

# Mayo Clinic Vestibular Schwannoma Quality of Life Index

Two disease-specific [Vestibular schwannoma quality of life instruments](#) have been developed for sporadic [vestibular schwannoma](#): the [Penn Acoustic Neuroma Quality of Life Scale](#) in 2010, and the [Mayo Clinic Vestibular Schwannoma Quality of Life Index](#) in 2022.

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The VSQOL Index consists of 40 items that evaluate the impact of VS diagnosis and its management on QOL, treatment satisfaction, and employment and is estimated to take 8-10 minutes to complete. Domain scores range from 0 (worst) to 100 (best) and demonstrate excellent psychometric properties, including content, construct, and convergent validity and both internal consistency (Cronbach's alphas 0.83 to 0.91) and test-retest reliability (reliability coefficients 0.86 to 0.96).

The VSQOL Index is a valid and reliable measure that overcomes several limitations of prior instruments, including omission or underrepresentation of domains that frequently impact well-being, such as pain, cognition, satisfaction or regret surrounding treatment decisions, and occupational limitations, to comprehensively evaluate the impact of VS diagnosis or its treatment on QOL <sup>1)</sup>

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Carlson et al. developed the Vestibular Schwannoma Quality of Life (VSQOL) Index. The Index captures the multifaceted impacts of vestibular schwannoma (VS) on daily life across eight categories: hearing problems; dizziness and imbalance; pain, discomfort, and tinnitus; problems with face or eyes; impact on physical, emotional, and social well-being; difficulty with thinking and memory; satisfaction or regret; and impact on employment. Initially developed in English, this digital supplement of the Journal of Neurosurgery presents translations of the VSQOL Index to Simplified Chinese, Spanish, Japanese, Arabic, French, and Norwegian. These translations aim to improve access to VS quality of life (QOL) research globally with enhanced racial, ethnic, and geographic representation. The goal is to comprehensively evaluate the impact of VS diagnosis and management on well-being and QOL by offering the VSQOL Index in patients' native, or first-learned, languages. The English version and these translations may be used for noncommercial research, clinical, or educational purposes without written permission from the authors. Investigators interested in translating the VSQOL Index to other languages should contact the corresponding author for translation methodology instructions <sup>2)</sup>

<sup>1)</sup>

Carlson ML, Lohse CM, Link MJ, Tombers NM, McCaslin DL, Saoji AA, Hutchins M, Yost KJ. Development and validation of a new disease-specific quality of life instrument for sporadic vestibular schwannoma: the Mayo Clinic Vestibular Schwannoma Quality of Life Index. J Neurosurg. 2022 Sep 2;138(4):981-991. doi: 10.3171/2022.7.JNS221104. PMID: 36057121.

<sup>2)</sup>

Carlson ML, Lohse CM, Arnold BJ, Tombers NM, McCaslin DL, Saoji AA, Hutchins M, Yost KJ, Link MJ. Improving access to vestibular schwannoma quality of life research through multilanguage translations of the Mayo Clinic Vestibular Schwannoma Quality of Life Index. J Neurosurg. 2025 Apr 1;142(Suppl):S2. doi: 10.3171/2024.11.JNS242317. PMID: 40168769.

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Last update: **2025/04/03 08:37**

