

# Physical Activity Scale for Individuals with Physical Disabilities (PASIPD)

## Assessment Overview

### Assessment Area

**ICF Domain:**

Activity

**Subcategory:**

Self-Care

### You Will Need

Approximately 15 minutes to complete 13 items

**Administration:**

- Survey can be administered by mail, telephone, or in person.

**Scoring:**

- Participants rate their responses on a scale from 1 (never) to 4 (often) and duration responses range from 1 (less than 1 hour/day) to 4 (greater than 4 hours/day).
- The total PASIPD score is calculated by multiplying the time spent in each activity (hours per week) or participation (i.e., yes/no) in an activity, by a weight (the Metabolic Equivalent value or METS) and then adding the results together.
- Scores range from 0 (no activity) to >100 METS hr/day (very high).

### Summary

The Physical Activity Scale for Individuals with Physical Disabilities (PASIPD) is a modified version of the 10 item Physical Activity Scale for the Elderly, and was developed to assess individuals with visual/auditory and locomotor/SCI disabilities.

The PASIPD asks participants about the frequency (number of days a week) and duration (daily hours) their occupational, household, and leisure activities during a one-week period.

It may be useful to use the PASIPD to quantify the health benefits or risks of the activity level of people with physical disabilities.

### Availability

Download here: [http://www.scireproject.com/wp-content/uploads/worksheet\\_pasipd.docx](http://www.scireproject.com/wp-content/uploads/worksheet_pasipd.docx)

Available in: English, Dutch, and Turkish.

## Assessment Interpretability

### Minimal Clinically Important Difference

Not established in SCI

### Statistical Error

Not established in SCI

### Typical Values

#### Mean Intensity Score (SD):

10.9 (12.0) MET hours/day

(Van Den Berg-Emons et al. 2011; N=21 SCI, 14 male)

\*MET = metabolic equivalent value

## Measurement Properties

### Validity – **Low to Moderate**

#### **Low to Moderate** correlation with Activity Monitor duration:

Spearman's  $\rho = 0.31$  (PASIPD duration score only; N=21 SCI, 14 male)

Spearman's  $\rho = 0.28$  (PASIPD intensity score only; N=21 SCI, 14 male)

(Van Den Berg-Emons et al. 2011; N=124 (21 SCI), 14 Male, Mean age:  $40.7 \pm 14.3$  years)

#### **Moderate** correlation with Utrecht Activities List (UAL):

Spearman's  $\rho = 0.51$

#### **Moderate** correlation with Subscales Mobility Range and Social Behaviour of SIP68 (SIPSOC)

Spearman's  $\rho = 0.47$

(de Groot et al. 2010; N=139; 73% Male, Mean age:  $41.5 \pm 14.1$  years, Age range: 18-65 years, 68% paraplegic, 64% complete lesion)

**Number of studies reporting validity data: 4**

### Reliability – **Low to High**

#### **Low** Internal Consistency:

Cronbach's  $\alpha = 0.37-0.68$  (Washburn et al. 2002; N=372, 227 male, 56 paraplegia, 38 tetraplegia, 21 unspecified SCI)

(Mat Rosly et al. 2019, N=250, 177 male, Mean age:  $42.6 \pm 14.4$  years, traumatic injury)

#### **Moderate to High** Test-retest Reliability

ICC=0.87

(Mat Rosly et al. 2019, N=250, 177 male, Mean age:  $42.6 \pm 14.4$  years, traumatic injury)

#### For a mixed population:

Spearman's  $\rho = 0.77$

(van der Ploeg et al. 2007; N=45, 18 male, 27 female, Participants were all wheelchair non-dependent, who had stroke, spinal cord injury, whiplash, and neurological-, orthopedic- or back disorders)

#### **Inter-rater and Intra-rater Reliability:**

Not established in SCI

**Number of studies reporting reliability data: 4**

## Responsiveness

#### **Floor/Ceiling Effect:**

Not established in SCI

#### **Effect Size:**

Not established in SCI

#### **Number of studies reporting responsiveness data: 0**