

Sickness Impact Profile 68 (SIP 68):

Adapted from de Bruin AF et al. The Sickness Impact Profile: SIP68, A Short Generic Version. First Evaluation of the Reliability and Reproducibility. J Clin Epidemiol, Vol 47, 863-871, 1994; All of Appendix

SIP68

Somatic autonomy

1. I get around in a wheelchair.
2. I get dressed only with someone's help.
3. I do not move into or out of bed by myself, but am moved by a person or mechanical aid.
4. I stand up only with someone's help.
5. I do not fasten my clothing, for example, require assistance with buttons, zippers, shoelaces.
6. I do not walk at all.
7. I do not use stairs at all.
8. I make difficult moves with help, for example, getting into or out of cars, bathtubs.
9. I do not bathe myself completely, for example, require assistance with bathing.
10. I do not bathe myself at all, but am bathed by someone else.
11. I do not have control of my bladder.
12. I am very clumsy in body movements.
13. I do not have control of my bowels.
14. I feed myself with help from someone else.
15. I do not maintain balance.
15. I use bedpan with assistance.
16. I am in a restricted position all the time.

Mobility control

1. I go up and down stairs more slowly, for example, one step at a time, stop often.
2. I walk shorter distances or stop to rest often.
3. I walk more slowly.
4. I use stairs only with mechanical support, for example, handrail, cane crutches.
5. I walk by myself but with some difficulty, for example, limp, wobble, stumble, have stiff leg.
6. I kneel, stoop or bend down only by holding on to something.
7. I do not walk up or down hills.
8. I get in and out of bed or chairs by grasping something for support, or using a cane or walker.
9. I stand only for short periods of time.
9. I dress myself, but do so very slowly.
10. I have difficulty doing handwork, for example turning faucets, using kitchen gadgets, sewing, carpentry.
12. I move my hands or fingers with some limitation or difficulty.

Psychological autonomy and communication

1. I have difficulty reasoning and solving problems, for example, making plans, making decisions, learning new things.
2. I have difficulty doing activities involving concentration and thinking.
3. I react slowly to things that are said or done.
4. I make more mistakes than usual.
5. I do not keep my attention on any activity for long.
6. I forget a lot, for example, things that happened recently, where I put things, appointments.
7. I am confused and start several actions at a time.
8. I do not speak clearly when I am under stress.
9. I have difficulty speaking, for example, get stuck, stutter, stammer, slur my words.
10. I do not finish things I start.
11. I am having trouble writing or typing.

Social behavior

1. My sexual activity is decreased.
2. I am cutting down the length of visits with friends.
3. I am drinking less fluids.
4. I am doing fewer community activities.
5. I am doing fewer social activities with groups of people.
6. I am going out for entertainment less often.
7. I stay away from home only for brief periods of time.
8. I am eating much less than usual.
9. I am not doing heavy work around the house.
10. I do my hobbies and recreation for shorter periods of time.
11. I am doing less of the regular daily work around the house than I would usually do.
12. I am cutting down on some of my usual inactive recreation and pastime, for example, watching TV, playing cards, reading.

Emotional stability

1. I often act irritable toward those around me, for example, snap at people, give sharp answers, criticize easily.
2. I act disagreeable to family members, for example, I act spiteful, I am stubborn.
3. I have frequent outbursts of anger at family members, for example, strike at them, scream, throw things at them.
4. I act irritable and impatient with myself, for example, talk badly about myself, swear at myself, blame myself for things that happen.
5. I am not joking with family members as I usually do.
6. I talk less with those around me.

Mobility range

1. I am not doing any of the shopping that I would usually do.
2. I am not going into town.

3. I am not doing any of the house cleaning that I would usually do.
4. I am not doing any of the regular work around the house that I would usually do.
5. I stay home most of the time.
6. I am not doing any of the clothes washing that I would usually do.
7. I am not going out to visit people at all.
8. I am getting around only within one building.
9. I have given up taking care of personal or household business affairs, for example paying bills, banking working on budget.
10. I do not get around in the dark or in unlit places without someone's help.