

The PozQoL Scale **NEXT STEPS**



The next steps after completing the **PozQoL Scale** are to discuss your scores with your doctor and work together to identify the supports you want.

Ask questions and remember to raise any specific quality of life worries you would like to discuss.

FIRST TIME COMPLETING THE POZQOL SCALE

Write down your details, including your PozQoL Scores, the support plan you and your doctor discussed, and the next steps to accessing those supports.

Name: _____ **Date:** _____

Overall PozQoL Score *(Average / Summary):* _____

Notes for PozQoL Domains of interest *(include score(s) if relevant):*

Psychological *(includes mood, coping, hope for or fear of the future, and self-worth.)*

Social *(about personal and social life. It includes feelings of belonging, support, and social stigma.)*

Health concerns *(about how you feel about your own health. It includes health-related worries and energy. It also includes how easy you find it to manage your treatment.)*

Functional *(about whether you feel that you can live what you would call a "normal" life. It includes independence, meaningful occupation, and good standard of living.)*

What supports could benefit me? *(Fill out with your doctor)*

TIPS FOR MANAGING YOUR WELLBEING



- Talking with your doctor about your quality of life worries is an important step.
- Key quality of life topics to discuss include: your psychological wellbeing, your personal and social life and any general and specific health worries.
- Talking with your doctor helps both of you to better understand your experiences and identify what supports could benefit you.
- Your involvement in care is important – work with your doctor to find the supports that you want and feel will help you.
- Peer navigators or peer support workers can help you to navigate, access and connect with health and social services. They are peers who have lived experience and are specially trained to provide and refer you to the supports you may want and need. Scan the QR code below for a list of Community Organisations.

This guide does not replace talking your doctor, book a longer appointment if needed.



The National Association of People with HIV Australia (NAPWHA) provides a resource with links to community-based organisations that offer HIV peer support services across every state and territory in Australia. Visit NAPWHA to find your local community organisation: napwha.org.au/hiv-peer-support or scan the QR code directly

TIPS FOR POZQOL DOMAINS

The **Psychological* domain** includes mood, coping, hope for or fear of the future, and self-worth. A person with a low score in this domain may benefit from:

- / Talk to your doctor about your mental health and the types of support you would like.
- / Your doctor may ask you questions to see if you would benefit from a referral to specialised mental health services.
- / Your doctor may refer you to counselling or support services.

***PozQoL is not a diagnostic tool.** If you are concerned about your mental health please discuss this with your doctor who may refer you to a mental health service



The **Social domain** is about personal and social life. It includes feelings of belonging, support, and social stigma. A person with a low score in this domain may benefit from:

- / Social support and meeting with peers who have HIV, including in groups, online, and formal or informal meetings. An informal discussion can include peers sharing their experiences.
- / Consider which environment you would be most comfortable in and how you would like to access support. For example, would you prefer in person support, or to access support online?
- / People with HIV who provide peer support are professionally trained, they understand confidentiality and have similar experiences to you.

The **Health concerns domain** is about how you feel about your own health. It includes health-related worries and energy. It also includes how easy you find it to manage your condition and treatment. A person with a low score in this domain may benefit from:

- / Speak with your doctor about any worries you have about your health, including around treatment and staying healthy while ageing.
- / Talking about your treatment options can help you identify other concerns you may have about your HIV management.
- / Learning more about your HIV management from your peers, including how they manage their health, can give you confidence about how to maintain good health.

The **Functional domain** is about whether you feel that you can live what you would call a "normal" life. It includes independence, meaningful work, and good standard of living. A person with a low score in this domain may benefit from:

- / Talking to your doctor about how you feel HIV affects you, including if you feel it is stopping you from living the life you want.
- / How HIV affects you may not be obvious. For example, you may have financial or other worries. Talking about these less obvious worries is important.
- / Peer support can be beneficial in talking about your worries.
Talk with your doctor or peer navigator about what services are available and how you would like to access them.

A photograph showing two people from behind, walking on a paved path. They are wearing bright red puffer jackets and dark blue jeans. They are walking several dogs on leashes. The path is made of cobblestones and leads towards a bright, open area, possibly a beach or park. A yellow flag is visible on the left side of the path.

The PozQoL Scale was developed by the Australian Research Centre in Sex Health and Society (ARCSHS) in partnership with, National Association of People with HIV Australia (NAPWAH), Living Positive Victoria, Positive Life NSW, Queensland Positive People (QPP), and ViiV Healthcare.

The PozQoL Scale is intended for use with your healthcare provider.

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Brown, G, Mikołajczak, G, Lyons, A, Power, J, Drummond, F, Cogle, A, Allan, B, Cooper, C & O'Connor, S 2018, 'Development and validation of PozQoL: scale to assess quality of life of PLHIV', BMC Public Health, vol. 18, p. 527.