

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: <i>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)</i>	Score	Score x Item multiplier
<i>Leisure Time Activity:</i>		
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 ^[SEP] 2. 1 but less than 2hr 3. 2-4hr ^[SEP]		

4. More than 4hr		
<p>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?</p> <p>1. Never (Go to question #3)</p> <p>2. Seldom (1-2d)^[SEP]</p> <p>3. Sometimes (3-4d)^[SEP]</p> <p>4. Often (5-7d)</p> <p>On average, how many hours per day did you spend wheeling or pushing outside your home?</p> <p>1. Less than 1hr^[SEP]</p> <p>2. 1 but less than 2hr^[SEP]</p> <p>3. 2-4hr</p> <p>4. More than 4hr</p>		
<p>^[SEP]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?</p> <p>1. Never (Go to question #4)</p> <p>2. Seldom (1-2d)</p> <p>3. Sometimes (3-4d)</p> <p>4. Often (5-7d)</p> <p>What were these activities?</p> <p>On average, how many hour per day did you spend in these light sport or recreational activities?</p> <p>1. Less than 1hr^[SEP]</p> <p>2. 1 but less than 2hr</p> <p>3. 2-4hr^[SEP]</p> <p>4. More than 4hr</p>		
<p>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?</p> <p>1. Never (Go to question #5)</p> <p>2. Seldom (1-2d)</p> <p>3. Sometimes (3-4d)</p> <p>4. Often (5-7d)^[SEP]</p> <p>What were these activities?</p> <p>On average, how many hours per day did you spend in these moderate sport and recreational activities?</p> <p>1. Less than 1hr^[SEP]</p> <p>2. 1 but less than 2hr</p> <p>3. 2-4hr^[SEP]</p>		

4. More than 4hr		
<p>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</p> <p>1. Never (Go to question #6) 2. Seldom (1-2d) 3. Sometimes (3-4d) 4. Often (5-7d) ^[SEP]What were these activities?</p> <p>On average, how many hours per day did you spend in these strenuous sport or recreational activities?</p> <p>1. Less than 1hr ^[SEP] 2. 1 but less than 2hr 3. 2-4hr ^[SEP] 4. More than 4hr</p>		
<p>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 wheelchair push-ups, etc?</p> <p>1. Never (Go to question #7) 2. Seldom (1-2d) 3. Sometimes (3-4d) 4. Often (5-7d) ^[SEP]What were these activities?</p> <p>On average, how many hours per day did you spend in these exercises to increase muscle strength and endurance?</p> <p>1. Less than 1hr ^[SEP] 2. 1 but less than 2hr 3. 2-4hr ^[SEP] 4. More than 4hr</p>		
<p>Household Activity</p>		
<p>7. During the past 7 days, how often have you done any light housework, such as dusting, sweeping floors or washing dishes?</p> <p>1. Never (Go to question #8) 2. Seldom (1-2d) ^[SEP] 3. Sometimes (3-4d) ^[SEP] 4. Often (5-7d)</p> <p>On average, how many hours per day did you spend doing light housework? ^[SEP]</p> <p>1. Less than 1hr ^[SEP] 2. 1 but less than 2hr 3. 2-4hr ^[SEP]</p>		

4. More than 4hr		
<p>8. During the past 7 days, how often have you done any <i>heavy housework or chores</i> such as vacuuming, scrubbing floors, washing windows, or walls, etc?</p> <p>1. Never (Go to question #9)</p> <p>2. Seldom (1-2d)^{[L][SEP]}</p> <p>3. Sometimes (3-4d)^{[L][SEP]}</p> <p>4. Often (5-7d)</p> <p>On average, how many hours per day did you spend doing <i>heavy housework or chores</i>?</p> <p>1. Less than 1hr^{[L][SEP]}</p> <p>2. 1 but less than 2hr^{[L][SEP]}</p> <p>3. 2-4hr</p> <p>4. More than 4hr</p>		
<p>9. During the past 7 days, how often you done <i>home repairs</i> like carpentry, painting, furniture refinishing, electrical work, etc?</p> <p>1. Never (Go to question #10)</p> <p>2. Seldom (1-2d)^{[L][SEP]}</p> <p>3. Sometimes (3-4d)</p> <p>4. Often (5-7d)</p> <p>On average, how many hours per day did you spend doing <i>home repairs</i>?^{[L][SEP]}</p> <p>1. Less than 1hr^{[L][SEP]}</p> <p>2. 1 but less than 2hr</p> <p>3. 2-4hr^{[L][SEP]}</p> <p>4. More than 4hr</p>		
<p>10. During the past 7 days how often have you done <i>lawn work or yard care</i> including mowing, leaf or snow removal, tree or bush trimming, or wood chopping, etc?</p> <p>1. Never (Go to question #11)</p> <p>2. Seldom (1-2d)^{[L][SEP]}</p> <p>3. Sometimes (3-4d)^{[L][SEP]}</p> <p>4. Often (5-7d)</p> <p>On average, how many hours per day did you spend doing <i>lawn work</i>?^{[L][SEP]}</p> <p>1. Less than 1hr^{[L][SEP]}</p> <p>2. 1 but less than 2hr</p> <p>3. 2-4hr^{[L][SEP]}</p> <p>4. More than 4hr</p>		
<p>11. During the past 7 days, how often have you done <i>outdoor gardening</i>?</p> <p>1. Never (Go to question #12)</p> <p>2. Seldom (1-2d)^{[L][SEP]}</p>		

<p>3. Sometimes (3-4d)^{[L][SEP]} 4. Often (5-7d)</p> <p>On average, how many hours per day did you spend doing outdoor gardening?</p> <p>1. Less than 1hr^{[L][SEP]} 2. 1 but less than 2 hr 3. 2-4hr^{[L][SEP]} 4. More than 4hr</p>		
<p>12. During the past 7 days, how often did you care for another person, such as children, a dependent spouse, or another adult?</p> <p>1. Never (Go to question #13) 2. Seldom (1-2d)^{[L][SEP]} 3. Sometimes (3-4d)^{[L][SEP]} 4. Often (5-7d)</p> <p>On average, how many hours per day did you spend caring for another person?</p> <p>1. Less than 1hr^{[L][SEP]} 2. 1 but less than 2hr 3. 2-4hr 4. More than 4hr</p>		
<p>Work-related Activity</p>		
<p>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.)</p> <p>1. Never (Go to END) 2. Seldom (1-2d)^{[L][SEP]} 3. Sometimes (3-4d) 4. Often (5-7d)</p> <p>On average, how many hours per day did you spend working for pay or as a volunteer?</p> <p>1. Less than 1hr 2. 1 but less than 4hr 3. 5 but less than 8hr 4. 8hr or more</p>		

PASIPD Score (Sum of items x item multiplier): _____