

The Stellenbosch Endometriosis Quality of Life (SEQOL)

Description

The SEQOL is used to measure health-related quality of life in women with endometriosis. The questionnaire consists of 35 questions that cluster into 8 dimensions.

The SEQOL was developed as a Doctoral thesis and is the property of the University of Stellenbosch. Permission to make the measure available in the public domain has been granted by Innovus on behalf of the university. The measure may be referenced as follows:

Roomaney, R., Kagee, A., & Stellenbosch University. Faculty of Arts Social Sciences. Dept. of Psychology. (2017). The construction and validation of a health-related quality of life measure for women with endometriosis. Stellenbosch: Stellenbosch University.

Instructions

Below is a list of statements that other women with endometriosis have said affects their quality of life (QOL). Please indicate if these statements relate to your experience of the impact of endometriosis on your QOL.

Please circle or mark one number per line to indicate your response as it applies to the past 8 weeks. Calculate a score for each set of questions by adding the numbers that you circled. You can score the measure at different times (e.g. monthly) to monitor changes in quality of life.

Because of my endometriosis....

Psychological well-being

	Not at all	A little bit	Some what	Quite a bit	Very much
1. I was worried that my condition would get worse	1	2	3	4	5
2. I felt helpless	1	2	3	4	5
3. I felt like I am the only person with endometriosis	1	2	3	4	5
4. I was concerned about living with endometriosis for the rest of my life	1	2	3	4	5
5. I struggled to cope	1	2	3	4	5
6. I was unsure about how to manage my pain	1	2	3	4	5
7. I felt anxious about not knowing how to deal with my endometriosis	1	2	3	4	5

TOTAL

Vitality

	Not at all	A little bit	Some what	Quite a bit	Very much
8. I experience pain all the time	1	2	3	4	5
9. My symptoms affected my day-to-day living	1	2	3	4	5
10. I had to stay in bed	1	2	3	4	5
TOTAL					<input type="text"/>

Income

	Not at all	A little bit	Some what	Quite a bit	Very much
11. I resigned/quit schooling because of my illness	1	2	3	4	5
12. I missed school/work because of my illness	1	2	3	4	5
13. I was forced to take unpaid leave because of my illness	1	2	3	4	5
14. My illness limited my ability to earn an income	1	2	3	4	5
TOTAL					<input type="text"/>

Sexual functioning and romantic relationships

	Not at all	A little bit	Some what	Quite a bit	Very much
15. I was scared of having sexual intercourse	1	2	3	4	5
16. I avoided sexual intercourse	1	2	3	4	5
17. Pain during sexual intercourse affected my relationship	1	2	3	4	5
18. I avoided relationships because of painful sexual intercourse	1	2	3	4	5
19. Endometriosis caused difficulty in my romantic relationship	1	2	3	4	5
TOTAL					<input type="text"/>

Reproductive functioning

	Not at all	A little bit	Some what	Quite a bit	Very much
20. I felt pressure to have a child	1	2	3	4	5
21. My difficulty falling pregnant caused problems in my relationship	1	2	3	4	5
22. I felt frustrated trying to get pregnant	1	2	3	4	5
23. I gave up hope of having my own child	1	2	3	4	5
24. It was difficult for me to be around people with children	1	2	3	4	5
25. I preferred it if people did not ask me why I do not have children	1	2	3	4	5
TOTAL					<input type="text"/>

Occupational functioning

	Not at all	A little bit	Some what	Quite a bit	Very much
26. People at work/school did not believe my pain	1	2	3	4	5
27. My colleagues did not support me	1	2	3	4	5
28. I could not work when I was in pain	1	2	3	4	5
29. I was hesitant to enter a new work environment as I am afraid that other employers may not understand my illness	1	2	3	4	5
TOTAL					<input type="text"/>

Menstrual characteristics

	Not at all	A little bit	Some what	Quite a bit	Very much
30. I was concerned about the clots in my period	1	2	3	4	5
31. I was worried that my period was not normal	1	2	3	4	5
32. I felt that my period drained me	1	2	3	4	5
TOTAL					<input type="text"/>

Support

	Not at all	A little bit	Some what	Quite a bit	Very much
33. I needed guidelines on how to manage my endometriosis	1	2	3	4	5
34. I needed more support	1	2	3	4	5
35. I felt the need to speak to other women with endometriosis	1	2	3	4	5
TOTAL					<input type="text"/>

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