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TNO report

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National Report on Assessment Instruments for Physical Activity and Physical Functioning in Older People in the Netherlands

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Summary

One of the objectives of The European Network for Action on Ageing and Physical Activity (EUNAAPA) is to give advice concerning the quality of the different ways of assessing physical activity and physical functioning in older people. The present report gives an overview of the instruments currently used to determine the physical activity and physical functioning of older adults in the Netherlands, as identified by Dutch experts from the Governmental, Health care/social care, and Educational and Research sectors.

Sixteen of the twenty Dutch experts that were initially approached to participate in this inventory returned the questionnaire. Overall, the instruments mostly used are also rated best. Physical activity is mostly assessed with the *Pedometer*, *Accelerometer and Zutphen Physical Activity Scale*. Endurance is mostly measured with the *6 minutes walking test. Timed up and Go* and *Get up and Go* tests are mostly used for evaluating mobility. The *Berg Balance Scale* is the most used balance test in the Netherlands, followed by the *Romberg, Functional reach*, *and One leg stance test*. The *Nine hole peg test* is clearly the favourite of the two mentioned dexterity tests. *Grip strength* is by far the most used muscle strength test followed by different versions of the *Chair stand test. The Groningen Fitness Test* and *Tinetti's POMA* clearly are the most used overall index tests. Measuring of Activities of Daily Living in the Netherlands is primarily done by the *Barthel Index*. The *FIM* and *Katz ADL* are also used regularly.

The results of the questionnaire demonstrate that according to Dutch experts assessing the physical activity and physical functioning of older adults is currently carried out with a small range of instruments.

In the Netherlands not much different instruments are currently used on a national level or a regional/local level. Also no distinct pattern could be found between currently used instruments between experts that operate in an institutionalised setting and experts that operate in a community-dwelling setting. Instruments to determine physical activity and physical functioning are not usually recommended in national, local or professional guidelines.

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1 Introduction

One of the overall objectives of the European Network for Action on Ageing and Physical Activity (EUNAAPA) is to give valuable advice concerning the quality of the different ways of assessing physical activity and physical functioning in older people. To gain insight in the use, knowledge and opinion of currently used instruments for the assessment of physical activity and physical functioning of older adults, a questionnaire was distributed among Dutch experts on this topic.

This report summarizes the information gained through the questionnaire that was distributed among Dutch experts by TNO Quality of Life. The report along with the data will be sent to the work package leader (Karolinska Institute, Stockholm Sweden) to be included in a European report.

2 Methods

Experts were selected on a national as well as on a regional/local level from the areas Government, Health/Social Care, Education and Research, and Commercial Sector.

Twenty Dutch experts were initially approached to participate in this inventory and to name other experts. Eleven experts were willing to fill in the questionnaire and 10 other experts were identified by the initial experts. A printed version of the questionnaire was sent to these 21 experts of whom 16 returned the questionnaire. Two weeks after the questionnaire was sent a reminder was sent to the participating experts by email. Table 1 presents the background of the Dutch experts that were approached and of the experts that returned the questionnaire.

Table 1: Background of the experts that were approached and that returned the questionnaire

		Commu	nity-dwelling		Institutionalized			
		olde	er adults			oldei	persons	
National level	Govern-	Health care/	Commercial	Academics/	Govern-	Health care/	Commercial	Academics/
	Ment	social care	Sector	professional	ment	social care	Sector	professional
				education				education
experts approached	4	3	0	5	0	4	0	1
experts responded	3	3		3		3		1
Regional/ local level	Govern-	Health care/	Commercial	Academics/	Govern-	Health care/	Commercial	Academics/
	ment	social care	Sector	professional	ment	social care	Sector	professional
				education				education
experts approached	0	1	0	0	0	3	0	0
experts responded		1				2		

In the Netherlands, experts on assessment instruments of physical activity and physical function are mainly to be found in Health/Social Care, Research and Education sectors, in the field of older adults.

No experts from the commercial sector were approached, because usually in the Netherlands experts from the commercial sector hardly have any knowledge of assessment instruments for physical activity or physical functioning of older adults. Also, no one from this sector was named by other experts. On a local level it was anticipated that in the Netherlands only experts from the health/social care sector would have some knowledge on assessment instruments for physical activity or physical functioning of older adults. Therefore only experts from this section were approached on a regional / local level.

Table 1 suggests that no government experts on institutionalized older persons were approached. However, the three government experts that participated had their primary expertise in community-dwelling older persons, but also had a secondary expertise in institutionalized older adults (which is not indicated in table 1).

The questionnaire provided a list of known instruments to assess the physical activity and physical functioning of older adults. Questions for each listed questionnaire addressed the following issues:

- How common the instrument is used.
- Reasons for not using the instrument.
- Whether a translation of the instrument is available in Dutch.
- The general opinion of the instrument.

Also it was possible to add instruments that were not mentioned in the list.

3 Results

The results of the questionnaire are presented in the appendix, and summarized in table 2.

One expert returned the questionnaire uncompleted because he did not know any of the instruments mentioned in the questionnaire. The background of this expert was Health/Social care for Community-dwelling older adults on a National level.

Table 2: Overview of most frequently and not used instruments

Category	Subcategory	Most Used (first 3)	Not used*
Physical		1. Pedometer	Modified DQ
activity		(11 experts / out of a total of 15)	YPAS
		2. Accelerometer (10/15)	Life Space
		3. Zutphen Physical Activity scale (9/15)	
Physical	Endurance	1. 6 minutes walking test (13/15)	-
functioning		2. shuttle walking test (8/15)	
		3. 2 minutes walking test (7/15)	
	Mobility	1. Timed Up and Go (12/15)	L test
		2. Get Up and Go test (11/15)	
		3. 10 meter walking speed (8/15)	
	Balance	1. Berg Balance Scale (12/15)	-
		2. Romberg test (11/15)	
		3. Functional Reach test (11/15)	
	Range of motion	1. Hand in Neck (4/15)	Pour out of pot
		2. Hand in Back (4/15)	
		3. Shoulder flexibility (FITKIT/GFT)/back	
		scratch test (2/15)	
	Dexterity	1. Nine Hole Peg Test (7/15)	
		2. Block Transfer Test (2/15)	
		Manual Dexterity Test (GFT)	
	Muscle strength	1. Grip Strength (10/15)	-
		2. Chair Stand 5 times (6/15)	
		3. Chair Stand 3/10 times, 30 sec (4/15)	
	Overall index	1. Groningen Fitness Test (14/15)	PhysFitness field
		2. Tinetti's Performance-Oriented Mobility	Clinical outcome
		Assessment (12/15)	Mod Elderly Mobility
		3. Elderly Mobility Scale (7/15)	
	ADL	1. Barthel Index (13/15)	OARS-IADL
		2. Functional Independence Measure (FIM)	
		(8/15)	
		3. Katz ADL (8/15)	

^{*} includes the 'don't know' category

Table 3 presents the ranked tests, with the tests sorted first by the number of times a test was rated "very good", then by number of times rated "fairly good". In general the instruments listed as most frequently used are also rated best.

Table 4 shows the instruments rated either "very bad" or "rather bad" by the experts. Remarkably, only one instrument, the *Hand in Neck test*, was rated "very bad" and only few instruments were rated "rather bad".

Table 3: Top 3 instruments rated "very good" or "fairly good"

Category	Subcategory	Test	Number of experts	Number of experts
			rated "very good"	rated "fairly good"
Physical		Accelerometer	3	3
activity		2. Double labelled water	3	2
		3. Pedometer	2	4
Physical	Endurance	1. 6 minutes walking	3	7
functioning		2. Shuttle walking test	2	5
		3. 2 minutes walking	2	4
	Mobility	1. Timed Up and Go	4	7
		2. 10 m walking speed	3	3
		3. Get Up and Go test	2	4
	Balance	Berg Balance Scale	4	4
		2. Functional Reach	4	3
		3. Romberg test	3	3
	Range of motion	1. Hand in Back	0	1
		2. Hand in Neck	0	1
	Dexterity	Nine Hole Peg Test	1	3
	Muscle strength	1. Chair Stand 30 sec	3	1
		2. Grip Strength	2	5
		3. Chair Stand 10 times	1	1
	Overall index	1. Tinetti's Performance-	5	3
		Oriented Mobility		
		Assessment		
		2. Groningen Fitness	1	8
		Test		
		3. Physical Performance	1	3
		Test / Functional		
		Fitness		
	ADL	Barthel Index	6	5
		2. Functional	1	5
		Independence		
		Measure (FIM)		
		3. Katz ADL	1	4

