

Title

**Validating the Face Thymometer
-A subjective measure of feeling.**

Author

Dr. Michael F. D'Souza MD FRCGP FFPHM FRSA
Former Head of Unit of General Practice, NHLI, Royal Brompton Hospital UK

Abstract:

Background,

The Face Thymometer is a simple scale for grading personal feelings. It consists of a series of emoticons with geometrically proportionate expressions that can be used to subjectively score a wide range of issues such as the quality of Life and the usefulness of treatments. This paper retrospectively reviews over 12,000 instances of its use.

Aim,

To compare its validity with other more established instruments.

Design

Retrospective examination of its use over thirty years

Setting,

120 general practices in the Kingston & Richmond UK. The catchment area population was about a third of a million.

Method,

Community trials and Surveys

Results,

Face Thymometry had “face validity” and correlated significantly and positively with EuroQol 5D and the Zung depression scale ($r_s = 0.7716$ $p < 0.00001$). Variation in Hay fever symptoms, recorded by Thymometry, correlated significantly with ambient pollen counts, thus corroborating the biological validity of the scale.

Conclusion

This Faces scale works independently of language and culture and its brevity allowed it to be administered via a touch screen auto-receptionist. Thus attending patients may use it to routinely record their wellbeing and enable quality of life to be made before and after interventions. In this way Thymometry might be of use in obtaining *subjective outcome* information alongside Mortality, Morbidity and Service usage data. That Thymometry is so readily comprehensible to the general public might enable it to play a persuasive role in outcome-based commissioning.

Keywords.

Subjective, Valid, Outcome, Commissioning, General Practice,