

Impact of syncope on quality of life: validation of a measure scale in patients undergoing tilt testing

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The recurrent syncope has a significant impact on quality of life (QoL). The development of measurement scales easy to use in clinical settings for assessing this impact is crucial. **Objective:** Preliminary validation of the "Impact of Syncope on Quality of Life" (ISQL) for the Portuguese population. **Population and Methods:** The instrument was submitted to a process of translation, translation review, discussion of content validity and conceptual validity, verification of the complexity of the issue and cultural appropriateness, cognitive debriefing and general revision of scale. 39 patients (P) with a history of recurrent syncope (> 1year of evolution) that underwent tilt testing (TT) ,constituted a convenience sample , aged 52.1 ± 16.4 years (21-83 ; 43.5 % male) , most with an active employment status ($n = 18$) or retired ($n = 13$) . The Portuguese version resulted similar to the original with 12 items aggregated in a single sum and was submitted to statistical validation, with evaluation of reliability, validity and stability over time. **Results:** With respect to reliability, internal consistency of the scale is 0.9. We assessed convergent validity by relating the ISQL with an item evaluation of health perception of the SF -36 and the visual numeric scale of the MSQOL-54, used to measure QoL, having obtained statistically significant results ($p < 0.01$). We assessed discriminant validity by comparing the ISQL with age and marital status, resulting in no statistically significant results. Regarding the stability over time evaluated by a test -retest of the ISQL at 6 months after TT with 22P of the sample not submitted to clinical intervention, found no statistically significant changes in QoL. **Conclusion:** The results indicate the relevance of using ISQL in Portuguese context of QoL evaluation in P with recurrent syncope.