

McMillan CV, Bradley C, Gibney J, Russell-Jones DL and Sönksen PH (2001) Measuring psychological well-being in adult growth hormone deficiency. *Proceedings of the British Psychological Society*, **9** (1) 71.

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### **Abstract**

**Objectives:** To evaluate psychometric properties of measures of psychological well-being for use with adults with GHD: General Well-being Index, (GWBI), 22-item Well-being Questionnaire (W-BQ22) and its 12-item short form (W-BQ12).

**Methods:** Data from a questionnaire survey of 157 adults with treated or untreated GHD were used to investigate reliability, structure and other aspects of validity. Sensitivity to change was investigated in a randomised placebo-controlled study of 3 months' withdrawal of growth hormone (GH) from 21 GH-treated adults.

**Results:** All three questionnaires were highly acceptable to respondents and had high internal consistency reliability (Cronbach's alphas for scale totals > 0.93). Preliminary evidence for construct validity was obtained through detection of some expected sub-group differences. The W-BQ was found to be more sensitive to change than GWBI. A significant (1-tailed) time-by-treatment-group interaction was found for the W-BQ Energy subscale (identical in both W-BQ questionnaires). Patients withdrawn from GH had reduced energy at end of withdrawal period as expected. The GWBI found no significant change.

**Conclusions:** The W-BQ12 is recommended in preference to the GWBI to measure well-being in adult GHD owing to its brevity, provision of useful subscales (the GWBI has no validated subscales), better performance in distinguishing between sub-groups, and superior sensitivity to change. The W-BQ12 is preferred over the W-BQ22 for its brevity, improved structure with balance of positively- versus negatively-worded items, and subscales of equal length. Other aspects of validity and reliability are similar in both W-BQ12 and W-BQ22. Reliable measurement of psychological well-being is important in health psychology.