

## ITQOL: Infant Toddler Quality of Life Questionnaire (For content review only)

The Infant Toddler Quality of Life Questionnaire™ (ITQOL) was developed for use in infants and toddlers at least 2 months of age up to 5 years. The Infant Toddler Quality of Life Questionnaire™ (ITQOL) adopts the World Health Organization's definition of health, as a state of complete physical, mental and social well being and not merely the absence of disease. The survey was developed following a thorough review of the infant health literature and a review of developmental guidelines used by pediatricians. The 47 item short-form and the 97 item full-length versions measure the same concepts; just with fewer items. For each concept, item responses are scored, summed, and transformed to a scale from 0 (worst health) to 100 (best health). Summary scoring and norms are not yet available for either length of the ITQOL.

Completion times can vary depending on a complex host of issues such as the setting, context, age, cognitive functioning, language, layout, etc. Time frames for response options vary - for example some scales ask about the past 4 weeks, the global health items asks about health "in general" and the global change items asks as compared to one year ago. There are some skip patterns as the Behavior Scales and Change in Health items are not appropriate for infants less than 12 months of age. Response options for both lengths of the ITQOL scales are five levels, with the exception of Parent-Time Limitations which is 4 levels. The item stems and statements (i.e. survey content) provided below give you an indication of the different response options (e.g. How much, how often etc.) used throughout the surveys.

### Infant Toddler Quality of Life Questionnaire – 47 Items

Infant/toddler focused concepts:

- How would you rate your child's health?
- Considering your child's age and abilities, has he/she been limited in any of the following because of health or learning problems? Feeding/nursing/eating; Sleeping; Grasping; Rolling over; Playing; Taking steps or walking
- How satisfied are you with your child's: Physical growth and development? Motor development? Responsiveness to others? Language development?
- How much bodily pain or discomfort (due to gas, teething, injury, illness) has your child had anywhere in his/her body?
- How often has your child had discomfort or pain anywhere in his/her body?
- How much of the time did your child seem: Less active than usual? Bothered or upset?; "Just not him/herself"?; Cheerful?; Easily upset?; Alert?
- How much do you agree/disagree with each statement for your child? My child's behavior is sometimes difficult to manage; My child seems to misbehave more often than other children I know; People have complimented me on my child's behavior. Others have complained about my child's behavior.
- Compared to children of the same age, how would you rate your child's behavior overall?
- How often did your child: Have behavior that was difficult to manage? Get along with other children? Throw tantrums? Respond positively to affection? Act withdrawn? Act his/her age? Listen to or follow directions?
- How true or false is each statement for your child? My child seems to be less healthy than other children I know; My child has never been seriously ill; When there is something going around my child usually catches it; I expect my child will have a very healthy life; I worry about my child's health more than other people worry about their children's health.
- Compared to one year ago, how would you rate your child's health now?

Parent-focused concepts:

- How much anxiety or worry did each of the following cause you? Your child's physical health; emotional well-being/behavior/temperament; learning abilities or cognitive development; ability to interact with others
- Were you LIMITED in the amount of time YOU had for your own personal needs due to problems with your child's: physical health; emotional well-being/behavior/temperament; learning abilities or cognitive development; ability to interact with others
- How would you rate your family's ability to get along with one another?

**Infant Toddler Quality of Life Questionnaire – 97 Items**

Infant/toddler focused concepts:

- Overall health (1 item)
- Amount of limitation in physical activities such as eating, sleeping, grasping and playing due to health or learning problems (10 items)
- Satisfaction with development (physical growth, motor, language, cognitive), habits (eating, feeding, sleeping) and overall temperament (10 items)
- Amount, frequency of bodily pain/discomfort and the extent to which pain/discomfort interferes with normal activities (3 items)
- Frequency of certain moods and temperaments, such as sleeping/eating difficulties, crankiness, fussiness, unresponsiveness, playfulness and alertness (18 items)
- Perceptions of current, past and future behavior (12 items)
- Overall behavior (1 item) and frequency of behavior problems, such as following directions, hitting, biting others, throwing tantrums, and easily distracted. Frequency of positive behaviors, such as ability to cooperate, appears to be sorry, and adjusts to new situations (15 items)
- Perceptions of current, past and future health (11 items)
- Perceptions of changes in health over the past year (1 item)

Parent-focused concepts:

- Amount of worry experienced by parent due to child's eating/sleeping habits, physical and emotional well-being, learning abilities, temperament, behavior and ability to interact with others in an age-appropriate manner (7 items)
- Amount of time limitations experienced by parent (time for his/her own needs) due to child's eating/sleeping habits, physical and emotional well-being, learning abilities, temperament, behavior and ability to interact with others in an age-appropriate manner (7 items)
- Rating of family's ability to get along with one another (1 item)