

# The PedsQL Measurement Model



The PedsQL assesses wellbeing from a clinical perspective across four domains: physical, emotional, social, and school functioning. It includes a model for children Ages 2 to 18 and a separate parent proxy report. It is reliable and valid, and it is responsive to clinical changes over time. It contains 23 items rated on a 0-4 Likert scale by the frequency each statement accurately describes the child's life. The PedsQL can be completed in about 4 minutes. It has been previously used in a sleep and wellbeing intervention for elementary students (Quach, 2011). This questionnaire has been translated into multiple languages, including broadcast Spanish. It is free for non-academic use, which would probably include most school leaders (ePROVIDE, 2019).

**Pros for Schools**

**Cons for Schools**

Proxy report option  
Valid and reliable  
Appropriate for Ages  
2-18  
Available in multiple  
languages  
Short (23 items/4 items)  
No cost

Some translations lack "full  
linguistic validation process"  
(ePROVIDE, 2019)

## **Suggestions for Further Research**

ePROVIDE. (2019, October). Pediatric Quality of Life Inventory™ (PedsQL™). <https://edtechbooks.org/-Dke>

Quach, J., Hiscock, H., Ukoumunne, O.C., Wake, M. (2011). A brief sleep intervention improves outcomes in the school entry year: A randomized controlled trial. *Pediatrics, American Academy of Pediatrics*, [pediatrics.aappublications.org/content/128/4/692](https://pediatrics.aappublications.org/content/128/4/692). doi: [10.1542/peds.2011-0409](https://doi.org/10.1542/peds.2011-0409)

Varni, J.W. (1998-2020). About the model. PedsQL™ (Pediatric Quality of Life Inventory™) [www.pedsql.org/about\\_pedsql.html](http://www.pedsql.org/about_pedsql.html)

Varni, J.W. (1998-2020). Limited use license. *PedsQL™ (Pediatric Quality of Life Inventory™)*, [www.pedsql.org/pedsql12.html](http://www.pedsql.org/pedsql12.html)

ASSESSING  
**WELLBEING**  
IN SCHOOLS

*An Educator's Practical Guide to  
Measuring Wellbeing*

MEGAN BATES AND DAVID BOREN



Bates, M. & Boren, D. M. (2019). *Assessing Wellbeing in Schools: An Educator's Practical Guide to Measuring Wellbeing*. EdTech Books. Retrieved from <https://edtechbooks.org/wellbeing>



**CC BY-NC:** This book is released under a CC BY-NC license, which means that you are free to do with it as you please as long as you (1) properly attribute it and (2) do not use it for commercial gain.

