

# 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

**Worksheet:** Can be purchased [here](#).

**Languages:** English, French, Dutch, and 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 and elderly population with disabilities (39% SCI):

Total Score SEM = 0.47

(Noerau et al. 2004; n=84)

**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; cervical, thoracic and lumbar; community living; mean (SD) 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 & Fougeyrollas 2000;  $n=482$ , 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 (SD) age: 58 (10) years; Malay version)

**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; cervical, thoracic and lumbar; community living; mean (SD) 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**