

Name of Measure: The Medical Outcomes Study short form (SF-36) (Ware & Sherbourne, 1992)

Purpose of Measure: To assess health related quality of life

Author(s) of Abstract:

Marianne R. Yoshioka, Ph.D.

Columbia University School of Social Work,

622 West 113th Street, New York, NY 10025

212-854-5669

mry5@columbia.edu

Reference: Yoshioka M. unpublished data. The research reported here was supported by funds provided by a NIH award, (Grant 2P01 DK42618-06A)

Description of measure: The Medical Outcomes Study short form (SF-36) is a 36-item instrument for measuring health status and outcomes from the patient's point of view. Designed for use in surveys of general and specific populations, health policy evaluations, and clinical practice and research, the survey can be self administered by people 14 years of age or older, or administered by trained interviewers either in person or by telephone. This instrument has been widely used in clinical studies and has been demonstrated to have adequate psychometric integrity (McHorney, Ware, & Raczek, 1993; Ware & Sherbourne, 1992). The SF-36 measures the following eight health concepts, which are relevant across age, disease and treatment groups:

- Limitations in physical activities because of health problems;
- Limitations in usual role activities because of physical health problems;
- Bodily pain;
- General health perceptions;
- Vitality (energy and fatigue);
- Limitations in social activities because of physical or emotional problems;
- Limitations in usual role activities because of emotional problems; and
- Mental health (psychological distress and well-being).

Based on a sample of 2,462 subjects, McHorney et al., (1993) report that based on their scores on the SF-36, patients with minor and with serious medical conditions could be distinguished on aggregate. Patients with serious medical conditions scored significantly lower.

Language Availability: English only.

Translation Comments: N/A.

Description of Asian population: Thirty-three healthy adults recruited into a medical study of body composition (i.e., the measurement of bone composition, water and mineral content) conducted in a large city in the northeastern United States. Participants were identified only in terms of race (e.g. Asian). These Asian adults were 41 years old (s.d. 21 years) on average, 45.5% were men and 54.5% were women.

Norms:

Average Total Scores (Standard Deviations) for MOS sub-scales by race

	Asian N=33	White N=45	Black N=39	Hispanic N=33	Other N=26	Total N=176
Physical Functioning	89.09 (17.92)	88.44 (17.93)	89.10 (18.81)	89.70 (21.25)	95.38 (8.82)	89.97 (17.76)
Role limits due to health problems*	97.73 (9.61)	79.44 (35.07)	88.46 (26.19)	85.60 (28.66)	91.35 (18.63)	87.78 (26.72)
Body pain	82.85 (10.08)	74.96 (16.80)	75.62 (20.11)	77.33 (19.04)	79.77 (11.02)	77.74 (16.42)
General Health	80.06 (13.26)	75.47 (17.1)	77.15 (16.55)	79.03 (16.73)	79.34 (22.25)	77.94 (17.03)
Vitality	71.06 (12.79)	61.44 (17.92)	65.77 (19.75)	60.15 (23.67)	62.31 (21.22)	64.10 (19.42)
Social functioning	93.56 (14.70)	83.61 (21.12)	83.33 (21.52)	82.57 (24.19)	83.65 (18.29)	85.23 (20.58)
Role limits due to emotional problems	90.90 (20.87)	75.56 (36.51)	85.47 (27.35)	77.78 (36.00)	92.31 (23.68)	83.52 (30.65)
Mental Health	82.79 (13.95)	74.04 (14.89)	76.72 (17.81)	73.45 (17.43)	74.15 (14.93)	76.18 (16.10)

* p < .05 Post hoc testing show that Asians score significantly higher than Whites on the role limitations due to health problems sub-scale (p < .05). All other inter group differences were non-significant.

Reliability: Cronbach alpha coefficients were computed based on the responses of the 33 Asian adults: General Health (5 items) = .5771; Mental Health (5 items) = .7719; Physical functioning (10 items) = .8976; Limits due to emotional problems (3 items) = .5870; Limits due to health problems (2 items) = .7165; Vitality (4 items) = .5188; Body Pain (2 items) = .7165; Social Functioning (2 items) = .5425.

Validity: Established by Ware & Sherbourne (1992)

Reference to original instrument:

Ware, J.E., & Sherbourne, C.D. (1992). The MOS 36-item short-form health survey (SF-36). *Medical Care*, 30(6), 473-483.

How to obtain a copy of the instrument: Copyright permission to use the SF-36 must be obtained from the Medical Outcomes Trust 617-426-4046 or www.sf-36.com