Assessment of Life Habits Scale (LIFE-H)

Assessment Overview

Assessment Area

ICF Domain:
Participation
Subscales (categories):
Nutrition, Fitness, Personal Care, Communication, Housing, Mobility, Responsibilities, Interpersonal Relationships, Community Life, Education, Employment, Recreation

You Will Need

Length:
Long form: 242 items, 40-120 min
Short form: 77 items, 30-60 min
Scoring:
Self or clinician-administered.
The response categories consider the level of difficulty (5 point ordinal scale) and the type of assistance (4-point ordinal scale) required to do each life habit. Satisfaction for each item is reported using a 5-point scale (1=very dissatisfied to 5=very satisfied).
The level of difficulty and the types of assistance are combined and weighted to derive an accomplishment score.
Each category score ranges 0-10

Summary

The Assessment of Life Habits Scale (LIFE-H) was developed to assess life habits (activities ranging from ADL's to social roles) and handicap situations (disruptions in the person's life habits resulting from impairments, disabilities or environmental factors).

The LIFE-H includes 12 categories:
1. Nutrition
2. Fitness
3. Personal Care
4. Communication
5. Housing
6. Mobility
7. Responsibilities
8. Interpersonal Relationships
9. Community Life
10. Education
11. Employment
12. Recreation

The LIFE-H has both a long and a short form. The long form (242 items) can be used as a whole or as separate sub-sections, and the short form (77 items) is a general measure of handicap.

Availability

Worksheet: Can be purchased here.

Languages: English, French, Dutch, and Malay

Assessment Interpretability

Minimal Clinically Important Difference

Not established in SCI

Statistical Error

Standard Error of Measurement:
Not established for SCI, but for a mixed and elderly population with disabilities (39% SCI):
Total Score SEM = 0.47
(Noerau et al. 2004; n=84)

Minimal Detectable Change:
Not established for SCI, but for a mixed population with disabilities (39% SCI):
Total Score MDC = 1.3
(Goh et al. 2016; n=40, 11 males)

Typical Values

Mean Total (SD) Scores:
Short Form-Children = 4.2 (2.2)
Short Form-Adults = 2.3 (2.1)
Long Form-Children = 4.4 (2.3)
Long Form- Adults = 2.2 (2.0)

(Fougeyrollas et al. 1998; n=49; 24 children, 25 adults; cervical, thoracic and lumbar; community living; mean (SD) time since injury: 10.9 (4.7) years for children, 12.2 (8.3) years for adults)

Measurement Properties

Validity – **Low** to **High**

Low to **High** correlation with CHART:

CHART Physical independence: r = 0.76

CHART Occupation: r = 0.36

CHART Mobility: r = 0.33

CHART Social integration: r = 0.14

(Noureau & Fougeyrollas 2000; n=482, no information on injury type or chronicity)

Low to **Moderate** correlation with WHOQol-BREF:

Physical and Psychological domains: r = 0.22-0.57

(Goh et al. 2016; n=75 (29 SCI); 49 males; mean (SD) age: 58 (10) years; Malay version)

Number of studies reporting validity data: 4

Reliability – **Moderate** to **High**

Moderate to **High** Test-retest Reliability:

Short Form-Children ICC = 0.67

Short Form-Adults ICC = 0.83

Long Form-Children ICC = 0.73

Long Form- Adults ICC = 0.74

(Fougeyrollas et al. 1998; n=49; 24 children, 25 adults; cervical, thoracic and lumbar; community living; mean (SD) time since injury: 10.9 (4.7) years for children, 12.2 (8.3) years for adults)

Number of studies reporting reliability data: 2

Responsiveness

Floor/Ceiling Effect:
Not established in SCI

Effect Size:
Not established in SCI

Number of studies reporting responsiveness data: 0