



# ESTIMATING HEALTH-RELATED QUALITY OF LIFE IN SINGAPORE: NORMATIVE VALUES FOR THE ENGLISH AND CHINESE SF-36 HEALTH SURVEY

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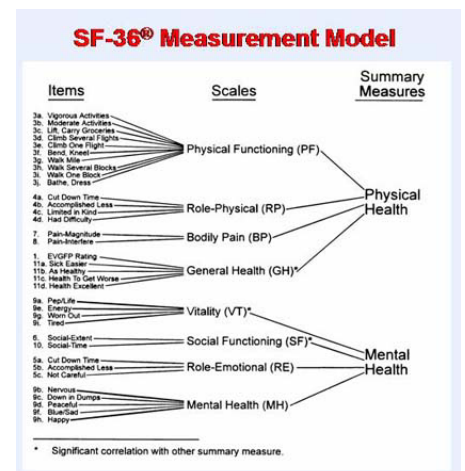
foundation



## WHAT IS THE SHORT FORM 36 (SF-36)?



- Validated 36 item questionnaire measuring quality of life in 8 areas
  - Physical Functioning
  - Role-Physical
  - Bodily Pain
  - General Health
  - Vitality
  - Social Functioning
  - Role-Emotional
  - Mental Health
- For each variable, scores are coded, summed and transformed into a scale from 0 (Worst possible health state) to 100 (Best possible health state)
- Generic measure (as opposed to one that targets a specific age, disease, or treatment group) and useful in comparing relative burden of diseases and differentiating health benefits produced by different treatments
- 7,329 references in Medline for SF-36



- 43 hits in Medline for “SF-36” and “Singapore”
- Large number of validation studies
- Usage in diseases such as diabetes, SLE, Rheumatoid Arthritis, Hepatitis etc

## OBJECTIVE OF PROJECT

- Establish a calculator to obtain normative SF-36 values to assess health-related Quality of Life (HR QoL) for Singapore studies
- These normative values can then be used to study and compare specific study populations against Singapore norms
  - Minimize need for control group

- Normative SF-36 values drawn from previous study (Thumboo et al. Annals Acad Med Singapore 2002; 31: 366-74)
  - Total sample size of 5,499
    - Chinese 1,332; another 1,381 completed the Chinese version of the SF-36 questionnaire
    - Malays 1,251
    - Indian 1,535
- Raw data from this study used to develop calculator to compute mean SF-36 domain specific scores for Singapore populations with known ethnic, gender and age characteristics

## DEMONSTRATION

### SF-36 Norms For the Singapore general population

#### Instructions

- Fill in the white boxes with the number of people by age, sex and race.
- Yellow box gives the TOTAL number of people by age, sex and race.
- Green boxes report the mean score for each SF-36 scale for the total population
- Cyan boxes report the PCS (Physical Component Score) and MCS (Mental Component Score) for the total population

#### SF-36 (Singapore English Version)

Race	Gender	Age: 21-30	Age: 31-40	Age: 41-50	Age: >51	Total	Total Population Score	
Chinese	Male	5	12	24	71	112	PF	91.65
							RP	80.50
							BP	79.09
Malay	Male	3	5	26	34	68	GH	68.75
							VT	65.29
							SF	81.18
Indian	Male	3	3	10	22	38	RE	80.05
							MH	74.41
							PCS	0.23
							MCS	-0.0072

## CONCLUSION

- Normative values calculated easily with the calculator demonstrated
- Such values useful for comparative work in Singapore Health-related QoL studies
- Minimal need for Singapore studies to include controls to compare against

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