

## Impact on Participation and Autonomy Questionnaire

Adapted from Cardol M et al. Psychometric Properties of the Impact on Participation and Autonomy Questionnaire, Arch Phys Med Rehabil, 82: 210-6, 2001; Appendix. Used with permission from Elsevier Publishing.

### Response options per item:

- 1 = very good
- 2 = good
- 3 = fair
- 4 = poor
- 5 = very poor.

### Response options for problem experience:

- 0 = no problems
- 1 = minor problems
- 2 = severe problems

2 scores are used for the IPAQ; a Participation domains score (comprised of the summation of item scores from the domains: Autonomy Indoors, Family Role, Autonomy Outdoors, Social Relations, Paid work and education) and a Problem Experience score (comprised of the summation of the items within the problem experience section).

### Impact on Participation and Autonomy Questionnaire Worksheet:

Patient Name: \_\_\_\_\_

Date: \_\_\_\_\_

### Response options per item:

- 1 = very good
- 2 = good
- 3 = fair
- 4 = poor
- 5 = very poor.

### Response options for problem experience:

- 0 = no problems
- 1 = minor problems
- 2 = severe problems

### **Autonomy indoors (n= 7)**

In the context of illness or disability . . .

1. My chances of getting around in my house *where* I want to are
2. My chances of getting around in my house *when* I want to are
3. My chances of washing, bathing or showering, and dressing, *the way* I wish, either by myself or with help are
4. My chances of having a bath and dressing *when* I want to, either by myself or with help are
5. My chances of getting up and going to bed *when* I want to are
6. My chances of going to the toilet *when* I need to are
7. My chances of eating and drinking *when* I want to are

1.
2.
3.
4.
5.
6.
7.

### Family role (n=7)

In the context of illness or disability . . .

1. My chances of contributing to looking after my home *the way* I want to are
2. My chances of getting minor housework jobs done, either by myself or by someone else *the way* I want them done are
3. My chances of getting major housework jobs done, either by myself or by others, the way I want them done are
4. My chances of getting housework done, either by myself or by others, *when* I want them done are
5. My chances of getting minor repairs and maintenance work done in my house, either by myself or by others, *the way* I want them done are
6. My chances of fulfilling my role at home as I would like are
7. My chances of spending my own money as I wish are

1.
2.
3.
4.
5.
6.
7.

### Autonomy outdoors (n=5)

In the context of illness or disability . . .

1. My chances of visiting relatives and friends *when* I want to are
2. My chances of going on the sort of trips and holidays I want to go on are
3. My chances of seeing people as often as I want are
4. My chances of living life the way I want are
5. My chances of spending leisure time the way I want to are

1.
2.
3.
4.
5.

### Social relations (n=6)

In the context of illness or disability . . .

1. My chances of talking to people close to me on equal terms are
2. The quality of my relationship with people who are close to me is
3. The respect I receive from people who are close to me is
4. My chances of having an intimate relationship are
5. My relationships with acquaintances are
6. The respect I receive from acquaintances is

1.
2.
3.
4.
5.
6.

### Paid work and education (n=6)

In the context of illness or disability . . .

1. My chances of doing the paid work I want to do are
2. My chances of doing my job *the way* I want to are
3. My contacts with the people I work with are
4. My chances of maintaining or changing my working role <sup>[SEP]</sup>as I would wish are
5. My chances of getting a different job are
6. My chances of getting the training or education I want are

1.
2.
3.
4.
5.
6.

**Participation domains total score:** \_\_\_\_\_

**Items addressing problem experience (n=8)<sup>[SEP]</sup>**

1. With regard to your mobility, to what extent does your health or disability cause problems?
2. With regard to your self-care, to what extent does your health or disability cause problems?
3. With regard to your family role, to what extent does your health or disability cause problems?
4. With regard to controlling your finances, does your health or disability cause problems?
5. With regard to your leisure time, to what extent does your health or disability cause problems?
6. With regard to your relationships, to what extent does your health or disability cause problems?
7. With regard to paid work, to what extent does your health or disability cause problems?
8. With regard to your education, to what extent does your health or disability cause problems?

1.
2.
3.
4.
5.
6.
7.
8.

**Problem experience score:** \_\_\_\_\_