

Reviewer ID: Nicole Elfring, John Zhu, Matthew Querée, Joanne Chi			
Type of Outcome Measure: Spinal Cord Injury Lifestyle Scale (SCILS)			Total articles: 2
Author ID Year	Study Design	Setting	Population (sample size, age) and Group
Shabany et al. 2018	Cross-sectional psychometric study Persian version	Participants selected among those referred to health centers and the Brain and Spinal Cord Injury Research Center	N=97 Mean age: 36.29±11.49 years 77 Male, 20 Women 60 Complete, 37 Incomplete injury 77 Paraplegic, 20 Tetraplegic
Pruitt et al. 1998	Methodological, cross-sectional study	Veterans Affairs Medical Centre Pinal Cord Injury Unit	N=49 Mean age: 45 years (range 19-73 years) 59% quadriplegia 41% paraplegia 1-50 years post-SCI
1. RELIABILITY			
Author ID	Internal Consistency	Test-retest, Inter-rater, Intra-rater	
Shabany et al. 2018	Total Cronbach's α : Total Score = 0.75 Subscales: Cardiovascular = 0.72 Genitourinary = 0.74 Neuromusculoskeletal = 0.76 Skin = 0.68 Psychosocial = 0.73	Test-retest reliability ICC = 0.75 ICC's of 25 questions of the SCILS = 0.68-9.92	
Pruitt et al. 1998	Cronbach's α : Total score = 0.81 Subscales: Cardiovascular = 0.73 Genitourinary = 0.32 Neuromusculoskeletal = 0.75 Skin = 0.86 Psychosocial = 0.32 Subscale to total: Cardiovascular: r=0.40 (P<.01, two-tailed) Genitourinary: r=0.42 (P<.01, two-tailed) Neuromuscular: r=0.88 (P<.001, two-tailed) Skin: r=0.79 (P<.001, two-tailed) Psychosocial: r=0.10 (ns)	No data available	

2. VALIDITY

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Shabany et al. 2018	SCILS strongly correlated with the HBQ (Health Behaviour Questionnaire): r=0.65
Pruitt et al. 1998	<p>Pearson's r correlations used.</p> <p>Correlation of the SCILS with instruments not measuring the same construct as the SCILS: 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 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)</p> <p>Participants report of secondary impairments: Current: r=0.04 (ns) Lifetime: r=0.08 (ns)</p>

3. RESPONSIVENESS – no data available**4. FLOOR/CEILING EFFECT** – no data available**5. INTERPRETABILITY**

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Pruitt et al. 1998	<p>SCILS mean (SD) scores for each item:</p> <table border="1"> <thead> <tr> <th>Item:</th> <th>Mean (SD) score:</th> </tr> </thead> <tbody> <tr> <td><i>Cardiovascular:</i></td> <td>9.81 (3.84)</td> </tr> <tr> <td>1. I avoid smoking cigarettes.^[1]_{SEP}</td> <td>3.07 (1.44)</td> </tr> <tr> <td>2. I limit the amount of fat and cholesterol in my diet (for example, I limit red meats, dairy products).</td> <td>2.26 (1.27)</td> </tr> <tr> <td>^[1]_{SEP}3. I am aware of and try to reduce my risk for heart disease.</td> <td>2.78 (1.91)</td> </tr> <tr> <td>4. I monitor my blood pressure on a regular basis.</td> <td>1.50 (1.28)</td> </tr> <tr> <td><i>Genitourinary:</i></td> <td>8.74 (3.57)</td> </tr> <tr> <td>1. I use an intermittent catheterization program and stick to the recommended schedule.</td> <td>1.72 (1.67)</td> </tr> <tr> <td>2. I change my catheters as often as I have been directed to.</td> <td>3.22 (1.40)</td> </tr> <tr> <td>3. I have episodes of bladder incontinence.*(item is reverse-scored)</td> <td>2.28 (1.36)</td> </tr> <tr> <td>4. I use a rectal suppository as part of my regular bowel program.</td> <td>1.52 (1.72)</td> </tr> <tr> <td><i>Neuromusculoskeletal:</i></td> <td>18.98 (6.72)</td> </tr> <tr> <td>1. I do range of motion exercises daily to keep my joints flexible.^[1]_{SEP}</td> <td>2.22 (1.33)</td> </tr> <tr> <td>2. I do exercises that enhance my muscle strength (for example, weight training) at least 3 times a week.^[1]_{SEP}</td> <td>2.09 (1.40)</td> </tr> <tr> <td>3. My muscle strengthening exercises are monitored by a therapist at least once a year.</td> <td>1.70 (1.65)</td> </tr> <tr> <td>4. I allow my shoulder joints to rest when I am having pain from overusing them.^[1]_{SEP}</td> <td>2.57 (1.41)</td> </tr> </tbody> </table>	Item:	Mean (SD) score:	<i>Cardiovascular:</i>	9.81 (3.84)	1. I avoid smoking cigarettes. ^[1] _{SEP}	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)	^[1] _{SEP} 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. ^[1] _{SEP}	2.22 (1.33)	2. I do exercises that enhance my muscle strength (for example, weight training) at least 3 times a week. ^[1] _{SEP}	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. ^[1] _{SEP}	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). ^[SEP]	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. ^[SEP]	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)
^[SEP] 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. ^[SEP]	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. ^[SEP]	3.50 (0.96)
6. I am aware of the condition of my wheelchair cushion. ^[SEP]	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)
2. I am with or talk to other people at least once a day.	3.87 (0.45)
TOTAL:	68.15 (13.28)