



## ITQOL: Infant Toddler Quality of Life Questionnaire ( For content review only )

The Infant Toddler Quality of Life Questionnaire™ (ITQOL) was developed for use in infants and toddlers at least 2 months of age up to 5 years. The Infant Toddler Quality of Life Questionnaire™ (ITQOL) adopts the World Health Organization's definition of health, as a state of complete physical, mental and social well being and not merely the absence of disease. The survey was developed following a thorough review of the infant health literature and a review of developmental guidelines used by pediatricians. The 97 full-length research version measures the following concepts. For each concept, item responses are scored, summed, and transformed to a scale from 0 (worst health) to 100 (best health).

### Infant/Toddler focused concepts:

- Overall health (1 item)
- Amount of limitation in physical activities such as eating, sleeping, grasping and playing due to health or learning problems (10 items)
- Satisfaction with development (physical growth, motor, language, cognitive), habits (eating, feeding, sleeping) and overall temperament (10 items)
- Amount, frequency of bodily pain/discomfort and the extent to which pain/discomfort interferes with normal activities (3 items)
- Frequency of certain moods and temperaments, such as sleeping/eating difficulties, crankiness, fussiness, unresponsiveness, playfulness and alertness (18 items)
- Perceptions of current, past and future behavior (12 items)
- Overall behavior (1 item) and frequency of behavior problems, such as following directions, hitting, biting others, throwing tantrums, and easily distracted. Frequency of positive behaviors, such as ability to cooperate, appears to be sorry, and adjusts to new situations (15 items)
- Perceptions of current, past and future health (11 items)
- Perceptions of changes in health over the past year (1 item)

### Parent-focused concepts:

- Amount of worry experienced by parent due to child's eating/sleeping habits, physical and emotional well-being, learning abilities, temperament, behavior and ability to interact with others in an age-appropriate manner (7 items)
- Amount of time limitations experienced by parent (time for his/her own needs) due to child's eating/sleeping habits, physical and emotional well-being, learning abilities, temperament, behavior and ability to interact with others in an age-appropriate manner (7 items)
- Rating of family's ability to get along with one another (1 item)