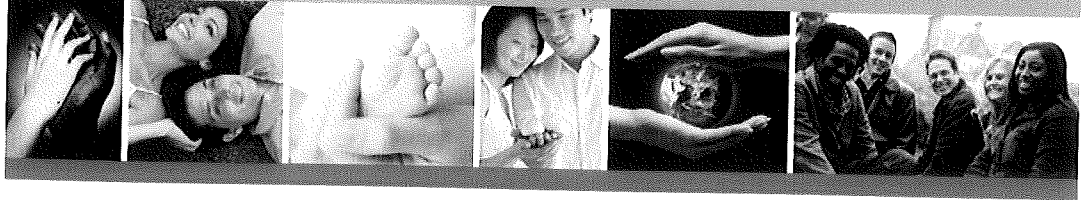
FertiQoL consists of 34 items (two additional items measure overall satisfaction with physical health and quality of life). FertiQoL is available in Dutch, English, Finnish, French, German, Italian, Spanish, Swedish, Portuguese, Russian. Translations currently under preparation are: Danish, Greek, Japanese, Arabic, Mandarin, Vietnamese and Korean.

Overall physical health and quality of life satisfaction: Two single items capture the personal overall evaluation of physical health ("How would you rate your health") and satisfaction with quality of life ("Are you satisfied with your quality of life"). There are two components to the remaining items. A core section to do with personal and interpersonal quality of life ("Core FertiQoL") and an optional section to do with treatment ("Treatment FertiQoL").

Personal quality of life: 12 items assess impact of fertility problems in the emotional (6 items) and mind-body (6 items) domains. The Emotional subscale assesses the extent to which the individual experiences the syndrome of negative emotions commonly associated with the experience of fertility problems (e.g., jealousy & resentment, sadness, depression). The Mind-Body subscale assesses to what extent the individual experiences negative physical symptoms (e.g., fatigue, pain) and cognitive or behavioral disruptions (e.g., poor concentration, disrupted daily activities, delayed life plans) as a result of the infertility.

Interpersonal quality of life: 12 items assess the impact of fertility problems in the relational (6 items) and social (6 items) domains. The Relational subscale assesses the extent to which components (e.g., sexuality, communication, commitment) of the marital relationship or partnership have been affected by fertility problems. The Social subscale measures the extent to which social interactions have been affected by fertility problems (e.g., social inclusion, expectations, stigma, support).

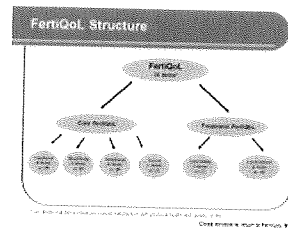
Optional treatment quality of life: 10 items assess quality of life during treatment, which includes any medical intervention or consultation, according to treatment environment (6 items) and treatment tolerability (4 items). The Treatment Environment subscale assesses accessibility and quality of treatment and interactions with medial staff. The Treatment Tolerability subscale assesses the experience of mental and physical symptoms and disruption in daily life due to treatment.



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Psychometric properties

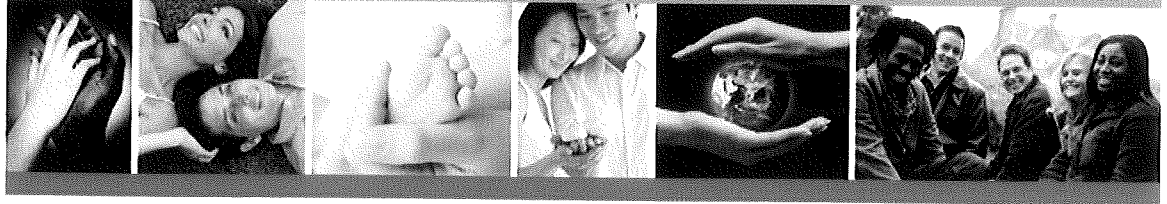
The FertiQoL Technical Working group is currently preparing an article describing the development of FertiQoL and preliminary psychometric properties.



Scale	Cronbach reliability coefficient	Mean (SD) SCALED SCORES N= 1230* Max range 0-100
Subscales		
Emotional	.90	45.11 (23.2)
Mind-Body	.85	51.25 (21.5)
Relational	.80	68.70 (19.2)
Social	.75	52.74 (18.6)
Treatment Tolerability	.72	61.5 (19.6)
Treatment Environment	.84	58.80 (20.6)
FertiQoL Core	.92	53.7 (17.2)
FertiQoL Treatment	.80	60.0 (16.2)

NOTE. *Sample size for treatment subscales and total, N=1050. SD=standard deviation

Cronbach alpha - internal reliability coefficient.



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Sample items from each subscale

Personal domain

- Emotional subscale: "Do your fertility problems cause feelings of jealousy and resentment?"
- Mind-Body subscale: "Do you think you cannot move ahead with other life goals and plans because of fertility problems?"

Interpersonal domain

- Relational subscale: "Have fertility problems strengthened your commitment to your partner?"
- Social subscale: "Do you feel social pressure on you to have (or have more) children?"

Optional Treatment domain

- Environment subscale: "How would you rate the surgery and/or medical treatment(s) you have received?"
- Tolerability subscale: "How complicated is dealing with the medical procedures and/ or administration of medication for your infertility treatment(s)?"

Languages

Dutch, English, Finnish, French, German, Italian, Portuguese, Russian, Spanish, Swedish

Translations in progress
Chinese, Danish, Hebrew, Hindi, Turkish