

Vestibular Rehabilitation Benefit Questionnaire

This questionnaire asks about your **dizziness** on a **typical day** in the last week - please do not include problems that you think are caused by another condition.

Please answer **all** of the questions by circling **one** of the answer options.

| Part A – your symptoms | | | | | | | Scores (office use) |
|---|---------------------|--------------|------------------|--------------------|------------------------|-----------------|------------------------|
| This section is about how often you experience different feelings. | | | | | | | |
| 1. I feel dizzy | | | | | | | |
| all of the time | very often | quite often | sometimes | not very often | only very occasionally | never | D |
| 2. I get a feeling of tingling, prickling or numbness in my body | | | | | | | |
| all of the time | very often | quite often | sometimes | not very often | only very occasionally | never | A |
| 3. I have a feeling that things are spinning or moving around | | | | | | | |
| all of the time | very often | quite often | sometimes | not very often | only very occasionally | never | D |
| 4. I feel as though my heart is pounding or fluttering | | | | | | | |
| all of the time | very often | quite often | sometimes | not very often | only very occasionally | never | A |
| 5. I feel unsteady, as though I may lose my balance | | | | | | | |
| all of the time | very often | quite often | sometimes | not very often | only very occasionally | never | D |
| 6. I have difficulty breathing or feel short of breath | | | | | | | |
| all of the time | very often | quite often | sometimes | not very often | only very occasionally | never | A |
| This section is about how dizzy you get when you move around. Please do not circle 'not at all dizzy' if you avoid making the movement - either try the movement or talk to your balance therapist before answering. | | | | | | | |
| 7. Bending over makes me feel | | | | | | | |
| not at all dizzy | very slightly dizzy | mildly dizzy | moderately dizzy | really quite dizzy | very dizzy | extremely dizzy | M |
| 8. Lying down and/or turning over in bed makes me feel | | | | | | | |
| not at all dizzy | very slightly dizzy | mildly dizzy | moderately dizzy | really quite dizzy | very dizzy | extremely dizzy | M |
| 9. Looking up at the sky makes me feel | | | | | | | |
| not at all dizzy | very slightly dizzy | mildly dizzy | moderately dizzy | really quite dizzy | very dizzy | extremely dizzy | M |
| 10. Moving my head <u>slowly</u> from side to side makes me feel | | | | | | | |
| not at all dizzy | very slightly dizzy | mildly dizzy | moderately dizzy | really quite dizzy | very dizzy | extremely dizzy | M |
| 11. Moving my head <u>quickly</u> from side to side makes me feel | | | | | | | |
| not at all dizzy | very slightly dizzy | mildly dizzy | moderately dizzy | really quite dizzy | very dizzy | extremely dizzy | M |

Part B – how the dizziness is affecting you

Please read each question carefully - some of the statements are phrased to suggest that you have difficulty (for example, 'I have trouble focusing my eyes') and some are phrased to suggest you do not have difficulty (for example, 'I feel comfortable travelling').

If a question does not apply to you, please circle 'same as before' rather than leaving it out.

Scores
(office use)

12. Compared to before the dizziness, I feel comfortable travelling

a lot more quite a bit more a little bit more same as before a little bit less quite a bit less a lot less

Q

13. Compared to before the dizziness, I feel confident

a lot more quite a bit more a little bit more same as before a little bit less quite a bit less a lot less

Q

14. Compared to before the dizziness, I have difficulty looking after myself (for example, washing my hair, cleaning my teeth, dressing myself, etc)

a lot more quite a bit more a little bit more same as before a little bit less quite a bit less a lot less

14. reverse
scoring

Q

15. Compared to before the dizziness, I feel comfortable going out alone

a lot more quite a bit more a little bit more same as before a little bit less quite a bit less a lot less

Q

16. Compared to before the dizziness, I can concentrate and/or remember things

a lot more quite a bit more a little bit more same as before a little bit less quite a bit less a lot less

Q

17. Compared to before the dizziness, I need to hold on to something for support

a lot more quite a bit more a little bit more same as before a little bit less quite a bit less a lot less

17. reverse
scoring

Q

18. Compared to before the dizziness, I think my quality of life is good

a lot more quite a bit more a little bit more same as before a little bit less quite a bit less a lot less

Q

19. Compared to before the dizziness, I avoid some activities, positions or situations

a lot more quite a bit more a little bit more same as before a little bit less quite a bit less a lot less

19. reverse
scoring

Q

20. Compared to before the dizziness, I am happy to be on my own

a lot more quite a bit more a little bit more same as before a little bit less quite a bit less a lot less

Q

21. Compared to before the dizziness, I feel stable in the dark or when my eyes are closed

a lot more quite a bit more a little bit more same as before a little bit less quite a bit less a lot less

