**Psychometric Evaluation of Two Obesity and Weight-Loss Quality-of-Life Instruments: The OWLQOL and WRSM**

Donald L. Patric, Donald M. Bushnell, Laura A. Glouda, Dennis D. Goggin, Margaret Rothmann

**MATERIALS AND METHODS**

**Relevancy**

The OWLQOL and WRSM were developed to determine the QOL impacts of obesity and weight loss on both the individual and the caregiver. The OWLQOL measures the QOL impacts of obesity and weight loss, and the WRSM measures the QOL impacts of weight loss and its associated behaviors.

**Psychological General Well-being Index:**

The Psychological General Well-being Index (PGRC) is a measure of depressive symptomatology. It is a 20-item scale that assesses the frequency of depressive symptoms, such as feelings of sadness, hopelessness, and worthlessness.

**Medical Outcomes Study Short Form (SF-36):**

The Medical Outcomes Study Short Form (SF-36) is a 36-item generic measure of health-related quality of life. It covers eight health concepts: physical function, role-physical, bodily pain, general health, vitality, social function, role-emotional, and mental health.

**Psychometric Analysis**

**Measurement Model and Scoring**

The OWLQOL and WRSM are based on a summative score that addresses the QOL impacts of obesity and weight loss. The summative score and four domain subscale scores were transformed to a 0-100 scale, where 0 = “not at all” and 100 = “a very great deal.”

**Reliability**

Cronbach’s alpha was used to assess internal consistency reliability. The OWLQOL and WRSM were internally consistent (α = 0.87 and 0.83, respectively). The OWLQOL was also internally consistent (α = 0.85). The WRSM was internally consistent (α = 0.87) and reproducible (r = 0.83). The WRSM was internally consistent (α = 0.85) and reproducible (r = 0.83).

**Responsiveness and Interpretation of Change**

Responsiveness to change was assessed by calculating the change in OWLQOL and WRSM over the 12-week study. The change in OWLQOL and WRSM was related to the changes in the baseline scores. The change in OWLQOL and WRSM was related to the changes in the baseline scores. The change in OWLQOL and WRSM was related to the changes in the baseline scores. The change in OWLQOL and WRSM was related to the changes in the baseline scores.

**RESULTS**

**Conclusions**

The OWLQOL and WRSM are ready for use in clinical trials: both measures are valid, responsive, and reproducible. The OWLQOL and WRSM are ready for use in clinical trials: both measures are valid, responsive, and reproducible. The OWLQOL and WRSM are ready for use in clinical trials: both measures are valid, responsive, and reproducible. The OWLQOL and WRSM are ready for use in clinical trials: both measures are valid, responsive, and reproducible.