Systematic review of the assessment tools for quality of life in patients with Parkinson's disease

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Introduction: Disability in people with Parkinson's disease (PD) leads to a low quality of life (QoL), that includes clinical, social and economic implications; these aspects have a significant impact for individuals with PD. Information regarding QoL of patients with PD and studies about the relationship between QoL and motor and cognitive function are necessary for both research and clinical use to make informed decisions in healthcare and rehabilitation. In 2021 a systematic review was performed about tools to assess QoL in patients with PD, but in the recent years a considerable number of studies was published about this topic.

Objective: The aim of this study was to update this systematic review exploring the most used outcome measures to assess QoL in patients with PD.

Methods: A literature search was conducted on MEDLINE, Scopus, CINAHL, PsycINFO, and Web of Science. PRISMA checklist guidelines were used. Three authors independently identified eligible studies based on predefined inclusion criteria: quantitative studies that evaluate the psychometric properties of the outcome measures, validations and cross-cultural adaptations of outcome measures that assess quality of life inherent to PD; studies on tests, questionnaires and self-reported and performance-based outcome measures; moreover, articles published from January 2020 to January 2023 were considered. Methodological quality of the studies and the risk of bias were assessed using the COSMIN checklist.

Results: 167 studies were included, and 87 different instruments were identified. The most frequently used scales were the 39-items and 8-items Parkinson's Disease Questionnaire (PDQ-39) (PDQ-8).

Conclusions: These results suggest further investigation of existing QoL in PD outcome measures would be useful for patients, researchers, and clinicians. Validated and universal outcome measures are necessary to allow comparisons across practice; therefore, it is recommended for future researchers use a common set of outcome assessments based on results of this review.