Category	Subcategory	Test	Number of experts	Number of experts rated "rather bad"
			rated "very bad"	
Physical		1. METS / Pedometer	0	2
activity		2. Accelerometer / IPAQ /	0	1
		7days PAR / MLTAQ		
Physical	Endurance	1. Step test	0	2
functioning		2. 12 minutes walking	0	1
	Mobility	1. Get Up and Go test	0	1
	Balance	1. Figure 8 / One leg stance	0	2
		2. Functional reach / TUSS /		
		Tandem stance /180	0	1
		degree turn		
	Range of motion	1. Hand in Neck	1	1
		2. Hand in Back	0	1
	Dexterity	1. Nine Hole Peg Test / Box	0	1
		and Block test		
	Muscle strength	-	-	-
	Overall index	1. Tinetti's Performance-	0	1
		Oriented Mobility		
		Assessment		
	ADL	-	-	-

Table 4: Top 3 instruments rated "very bad" or "rather bad"

Physical activity

Overall, a broad range of instruments is used in the Netherlands, with three instruments not used at all. Table 2 indicates that the *Pedometer, Accelerometer and Zutphen Physical Activity Scale* are the most used instruments in the Netherlands. The *METS, PASE*, and *IPAQ* questionnaires are also commonly used. Some other tests are used incidentally (*SQUASH* and *LAPAQ*, see paragraph 3.3). Although commonly used the *Pedometer* and *METS* were rated "rather bad" by two experts. One expert mentioned that the reliability of the *pedometers* depends on the brand of the pedometer and that the accelerometers tend to underestimate the physical activity of Dutch older people because Dutch elderly cycle a lot and cycling is not registered by the accelerometers. The *METS* was criticised for being time-consuming and for having validation problems.

Endurance

All the mentioned tests are used in the Netherlands for measuring endurance, with the 6 minutes walking test being the mostly used and best rated. The Step test en 12 minutes walking test are being used less often and rated less good.

Mobility

Timed up and Go and Get up and Go tests are mostly used for evaluating mobility. Walking speed 10 meter, Functional Ambulation and Stops walking while talking are also fairly common. The L-test is the only test not used in the Netherlands. Although very commonly used and listed among the best rated mobility instruments, the Get up and go test was also the only mobility instrument rated "rather bad" by one expert.

Balance

The Berg Balance Scale is the most used balance test in the Netherlands, followed by the Romberg, Functional reach, and One leg stance test. The Solec test, FICSIT 3/4 tests, and Modified figure 8 test are the balance instruments least used in the Netherlands. Only one expert identified these tests as being used in the Netherlands. One expert identified Tinetti's POMA as an alternative instrument to assess balance of older adults.

Although fairly common used, the *One leg stance* was rated "rather bad" by two experts. *The Figure 8 test* was criticised for being to difficult for frail elderly.

Range of Motion

With the exception of *Pour out of pot* both tests for ROM are used, albeit not very common. The *Backscratch test* and *Shoulder flexibility test* were identified by more than one expert as alternative tests. Remarkably, none of the ROM instruments were rated "very good" and the *Hand in Neck test* was the only test of the questionnaire that was rated "very bad".

Dexterity

The *Nine hole peg test* is clearly the favourite of the two mentioned dexterity tests. The *Box and Block test* was identified by only one expert as being used in the Netherlands and that expert rated the test "rather bad". Incidentally the Block transfer test is used. Also the manual dexterity test of the *Groningen Fitness Test* is sometimes used.

Muscle Strength

Grip strength is by far the most used muscle strength test followed by the different versions of the *Chair stand test*. *Climbing boxes* is the least used instrument according to these Dutch experts. None of the listed muscle strength tests were rated "very bad" or "rather bad".

Overall Index Tests

The Groningen Fitness Test and Tinetti's POMA clearly are the most used overall index tests, followed by the Elderly Mobility Scale. Some other tests are used incidentally (Timed Functional Movement, Functional Fitness DF, Physical Performance Mobility) and some never (Physical Fitness Field, Clinical Outcome test, Modified Elderly Mobility test).

Although commonly used and rated best by most experts, one expert rated *Tinetti's POMA* "rather bad".

ADL

Measuring of ADL in the Netherlands is primarily done by the *Barthel Index*. The *FIM* and *Katz ADL* are also used regularly. The *OARS-ADL* is not used and the *CSADL* and *ADL Staircase tests* were identified by only one expert. None of the ADL instruments were rated "very bad" or "rather bad".

3.1 Sub groups

A further analysis was done on two additional levels: organizational (national or regional/local) and setting (community-dwelling or institutionalised). Table 5 gives the number of experts in the separate levels. Most experts were from a national level and operated in a community setting.

Table 5: The number of experts from national and regional/local organizational level that operate in an institutionalised and a community-dwelling setting.

	Community dwelling	Institutionalized	Total
National	10	3	13
Regional/Local	1	2	3
Total	11	5	16

Table 6 presents the three most frequently used instruments on a national level and on a regional/local level. The most used instruments in a community setting and in an institutionalised setting are presented in table 7.

In general, little difference exists between the instruments used in a community setting or an institutionalised setting and between a national level or on a regional level.

Physical activity

With institutionalized older adults the *PASE* and *Zutphen Physical Activity* instruments are more popular, whereas the *Pedometer* and *Accelerometer* are more common in a community setting.

Little differences exist between the national and the regional level.

Endurance

The 6 minutes walking test is clearly the most popular at all levels and settings. The Step test is more common in an institutionalised setting and on a regional level.

Balance

The *Berg Balance Scale* is the most used balance test in the Netherlands at all levels and settings. At a national level and in community dwelling older adults the *One leg stance* is more commonly used. The *Romberg test* is more commonly used in an institutionalised setting and on a regional level.

Range of Motion

With the exception of Pour out of pot both tests for ROM are used, albeit less at a regional/local level.

Table 6: The most used instruments on a national level and on a regional level.

Category	Subcategory	Most used National Level	Most used Regional Level
Physical activity		1. Pedometer (10 experts / out	Pedometer (3/5)
		of a total of 12 experts)	Accelerometer (3/5)
		2. Accelerometer (9/12)	Zutphen Physical Activity scale (3/5)
		3. Zutphen Physical Activity	METS (3/5)
		scale (8/12)	
Physical	Endurance	1. 6 minutes walking (10/12)	6 minutes walking (5/5)
functioning		2. 2 minutes walking (7/12)	Shuttle run test (3/5)
		3. Shuttle run test (7/12)	2 minutes/12 minutes/ step test (2/5)
	Mobility	1. Timed up and go (10/12)	Get up and go test (5/5)
		2. Get up and go test (8/12)	Timed up and go (4/5)
		3. Walking speed 10m (6/12)	Walking speed 10m (3/5)
	Balance	1. Berg Balance Scale (9/12)	Berg balance scale (5/5)
		2. Functional Reach (9/12)	Romberg (5/5)
		3. One leg stance (9/12)	Functional reach (4/5)
	Range of	1. Hand in neck (3/12)	Hand in neck (2/5)
	motion	2. Hand in back (3/12)	Hand in back (2/5)
	Dexterity	1. Nine hole peg test (5/12)	Nine hole peg test (4/5)
		2. Box and block test (1/12)	Box and block test (1/5)
	Muscle strength	1. Grip strength (9/12)	1. Grip strength (3/5)
		2. Chair stand 5 times (6/12)	
		3. Chair stand 3/10/30 sec	
		(4/12)	
	Overall index	Groningen Fitness Test	Tinetti's POMA (4/5)
		(12/12)	Groningen Fitness Test (4/5)
		2. Tinetti's POMA (9/12)	Elderly Mobility Scale/General Motor
		3. Elderly Mobility Scale (6/12)	function (2/5)
	ADL	1. Barthel Index (10/12)	Barthel Index/Comb ADL-IADL (5/5)
		2. Katz ADL (7/12)	FIM/ADL Index/Katz ADL (3/5)
		3. FIM (6/12)	

Dexterity

No differences were found between setting and level for the use of the listed instruments for dexterity. Incidentally the *Block transfer test* is used (in community dwelling and national level).

Muscle Strength

Grip strength is clearly the most used muscle strength test at all levels and settings. Small differences exist in usage between the organisational levels and settings for the most used version of the chair stand test.

Overall Index Tests

The *Groningen Fitness Test* and *Tinetti's POMA* clearly are the most used overall index tests for all settings and at all levels. The *General Motor function* is more popular on a regional level. The *Physical Performance test* and *Functional Fitness test* are more popular in a community setting.

ADL

The Combined ADL-IADL instrument is more often used with institutionalised older adults and on a regional level. Also the ADL Index is more popular on a regional level and the FAQ is more popular in an institutionalised setting.

Table 7: The most used instruments in a community setting and in an institutionalised setting.

