

Assessment of Life Habits Scale (LIFE-H)

Assessment Overview

Assessment Area

ICF Domain:

Participation

Subscales (categories):

Nutrition, Fitness, Personal Care, Communication, Housing, Mobility, Responsibilities, Interpersonal Relationships, Community Life, Education, Employment, Recreation

You Will Need

Length:

Long form: 242 items, 40-120 min

Short form: 77 items, 30-60 min

Scoring:

Self or clinician-administered.

The response categories consider the level of difficulty (5 point ordinal scale) and the type of assistance (4 point ordinal scale) required to do each life habit. Satisfaction for each item is reported using a 5-point scale (1=very dissatisfied to 5=very satisfied).

The level of difficulty and the types of assistance are combined and weighted to derive an accomplishment score.

Each category score ranges 0-10

Summary

The Assessment of Life Habits Scale (LIFE-H) was developed to assess life habits (activities ranging from ADL's to social roles) and handicap situations (disruptions in the person's life habits resulting from impairments, disabilities or environmental factors).

The LIFE-H includes 12 categories (listed to the left). The LIFE-H has both a long and a short form. The long form (242 items) can be used as a whole or as separate sub-sections, and the short form (77 items) is a general measure of handicap.

Availability

Assessment can be purchased online at:

<https://mhavie.ca/boutique/en/mhavie/mhavie-4-0-c99c75/>

Languages: English, French, Dutch, Malay

Assessment Interpretability

Minimal Clinically Important Difference

Not established in SCI

Statistical Error

Standard Error of Measurement:

Not established for SCI, but for a mixed n elderly population with disabilities (39% SCI): Total Score SEM = 0.47

Minimal Detectable Change:

Not established for SCI, but for a mixed population with disabilities (39% SCI):

Total Score MDC = 1.3

(Goh et al. 2016; n=40, 11 males)

Typical Values

Mean Total (SD) Scores:

Short Form-Children = 4.2 (2.2)

Short Form-Adults = 2.3 (2.1)

Long Form-Children = 4.4 (2.3)

Long Form- Adults = 2.2 (2.0)

(Fougeyrollas et al. 1998; n=49, 24 children, 25 adults, mixed injury types, community living, mean time since injury = 10.9 (4.7) years for children, 12.2(8.3) years for adults)

Measurement Properties

Validity – **Low** to **High**

Low to **High** correlation with CHART:

CHART Physical independence: $r = 0.76$

CHART Occupation: $r = 0.36$

CHART Mobility: $r = 0.33$

CHART Social integration: $r = 0.14$

(Noureau et al. 1998; $n=482$, no information on injury type or chronicity)

Low to **Moderate** correlation with WHOQol-BREF:

Physical and Psychological domains: $r = 0.22-0.57$

(Goh et al. 2016; $n=75$ (29 SCI); 49 males, mean age: 58 ± 10 years, age range: 41-78 years, no information on injury type)

Number of studies reporting validity data: 4

Reliability – **Moderate** to **High**

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

Short Form-Children ICC = 0.67

Short Form-Adults ICC = 0.83

Long Form-Children ICC = 0.73

Long Form- Adults ICC = 0.74

(Fougeyrollas et al. 1998; $n=49$, 24 children, 25 adults, mixed injury types, community living, mean time since injury = 10.9 (4.7) years for children, 12.2(8.3) years for adults)

Number of studies reporting reliability data: 2

Responsiveness

Floor/Ceiling Effect:

Not established in SCI

Effect Size:

Not established in SCI

Number of studies reporting

responsiveness data: 0