

## Family Caregiver-Specific Quality of Life Scale (FAMQOL)

Thank you for your interest in the Family Caregiver-Specific Quality of Life Scale (FAMQOL), which was previously known as Heart Failure Family Caregiver Quality of Life Scale (HFCQL). The FAMQOL measures the family caregiver's perception of their well-being stemming from physical, psychological, social, and spiritual domains as impacted by their caregiving responsibilities. The 16-item FAMQOL is a brief, easy to administer instrument that has evidence of reliability and validity in heart failure family caregivers. Physical, psychological, and social well-being can be measured with 4-item subscales.

Psychometric testing of the FAMQOL with 100 heart failure family caregivers was conducted using item analysis, Cronbach's alpha, intraclass correlation, factor analysis, and hierarchical multiple regression guided by a conceptual model. Caregivers were predominately female (89%), Caucasian (73%), and spouses (62%) or adult children (26%).

Evidence of internal consistency reliability ( $\alpha=.89$ ) was provided for the FAMQOL, with item-total correlations of .39 to .74. Two week test-retest reliability was supported by an ICC of .91. Using a one-factor solution and principal axis factoring, loadings ranged from .31 to .78 with 41% of the variance explained by the first factor (Eigen=6.5). With hierarchical multiple regression, 56% of the FAMQOL variance was explained by model constructs [ $F(8,91)=16.56, p<.001$ ]. Criterion-related validity was supported by correlations with SF-36 General ( $r=.45, p<.001$ ) and Mental ( $r=.59, p<.001$ ) Health Subscales and Bakas Caregiving Outcomes Scale ( $r=.73, p<.001$ ). Internal consistency and test-retest reliability and construct and criterion validity were provided for physical, psychological, and social well-being subscales.

### Scoring:

- Reverse scoring of items 1 through 7, so that 1=5, 2=4, 3=3, 4=2, and 5=1.
- For overall FAMQOL, sum all items. Possible range of 16-80, with 80 representing higher family caregiver-specific quality of life.
- Well-being subscales:
  - For physical well-being, sum items 1, 5, 8, and 9. Possible range of 4-20, with 20 representing higher physical well-being.
  - For psychological well-being, sum items 2, 3, 4, and 6. Possible range of 4-20, with 20 representing higher psychological well-being.
  - For social well-being, sum items 7, 10, 11, and 12. Possible range of 4-20, with 20 representing higher social well-being.

### References:

Nauser, J.A., Bakas, T., & Welch, J.L. (2011). A New Instrument to Measure Quality of Life of Heart Failure Family Caregivers. *Journal of Cardiovascular Nursing, 26*(1), 53-64.

Nauser, J. (2007). Heart Failure Family Caregivers: Psychometrics of a New Quality of Life Scale and Variables Associated with Caregiver Outcomes. IUPUI Dissertation Archives at <http://hdl.handle.net/1805/1139>.

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This group of questions is about how providing care to the heart failure patient has affected your life. Circle the number that most closely represents your level of agreement.

<i>As a caregiver,</i>	<b>Strongly Disagree</b>	<b>Disagree</b>	<b>Neither Disagree or Agree</b>	<b>Agree</b>	<b>Strongly Agree</b>
1. I seem to get sick more often.	1	2	3	4	5
2. I am overwhelmed.	1	2	3	4	5
3. I feel selfish when considering my own needs.	1	2	3	4	5
 <i>Because of caregiving,</i>					
4. I am tired.	1	2	3	4	5
5. My physical health has suffered.	1	2	3	4	5
6. I am strained emotionally.	1	2	3	4	5
7. I am socially isolated.	1	2	3	4	5
 <i>Even though I am a caregiver,</i>					
8. I am still able to exercise like I want.	1	2	3	4	5
9. I am able to get to my own checkups with doctors, dentists, and other health care providers.	1	2	3	4	5
10. I am able to participate in enjoyable activities.	1	2	3	4	5
11. I am able to maintain personal relationships with others.	1	2	3	4	5
12. I am able to practice religious activities if I want to.	1	2	3	4	5
 <i>Caregiving...</i>					
13. Adds to my purpose or mission in life.	1	2	3	4	5
14. Adds to my feelings of inner strength.	1	2	3	4	5
15. Gives me a sense of inner peace.	1	2	3	4	5
16. Gives meaning to my life.	1	2	3	4	5