

European Quality of Life Scale-5  
Dimensions-5 Levels  
(EuroQoL-5D-5L / EQ-5D-5L)



# EQ-5D-5L

- ▶ Patient-reported outcome
- ▶ Assesses health-related quality of life
- ▶ Descriptive system and visual analogue scale
- ▶ Descriptive system assesses 5 dimensions
  - Mobility, self-care, usual activities, pain/discomfort and anxiety/depression
  - Each dimension has 5 levels: no problems, slight problems, moderate problems, severe problems and extreme problems
- ▶ Visual analogue scale records patient's self-rated health
  - Vertical visual analogue scale
  - Endpoints are labelled 'The best health you can imagine' and 'The worst health you can imagine'.

# EQ-5D-5L Descriptive System

Under each heading, please tick the ONE box that best describes your health TODAY.

## MOBILITY

- I have no problems in walking about
- I have slight problems in walking about
- I have moderate problems in walking about
- I have severe problems in walking about
- I am unable to walk about

## SELF-CARE

- I have no problems washing or dressing myself
- I have slight problems washing or dressing myself
- I have moderate problems washing or dressing myself
- I have severe problems washing or dressing myself
- I am unable to wash or dress myself

## USUAL ACTIVITIES *(e.g. work, study, housework, family or leisure activities)*

- I have no problems doing my usual activities
- I have slight problems doing my usual activities
- I have moderate problems doing my usual activities
- I have severe problems doing my usual activities
- I am unable to do my usual activities

## PAIN / DISCOMFORT

- I have no pain or discomfort
- I have slight pain or discomfort
- I have moderate pain or discomfort
- I have severe pain or discomfort
- I have extreme pain or discomfort

## ANXIETY / DEPRESSION

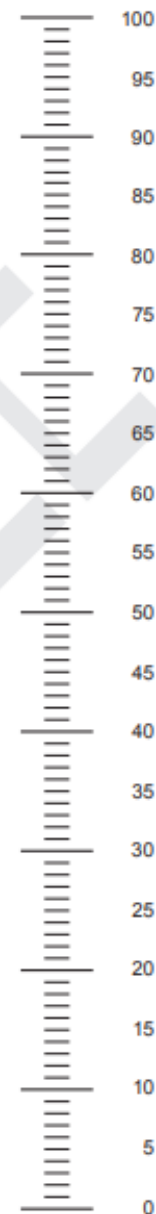
- I am not anxious or depressed
- I am slightly anxious or depressed
- I am moderately anxious or depressed
- I am severely anxious or depressed
- I am extremely anxious or depressed

# EQ-5D-5L Visual Analogue Scale

- We would like to know how good or bad your health is TODAY.
- This scale is numbered from 0 to 100.
- 100 means the best health you can imagine.  
0 means the worst health you can imagine.
- Mark an X on the scale to indicate how your health is TODAY.
- Now, please write the number you marked on the scale in the box below.

YOUR HEALTH TODAY =

The best health  
you can imagine



The worst health  
you can imagine

# EQ-5D-5L Administration Instructions

- ▶ Interviewer-administered measure
- ▶ In person, video, or phone
- ▶ Patient or proxy
  - Patient if patient can answer
  - Typically patient can answer if they can follow 3 step command or MMSE 16 or higher
- ▶ Framing statement to give to patient
  - “Under each heading, please tick the ONE box that best describes your health TODAY.”