Category	Subcategory	Most used community dwelling older adults	Most used institutionalized older adults
Physical activity		Pedometer (10 experts / out of a total of 11) Accelerometer (9/11) Zutphen Physical Activity	Zutphen Physical Activity / Pedometer / Accelerometer / PASE (6/10)
Physical functioning	Endurance	(8/11) 1. 6 minutes walking (9/11) 2. Shuttle walking test (7/11) 3. 2 minutes walking (6/11)	6 minutes walking (10/10) Step test / 12 minutes / 2 minutes walking / shuttle walking (5/10)
	Mobility	 Timed up and go (9/11) Get up and go (7/11) Walking speed 10m (6/11) 	Get up and go (9/10) Timed up and go (8/10) Walking speed 10m (4/10)
	Balance	Functional reach / One leg stance / Berg Balance Scale (8/11)	Romberg / Berg Balance Scale (9/10) Functional reach / One leg stance (7/10)
	Range of motion	1. Hand in neck/back (2/11)	Hand in neck/back (3/10)
	Dexterity	 Nine hole peg test (5/11) Box and block test (1/11) 	Nine hole peg test (5/10) Box and block test (1/10)
	Muscle strength	 Grip strength (8/11) Chairstand 5 times (6/11) Chairstand 10 times (4/11) 	Grip strength (7/10) Chair stand 1/3/5 times, 30 sec (3/10)
	Overall index	Groningen Fitness test (11/11) Tinetti's POMA (8/11) Physical Performance /Functional fitness/Elderly Mobility Scale (4/11)	Groningen Fitness Test (9/10) Tinetti's POMA (8/10) Elderly Mobility Scale (7/10)
	ADL	1. Barthel Index (9/11) 2. Katz ADL (7/11) 3. FIM (6/11)	Barthel Index (10/10) Katz ADL (7/10) Comb ADL-IADL / FAQ / FIM (5/10)

3.2 Reasons for not using instruments

One respondent only answered "yes" or "no" on the question whether an instrument is currently used and answered "not known" on the question why an instrument is not used. Probably the respondent meant that the instrument was unknown to her. One expert stated that the *Minnesota Leisure Time Physical Activity Questionnaire*, the *Modified Dallosso Questionnaire*, and the *Yale Physical Activity Survey* are not used in the Netherlands because better alternatives exist. Another respondent stated that the

Minnesota Leisure Time Physical Activity Questionnaire is not used because a translation is unknown and that the YPAS is unknown in the Netherlands. One expert stated that the CHAMPS physical activity recall is not used in the Netherlands because it is not known. Two experts stated that the Double labelled water test is not used in the Netherlands because it is too expensive. The Life Space test was unknown to all respondents. The mobility instrument L-test and the Range of Motion test Pour out of pot were also unknown to all experts.

Of the Overall Index instruments the *Physical Fitness Field test*, the *Clinical Outcome Variables*, and the *Modified Elderly Mobility* test were unknown to all experts. The *OARS-ADL test* was the only ADL instrument that was unknown to all experts.

3.3 Other instruments identified by the respondents

Other instruments identified by the experts that were not listed in the questionnaire are listed in table 8.

The LASA Physical Activity Questionnaire (LAPAQ) is an instrument for classifying physical activity in older persons (Stel e.a., 2001) that is based on both the Modified Baecke Questionnaire and the Zutphen Physical Activity Questionnaire and is mainly used in the Longitudinal Aging Study Amsterdam (LASA). The LAPAQ was found to be reliable and valid in determining the physical activity of community-dwelling older adults.

The Short Questionnaire to Assess Health-enhancing physical activity (SQUASH) is a short and simple questionnaire that gives an indication of the habitual activity level with respect to occupation, leisure time, household, transportation means, and other daily activities. The questionnaire was found fairly reliable and reasonably valid (Wendel-Vos e.a., 2003).

The Functional Ambulation Category is an instrument for clinical gait assessment often used in neurologically impaired patients (Holden e.a., 1986).

Table 8: Alternative instruments identified by experts on physical activity and physical function of older adults in the Netherlands.

Category	Subcategory	Other Instruments
Physical activity		LASA Physical Activity Questionnaire (LAPAQ) Short Questionnaire to Assess Health-enhancing physical activity (SQUASH)
Physical functioning	Endurance	Incremental shuttle walking test Groninger walking test
	Mobility	Functional Ambulation Category
	Balance	Balance board (Groningen Fitness Test)
	Range of motion	Back scratch test
		Shoulder flexibility test
	Dexterity	Block transfer test
		Frenchay arm test
		Action Research Arm test
		Jebsen test
	Muscle strength	Arm Curl Test
	Overall index	LASA Physical Activity Questionnaire (LAPAQ)
		Motor Assessment Scale
		Specific Activity Scale
	ADL	Habitual Level of Activity
		OECD Disability Scale
		GARS Groningen Activity Restriction Scale
		Assessment of Motor and Performance Skills (AMPS)
		Translated Health Assessment Questionnaire

One respondent identified the *Incremental Shuttle Walking Test* as a currently used test that was not listed in the questionnaire. To our knowledge the Shuttle walking test listed in the questionnaire does not differ from the Incremental Shuttle walking test. The Groninger walking test mentioned by two experts is used as part of the Groningen Fitness Test. The walking test is performed with increasing speed and measures aerobic endurance (Lemmink e.a., 2001). Also the Balance board test, the Shoulder circumduction test, the Sit-and reach test, and the Quadrisometer of the Groningen Fitness test are given as separate alternative tests (Lemmink e.a., 2001). In the category Range of Motion two experts identified the Back scratch test as an alternative test to determine the range of motion in older adults. This test is usually part of the Physical Fitness Test (Rikli & Jones, 1999). The Back scratch test consists in reaching behind the head with one hand and behind the back with the other hand towards the middle finger of both hands. The score is expressed as the distance between both middle fingers. The Block transfer test was identified by one expert for measuring manual dexterity. This test is part of the *Groningen Fitness Test* (Lemmink e.a., 2001). The Arm Curl test is often used as part of the Physical Fitness Test of Rikli and Jones. This test assesses upper body strength and scores the total number of hand weight curls through the full range of motion in 30 seconds.

The Frenchay Arm test is used to assess arm function after stroke (Heller e.a., 1987). The Action Research Arm test is a performance test for assessment of upper limb function in physical rehabilitation treatment and research (Lyle, 1981). The Jebsen test is an objective and standardized test of hand function (Jebsen e.a., 1969).

The Motor assessment scale (MAS) is a brief and easily administered assessment of eight areas of motor function and one item related to muscle tone, and is commonly used in stroke patients (Carr e.a., 1985). The Specific Activity Scale (SAS) is an ordinal scaled, 4-class physical functioning instrument (class 1 = highest level of physical functioning, class 4 = lowest level of physical functioning) based on the metabolic expenditures of various personal care, housework, occupational, and recreational activities (e.g., carrying heavy objects, mopping floors) (Goldman e.a., 1981). In the category Activities of Daily Living several alternative tests were identified by the experts. The Habitual Level of Activity mentioned by one expert is the same questionnaire as the Zutphen Physical Activity Scale (Caspersen e.a., 1991) listed in the questionnaire in section B. The OECD (Organization for Economic Co-operation and Development) questionnaire is used in several European countries to determine functional disability. The Groningen Activity Restriction Scale (GARS) assesses restrictions in competence in carrying out ADL (Kempen e.a., 1996). One expert identified the Assessment of Motor and Process Skills (AMPS) test as an alternative to measure the performance of ADLs. The AMPS is an observational instrument during which individuals are observed while performing 2 or 3 standardized ADL tasks that reflect their own occupational lifestyles and that has been found reliable and useful in older adults (Doble e.a., 1999). One expert mentioned that a Dutch version of the Health Assessment Questionnaire is used in older patients with rheumatoid arthritis (Bijlsma e.a., 1991).

3.4 Guidelines

Most experts (10 out of 16) do not know if the physical activity questionnaires listed in the questionnaire are recommended in guidelines. One expert knew that *Energy Expenditure (METS)* is being recommended in national guidelines. Another expert knew that the *SQUASH* is being recommended in national guidelines. And one expert knew that the *PACE* questionnaire and the use of *Pedometers / Accelerometers* are being recommended in local guidelines. Several experts knew that of the listed instruments that assess physical activity some are recommended in the professional guidelines for physical therapists.

Most experts (10 out of 16) do not know if the physical functioning instruments listed in the questionnaire are recommended in guidelines. One expert knew that the *Berg Balance Scale*, the Functional Reach test and the Timed GUG are recommended in professional guidelines. One expert knew that several listed instruments on endurance, mobility, balance, range of motion, dexterity, muscle strength, overall index, and ADL are recommended in local guidelines for several age groups for large scale use. One expert knew that the Berg Balance Scale is recommended in the national guidelines for exercise in stroke patients and that the 6-minute walking test is recommended in the national guidelines for exercise in COPD patients. And two experts knew that some instruments listed in Section C-J of the questionnaire are recommended in the professional guidelines for physical therapists.

