



QUALITY OF LIFE, QUALITY OF CARE, AND PATIENT SAFETY

MEASURING PATIENTS' SUBJECTIVE WELL-BEING WITH THE "DAILY EXPERIENCE SAMPLING QUESTIONNAIRE" (DESQ)

C Blome⁽¹⁾ - N Kirsten⁽¹⁾ - M Augustin⁽¹⁾

University Medical Center Hamburg-ependorf, Institute For Health Services Research In Dermatology And Nursing, Hamburg, Germany⁽¹⁾

Background: Subjective well-being (SWB) can be measured on a moment-to-moment basis using Experience Sampling, where patients rate their SWB multiple times a day on a mobile device. This, however, affords a compatible device and responding is impossible in many situations. Another approach called "Day Reconstruction Method" is an end-of-day measure with patients retrospectively rating their SWB during each single episode of the day, but this is time consuming. To address these methodological limitations, we developed the DESQ: In this end-of-day measure, patients retrospectively rate their SWB at 6 randomly varied, single moments of the day (e.g., 7:15 a.m.).

Objective: This study evaluated the DESQ for validity, sensitivity to change, retest-reliability, and acceptance.

Methods: 101 adult patients with the chronic skin disease psoriasis and 105 control participants without psoriasis completed the DESQ each evening for three weeks. In the second and third week, they also conducted an Experience Sampling (used as gold standard for SWB measurement). Criterion validity was determined as week-wise intra class correlation (ICC) between both methods. As convergent criteria, health-related quality of life (Skindex-17; EQ-5D), SWB (Positive and Negative Affect Scale; Satisfaction with Life Scale), neuroticism (NEO-FFI) and depression (ADS-K) were assessed.

Results: Criterion validity was excellent with ICC = 0.86 (95% confidence interval: 0.81-0.91) in patients and 0.86 (0.79-0.91) in controls. Sensitivity to change (partial correlation between instruments, week 2-3) was significant with $r = 0.67$ (patients) and $r = 0.70$ (controls). Correlations with convergent criteria were significant, except for the Skindex-17, with decreasing effect sizes depending on the proximity of constructs. Retest-reliability was ICC = 0.77 and 0.81. 97% of participants found daily completion of the DESQ (rather) feasible.

Conclusion: The DESQ is a valid, reliable, and feasible instrument for SWB measurement. It can be used as an alternative to Experience Sampling with mobile phones.

