

# Reintegration to Normal Living (RNL) Index

## Assessment Overview

### Assessment Area

**ICF Domain:**  
Participation

### You Will Need

**Length:**  
10 minutes, 11 items

**Scoring:**  
3 alternate scoring systems:  
1) 10-point visual analogue scale  
2) 3-point scale  
3) 4-point scale

The most commonly used scoring system is the Visual Analog scale where each item is scored using a 10 cm line and accompanying phrases for participants to rate themselves.

Higher scores indicate greater reintegration.

Total score is 0-110, can be scaled to 100 for adjusted score.

### Summary

The Reintegration to Normal Living (RNL/RNLI) index is a self-report questionnaire that assesses a person's satisfaction with performance in life activities. The RNL index assesses mobility, self-care, daily activity, recreational activity, and family roles.

The RNL was originally developed based on interviews with clinicians and people who have had a stroke, but it has since been tested with people who have SCI, TBI, Cancer and Heart Disease.

The RNL is commonly used as part of the national reporting system in Canada for people with SCI..

### Availability

Available for free here:

<http://scire-nexcess.developmentwebsite.ca/wp-content/uploads/2022/04/RNL-Worksheet.pdf>

**Languages:** English, French

## Assessment Interpretability

### Minimal Clinically Important Difference

Not established in SCI

### Statistical Error

Not established in SCI

### Typical Values

**Mean (SD) Scores:**  
17.2 (4.4)

(Using 3-point scale, ranges 0-2; Hitzig et al., 2012; N=618, 501 male, mixed injury types, community living, mean (range) time since injury = 16.3 (1-60) years)

## Measurement Properties

### Validity ? **Low** to **High**

**High** correlation with Quality of Life Index (QLI):

$r = -0.654$

**Moderate** correlation with Functional Independence Measure (FIM):

$r = -0.348$

**Low** correlation with ASIA Motor Score:

$r = -0.196$

(May & Warren, 2002; N=98, 76 male, mixed injury types, mean (range) time since injury = 15.5 (1-78) years)

**Number of studies reporting validity data: 3**

### Reliability ? **High**

**High** Internal Consistency:

$\alpha = 0.84-0.97$

Kappa coefficient range: 0.38-0.92

Total item correlations: 0.37-0.67

(Hitzig et al., 2012; N=618, 501 male, mixed injury types, community living, mean (range) time since injury = 16.3 (1-60) years)

(Daneski et al. 2003; N=76, 42 male, Mean age: 67.1±12.72 years, stroke patients)

**Number of studies reporting reliability data: 3**

## Responsiveness

**Floor/Ceiling Effect:**

Not established in SCI

**Effect Size:**

Not established in SCI

**Number of studies reporting**

**responsiveness data: 0**