

KINDL(R)



KINDL(R) is a short set of questionnaires that can be completed both by children/adolescents and by their parents.

KINDL(R) covers aspects of health-related quality of life associated with physical well-being, emotional well-being, self-esteem, family, friends and everyday functioning. It also reports an overall score for quality of life. We report results for all domains. Lower scores indicate worse quality of life for the specific domain. The score is compared with a population of healthy school children from Hamburg, Germany and data from a large German health survey.^{1, 2} We recommend you complete the KINDL(R) for your child every 6 months.

We included the KINDL(R) in MyFampal Parent because we believe it sums-up the impact on a child of the ups and downs within their life, in a single questionnaire.

Focus on Health-related Quality of Life

The developers of the KINDL(R) describe it as a health-related quality of life questionnaire, however, because it includes facets that address family, friends and everyday functioning, we believe it addresses quality of life more broadly.

The questionnaire is available for different age groups and stages of development. MyFampal Parent includes the parent-completed version only.

Quality of life has many different definitions, and despite focus on adults, we prefer the World Health Organization

At a glance

A questionnaire for measuring quality of life in children and adolescents. KINDL(R) is available in a range of formats for both parents and children of different ages. It can help provide a baseline measure of quality of life for a child and evaluate changes in quality of life over time.

Found in

MyFampal Parent

Source

Bullinger, Ravens-Sieberer (2000)¹

Abbreviation

KINDL(R)

Category

Know your child

For children and adolescents aged 3 to 17 years

Answered by adult

Structure & Focus

25 questions if child is well and aged 7 years or greater (to 53 questions if child is unwell and aged less than 7 years)

Overall quality of life, physical well-being, emotional well-being, self-esteem, family, friends, everyday functioning.

Frequency

Every 6 months

Credibility

★★★★★



(WHO) definition they chose in their development of their quality of life measurement questionnaire, the WHOQOL. Quality of life was defined by WHO as, “individuals’ perception of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards and concerns. It is a broad ranging concept affected in a complex way by the persons’ physical health, psychologi-

Emotional Well-being

Emotional well-being helps you assess aspects of emotional well-being such as having fun or feelings of insecurity.

Self-esteem

The self-esteem domain helps you assess your child’s feelings such as pride, and satisfaction with themselves.



cal state, level of independence, social relationships and their relationship to salient features of their environment”.³

Since the KINDL(R) focuses upon respondents’ perceptions on aspects of their child’s quality of life, it is not expected to provide a means of measuring in any detailed manner symptoms, diseases, conditions, or disability, but rather the perceived effects of circumstances on the individual’s quality of life.

Overall quality of life

A child’s overall quality of life is measured using responses to every question and represents a single summary measure of quality of life. Other facets are covered in subscales.

Physical Well-being

This facet of quality of life deals with your child’s energy levels, feelings of illness, aches and pains and tiredness.

Family

The family aspect of quality of life measures how well you believe your child is getting on at home.

Friends

The friends facet helps you evaluate how well your child gets on in the company of other children.

Everyday Functioning

The everyday functioning domain deals with your child’s capacity to cope and get on well at school (older children) or kindergarten (younger children).

‘Disease’ Module

If you answered ‘Yes’ to a question about hospitalization or long-term illness, 6 additional questions are asked that are concerned with how your child is coping with the hospital visit or illness.



Strengths and limitations

Pros:

- Simple to complete and validated for parent-completion
- Provides an overall quality of life score
- Domains provide useful insights
- Differentiates between healthy and sick respondents

Cons:

- Developed in German. English language versions may benefit from further language refinement
- Has no threshold of higher risk, so results reported in the dials show how unusual the result is, not how risky

Comparator information

Your child's results are compared with a population of healthy school children from Hamburg, Germany and data from a large German health survey.^{1, 2} Unlike many other questionnaires included in MyFampal Parent, we are able to make comparisons more specific to the age and sex of your child. Children with long-term illness or those who are in hospital are compared with a similar group of children from the above German studies. As we collect more information from KINDL (R) from our MyFampal families we will improve these comparisons by enabling more country specificity. The KINDL(R) individual results are presented on a dial, however, the 'at risk' and 'some risk' zones denote unusual quality of life scores and should not be used to infer any clinical meaning.

References

1 Ravens-Sieberer U, Bullinger M. KINDL(R) Manual Questionnaire for Measuring Health-Related Quality of Life in Children and Adolescents Revised Version. 2000. <http://www.kindl.org/english/manual/> (accessed March 23, 2016).

2 Ravens-Sieberer PDU, Ellert U, Erhart M. Gesundheitsbezogene Lebensqualität von Kindern und Jugendlichen in Deutschland. *Bundesgesundheitsblatt - Gesundheitsforschung - Gesundheitsschutz* 2007; **50**: 810–8.

3 Power M, Kuyken W. The World Health Organization quality of life assessment (WHOQOL): Development and general psychometric properties1. *Soc Sci Med* 1998; **46**: 1569–85.

For more information

www.myfampal.com

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