4 Discussion and Conclusion

The present report gives an overview of the instruments currently used to determine the physical activity and physical functioning of older adults in the Netherlands, as identified by Dutch experts from the Governmental, Health care/social care, and Educational and Research sectors. The results of the questionnaire demonstrate that according to Dutch experts assessing the physical activity and physical functioning of older adults is currently carried out with a small range of instruments. For each subcategory two to three instruments could be identified that clearly are used most. Also, the experts did not mention much alternative instruments in addition to the instruments listed in the questionnaire.

In the Netherlands not much different instruments are currently used on a national level or a regional/local level. Also no distinct pattern could be found between currently used instruments between experts that operate in an institutionalised setting and experts that operate in a community-dwelling setting. Results suggest that in the Netherlands instruments to determine physical activity and physical functioning are not usually recommended in national, local or professional guidelines.

Some respondents expressed some difficulty with filling out the questionnaire. One expert said that because she wasn't familiar with the names of the instruments, it was difficult to exactly point out which instruments are currently used. She recommended that an appendix containing a short description of the instruments may have been helpful. Also, two experts mentioned that although they were aware of the instruments used in the Netherlands, they did not know how common the instruments are or they were not able to rate the instrument in terms of 'good' and 'bad'. One expert recommended a distinction between instruments (questionnaires) used by professionals to evaluate someone's activity / functioning and self-rated instruments. Further, experts were interested in the applicability of the instruments for specific older target groups (chronically ill, institutionalized) or for the general older population.

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A Physical Activity Assessment Instruments

· ·	MLTAQ	Modified BQ	Modified DQ	7 days PAR	CHAMPS	CHAMPS older adults	PASE	IPAQ	YPAS	ZPA	FAI	Life Space	Walking habits	Pedo- meter	Accele- rometer	METS	Double labelled water
	·	v		ų	c	ć	o	9		c	ų		-	-	01	o	ų
	n (n (,	o -	7 (7 (Ø	۰ .	,	٠ ٦	n -			=	10	ø	n d
	3	7	Υ)	_	3	7		_	3	_	_	_	_				7
	6	∞	12	~	10	11	7	7	12	4	6	14	13	4	5	9	8
	-	7					2	3		7	7			9	4	4	
	2	7		4	2	2	5	_		Э	7		_	4	5	\mathcal{C}	5
		1		1				-		4	1			1	1		
																	7
																1	
	_		_	1	2	1		1	2	1	7	-	_	1			1
	2		1														
						_											
	3	4		7	2	2	9	9		7	4		_	7	9	9	3
scientific procedures																	
	1	2		1		1	1	4		7	1		1	2	4	4	3
																	1
don't know	7	-		1	-	1	3	2		7	3			4	2	2	
	2	-	_						1	1	1			1	-		
	6	9	13	11	12	12	6	7	13	5	6	14	13	4	5	8	6
						_											
		-									-			7	\mathcal{C}		3
	2	3		1	-	1	4	3		4	1		-	4	3	4	7
	-			1				1						2	-	2	
	11	10	14	11	13	13	10	8	14	6	10	14	13	5	9	8	6

B Physical Functioning Assessment Instruments Endurance

	12 minutes walking	6 minutes walking	2 minutes walking	Shuttle walking test	Step test
Used					
Yes	9	13	7	8	9
No					
Don't know	6	2	8	7	6
Common					
Very common	2	6	4	9	1
Not very common	3	3	3	2	5
Don't know	1	1			
Why not					
Expensive					
Time-consuming	1				
Skills required					
Poor properties					
Not known					1
Not relevant					
Translation					
Yes	9	11	7	9	4
scientific procedures					
yes	1	4	3	2	2
no		1	1	1	
don't know	5	5	3	3	2
No					-
Don't know	8	4	8	6	6
Opinion					
Very good	1	3	2	2	
Fairly good	3	7	4	5	3
Rather bad	_				7
Very bad					
Don't know	6	4	6	8	6

C Physical Functioning Assessment Instruments Mobility

	GUG	TUG	TUG manual	L test	Walking speed 30 m	Walking speed 10 m	Stops walking while talking	Functional ambulation	Dynamic Gait Index
Used									
Yes	11	12			2	∞	S	5	3
No				_	-	1			П
Don't know	4	3	12	13	11	9	8	6	10
Common									
Very common	∞	12	1		1	4		4	
Not very common	3				-1	2	4	1	2
Don't know							1		1
Why not									
Expensive									
Time-consuming									
Skills required									
Poor properties									
Not known			1	-	1	1	2		1
Not relevant									
Translation									
Yes	11	6	1		2	9	3	4	1
scientific procedures									
yes	4	3	1		1	2		7	1
no	_					1	1		
don't know	9	5			-1	3	2	7	
No		1							1
Don't know	3	5	12	13	11	8	6	10	11
Opinion									
Very good	7	4			-	3		2	
Fairly good	5	7			-	3	2	П	2
Rather bad	_								
Very bad									
Don't know	4	3	12	13	11	7	10	10	11

D Physical Functioning Assessment Instruments Balance

	Functional	TUSS	Solec Test	One leg	Tandem	Romberg	FICSIT 3	FICSIT 4	BBS	Figure 8	Modified	Step test	180 Degree turn
	Reach			stance	stance						Figure 8		
Used													
Yes	11	4	_	10	6	11	-	_	12	4	-	7	5
No		7	1					-			-		1
Don't know	4	6	13	S	9	4	13	13	3	11	13	∞	8
Common													
Very common	8	7		5	4	6			10			\mathcal{C}	1
Not very common	7	7		3	1				_	4	_	7	2
Don't know	1		1	1	2	2	1	1	1			2	2
Why not													
Expensive													
Time-consuming													
Skills required													
Poor properties													
Not known		-	_				-	_			_		1
Not relevant													
Translation													
Yes	~	4		4	7	∞			10	7		9	1
scientific procedures													
yes	Э	-		_		3			9	1		2	
no													
don't know	5	3		3	7	4			4	1		4	1
No	_	-		П	1					1			1
Don't know	9	6	15	6	11	9	14	14	5	12	13	6	11
Opinion													
Very good	4	_		_	7	3			4	1		_	
Fairly good	3	-		4	3	3			4			7	1
Rather bad	_	-		7	1					7			1
Very bad													
Don't know	9	11	15	9	∞	∞	14	14	S	12	13	10	11

E Physical Functioning Assessment Instruments Range of Motion

	Hand in Neck	Hand in Back	Pour out of Pot
Used			
Yes	4	4	
No	1	1	1
Don't know	9	9	14
Common			
Very common	2	1	
Not very common	2	3	
Don't know			
Why not			
Expensive			
Time-consuming			
Skills required			
Poor properties			
Not known	1	1	1
Not relevant			
Translation			
Yes	2	2	
scientific procedures			
yes			
no			
don't know	2	2	
No	1	1	
Don't know	9	9	14
Opinion			
Very good			
Fairly good	1	1	
Rather bad	1	2	
Very bad	1		
Don't know	9	9	14

F Physical Functioning Assessment Instruments Dexterity

	Box and Block test	Nine Hole Peg Test
Used		
Yes	1	7
No	1	1
Don't know	13	7
Common		
Very common		3
Not very common	1	4
Don't know		
Why not		
Expensive		
Time-consuming		
Skills required		
Poor properties		
Not known	1	1
Not relevant		
Translation		
Yes	1	4
scientific procedures		
yes		2
no		
don't know	1	2
No		1
Don't know	13	8
Opinion		
Very good		1
Fairly good		3
Rather bad	1	1
Very bad		
Don't know	13	8

G Physical Functioning Assessment Instruments Muscle Strength

	Climbing Boxes	Chair stand once	Chair stand 3 times	Chair stand 5 times	Chair stand 10 times	Chair stand 30 seconds	Grip Strength
Used							
Yes	1	3	4	9	4	4	10
No	2	1	1	1	1		
Don't know	13	11	10	8	10	11	5
Common							
Very common				2	2	2	7
Not very common		1	2	2	2	1	3
Don't know	1	1	1	2		1	
Why not							
Expensive							
Time-consuming							
Skills required							
Poor properties							
Not known		1	-	1			
Not relevant							
Translation							
Yes		2	1	2	3	3	7
scientific procedures							
yes		1			1	2	2
no				1	1		
don't know		1	1	1	1	1	5
No			1			1	1
Don't know	14	11	11	12	11	11	5
Opinion							
Very good		1			1	3	2
Fairly good			-	3	1	1	5
Rather bad							
Very bad							
Don't know	14	12	12	11	12	11	9

