

Instrument developed to assess quality of life in Meniere disease

May 6 2024, by Elana Gotkine



A brief, valid instrument has been developed for assessing quality of life in Meniere disease, [according to a study](#) published online April 30 in *The*

Laryngoscope.

Alexandra E. Quimby, M.D., M.P.H., from the Hospital of the University of Pennsylvania in Philadelphia, and colleagues created a 24-item Meniere [disease quality of life](#) (MenQOL) instrument using a sequential process of expert input, patient focus groups, and analyses of responses to draft questionnaires.

The MenQOL and Short-Form-36 version 2 (SF-36v2) were administered to 50 patients with Meniere disease and 60 patients with tinnitus, vertigo, or hearing loss from other causes.

The researchers found that the MenQOL has a single domain based on exploratory factor analysis. For the instrument as a whole, a Cronbach's α score of 0.914 indicated high internal consistency. Relative to comparison patients, patients with Meniere disease had significantly worse quality of life based on mean MenQOL scores (52.5 ± 15.8 versus 43.2 ± 12.6), indicating good construct validity.

In bivariate linear regressions, significant inverse relationships were seen between total MenQOL scores and SF-36v2 physical and mental composite scores, indicating acceptable concurrent validity (slopes, -0.94 and -1.16 , respectively).

"Subsequent to further study confirming validity and examining changes over time and in response to treatment, we hope that the instrument may become a widely adopted disease-specific QOL scale for use in Meniere disease," the authors write.

More information: Alexandra E. Quimby et al, Development and Initial Validation of a Meniere's Disease Quality of Life Instrument: The

MenQOL, *The Laryngoscope* (2024). [DOI: 10.1002/lary.31478](https://doi.org/10.1002/lary.31478)

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Citation: Instrument developed to assess quality of life in Meniere disease (2024, May 6)
retrieved 21 June 2024 from <https://medicalxpress.com/news/2024-05-instrument-quality-life-meni-ere-disease.html>

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