Measuring Population Health from a Broader Perspective
Assessing the My Quality of Life Questionnaire

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Background
- In integrated care, broadening perspectives on the concept of population health focus on people's perception of resilience, meaningfulness and ability to adapt and self-manage.
- No validated instruments are available for assessing health that encompass these perspectives.
- The goal of this study is to determine whether the MyQualityOfLife.nl ("MyQualityOfLife.nl", MKVL) survey might fill this gap.

Method
- 19,809 individual entries of the MKVL survey were used.
- Huber's positive health and its six dimensions were used as a conceptual framework for analyses:
  - physical functioning
  - mental health
  - meaningfulness
  - quality of life
  - social participation
  - and daily functioning
- Face validity was assessed by means of expert feedback using this framework.
- Confirmative factor analyses (CFA), followed by a data-driven explorative factor analyses (EFA) and reliability tests (Cronbach's alpha) were performed.

Results
- Experts distributed 74 of 118 MKVL-items over the six dimensions of positive health.
- 44 items either reached no consensus or were considered not applicable.
- The CFA-model based on expert classification was not confirmed by the data.
- The EFA excluded most items based on factor loading and suggested two factors:
  - Quality of life (23 items)
  - Daily functioning (7 items).
- Both EFA factors showed excellent reliability (Cronbach's alpha > 0.9).

Conclusion
The MKVL survey can be used to assess the broader concept of health in a population as well as the more specific 'quality of life' and 'daily functioning'. However, the survey lacks the ability to evaluate several of the positive health dimensions separately. Further research is needed to determine whether this is due to the instrument or the positive health dimensions.

Published by National Institute for Public Health and the Environment
P.O. Box 1, 3720 BA Bilthoven
The Netherlands
www.rivm.nl/en

Figure 1. The Scree Plot based on the exploratory factor analysis suggests the presence of two factors in the MKVL survey.