Q

22. Compared to before the dizziness, I take part in social activities

a lot more quite a bit more a little bit more same as before a little bit less quite a bit less a lot less

Q

| Summary scores | Raw score | % deficit [†] |
|--|------------------------|------------------------|
| Symptoms Sum scores in boxes labelled D, A and M | (0 to 66) | raw x 1.52 = |
| Quality of Life Sum scores in boxes labelled Q | (0 to 66) [‡] | raw x 1.52 = |
| Total Sum Quality of Life and Symptom scores | (0 to 132) | raw x 0.76 = |

| Symptom subscales | Raw score | % deficit [†] |
|--|-----------|------------------------|
| Dizziness Sum scores in boxes labelled D | (0 to 18) | raw x 5.56 = |
| Anxiety Sum scores in boxes labelled A | (0 to 18) | raw x 5.56 = |
| Motion-provoked dizziness Sum scores in boxes labelled M | (0 to 30) | raw x 3.34 = |

[†] The percentage deficit quantifies the discrepancy between the respondent's state at the time of completing the questionnaire and their normal state. A deficit of 0% means no discrepancy is registered by the questionnaire; 100% is the maximum discrepancy the questionnaire can reflect.

[‡] If the Quality of Life raw score is less than 0, raise to 0.

Vestibular Rehabilitation Benefit Questionnaire

Scoring template

(for manual scoring photocopy template onto transparency and place over completed questionnaire)

| Part A – your symptoms | | | | | | | Scores (office use) |
|---|---|---|---|---|---|---|------------------------|
| This section is about how often you experience different feelings. | | | | | | | |
| 1. I feel dizzy | | | | | | | |
| 6 | 5 | 4 | 3 | 2 | 1 | 0 | D |
| 2. I get a feeling of tingling, prickling or numbness in my body | | | | | | | |
| 6 | 5 | 4 | 3 | 2 | 1 | 0 | A |
| 3. I have a feeling that things are spinning or moving around | | | | | | | |
| 6 | 5 | 4 | 3 | 2 | 1 | 0 | D |
| 4. I feel as though my heart is pounding or fluttering | | | | | | | |
| 6 | 5 | 4 | 3 | 2 | 1 | 0 | A |
| 5. I feel unsteady, as though I may lose my balance | | | | | | | |
| 6 | 5 | 4 | 3 | 2 | 1 | 0 | D |
| 6. I have difficulty breathing or feel short of breath | | | | | | | |
| 6 | 5 | 4 | 3 | 2 | 1 | 0 | A |
| This section is about how dizzy you get when you move around. Please do not circle 'not at all dizzy' if you avoid making the movement - either try the movement or talk to your balance therapist before answering. | | | | | | | |
| 7. Bending over makes me feel | | | | | | | |
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | M |
| 8. Lying down and/or turning over in bed makes me feel | | | | | | | |
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | M |
| 9. Looking up at the sky makes me feel | | | | | | | |
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | M |
| 10. Moving my head <u>slowly</u> from side to side makes me feel | | | | | | | |
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | M |
| 11. Moving my head <u>quickly</u> from side to side makes me feel | | | | | | | |
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | M |

Part B – how the dizziness is affecting you

Please read each question carefully - some of the statements are phrased to suggest that you have difficulty (for example, 'I have trouble focusing my eyes') and some are phrased to suggest you do not have difficulty (for example, 'I feel comfortable travelling').

If a question does not apply to you, please circle 'same as before' rather than leaving it out.

Scores
(office use)

12. Compared to before the dizziness, I feel comfortable travelling

−6 −4 −2 0 2 4 6

Q

13. Compared to before the dizziness, I feel confident

−6 −4 −2 0 2 4 6

Q

14. Compared to before the dizziness, I have difficulty looking after myself (for example, washing my hair, cleaning my teeth, dressing myself, etc)

6 4 2 0 −2 −4 −6

14. reverse
scoring

Q

15. Compared to before the dizziness, I feel comfortable going out alone

−6 −4 −2 0 2 4 6

Q

16. Compared to before the dizziness, I can concentrate and/or remember things

−6 −4 −2 0 2 4 6

Q

17. Compared to before the dizziness, I need to hold on to something for support

6 4 −2 0 −2 −4 −6

17. reverse
scoring

Q

18. Compared to before the dizziness, I think my quality of life is good

−6 −4 −2 0 2 4 6

Q

19. Compared to before the dizziness, I avoid some activities, positions or situations

6 4 −2 0 −2 −4 −6

19. reverse
scoring

Q

20. Compared to before the dizziness, I am happy to be on my own

−6 −4 −2 0 2 4 6

Q

21. Compared to before the dizziness, I feel stable in the dark or when my eyes are closed

−6 −4 −2 0 2 4 6

Q

22. Compared to before the dizziness, I take part in social activities

−6 −4 −2 0 2 4 6

Q

| Summary scores | Raw score | % deficit [†] |
|--|------------------------|------------------------|
| Symptoms Sum scores in boxes labelled D, A and M | (0 to 66) | raw x 1.52 = |
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| Total Sum Quality of Life and Symptom scores | (0 to 132) | raw x 0.76 = |