H Physical Functioning Assessment Instruments Overall Index Tests

GenMotor	3 1 11	3	-	1	-	13	1	13
Groning en Fitness	14	9 % 7		12	ν (1	1 8	4
ModElde rly Mobility	1 14		-			14		14
Elderly Mobilit y	<i>L</i> 8	3 2 2		5	7 7	ე ∞	1 2	6
Phys Perf Mob ility	1 1 12	1	1	1	1	12		12
Funct ional Fitne ss DF	1 1 13	1	-		1	13	1	13
AAHP ERD	2 2 11		7	2	7	12	1 1	12
Functi onal Fitness	5	2 %		4	7 7	10	1 3	10
POMA	12	4 ν κ		∞	4 - 0	1 ∞	5 3	S
PhysPer formanc e	9	2 3 1		2		1 1 12	1 3	10
TimedFunc Mov	1 1 13	1	1	1	1	13	1	13
Nursing HomDi sabil	2 1 11		-	-	-	12	1	12
ShortPhys	3 10	3		2		111	1	11
ClinicalOutcome	2 112		2			13		13
PhysFitne ssField	2 112		7			13		13
	Used Yes No Don't know	Common Very common Not very common Don't know	Why not Expensive Time-consuming Skills required Poor properties Not known Not relevant	Translation Yes	scientific procedures yes no	non tknow No Don't know	Opinion Very good Fairly good Rather bad	Very bad Don't know

I Physical Functional Assessment Instruments Activities of Daily Living

	ADL index	Barthel index	Bristol ADL	CSADL	CombIADL	FAQ	FIM	IAM	Katz	ADL	Lawton	Nottingham	OARS-
112001									TOTAL	oran case	7777	, and a	777
paso	7	12	r	-	7	¥	0	-	o	-	ŗ	·	
Yes	0	CI	7	-	0	C	0	_	0	-	o	C	
No	1		1	1	2	1		-	-	_	ĸ	2	7
Don't know	7	2	12	13	7	6	7	12	9	13	6	10	13
Common													
Very common	3	12			2		3		5				
Not very common	7		1		3	5	5	-	3	-	1	2	
Don't know	1		1		1						2	1	
Why not													
Expensive													
Time-consuming													
Skills required													
Poor properties													
Not known	_		1	1	2	1		_	1	-	3	2	2
Not relevant													
Translation													
Yes	4	13	1		4	3	9		9	-	7	1	
scientific procedures													
yes	7	7	1			3	3	-	1	1			
ou													
don't know	7	9			4		3		4		7	1	
No											1		-
Don't know	6	2	13	13	9	10	9	12	8	13	10	11	13
Opinion													
Very good	_	9					1		1	_			
Fairly good	7	5			2	2	5		4			1	
Rather bad													
Very bad													
Don't know	6	33	13	13	10	10	6	12	∞	13	11	11	14

J Questionnaire

For office use only:	
Country Code:	
Questionnaire No.:	1



Questionnaire:

Assessment Instruments for Physical Activity and Physical Functioning in Older People

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EUNAAPA Research Project EU grant agreement 2005306

www.eunaapa.org

Work Package 4:

Assessment of physical activity and physical functioning in older people

Questionnaire on Assessment Instruments for Physical Activity and Physical Functioning in Older People

Dear Expert,

You have been selected by the EUNAAPA research project to answer this questionnaire regarding instruments used for the assessment of physical activity and functioning in older people.

One of the overall objectives of the European Network for Action on Ageing and Physical Activity (EUNAAPA) is to give valuable advice concerning the quality of the different ways of assessing physical activity and physical functioning in older people. Therefore we want to collect information on the use, knowledge and opinion of currently used instruments for the assessment of physical activity and physical functioning in older people in your country.

We have chosen to present a great number of instruments in order to cover the area as well as possible. The questions following each instrument are always the same.

If you have any questions on how to fill out this questionnaire please contact your country's EUNAAPA representative or the work package leader at kerstin.frandin@ki.se.

Please keep in mind that all the questions refer to older people only!

We are very grateful for your contribution!

Stockholm, February 2007

Kerstin Frändin, Karolinska Institutet Leader of work package 4

Please complete this questionnaire and return it by mail to the EUNAAPA member that contacted you.

on /	A: Background Information
Yo	ur name (title, first name(s), last name):
Yo	ur professional background:
Yo	ur institution:
Yo	ur address:
Yo	ur e-mail addrees:
	are man address.
Yo	ur telephone number:
Yo	ur country:
Ву	which EUNAAPA member were you sent this questionnaire?
	ease indicate for which areas you are answering as an expert! ease mark 区 at least one box for each subgroup.
	Id Physical activity Physical functioning
	ganizational Level National level Regional / Local level
	tting Community-dwelling older adults Institutionalized older person
	ctor Governmental sector Health care (i.e. physiotherapist, occupational therapist, geriatrician etc.) Commercial sector
	Educational sector Social care sector

Section B: Physical Activity

□ yes ———		How common □ very comm		not very common	☐ don't know
		□ very comm	oli 🗀	not very common	Li don't know
□ no ──]	Why not? □ Too expens □ Too time-co	onsuming	☐ Not knowr	
□ don't know		☐ Special skil☐ Other reaso		☐ Not releva pecify):	nt/suitable
Has the instrumen	ut/inetruction	hoon translat	ad into your	language?	
pes ———			-	s used for the tra	nslation?
•		ves ∪ yes			don't know
□ no		,	_		,
☐ don't know					
What is the genera	al opinion of t	this instrume	nt in your co	untry?	
□ very good	☐ fairly god	od 🗆 ra	ather bad	☐ very bad	☐ don't know
	currently use		intry?		
s this instrument	currently use	d in your cou	intry?	not very common	□ don't know
□ no ──	currently use	d in your cou How common □ very common Why not? □ Too expens □ Too time-co	untry? a is it? on sive onsuming	☐ Poor mea:	surement properties
ls this instrument ☐ yes ───	currently use	ed in your cou How common □ very common Why not? □ Too expens	intry? in is it? on sive onsuming Is required	☐ Poor mea: ☐ Not knowr	surement properties
Is this instrument	currently use	d in your cou How common very comm Why not? Too expens Special skil	untry? n is it? on sive onsuming ls required ons (please s	☐ Poor mea: ☐ Not knowr ☐ Not releva	surement properties
s this instrument yes no	currently use	d in your could be well and in your could be were common why not? Too expens Too expens Special skil Other reaso	untry? n is it? on sive consuming ls required cons (please s	☐ Poor mea: ☐ Not knowr ☐ Not releva	surement properties n nt/suitable
s this instrument yes no don't know	currently use	d in your could be well and in your could be were common why not? Too expens Too expens Special skil Other reaso	untry? n is it? on sive consuming ls required cons (please s	☐ Poor mea: ☐ Not knowr ☐ Not releval pecify): language? s used for the tra	surement properties n nt/suitable
s this instrument yes no don't know Has the instrumen yes	currently use	d in your could be your could be your common why not? Too expens Special skill Other reaso	untry? n is it? on sive consuming ls required ons (please s ed into your ic procedure	☐ Poor mea: ☐ Not knowr ☐ Not releval pecify): language? s used for the tra	surement properties nt/suitable
s this instrument yes no don't know Has the instrumen yes no don't know	currently use	d in your could be well and the work on the were common why not? Too expens Special skill Other reaso	untry? n is it? on sive onsuming ls required ons (please s ed into your ic procedure	☐ Poor mea: ☐ Not knowr ☐ Not releval pecify): language? s used for the traino	surement properties nt/suitable
s this instrument yes no don't know Has the instrumen yes no	currently use	d in your could be well and the work of th	untry? n is it? on sive onsuming ls required ons (please s ed into your ic procedure	☐ Poor mea: ☐ Not knowr ☐ Not releval pecify): language? s used for the traino	surement properties nt/suitable

