**Physical Activity Scale for Individuals with Physical Disabilities (PASIPD)**

Adapted from Washburn RA et al. The Physical Activity Scale for Individuals with Physical Disabilities: Development and Evaluation, Arch Phys Med Rehabil, 83: 193-200, 2002; Appendix 1. Used with permission from Elsevier Publishing.

This scale has 13 items; items 2-13 are scored.

PASIPD score = sum of (item multiplier x average hours per day) over items 2–13

**Scoring: PASIPD (Item multipliers)**  
1. Not scored   
2. 2.5  
 3. 3.0  
 4. 4.0  
5. 8.0   
6. 5.5   
7. 1.5   
8. 4.0   
9. 4.0  
10. 4.0   
11 4.0   
12. 1.5   
13. 2.5

PASIPD Worksheet:

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

|  |  |  |
| --- | --- | --- |
| **Item:** *Note: d = days, hr= hours, score recorded should be the corresponding answer choice for average number of hours per day spent on the activity (1-4)* | **Score** | **Score x Item multiplier** |
| *Leisure Time Activity:* |
| 1. **During the past 7 days how often did you engage in *stationary activities* such as reading, watching TV, computer games, or doing handcrafts?**   1. Never (Go to question #2) 2. Seldom (1–2d) 3. Sometimes (3–4d) 4. Often (5–7d)   What were these activities?  **On average, how many hours per day did you spend in these *stationary activities*?**  1. Less than 1hr  2. 1 but less than 2hr  3. 2–4hr  4. More than 4hr |  |  |
| 2**. During the past 7 days, how often did you *walk*, *wheel*, *push outside* your home *other than specifically for exercise*. For example, getting to work or class, walking the dog shopping, or other errands?**  1. Never (Go to question #3)  2. Seldom (1–2d)  3. Sometimes (3–4d)  4. Often (5–7d)  **On average, how many hours per day did you spend wheeling or pushing outside your home?**  1. Less than 1hr  2. 1 but less than 2hr  3. 2–4hr  4. More than 4hr |  |  |
| 3. **During the past 7 days, how often did you engage in *light***  ***sport or recreational activities* such as bowling, golf with a cart, hunting or fishing, darts, billiards or pool, therapeutic exercise (physical or occupational therapy, stretching, use of a standing frame) or other similar activities?**   1. Never (Go to question #4) 2. Seldom (1–2d) 3. Sometimes (3–4d) 4. Often (5–7d)   What were these activities?  **On average, how many hour per day did you spend in these *light sport or recreational* activities?**  1. Less than 1hr  2. 1 but less than 2hr  3. 2–4hr  4. More than 4hr |  |  |
| 4. **During the past 7 days, how often did you engage in *moderate sport and recreational* activities such as doubles tennis, softball, golf without a cart, ballroom dancing, wheeling or pushing for pleasure or other similar activities?**   1. Never (Go to question #5) 2. Seldom (1–2d) 3. Sometimes (3–4d) 4. Often (5–7d)   What were these activities?  **On average, how many hours per day did you spend in these *moderate sport and recreational* activities?**  1. Less than 1hr  2. 1 but less than 2hr  3. 2–4hr  4. More than 4hr |  |  |
| 5. **During the past 7 days, how often did you engage in *strenuous sport and recreational* activities such as jogging, wheelchair racing (training), off-road pushing, swimming, aerobic dance, arm cranking, cycling (hand or leg), singles tennis, rugby, basketball, walking with crutches and braces, or other similar activities**   1. Never (Go to question #6) 2. Seldom (1–2d) 3. Sometimes (3–4d) 4. Often (5–7d)  What were these activities?   On average, how many hours per day did you spend in these *strenuous sport or recreational* activities?  1. Less than 1hr  2. 1 but less than 2hr  3. 2–4hr  4. More than 4hr |  |  |