| Symptom subscales | Raw score | % deficit [†] |
|--|-----------|------------------------|
| Dizziness Sum scores in boxes labelled D | (0 to 18) | raw x 5.56 = |
| Anxiety Sum scores in boxes labelled A | (0 to 18) | raw x 5.56 = |
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[†] The percentage deficit quantifies the discrepancy between the respondent's state at the time of completing the questionnaire and their normal state. A deficit of 0% means no discrepancy is registered by the questionnaire; 100% is the maximum discrepancy the questionnaire can reflect.

[‡] If the Quality of Life raw score is less than 0, raise to 0.

VRBQ: Scoring Guide

VRBQ scores quantify the difference between the respondent's current state and a state that is normal for the individual. This allows the respondent to judge the impact of their dizziness, allowing for differences in what is 'normal' for each person. Raw scores are converted to a percentage scale for ease of interpretation: zero percent is the 'best' score, this implies no deficit between the respondent's state at the time of completing the questionnaire and their normal state; a deficit of 100% means that the respondent is as far from their normal state as the questionnaire is able to reflect. Any deficit score greater than zero percent implies the presence of symptoms, loss of function or reduced health-related quality of life relative to before the dizziness began.

The Symptom score and the Quality of Life score each account for half of the questionnaire points. The Symptom score can be used as a summary score alongside Quality of Life in clinic or research to gain insight into the nature of an individual's difficulties. Additionally, the three symptom subscales can be examined individually to assess the profile of symptoms in more detail.

To score the VRBQ:

1. Score individual items

Score each item using the scoring template and enter the scores in the boxes provided.

2. Calculate raw scores

Add the relevant item scores together to find the raw summary or subscale scores.

3. Increase the Quality of Life raw score to zero

If the Quality of Life subscale score is less than zero this implies an improvement compared to the respondent's normal state, before the dizziness began. Minus scores are not considered clinically meaningful, so the score is raised to zero to show that no negative impact from dizziness is reported.

4. Calculate percentage deficit scores

Multiply the raw score by the value shown in the % deficit box for each summary or subscale score.

For more details please refer to publications describing the development and validation of the VRBQ.

Visit <http://www.isvr.soton.ac.uk/audiology/vrbq.htm> to files related to the VRBQ.

VRBQ: Psychometric Properties

The Vestibular Rehabilitation Benefit Questionnaire was developed and validated using a data-driven approach. Questionnaire items were developed from qualitative analysis of interviews with individuals undergoing vestibular rehabilitation and consequently address the aspects of dizziness symptoms and impact described by patients. The subscale structure was identified through factor analysis of patient responses to a prototype questionnaire and the final VRBQ was validated against a battery of established questionnaires in a longitudinal study.

The construct validity of the VRBQ has been verified in relation to the Dizziness Handicap Inventory, the Vertigo Symptom Scale and SF-36. The subscales of the VRBQ show excellent internal consistency and test-retest reliability. A preliminary investigation indicates that the subscales of the VRBQ are more responsive to change than the corresponding subscales of the DHI and VSS.

| | | Clinically meaningful change [†] |
|--------------------------|---------------------------|---|
| Summary scores | Total | 7% |
| | Quality of life | 9% |
| | Symptoms | 6% |
| Symptom subscales | Dizziness | 9% |
| | Anxiety | 5% |
| | Motion-provoked dizziness | 13% |

[†]Minimum clinically meaningful change is based on 2SD of the mean score change on repetition over 24 hours (95% confidence)

For more details please refer to publications describing the development and validation of the VRBQ.

Visit <http://www.isvr.soton.ac.uk/audiology/vrbq.htm> to download files related to the VRBQ.

References

1. Morris, A., Lutman, M., and Yardley, L. 2008. Measuring Outcome from Vestibular Rehabilitation, Part I: Qualitative development of a new self-report measure. *International Journal of Audiology*, 47:169-77.
2. Morris, A., Lutman, M., and Yardley, L. 2009. Measuring Outcome from Vestibular Rehabilitation, Part II: Refinement and validation of a new self-report measure. *International Journal of Audiology*, 48: 24-37.