4 - EUNAAPA WP4 Inventory Questionnaire

□ yes 	P HOW	v common is it?		
	□ v	ery common	□ not very comr	non 🔲 don't know
□ no		y not?		
		Too expensive		measurement properties
_		Γοο time-consumi: Special skills requi		
☐ don't know		opecial skills requi		elevant/suitable
		Julier reasons (pie	rase specify).	
Use the instrument/in	etruction boo	n translated into	vour language?	
Has the instrument/in			edures used for th	e translation?
□ yes		•	no	□ don't know
□ no	□у	res	⊔ no	□ don t know
☐ don't know				
What is the general or	ninion of this	instrument in vo	our country?	
	•	•	•	d
, ,	☐ fairly good	☐ rather ba	ad 🗆 very ba	d 🗆 don't knov
Further comments co	ncerning this	instrument:		
PAR, 7 days Physi	ical Activity	y Recall/ Seve	n Day Recall (B	lair 1984, Gross et al 1990,
Is this instrument cur	rently used ir	your country?	n Day Recall (Bi	air 1984, Gross et al 1990 _,
, ,	rently used ir	n your country?	·	
Is this instrument cur	rently used ir	n your country? v common is it? very common	n Day Recall (Bi	
Is this instrument cur	rently used in How	n your country? v common is it? very common v not?	□ not very comr	non □ don't know
Is this instrument cur	rently used ir How V Why	n your country? v common is it? very common	□ not very comr	non □ don't know
Is this instrument cur	rently used in How V Why 1	n your country? v common is it? very common y not? Too expensive Too time-consumin Special skills requi	□ not very comm □ Poor ng □ Not ki ired □ Not re	non □ don't know
Is this instrument cur	rently used in How V Why 1	n your country? v common is it? very common y not? Too expensive Too time-consumin	□ not very comm □ Poor ng □ Not ki ired □ Not re	non □ don't know measurement properties nown
Is this instrument cur	rently used in How V Why 1	n your country? v common is it? very common y not? Too expensive Too time-consumin Special skills requi	□ not very comm □ Poor ng □ Not ki ired □ Not re	non □ don't know measurement properties nown
ls this instrument curi ☐ yes ───────────────────────────────────	rently used in	n your country? v common is it? very common y not? Too expensive Too time-consumit Special skills requi Other reasons (ple	□ not very comm □ Poor ng □ Not ker ired □ Not re ease specify):	non □ don't know measurement properties nown
Is this instrument cur ☐ yes ☐ no ☐ don't know Has the instrument/in	rently used in How	n your country? v common is it? very common y not? Too expensive Too time-consumir Special skills requi Other reasons (ple	not very comming Pooring Not kined Not repasse specify):	non □ don't know measurement properties nown elevant/suitable
ls this instrument curi ☐ yes ───────────────────────────────────	rently used in How Very Why Struction bee	n your country? v common is it? very common y not? Foo expensive Foo time-consumin Special skills requi Other reasons (ple	not very comming Pooring Not kind Not repasse specify):	non don't know measurement properties nown plevant/suitable e translation?
Is this instrument cur ☐ yes ☐ no ☐ don't know Has the instrument/in	rently used in How	n your country? v common is it? very common y not? Foo expensive Foo time-consumin Special skills requi Other reasons (ple	not very comming Pooring Not kined Not repasse specify):	non □ don't know measurement properties nown elevant/suitable
Is this instrument cur	rently used in How Very Why Struction bee	n your country? v common is it? very common y not? Foo expensive Foo time-consumin Special skills requi Other reasons (ple	not very comming Pooring Not kind Not repasse specify):	non don't know measurement properties nown plevant/suitable e translation?
Is this instrument cur	rently used in How V Why Struction bee	n your country? v common is it? very common y not? Too expensive Too time-consumin Special skills requi Other reasons (ple en translated into re scientific processes	not very comming Pooring Not kind Not related Not related your language?	non don't know measurement properties nown plevant/suitable e translation?
Is this instrument cur	rently used in How V Why Struction bee	n your country? v common is it? very common y not? Too expensive Too time-consumin Special skills requi Other reasons (ple en translated into re scientific processes	not very community property of the property of	measurement properties nown elevant/suitable e translation?
Is this instrument cur	rently used in How Very Struction bees Wer ginion of this fairly good	n your country? v common is it? very common y not? Foo expensive Foo time-consumit Special skills requi Dther reasons (ple en translated into re scientific proces instrument in you	not very community not very community not known not not known not	measurement properties nown elevant/suitable e translation?

□ yes ———	→ How common is it?	
,	☐ very common ☐ not very common	☐ don't know
□ no □	Why not? □ Too expensive □ Poor measure □ Not known □ Special skills required □ Not relevan	urement properties
□ don't know	Other reasons (please specify):	D'SUITADIE
Has the instrument/ins	ruction been translated into your language?	
□ yes ———	Were scientific procedures used for the tran	
□ no	□ yes □ no	□ don't know
☐ don't know		
What is the general or	nion of this instrument in your country?	
□ very good □	fairly good □ rather bad □ very bad	☐ don't know
•	rt physical activity questionnaire for older antly used in your country? How common is it?	·
s this instrument curi	ntly used in your country?	adults (Stewart et
s this instrument curi	ntly used in your country? How common is it? very common not very common Why not?	□ don't know
s this instrument curi	ntly used in your country? How common is it? very common not very common Why not? Too expensive Poor measing Not known	□ don't know
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very common not very common don't know	□ yes	→ How common is	it?	
Too expensive	•	□ very common	□ not very comm	on 🗆 don't know
Too time-consuming	□ no			
don't know				
Other reasons (please specify):	□ don't know			
yes	L doi!! kilow	•	•	
yes				
yes				
□ no □ yes □ no □ don't know don't know What is the general opinion of this instrument in your country? very good □ fairly good □ rather bad □ very bad □ don't know further comments concerning this instrument: feature of the instruments in Section C have been modified; please give the land the new references: feature of the instruments in Section C have been modified; please give the land the new references:	las the instrument/instru	uction been translated	nto your language?	
□ don't know What is the general opinion of this instrument in your country? □ very good □ fairly good □ rather bad □ very bad □ don't know further comments concerning this instrument: If some of the instruments in Section C have been modified; please give the and the new references: If you know some other instrument(s) used in your country measuring endu	□ yes ———	→ Were scientific p		
What is the general opinion of this instrument in your country? very good fairly good rather bad very bad don't know outther comments concerning this instrument: f some of the instruments in Section C have been modified; please give the end the new references: f you know some other instrument(s) used in your country measuring endu	□ no	☐ yes	□ no	☐ don't know
very good fairly good rather bad very bad don't know urther comments concerning this instrument: If some of the instruments in Section C have been modified; please give the and the new references:	☐ don't know			
wery good fairly good rather bad very bad don't know Further comments concerning this instrument: If some of the instruments in Section C have been modified; please give the and the new references: If you know some other instrument(s) used in your country measuring endu	What is the general opini	on of this instrument in	vour country?	
f some of the instruments in Section C have been modified; please give the and the new references: If you know some other instrument(s) used in your country measuring endu				d □ don't knov
f some of the instruments in Section C have been modified; please give the and the new references: f you know some other instrument(s) used in your country measuring endu	□ verv good □ fa	airiv dood ⊔ rathe		
	f some of the instrur	erning this instrument:	, 	
	f some of the instru	erning this instrument:	, 	
	Further comments conce	ments in Section C	have been modified	d; please give the
	If some of the instrur and the new reference	ments in Section Coes:	have been modified	d; please give the
	If some of the instrurand the new reference of the instrurand the new reference of the instrurand the new reference of the new reference of the instrurand the new reference of the new reference of the instruction of the in	ments in Section Coes:	have been modified	d; please give the
Please name the three most frequently used instruments in your country reendurance:	If some of the instrurand the new reference of the instrurand the new reference of the instrurand the new reference of the name of the nam	ments in Section Coes:	have been modified	d; please give the

Section D: Physical Functioning - Mobility Get Up and Go Test (Mathias et al 1986) D1 Is this instrument currently used in your country? → How common is it? □ very common □ not very common ☐ don't know □ no Why not? □ Too expensive ☐ Poor measurement properties ☐ Too time-consuming ☐ Not known ☐ Special skills required ☐ Not relevant/suitable ☐ don't know ☐ Other reasons (please specify): Has the instrument/instruction been translated into your language? □ yes -➤ Were scientific procedures used for the translation? \square no ☐ don't know □ no ☐ don't know What is the general opinion of this instrument in your country? ☐ fairly good ☐ don't know □ very good rather bad ury bad Further comments concerning this instrument: TUG (Timed Up and Go) (Podsiadlo & Richardson 1991) D2 Is this instrument currently used in your country? □ yes -➤ How common is it? \square very common not very common ☐ don't know □ no Why not? □ Too expensive ☐ Poor measurement properties ☐ Too time-consuming ☐ Not known ☐ Special skills required ☐ Not relevant/suitable ☐ don't know ☐ Other reasons (please specify): Has the instrument/instruction been translated into your language? Were scientific procedures used for the translation? □ yes -☐ yes □ no ☐ don't know □ no ☐ don't know What is the general opinion of this instrument in your country? □ very good ☐ fairly good ☐ don't know □ rather bad □ very bad

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Further comments concerning this instrument:

