

**Research Summary – Spinal Cord Injury Lifestyle Scale (SCILS) – Self Care and Daily Living**

Author Year Research Design Setting (country)	Demographics and Injury Characteristics of Sample	Validity	Reliability	Responsiveness Interpretability
<p><a href="#">Pruitt et al.</a> 1998</p> <p>Methodological, cross-sectional study</p> <p>Veterans Affairs Medical Centre Pinal Cord Injury Unit</p>	<p>N=49 Mean age: 45 years (range 19-73 years)</p> <p>59% quadriplegia 41% paraplegia</p> <p>1-50 years post-SCI</p>	<p>Pearson’s r correlations used. Correlation of the SCILS with instruments not measuring the same construct as the SCILS:</p> <p>Functional Independence Measure: r = -0.06 (ns) Brief Symptom Inventory: r = -0.16 to -0.13 (ns) Impact of Event Scale: r = -0.16 (ns) Beck Depression Inventory: r = -0.17 (ns)</p> <p>Correlation of the SCILS with instruments measuring the same construct as the SCILS: Self-assessment of overall health</p>	<p><b>Internal Consistency:</b> Cronbach’s <math>\alpha</math>: Total score = 0.81</p> <p>Subscales: Cardiovascular = 0.73 Genitourinary = 0.32 Neuromusculoskeletal = 0.75 Skin = 0.86 Psychosocial = 0.32</p> <p>Subscale to total: Cardiovascular: r=0.40 (P&lt;.01, two-tailed) Genitourinary: r=0.42 (P&lt;.01, two-tailed) Neuromuscular: r=0.88 (P&lt;.001, two-tailed) Skin: r=0.79 (P&lt;.001, two-tailed)</p>	<p><b>Interpretability:</b> See table 1.</p>

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		behavior: $r=0.51$ ( $P<.005$ ) Clinician assessment of overall health behavior* by: Physician assistants: $r=0.41$ ( $P<.05$ ) Physical therapist: $r=0.30$ (ns) Nurse: $r=-0.18$ (ns) *2 rated questions, one regarding participation (scored 0-6), and the other regarding independence (scored 0-3) Participants report of secondary impairments: Current: $r=0.04$ (ns) Lifetime: $r=0.08$ (ns)	Psychosocial: $r=0.10$ (ns)	
Table 1. SCILS mean (SD) scores for each item:				

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		<b>Item:</b>		<b>Mean (SD) score:</b>
		<i>Cardiovascular:</i>		9.81 (3.84)
		1. I avoid smoking cigarettes.		3.07 (1.44)
		2. I limit the amount of fat and cholesterol in my diet (for example, I limit red meats, dairy products).		2.26 (1.27)
		3. I am aware of and try to reduce my risk for heart disease.		2.78 (1.91)
		4. I monitor my blood pressure on a regular basis.		1.50 (1.28)
		<i>Genitourinary:</i>		8.74 (3.57)
		1. I use an intermittent catheterization program and stick to the recommended schedule.		1.72 (1.67)
		2. I change my catheters as often as I have been directed to.		3.22 (1.40)
		3. I have episodes of bladder incontinence.*(item is reverse-scored)		2.28 (1.36)
		4. I use a rectal suppository as part of my regular bowel program.		1.52 (1.72)
		<i>Neuromusculoskeletal:</i>		18.98 (6.72)
		1. I do range of motion exercises daily to keep my joints flexible.		2.22 (1.33)
		2. I do exercises that enhance my muscle strength (for example, weight training) at least 3 times a week.		2.09 (1.40)
		3. My muscle strengthening exercises are monitored by a therapist at least once a year.		1.70 (1.65)
		4. I allow my shoulder joints to rest when I am having pain from overusing them.		2.57 (1.41)

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	5. I do activities which put weight on the bones in my legs to help increase bone density about 3 times a week (for example, use standing frame).			1.70 (1.66)
	6. I pay attention to the position my body is in when I am in my wheelchair.			3.50 (0.96)
	7. I pay attention to the position my body is in when I am sleeping.			3.24 (1.18)
	8. If I noticed the beginning of a contracture (a joint that is `freezing up'), I would know exactly what to do.			1.98 (1.69)
	<i>Skin:</i>			23.35 (5.31)
	1. I check my skin to look for any areas of redness or breakdown.			2.80 (1.34)
	2. I do some type of pressure relief every 30 minutes any time I am in my chair or driving.			2.96 (1.33)
	3. I am careful not to bump my legs, feet, or buttocks when doing transfers.			3.24 (1.14)
	4. I wear something on my feet when I am out of bed (for example, shoes or foam boots).			3.48 (0.91)
	5. I am careful when handling hot liquids by not carrying them in my lap.			3.50 (0.96)
	6. I am aware of the condition of my wheelchair cushion.			3.63 (0.80)
	7. I am aware of the condition and repair needs of my wheelchair.			3.74 (0.71)
	<i>Psychosocial:</i>			7.49 (0.91)
	1. I am able to get around in my house (my house is wheelchair accessible).			3.61 (0.71)

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<b>Author Year Research Design Setting (country)</b>	<b>Demographics and Injury Characteristics of Sample</b>	<b>Validity</b>	<b>Reliability</b>	<b>Responsiveness Interpretability</b>
				3.87 (0.45)
				<b>68.15 (13.28)</b>

**Research Summary – Spinal Cord Injury Lifestyle Scale (SCILS) – Self Care and Daily Living - Cross-cultural Validation Studies**

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<p><a href="#">Shabany et al.</a> 2018</p> <p>Cross-sectional psychometric study</p> <p>Persian version</p> <p>Participants selected among those referred to health centers and the Brain and Spinal Cord Injury Research Center</p>	<p>N=97 Mean age: 36.29±11.49 years 77 Male, 20 Women 60 Complete, 37 Incomplete injury 77 Paraplegic, 20 Tetraplegic</p>	<p>SCILS strongly correlated with the HBQ (Health Behaviour Questionnaire): r=0.65</p>	<p><b>Internal Consistency:</b> Total Cronbach's <math>\alpha</math>: Total Score = 0.75 Subscales: Cardiovascular = 0.72 Genitourinary = 0.74 Neuromusculoskel etal = 0.76 Skin = 0.68 Psychosocial = 0.73</p> <p><b>Test-retest, Inter- rater, Intra-rater:</b> Test-retest reliability ICC = 0.75 ICC's of 25 questions of the SCILS = 0.68- 9.92</p>	