

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

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

Cons for Schools

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. 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

Varni, J.W. (1998-2020). Limited use license. *PedsQL™ (Pediatric Quality of Life Inventory™)*, 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*. EdTech Books. Retrieved from <https://edtechbooks.org/wellbeing>



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