□ yes —	→ How common is □ very common		□ don't know
_	·	= not very common	
□ no ──	→ Why not? ☐ Too expensive ☐ Too time-cons	suming	
☐ don't know	☐ Special skills	required	ant/suitable
	La Cutter reasons	түргейзе эреону).	
Has the instrument/instr	uction been translated	into your language?	
□ yes —	→ Were scientific	procedures used for the tr	anslation?
□ no	□ yes	□ no	☐ don't know
☐ don't know			
	ton of this to the		
What is the general opin		-	
, 0	airly good	,	☐ don't know
L test (Deathe & Miler 200	D5)		
L test (Deathe & Miler 200	ntly used in your count How common is	sit?	□ don't know
L test (Deathe & Miler 200 Is this instrument curren □ yes ─	ntly used in your count How common is □ very common	sit?	□ don't know
L test (Deathe & Miler 200 Is this instrument curren	D5) htly used in your count How common is □ very common Why not?	s it? ☐ not very common	
L test (Deathe & Miler 200 Is this instrument curren □ yes ─	ntly used in your count How common is very common Why not? Too expensiv.	e Poor mer	asurement propertie rn
ŕ	ntly used in your count How common is □ very common Why not? □ Too expensiv. □ Too time-cons □ Special skills	e Poor measuming Not know required Not releva	asurement propertie rn
L test (Deathe & Miler 200 Is this instrument curren uges —	ntly used in your count How common is □ very common Why not? □ Too expensiv. □ Too time-cons □ Special skills	e Poor mer	asurement propertie rn
L test (Deathe & Miler 2008 Is this instrument current upes — no	ntly used in your count How common is □ very common Why not? □ Too expensiv. □ Too time-cons □ Special skills	e Poor measuming Not know required Not releva	asurement propertie rn
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L test (Deathe & Miler 200 Is this instrument curren yes no don't know Has the instrument/instr	htly used in your count How common is very common Why not? Too expensiv Too time-cone Special skills Other reasons ruction been translated Were scientific	e Poor mer suming Not know required Not releving Not releving s (please specify):	asurement propertie vn ant/suitable anslation?
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□ yes ———	→ How common is □ very common		mon 🗆 don't know
□ no ──	Why not? ☐ Too expensive ☐ Too time-cons		measurement properties
☐ don't know	☐ Special skills		elevant/suitable
Has the instrument/ins	truction been translated	l into your language?	
□ yes —	→ Were scientific	procedures used for th	e translation?
□ no	☐ yes	□ no	☐ don't know
☐ don't know			
	nion of this instrument	in your country?	
	fairly good	-	ad □ don't know
, 0	cerning this instrument	,	ad 🗀 doli i knov
• .		irv?	
٠.	ently used in your count How common is	s it?	mon □ don't know
□ yes —	How common is	s it?	mon □ don't know
Is this instrument curre	ently used in your count How common is	e Poor	measurement propertie
Is this instrument curre	How common is very common Why not? Too expensive Too time-cons Special skills	e Poor suming Not ke	measurement propertie
Is this instrument curre	How common is very common Why not? Too expensive Too time-cons Special skills	e Poor suming Not ker	measurement propertie nown
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Is this instrument curre yes no don't know	How common is very common why not? Too expensive Too time-cons Special skills Other reasons	e Poor Not kery coming Not kery cequired Not kery cycles (please specify):	measurement propertie nown elevant/suitable
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□ yes	How common is it	?	
	□ very common	□ not very comm	non 🗆 don't know
□ no □ don't know	→ Why not? ☐ Too expensive ☐ Too time-consurt ☐ Special skills req	ming 🗆 Not kr	measurement properties nown levant/suitable
	□ Other reasons (p	please specify):	
las the instrument/instru		, ,	
□ yes —	→ Were scientific pro		
□ no	□ yes	□ no	□ don't know
☐ don't know			
What is the general opinion	on of this instrument in	your country?	
□ very good □ fai	irly good □ rather	bad □ very ba	d □ don't know
urther comments conce	rning this instrument:		
Walking speed 10 m	(Bohannon 1997)		
Walking speed 10 m a ls this instrument current	(Bohannon 1997) Ily used in your country'		non □ don't know
Walking speed 10 m ((Bohannon 1997) Ily used in your country' → How common is it'	? □ not very comn □ Poor n ming □ Not kr	measurement properties
Walking speed 10 m (ls this instrument current □ yes ───	(Bohannon 1997) Ily used in your country' How common is it' □ very common Why not? □ Too expensive □ Too time-consun	? ☐ not very comn ☐ Poor i ming ☐ Not ki juired ☐ Not re	measurement properties nown
Walking speed 10 m (ls this instrument current □ yes ───	(Bohannon 1997) Ily used in your country' How common is it' □ very common Why not? □ Too expensive □ Too time-consun □ Special skills req	? ☐ not very comn ☐ Poor i ming ☐ Not ki juired ☐ Not re	measurement properties nown
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Walking speed 10 m (s) this instrument current pes pes per don't know	(Bohannon 1997) If y used in your country' How common is it' very common Why not? Too expensive Too time-consun Special skills req	not very community of the proof	measurement properties nown levant/suitable
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⁻ EUNAAPA WP4 Inventory Questionnaire

Dynamic Gait I		sed in your country?		
□ yes ———	→	How common is it? ☐ very common	☐ not very commo	n □ don't know
□ no □ don't know	•	Why not? ☐ Too expensive ☐ Too time-consumi ☐ Special skills requ ☐ Other reasons (ple	ng □ Not kno red □ Not rele	easurement properties wn vant/suitable
Has the instrumer	nt/instructio	n been translated into	your language?	
□ yes —		Were scientific prod	edures used for the	translation?
□ no		☐ yes	□ no	☐ don't know
☐ don't know				
	al opinion o	f this instrument in ye	our country?	
very good	□ fairly g	-	•	□ don't know
		g this instrument:		_ 001111111011
If some of the i		ts in Section D ha	ve been modified	; please give their nar
and the new re	ferences:			
and the new re	ferences: me other i			; please give their nar
If you know sor please give the	me other i	instrument(s) use and reference(s):	d in your country	
If you know sol please give the	me other i	instrument(s) use and reference(s):	d in your country	measuring mobility,
If you know sor please give the	me other i	instrument(s) use and reference(s):	d in your country	measuring mobility,

	rrently used in your country?
□ yes —	How common is it? □ very common □ not very common □ don't know
□ no ———	Why not? ☐ Too expensive ☐ Poor measurement properties
☐ don't know	☐ Too expensive ☐ Poor measurement properties ☐ Too time-consuming ☐ Not known ☐ Special skills required ☐ Not relevant/suitable ☐ Other reasons (please specify):
Has the instrument/i	nstruction been translated into your language?
□ yes ———	➤ Were scientific procedures used for the translation?
□ no	☐ yes ☐ no ☐ don't know
☐ don't know	
	ppinion of this instrument in your country?
•	□ fairly good □ rather bad □ very bad □ don't know
	, g doi: thiow
Further comments co	oncerning this instrument: sed Steady Standing (TUSS) (Simpson and Worsfold 1996)
Further comments co	red Steady Standing (TUSS) (Simpson and Worsfold 1996) rrently used in your country? How common is it?
Further comments co	red Steady Standing (TUSS) (Simpson and Worsfold 1996) rrently used in your country? How common is it? □ very common □ not very common □ don't know
Further comments co	red Steady Standing (TUSS) (Simpson and Worsfold 1996) rrently used in your country? How common is it? very common not very common don't know Why not? Too expensive Poor measurement properties Too time-consuming Not known
Further comments co	red Steady Standing (TUSS) (Simpson and Worsfold 1996) rrently used in your country? How common is it? very common not very common don't know Why not? Too expensive Poor measurement properties
Further comments co	red Steady Standing (TUSS) (Simpson and Worsfold 1996) rrently used in your country? How common is it? very common not very common don't know Why not? Too expensive Poor measurement properties Too time-consuming Not known Special skills required Not relevant/suitable
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□ yes ———	→ How common is it?		
,	□ very common	☐ not very common	☐ don't know
□ no ————	→ Why not?		
	☐ Too expensive☐ Too time-consumin		surement propertie
☐ don't know	☐ Special skills requir		
_ continuo	☐ Other reasons (plea	ase specify):	
	uction been translated into		
□ yes —	→ Were scientific proce		
□ no	□ yes	□ no	☐ don't know
☐ don't know			
What is the general opin	ion of this instrument in yo	ur country?	
□ very good □ fa	airly good 🔲 rather bad	d □ very bad	☐ don't kno
Further comments conce	ernina this instrument:		
One leg stance (Bohar	nnon 1994)		
s this instrument curren	ntly used in your country?		
•	ntly used in your country? How common is it?	□ not very common	□ don't know
s this instrument curren	htly used in your country? How common is it? very common	□ not very common	□ don't know
s this instrument curren	htly used in your country? How common is it? □ very common Why not?	·	
s this instrument curren	htly used in your country? How common is it? very common	☐ Poor meas	surement propertie
s this instrument curren	httly used in your country? How common is it? very common Why not? Too expensive Too time-consumin Special skills requir	☐ Poor meas g ☐ Not known ed ☐ Not releval	surement propertie
s this instrument curren	httly used in your country? How common is it? very common Why not? Too expensive Too time-consumin	☐ Poor meas g ☐ Not known ed ☐ Not releval	surement propertie
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□ yes	→ How common is it?
	□ very common □ not very common □ don't know
□ no ————	→ Why not?
	☐ Too expensive ☐ Poor measurement propertie ☐ Too time-consuming ☐ Not known
☐ don't know	☐ Special skills required ☐ Not relevant/suitable
L CONT KNOW	☐ Other reasons (please specify):
	ruction been translated into your language?
□ yes ———	Were scientific procedures used for the translation?
□ no	□ yes □ no □ don't know
☐ don't know	
What is the general opin	nion of this instrument in your country?
	fairly good □ rather bad □ very bad □ don't kno
, 0	cerning this instrument:
Romberg test (Fregly	
Romberg test (Fregly	1961) ntly used in your country? → How common is it?
Romberg test (Fregly Is this instrument curre	ntly used in your country?
Romberg test (Fregly Is this instrument curre	ntly used in your country? → How common is it? □ very common □ not very common □ don't know → Why not?
Romberg test (Fregly Is this instrument curre	ntly used in your country? How common is it? □ very common □ not very common □ don't know Why not? □ Too expensive □ Poor measurement propertie
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Romberg test (Fregly Is this instrument curre	ntly used in your country? How common is it? □ very common □ not very common □ don't know Why not? □ Too expensive □ Poor measurement propertie □ Too time-consuming □ Not known
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Romberg test (Fregly Is this instrument curred yes no don't know	ntly used in your country? How common is it? □ very common □ not very common □ don't know Why not? □ Too expensive □ Poor measurement propertie □ Too time-consuming □ Not known □ Special skills required □ Not relevant/suitable □ Other reasons (please specify):
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Romberg test (Fregly Is this instrument currer yes no don't know Has the instrument/instr	Intly used in your country? How common is it? very common not very common don't know Why not? Too expensive Poor measurement propertied Not known Special skills required Not relevant/suitable Other reasons (please specify): ruction been translated into your language? Were scientific procedures used for the translation?
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Romberg test (Fregly Is this instrument curred yes no don't know Has the instrument/instrument yes no don't know What is the general opin	Intly used in your country? How common is it? very common not very common don't know Why not? Too expensive Poor measurement propertied Not known Special skills required Not relevant/suitable Other reasons (please specify): ruction been translated into your language? Were scientific procedures used for the translation? yes no don't know

