



ORAL PRESENTATION

Open Access

Development of a parental report questionnaire for restless legs syndrome (RLS) in children: the RLSQ

Angela Evans^{1*}, Sarah Blunden²

From Australasian Podiatry Council Conference 2011
Melbourne, Australia. 26-29 April 2011

Background

Restless legs syndrome (RLS) in children is commonly reported, yet frequently undiagnosed. RLS can cause significant sleep disturbance and its associated deficits may have cardiovascular and neurocognitive consequences. Growing pains (GP) is often confused or synonymous with RLS, yet has been better researched and can be identified by parental questionnaire. RLS has not been able to be so distinguished, which renders an outstanding need. Therefore this study aimed to develop and validate a questionnaire to identify RLS, in children. The significance of this project is that RLS in children will be better identified in children for the first time.

Methods

A process of triangulation was undertaken to develop the RLS questionnaire. The literature, parent interviews and a children's focus group were the sources of initial data. Themes were extracted by independent review of the transcripts and the questionnaire was subsequently constructed and validated. The reliability of the questionnaire was examined using a same subject, repeated measures study.

Results

The interviews covered the parent's accounts of RLS in six children (two girls, four boys) all aged between eight and 10 years. The focus group obtained the experience of children suffering RLS. A questionnaire of 11 questions was developed and validated from a small

convenience sample ($n= 11$). Internal consistency yielded 65% and repeat measures reliability $\rho = 0.58$.

Conclusions

The questionnaire developed enables RLS to be identified in children specifically and for the first time. Such instrumentation may be used to establish prevalence, discriminate RLS from GP, to evaluate management programs and to assist treating clinicians.

Author details

¹School of Health Science, University of South Australia, Adelaide, SA, 5000, Australia. ²Centre for Sleep Research, University of South Australia, Adelaide, SA, 5000, Australia.

Published: 20 May 2011

doi:10.1186/1757-1146-4-S1-O15

Cite this article as: Evans and Blunden: Development of a parental report questionnaire for restless legs syndrome (RLS) in children: the RLSQ. *Journal of Foot and Ankle Research* 2011 **4**(Suppl 1):O15.

**Submit your next manuscript to BioMed Central
and take full advantage of:**

- Convenient online submission
- Thorough peer review
- No space constraints or color figure charges
- Immediate publication on acceptance
- Inclusion in PubMed, CAS, Scopus and Google Scholar
- Research which is freely available for redistribution

Submit your manuscript at
www.biomedcentral.com/submit



* Correspondence: angela.evans@unisa.edu.au

¹School of Health Science, University of South Australia, Adelaide, SA, 5000, Australia

Full list of author information is available at the end of the article

BioMed Central publishes under the Creative Commons Attribution License (CCAL). Under the CCAL, authors retain copyright to the article but users are allowed to download, reprint, distribute and /or copy articles in BioMed Central journals, as long as the original work is properly cited.