ASSESSING QUALITY OF LIFE IN YOUNG PEOPLE: THE ITALIAN VERSION OF THE YOUTH QUALITY OF LIFE INSTRUMENT

Marta Schweiger & Arianna Ristallo
IULM University, Milan & IESCUM, Parma

INTRODUCTION

Improving the quality of life (QOL) should be a primary focus for psychological interventions with children and adolescents and self-perceived QOL is particularly relevant for Acceptance and Commitment Therapy (ACT). Nevertheless there is no validated Italian questionnaire to measure QOL of young people without a specific medical disease. The aim of this study is to validate the Italian version of the Youth Quality of Life Instrument – Research Version (YQOL-R, Patrick & Edwards, 2002), a self-report measure that evaluates children and adolescents’ self perceptions about positive and negative aspects of their life in four different domains: Self, Relationships, Environment and General QOL.

SAMPLE AND METHODS

YQOL is a 41 items questionnaire about self perceived aspects of life evaluated by the subject on a 11 points scale (see Figure 1). The Italian translation of the original version was provided by the authors. A sample of 1287 Italian students aged 11-18 was recruited from different parts of Italy (see Table 1 and Graph 1). YQOL was administered in classrooms, during school hours by a psychologist, along with other measures:

- Avoidance and Fusion Questionnaire for Youth, (Greco et al., 2008)
- Child and Adolescents Mindfulness Measure (Greco et al., 2011)

YQOL was administered again after a month to a part of the sample (N= 395, Age 11-18).

RESULTS

Reliability

Cronbach’s alpha was used to assess for internal consistency of YQOL’s domains (see Table 2). R-Pearson’s coefficient of correlation between the first administration and the second administration of YQOL was used to evaluate test-retest reliability (See Table 3).

Factorial structure

A principal component analysis with orthogonal varimax rotation of a four factor solution was used to test the hypothesized factorial structure.

Correlations

R-Pearson’s coefficient of correlation was used to assess for relations between quality of life, avoidance and fusion and psychopathological symptoms (See Table 3). A strong negative significant correlation was found between self domain and total score of YQOL and Internalizing Problems of YSR (anxious depressed + withdrawn depressed + somatic complaints scales).

Moderate significant negative correlations were found between all domains of YQOL and AFQ-Y.

DISCUSSION AND CONCLUSIONS

The Italian version of YQOL showed acceptable psychometric properties and can be effectively applied in the Italian context to assess self-perceived QOL of adolescents for screening or therapeutic purposes.

Results indicate that low QOL (especially in adolescents for screening or therapeutic purposes.

REFERENCES


CONTACTS

arianna.ristallo@gmail.com
martaschweiger26@gmail.com