世界衛生組織生活品質問卷台灣簡明版在社區老人族群的適用性

Suitability of the WHOQOL-BREF Use in Community-dwelling Older People in Taiwan

中文摘要

由於人類壽命的延長，人們從重視生存與健康轉變爲重視健康相關生活品質（health-related quality of life），但多數用來測量健康相關生活品質的問卷，並無充足的證據顯示問卷是否適用在老人族群。故此研究目的，是在探討「世界衛生組織生活品質問卷台灣簡明版」在老人族群的適用性。研究對象是來自台中縣新社鄉中的六個村，其中六十五歲以上的老人共有 2072 位，完成第一次訪視的共有 1200 位；一年後完成第二次測量的共有 798 位。資料的收集是由經過標準化訓練的訪員至老人家中做訪視。健康相關生活品質的測量是使用「世界衛生組織生活品質問卷台灣簡明版」，此問卷架構包括有：整體生活品質及整體健康 2 題，及生理（共 7 題）、心理（共 6 題）、社會關係（共 4 題）及環境（共 9 題）四個範疇，總共有 28 題。問卷是否適用則是從可行性分析、信度分析、效度分析及感應度分析四部分來做探討。可行性分析結果顯示，「工作能力」及「性生活」這兩題，使用在老人族群時，會產生較多的遺漏值，分別爲 2.5%及 16.5%其他則是從 0.08% 至 0.83%。內部一致性的數值在各範疇中高巴氏α（Cronbach’s α）值皆大於 0.7；再測信度中，內在等級相關係數（Intraclass correlation coefficients）值大多數題目大於 0.7。區辨效度可以看出發生跌倒者其生活品質分數較沒發生跌倒者低；而患有慢性疾病者其生活品質分數也較沒有慢性疾病者低。收斂效度是以探索性因素分析來做，結果與原本的四個範疇不同。感應度（responsiveness）分析發現跌倒對生活品質所產生的變化以生理範疇最明顯，其效應值（effect size）爲-0.34；社會關係範疇最不明顯，其效應值爲-0.09。整體而言，雖然問卷中仍有兩題需做更進一步的修正，但此問卷可以適用在老人族群中。

英文摘要

The purpose of this study was to investigate the suitability of the brief Taiwan-version of the World Health Organization Quality of Life Questionnaire (WHOQOL-BREF) among 1,200 elderly subjects in of Taichung County, Taiwan. The Taiwan version of the 28-item WHOQOL-BREF is categorized into four domains: physical (7 items), psychological (6 items), social (4 items), and environmental (9 items). This study examines the practicality, reliability, validity, and responsiveness of the WHOQOL-BREF for older people. Results of the practicality were satisfactory because the percentages of the missing values in four domains ranged from 0.1 to 16.5. Cronbach’s α coefficients for internal consistence ranged from 0.73 to 0.79. In addition, intraclass correlation coefficients ranged from 0.59 to 0.94 for intra-observer variation, and from 0.39 to 0.97 for inter-observer variation. The scores of the four WHOQOL-BREF domains were lower in people who had a fall or a chronic disease than in those without a fall or a chronic disease. In the exploratory factor analysis, the items in the WHOQOL-BREF converged on 4 common factors. We used fall status as an external indicator to measure the responsiveness of each WHOQOL-BREF domain, and the effect sizes of the four domains ranged from -0.09 to -0.45. This study concluded that the use of the WHOQOL-BREF is suitable for the elderly.