Physical Activity Recall Assessment for People with SCI (PARA-SCI)

### Assessment Overview

#### Assessment Area

**ICF Domain:**
- Participation

**Subscales of PARA-SCI:**
- Cumulative Activity
- Leisure Time Physical Activity (LTPA)
- Lifestyle Activity

#### Summary

The Physical Activity Recall Assessment for People with SCI (PARA-SCI) is designed to capture information on the type, frequency, duration and intensity of physical activity carried out by SCI individuals using a wheelchair as their primary mode of mobility. The PARA-SCI is a promising instrument that provides information on the intensity-based type of activities. This assessment was specifically developed for the SCI population. It provides a quantitative measure of physical activity, taking into account ADLs – which are often physically taxing for individuals with SCI.

#### You Will Need

**Length:**
- 20-30 minutes, 8 categories

**Training:**
- Interviewers should read instruction manual to accurately instruct participants

#### Availability


A demonstration version can be downloaded for free.

**Languages:** English

### Assessment Interpretability

#### Minimal Clinically Important Difference

Not established in SCI

#### Statistical Error

**Standard Error of Measurement:**

- Cumulative: 64.7 min/day
- LTPA: 31.7 min/day
- Lifestyle activity: 65.0 min/day

**Minimal Detectable Change:**

- Cumulative: 179.4 min/day
- LTPA: 87.9 min/day
- Lifestyle activity: 180.1 min/day

(calculated from Martin Ginis et al., 2005; N=102, 72% male, mixed injury types, mean (SD) time since injury = 12.5 (11.2) years for paraplegics (n=50), 11.2 (8.5) years for tetraplegics (n=52))

#### Typical Values

**Mean Scores (min/day):**

- Cumulative: 184.1-189.3
- LTPA: 45.3-51.2
- Lifestyle activity: 138.1-138.8

(Martin Ginis et al., 2005; N=102, 72% male, mixed injury types, mean (SD) time since injury = 12.5 (11.2) years for paraplegics (n=50), 11.2 (8.5) years for tetraplegics (n=52))
## Measurement Properties

<table>
<thead>
<tr>
<th>Validity – <strong>Moderate</strong></th>
<th>Reliability – <strong>Moderate to High</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Moderate correlation between Leisure Time Physical Activity Questionnaire for People with Spinal Cord Injury and PARA-SCI LTPA subscale: Correlation = 0.46 (Martin Ginis et al., 2012; N=103, 75% male, mixed injury types, general community, mean (SD) time since injury = 17.9 (11.9) years)</td>
<td><strong>Moderate to High</strong> Test-retest Reliability: Cumulative: ICC = 0.79 LTPA: ICC = 0.72 Lifestyle Activity: ICC = 0.78 (Martin Ginis et al., 2005; N=102, 72% male, mixed injury types, mean (SD) time since injury = 12.5 (11.2) years for paraplegics (n=50), 11.2 (8.5) years for tetraplegics (n=52))</td>
</tr>
<tr>
<td><strong>Number of studies reporting validity data:</strong> 3</td>
<td><strong>Number of studies reporting reliability data:</strong> 1</td>
</tr>
</tbody>
</table>

## Responsiveness

| Floor/Ceiling Effect: Floor Effect: 63%-64% reported no heavy intensity lifestyle activities (Martin Ginis et al., 2005; N=102, 72% male, mixed injury types, mean (SD) time since injury = 12.5 (11.2) years for paraplegics (n=50), 11.2 (8.5) years for tetraplegics (n=52)) | Effect Size: Not established in SCI | **Number of studies reporting responsiveness data:** 1 |