

# Utrecht Scale for Evaluation of Rehabilitation-Participation (USER-P)

## Assessment Overview

### Assessment Area

**ICF Domain:**

Activities and Participation

### You Will Need

**Length:**

32 items:

- Frequency scale:
  - Part A: 4 items.
  - Part B: 8 items.
- Restrictions scale: 10 items.
- Satisfaction scale: 9 items.

**Scoring:**

- Frequency scale:
  - Part A: Each item is scored from 0 (not at all) up to 5 (36 hours or more).
  - Part B: Each item is scored from 0 (not at all) to 5 (19 times or more).
- Restrictions scale:

Each item score ranges from 0 (not possible at all) to 3 (independent without difficulty). "Not applicable" is an optional response.
- Satisfaction scale:

Items are rated on a scale of 0 (very dissatisfied) to 4 (very satisfied). Not applicable is an optional response.

Each scale scores are converted to a 0–100 scale.

Higher scores indicate higher levels of participation. There is no USER-P total score.

### Summary

The Utrecht Scale for Evaluation of Rehabilitation-Participation (USER-P) was designed to measure how often and how pleasurable someone with SCI finds their activities and participation in their daily lives, as well as any restrictions experienced.

The three scales of the USER-P are:

- The Frequency scale consists of two parts:
  - Part A - Vocational activities (e.g., the number of hours the respondent has spent on paid/unpaid work in a typical week).
  - Part B - Leisure and social activities (e.g., going out, indoor recreation, or visiting family/friends) in the past 4 weeks.
- The Restrictions scale asks about experienced participation barriers in vocational, leisure and social activities as a result of the person's health or disability.
- The Satisfaction scale asks about person's satisfaction level with vocational, leisure and social relationships.

The USER-P scale scores are assessed individually; that is, a clinician works with their client to improve their frequency of, and satisfaction with, participation, while attempting to reduce any restrictions.

### Availability

**Worksheet:** Can be found for free [here](#).

## Assessment Interpretability

### Minimal Clinically Important Difference

Not established in SCI

### Statistical Error

Not established in SCI

### Typical Values

#### Mean (SD) Scores:

Frequency: 34.2 (12.2)

Restrictions: 70.0 (21.7)

Satisfaction: 69.3 (18.0)

(Mader et al. 2016; n=1549; 1107 males, 442 females; injury level: 474 tetraplegia, 1063 paraplegia; 646 complete, 894 incomplete injury; mean (SD) time post-SCI = 16.9 (12.7) years)

## Measurement Properties

### Validity – **Moderate** to **High**

#### **Moderate** to **High** correlation with ICF Measure of Participation and Activities Screener (IMPACT-S) total:

USER-P Frequency:  $r_s = 0.32$

USER-P Restrictions:  $r_s = 0.73$

USER-P Satisfaction:  $r_s = 0.38$

#### **Moderate** to **High** correlation with World Health Organization Disability Assessment Schedule II (WHODAS II) – total disability index:

USER-P Frequency:  $r_s = -0.37$

USER-P Restrictions:  $r_s = -0.76$

USER-P Satisfaction:  $r_s = -0.52$

(van der Zee et al. 2014; n=157; 104 males, 53 females; 69.4% complete injury; mean (SD) time post-SCI = 25.3 (26.8) years)

#### **Moderate** to **High** correlation with Frenchay Activities Index (FAI):

USER-P Frequency:  $r_s = 0.59$

USER-P Restrictions:  $r_s = 0.51$

USER-P Satisfaction:  $r_s = 0.42$

#### **Moderate** to **High** correlation with Participation Scale (P-Scale):

USER-P Frequency:  $r_s = -0.40$

USER-P Restrictions:  $r_s = -0.71$

USER-P Satisfaction:  $r_s = -0.73$

(Post et al. 2012; n=395; 211 males, 184 females; participants with MSK disease, TBI, stroke, neuromuscular disease (such as SCI), chronic pain, and heart failure)

**Number of studies reporting validity data: 3**

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

#### **Moderate** to **High** Internal Consistency:

USER-P Frequency:  $\alpha = 0.51 - 0.70$

USER-P Restrictions:  $\alpha = 0.89 - 0.91$

USER-P Satisfaction:  $\alpha = 0.78 - 0.90$

(Mader et al. 2016; n=1549; 1107 males, 442 females; injury level: 474 tetraplegia, 1063 paraplegia; 646 complete, 894 incomplete injury; mean (SD) time post-SCI = 16.9 (12.7) years)

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**Number of studies reporting reliability data: 3**

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## Responsiveness

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**Floor/Ceiling Effect:**

Floor effects:

USER-P Frequency: 0.0%

USER-P Restrictions: 0.3%

USER-P Satisfaction: 0.3%

Ceiling effects:

USER-P Frequency: 0.0%

USER-P Restrictions: 9.5%

USER-P Satisfaction: 3.0%

(Mader et al. 2016; n=1549; 1107 males, 442 females; injury level: 474 tetraplegia, 1063 paraplegia; 646 complete, 894 incomplete injury; mean (SD) time post-SCI = 16.9 (12.7) years)

**Effect Size:**

Not established in SCI

**Standard Response Mean:**

Not established in SCI

**Number of studies reporting  
responsiveness data: 3**