

Speight J and Bradley C (2002) The W-BQ28 measure of generic and diabetes-specific well-being is shown to be reliable, valid and sensitive to change in DIABQoL+ and DAFNE studies. *Diabetic Medicine*, 19 (Suppl 2), 10, A38.

Oral Presentation at the Diabetes UK Annual Professional Conference, Birmingham, 13 - 15 March 2002.

The W-BQ28 measure of generic and diabetes-specific well-being is shown to be reliable, valid and sensitive to change in DIABQoL+ and DAFNE studies.

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The 12-item Well-being Questionnaire (W-BQ12) is a valuable generic measure of well-being in people with diabetes. Additional stress and diabetes-specific subscales are needed to identify people depressed, anxious or stressed about their diabetes who may not be generally depressed, anxious or stressed.

A 64-item questionnaire, including W-BQ12 items and new stress and diabetes-specific items, was investigated in the questionnaire development study, DIABQoL+ (n=789). Factor and reliability analyses guided item selection resulting in the W-BQ28. Construct validity and test-retest reliability were examined. Sensitivity to change was investigated in the DAFNE (Dose Adjustment For Normal Eating) trial (n=141).

Seven 4-item subscales were identified: Generic Negative Well-being, Energy, Positive Well-being, and Stress, and Diabetes-Specific Negative Well-being, Positive Well-being, and Stress. Internal reliability for each subscale was excellent (alpha coefficients: 0.80 to 0.87). Test-retest reliability (one year) was 0.79 or greater for all combined scales. Construct validity (correlations with HbA1c) and sensitivity to change were demonstrated. As expected, new diabetes-specific subscales correlated more highly with HbA1c and showed greater benefits of DAFNE than generic (e.g. following training, Diabetes-Specific Positive Well-being improved more ($F=39.35$, $p<0.0001$) than Generic Positive Well-being ($F=12.43$, $p<0.001$)).

The W-BQ28 is a valid, reliable and sensitive measure of generic and diabetes-specific well-being.