**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: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| **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. 2–4hr4. 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. 2–4hr4. 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. 2–4hr4. 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 1hr2. 1 but less than 4hr 3. 5 but less than 8hr 4. 8hr or more |

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