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 is a conceptually strong tool that incorporates the interaction of the individual and their environment, and thus, overlaps with the ICF. Participation is based on the individual’s perspective of performance rather than describing it from a societal perspective.

The LIFE-H includes 12 categories (listed to the left). 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.
### Minimal Clinically Important Difference

Not established in SCI

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### Statistical Error

**Standard Error of Measurement:**
Not established in SCI, but for an elderly population with disabilities:
Total Score SEM = 0.25

**Minimal Detectable Change:**
Not established for in SCI, but for an elderly population with disabilities:
Total Score MDC = 0.68

(Noreau et al. 2004; n=40, 11 males)

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### 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, mixed injury types, community living, mean 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 = 0.76
  - CHART Occupation = 0.36
  - CHART Mobility = 0.33
  - CHART Social integration = 0.14

(Noureau et al. 1998; n=482, no information on injury type or chronicity)

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

## 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, mixed injury types, community living, mean 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