Measuring stability and change: methodological issues in Quality of Life studies
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Studying quality of life needs to take into account particular methodological issues, especially when well-being measurement is aimed at studying stability and change (well-being dynamics).

Generally, studies on change and stability may have different objectives, such as (Goldstein, 1979; Menard, 1991):
- describing detailed patterns of change,
- predicting change values from those obtained in the past,
- obtaining insight into underlying causal processes (Engel and Reinecke, 1996).

In order to attain these goals, observing and studying changes and dynamics request a coherent methodological approach, including a solid theory of measurement. In particular, they require identification of:

- modifiable dimensions (dimensions that may significantly change)
- adequate measures (in terms of reliability and validity)
- proper analysis approaches (in terms of methods and techniques).

In other words, measuring and analysis of change require two aspects to be carefully and systematically considered:

1. theoretical, concerning the definition and conceptualization of change

2. methodological, concerning: (i) the design, (ii) the measuring procedure, and (iii) the data analysis.

The presentation aims at clarifying the complex methodological frame of measuring change in quality-of-life assessment.

Keywords: well-being dynamics, measuring change, trends methodology.