

Instrumental Activities of Daily Living Scale (IADL)

Assessment Overview

Assessment Area

ICF Domain:

Activity

Subcategory:

General Tasks and Demands

You Will Need

Length:

8 items – less than 5 minutes

Scoring:

Each item is scored either 0 (unable or partially able to complete task independently) or 1 (able to complete task independently). The scores are then summed to produce a composite IADL score with a range of 0 (maximum dependence) to 8 (independent).

Summary

The Instrumental Activities of Daily Activities scale (IADL) measures the independent ability of an individual to perform tasks requiring varying degrees of cognitive and physical function.

The activities tested are designed to test patient ability in various aspects of general daily life like food preparation, using the telephone, and laundry. The index is scaled from 0 (unable or partially able) to 1 (able).

Availability

Worksheet: Can be found for free [here](#).

Assessment Interpretability

Minimal Clinically Important Difference

Not established in SCI

Statistical Error

Not established in SCI

Typical Values

Not established in SCI

Measurement Properties

Validity – **Low to Moderate**

Low Short Form-36 Mental subscale summary:

$r = -0.262$

Low Short Form-12 Physical subscale summary:

$r = -0.272$

Moderate Short Form-12 Mental subscale summary:

$r = -0.370$

Moderate Short Form-36 Physical subscale summary:

$r = -0.357$

Moderate Quality of Well-being scale:

$r = -0.454$

(Andresen et al. 1999; n=183, mean age: 50.5 (range 21-81); 82 people with quadriplegia)

Number of studies reporting validity data: 1

Reliability – **Not Established in SCI**

Not established in SCI

Number of studies reporting reliability data: 0

Responsiveness

Floor/Ceiling Effect:

A slight floor effect detected (13.5% of participants had lowest score).

(Andresen et al. 1999; n=183, mean age: 50.5 (range 21-81); 82 people with quadriplegia)

Effect Size:

Not established in SCI

Number of studies reporting responsiveness data: 0