

Higher scores indicate higher HRQoL. SF-36 scores range from zero (worst) to 100 (best) (4).

This instrument addresses health concepts from the patient's perspective. There is no single overall score for the SF-36. The SF-36 form generates eight subscales and two summary scores. The eight subscales are: physical functioning, role limitations due to physical problems, bodily pain, general health perceptions, vitality, social functioning, role-limitations due to emotional problems, and mental health. The two summary scores are Physical Component Summary (PCS) score and the Mental Component Summary (MCS) score (5). PCS and MCS are derived by aggregating individual scores. The PCS and MCS scores for the general population in the United States are each 50 (6).

Shown below are short accounts on the use of SF-36 for various immune disorders, followed by a more detailed analysis of the use of SF-36 for multiple sclerosis.

a. Arthritis

In a study of arthritis, the SF-36 form showed that administering infliximab followed by sulfasalazine gives better outcome than drugs given in the reverse order, sulfasalazine followed by infliximab (7).

b. Psoriasis

When the SF-36 form was used by subjects in a clinical trial on psoriasis, data from SF-36 demonstrated that the placebo had little or no effect on HRQoL, whereas the study drug (infliximab) resulted in dramatic improvements in response to questions relating to general feelings of accomplishments at work, or to general feelings about doing work carefully (8).

c. Crohn's disease

When the SF-36 form was used with patients suffering from Crohn's disease, Cadahia et al. (9) found that the study drug (infliximab) resulted in improvements in the physical role (PR) scale, but no change in the physical function (PF) scale. The physical role scale of SF-36 is determined by questions about time required to complete tasks,

⁴ van der Kooij SM, de Vries-Bouwstra JK, Goekoop-Ruiterman YP, et al. Patient-reported outcomes in a randomized trial comparing four different treatment strategies in recent-onset rheumatoid arthritis. *Arthritis Rheum.* 2009;61:4–12.

⁵ Rudick RA, Miller D, Hass S, et al. Health-related quality of life in multiple sclerosis: effects of natalizumab. *Ann Neurol.* 2007;62:335–346.

⁶ Reich K, Nestle FO, Wu Y, et al. Infliximab treatment improves productivity among patients with moderate-to-severe psoriasis. *Eur J Dermatol.* 2007;17:381–386.

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⁸ Reich K, Nestle FO, Wu Y, et al. Infliximab treatment improves productivity among patients with moderate-to-severe psoriasis. *Eur J Dermatol.* 2007;17:381–386.

⁹ Cadahia V, García-Carbonero A, Vivas S, et al. Infliximab improves quality of life in the short-term in patients with fistulizing Crohn's disease in clinical practice. *Rev Esp Enferm Dig.* 2004;96:369–374.