### Reintegration to Normal Living (RNL) Index

#### Assessment Overview

**Assessment Area**

**ICF Domain:**
- Participation

**You Will Need**

- **Length:** 10 minutes, 11 items
- **Scoring:**
  1) 10-point visual analogue scale
  2) 3-point scale
  3) 4-point scale

We focus on the first system here since it is most commonly used.

Each item scored using a 10 cm visual analogue scale (1-10) anchored with phrases.

Higher scores indicate greater reintegration.

Total score is 0-110, can be scaled to 100 for adjusted score.

**Availability**


**Languages:** English, French

#### Summary

The Reintegration to Normal Living (RNL/RNLI) index is a self-report questionnaire that assesses an individual’s satisfaction with performance in life activities. The RNL index assesses mobility, self-care, daily activity, recreational activity, and family roles. The RNL Index has 3 possible scoring systems: visual analog scale, 3 point, and 4 point scoring system. The RNL was originally developed for patients who have had a Stroke, but it has since been tested with patients with Spinal Cord Injury, Traumatic Brain Injury, Cancer and Heart Disease.

#### Assessment Interpretability

**Minimal Clinically Important Difference**

Not established in SCI

**Statistical Error**

Not established in SCI

**Typical Values**

**Mean (SD) Scores:**

17.2 (4.4)

(Using 3-point scale, ranges 0-2; Hitzig et al., 2012; N=618, 501 male, mixed injury types, community living, mean (range) time since injury = 16.3 (1-60) years)
<table>
<thead>
<tr>
<th>Measurement Properties</th>
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<tr>
<td><strong>Validity</strong> – <strong>Low</strong> to <strong>High</strong></td>
<td><strong>Reliability</strong> – <strong>High</strong></td>
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| *High* correlation with Quality of Life Index (QLI): Correlation = -0.654 | *High* Internal Consistency:  
\[ \alpha = 0.87 \]  
(Hitzig et al., 2012; N=618, 501 male, mixed injury types, community living, mean (range) time since injury = 16.3 (1-60) years)  

**Moderate** correlation with Functional Independence Measure (FIM):  
Correlation = -0.348  

**Low** correlation with ASIA Motor Score:  
Correlation = -0.196  
(May & Warren, 2002; N=98, 76 male, mixed injury types, mean (range) time since injury = 15.5 (1-78) years)  

Number of studies reporting validity data: **3**  
Number of studies reporting reliability data: **1**  

**Responsiveness**  

Floor/Ceiling Effect:  
Not established in SCI  

Effect Size:  
Not established in SCI  

Number of studies reporting responsiveness data: **0**