

# Subjective Quality of Life of Adults with Intellectual Developmental Disabilities and Autism: Self-Report Using a Computerized Questionnaire

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## **Acknowledgment:**

Our gratitude to **Dr. Ofer Zahavi and Mrs. Daniela Blecher**, Beit Eckstein organization, for their generous input in facilitating this study. We also thank all the case managers and clients of Beit Eckstein for their willingness to participate and their feedback that helped us develop this tool.

To **Ronit Tzur , Hila Ron, Paz Rintler, Ilana Zuckerman and Noa Diamant Salome** for their contribution to the research and this article.

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**Key words:** intellectual developmental disabilities, autism, assistive technology, subjective quality of life, well-being, program support

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**Introduction.** There has been a marked increase in research on subjective quality of life and well-being over the past few decades. Currently, quality of life is an important factor in planning intervention and rehabilitation programs, and is used to measure their success. However, knowledge is scarce and measures are lacking for subjective quality of life among people with intellectual developmental disabilities (IDD) and autism spectrum disorder (ASD). The aim of this research was to explore the use of an accessible computerized questionnaire to measure perceived quality of life among people with IDD and ASD. **Method.** The study included 130 participants with either mild to moderate IDD or ASD, who completed an adapted computerized version of the Personal Well-Being-Intellectual Disability (PWI-ID) questionnaire. **Results.** It appeared that the participants were able to complete the questionnaire with minimal assistance from care-givers. In this sample, people with autism reported higher satisfaction with their level of well-being in five life domains than those with developmental intellectual disabilities. Furthermore, young people with intellectual disabilities expressed more satisfaction with their lives in general and with their health than did older adults with intellectual disabilities. No gender differences were found. **Conclusions.** It seems that when the well-being questionnaire was adapted both linguistically and technology-wise, it enabled people with ASD or IDD to express their subjective satisfaction from their lives without the need for a proxy. The article discusses the significance of the participants' reported levels of satisfaction from quality of life in comparison with other populations and its implications for clinicians.