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 download files related to the VRBQ.