| 6. **During the past 7 days, how often did you do any exercise**  ***specifically to increase muscle strength and endurance***  **such as lifting weights, push-ups, pull-ups, dips, or wheel-**  **chair push-ups, etc?**   1. Never (Go to question #7) 2. Seldom (1–2d) 3. Sometimes (3–4d) 4. Often (5–7d)  What were these activities?   **On average, how many hours per day did you spend in these *exercises to increase muscle strength and endurance*?**  1. Less than 1hr  2. 1 but less than 2hr  3. 2–4hr  4. More than 4hr |  |  |
| **Household Activity** |  |  |
| 7. **During the past 7 days, how often have you done any *light housework*, such as dusting, sweeping floors or washing dishes?**  1. Never (Go to question #8)  2. Seldom (1–2d)  3. Sometimes (3–4d)  4. Often (5–7d)  **On average, how many hours per day did you spend doing**  ***light housework*?**  1. Less than 1hr  2. 1 but less than 2hr  3. 2–4hr  4. More than 4hr |
| 8. **During the past 7 days, how often have you done any *heavy housework or chores* such as vacuuming, scrubbing floors, washing windows, or walls, etc?**  1. Never (Go to question #9)  2. Seldom (1–2d)  3. Sometimes (3–4d)  4. Often (5–7d)  **On average, how many hours per day did you spend doing**  ***heavy housework or chores*?**  1. Less than 1hr  2. 1 but less than 2hr  3. 2–4hr  4. More than 4hr |  |  |
| 9. **During the past 7 days, how often you done *home repairs* like carpentry, painting, furniture refinishing, electrical work, etc?**  1. Never (Go to question #10)  2. Seldom (1–2d)  3. Sometimes (3–4d) 4. Often (5–7d)  **On average, how many hours per day did you spend doing**  ***home repairs*?** 1. Less than 1hr  2. 1 but less than 2hr  3. 2–4hr  4. More than 4hr |  |  |
| 10. **During the past 7 days how often have you done *lawn work or yard care* including mowing, leaf or snow removal, tree or bush trimming, or wood chopping, etc?**  1. Never (Go to question #11)  2. Seldom (1–2d)  3. Sometimes (3–4d)  4. Often (5–7d)  **On average, how many hours per day did you spend doing**  ***lawn work*?** 1. Less than 1hr  2. 1 but less than 2hr  3. 2–4hr  4. More than 4hr |  |  |
| 11. **During the past 7 days, how often have you done *outdoor gardening*?**  1. Never (Go to question #12)  2. Seldom (1–2d)  3. Sometimes (3–4d)  4. Often (5–7d)  **On average, how many hours per day did you spend doing**  ***outdoor gardening*?**  1. Less than 1hr  2. 1 but less than 2 hr  3. 2–4hr  4. More than 4hr |  |  |
| 12. **During the past 7 days, how often did you *care for another person*, such as children, a dependent spouse, or another adult?**  1. Never (Go to question #13)  2. Seldom (1–2d)  3. Sometimes (3–4d)  4. Often (5–7d)  **On average, how many hours per day did you spend *caring***  ***for another person*?**  1. Less than 1hr  2. 1 but less than 2hr  3. 2–4hr  4. More than 4hr |  |  |
| **Work-related Activity** |  |  |
| 13. **During the past 7 days, how often did you *work for pay or as a volunteer*? (Exclude work that mainly involved sitting with slight arm movement such as light office work, computer work, light assembly line work, driving bus or van, etc.)**  1. Never (Go to END)  2. Seldom (1–2d)  3. Sometimes (3–4d)  4. Often (5–7d)  **On average, how many hours per day did you spend *work-***  ***ing for pay or as a volunteer*?**  1. Less than 1hr  2. 1 but less than 4hr  3. 5 but less than 8hr  4. 8hr or more |

**PASIPD Score** (Sum of items x item multiplier): \_\_\_\_\_\_\_\_\_\_