□ yes ———	→ How common is i □ very common	t? ☐ not very commo	on 🗆 don't know
□ no —	→ Why not? □ Too expensive □ Too time-consu		easurement properties
☐ don't know	☐ Special skills re ☐ Other reasons (quired	evant/suitable
	ruction been translated i	, , ,	
□ yes —		ocedures used for the	
□ no	□ yes	□ no	☐ don't know
☐ don't know			
What is the general opi	nion of this instrument in	your country?	
□ very good □	fairly good rather	r bad □ very bad	☐ don't knov
Further comments cond	cerning this instrument:	•	
FICSIT 4-balance so	cale (Rossiter-Fornoff et al 1	996)	
	ently used in your country How common is i	/? t?	on □ don't know
Is this instrument curre ☐ yes —	How common is i	/? [^]	on □ don't know
ls this instrument curre	ently used in your country How common is i	y? t? □ not very commo	easurement properties
Is this instrument curre yes no	How common is i very common Why not? Too expensive Too time-consu	r? not very common Poor m mining Not knot quired Not rele	easurement properties
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_ cont know	☐ Other reasons	(please specify):	
	truction been translated	, ,	
□ yes —		procedures used for the tr	
□ no	□ yes	□ no	☐ don't know
☐ don't know			
What is the general opi	inion of this instrument i	in your country?	
□ very good □	fairly good	er bad 🔲 very bad	☐ don't know
Further comments con	cerning this instrument:		
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	ently used in your countribution. How common is	it?	
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	U Other reason	s (please specify):	
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pes — yes		procedures used for the	no translation?
•	□ yes	no no	don't know
□ no	_ ,00		
☐ don't know			
What is the general opi	nion of this instrument	in your country?	
□ very good □	fairly good	ner bad 🔲 very ba	ad 🗆 don't know
Further comments con-	cerning this instrumen	t-	
Step test (Hill et al 1996	5)		
Step test (Hill et al 1996 Is this instrument curre	ର) ently used in your coun	ntry?	
Step test (Hill et al 1996	5)	try? s it?	mon □ don't know
Step test (Hill et al 1996 Is this instrument curre	s) ently used in your coun ——➤ How common i	try? s it?	mon □ don't know
Step test (Hill et al 1996 Is this instrument curre	antly used in your coun How common i □ very commor Why not? □ Too expensiv	ntry? s it? n □ not very com	measurement propertie
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The 180 Degree Tur Is this instrument curre	ently us	ed in your country			
□ yes —	-	How common is i		t very common	□ don't know
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☐ don't know		☐ Too time-consu☐ Special skills re☐ Other reasons	quired	□ Not knowr □ Not releva cify):	
Has the instrument/inst	truction	n been translated i	nto your la	nguage?	
□ yes ———		Were scientific p			
□ no		□ yes	□ no		☐ don't know
☐ don't know					
What is the general opi	nion of	this instrument in	ı your coun	ntry?	
□ very good □	fairly g	ood 🗆 rathe	r bad	☐ very bad	☐ don't know
forms of the instan	umani	o in Section E	haya baay	n modified.	alaga giya thai
		s in Section E	have beer	n modified; p	please give thei
and the new referer	other i	nstrument(s) u:	sed in you		
and the new referer	other i	nstrument(s) u:	sed in you		
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f you know some o	other ine(s) a	nstrument(s) us	sed in you	ur country m	easuring balan

Section F: Physical Functioning – Range of Motion

□ very common □ not very common □ don't know
→ Why not? ☐ Too expensive ☐ Poor measurement properties ☐ Too time-consuming ☐ Not known
☐ Special skills required ☐ Not relevant/suitable ☐ Other reasons (please specify):
uction been translated into your language?
→ Were scientific procedures used for the translation?
□ yes □ no □ don't know
on of this instrument in your country?
irly good □ rather bad □ very bad □ don't know
rning this instrument:
tly used in your country? How common is it? very common not very common don't know
→ Why not? ☐ Too expensive ☐ Poor measurement properties
☐ Too expensive ☐ Poor measurement properties ☐ Too time-consuming ☐ Not known ☐ Special skills required ☐ Not relevant/suitable
☐ Too expensive ☐ Poor measurement properties ☐ Too time-consuming ☐ Not known ☐ Special skills required ☐ Not relevant/suitable ☐ Other reasons (please specify):
☐ Too expensive ☐ Poor measurement properties☐ Too time-consuming ☐ Not known☐ Special skills required ☐ Not relevant/suitable☐ Other reasons (please specify): ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
☐ Too expensive ☐ Poor measurement properties☐ Too time-consuming ☐ Not known☐ Special skills required ☐ Not relevant/suitable☐ Other reasons (please specify): ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
☐ Too expensive ☐ Poor measurement properties☐ Too time-consuming ☐ Not known☐ Special skills required ☐ Not relevant/suitable☐ Other reasons (please specify): ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

□ yes ———	How common is	it?	
,	□ very common	☐ not very common	☐ don't know
□ no ———	→ Why not?		
	☐ Too expensive		asurement properties
☐ don't know	☐ Too time-cons☐ Special skills r		
☐ don t know	☐ Other reasons	•	ani sanabie
	ruction been translated	, ,	
□ yes ———		procedures used for the tr	
□ no	□ yes	□ no	☐ don't know
☐ don't know			
What is the general opir	nion of this instrument i	n your country?	
□ very good □ 1	fairly good 🗆 rathe	er bad □ very bad	☐ don't know
Further comments conc	erning this instrument:		
		have been modified;	please give thei
		have been modified;	please give thei
and the new referen	ces:	ised in your country r	
and the new referen	ther instrument(s) u	ised in your country r	
f you know some o	ther instrument(s) u	ised in your country r	
f you know some o'notion, please give	ther instrument(s) u	ised in your country r	neasuring range
f you know some o'notion, please give	ther instrument(s) u	used in your country r ference(s):	neasuring range
f you know some o	ther instrument(s) u	used in your country r ference(s):	neasuring range

Section G: Physical Functioning - Dexterity Box and Block test (Desrosiers et al 1994) G1 Is this instrument currently used in your country? → How common is it? □ very common □ not very common ☐ don't know Why not? □ no □ Too expensive ☐ Poor measurement properties ☐ Too time-consuming ☐ Not known ☐ Special skills required ☐ Not relevant/suitable ☐ don't know ☐ Other reasons (please specify): Has the instrument/instruction been translated into your language? □ yes -➤ Were scientific procedures used for the translation? ☐ yes \square no ☐ don't know □ no ☐ don't know What is the general opinion of this instrument in your country? ☐ fairly good □ very good rather bad ury bad ☐ don't know Further comments concerning this instrument: Nine Hole Peg Test (Matrhiowetz et al 1985, Wade 1992) G2 Is this instrument currently used in your country? □ yes -➤ How common is it? \square very common not very common ☐ don't know □ no Why not? □ Too expensive ☐ Poor measurement properties ☐ Too time-consuming ☐ Not known ☐ Special skills required ☐ Not relevant/suitable ☐ don't know ☐ Other reasons (please specify): Has the instrument/instruction been translated into your language? Were scientific procedures used for the translation? □ yes -☐ yes □ no ☐ don't know □ no ☐ don't know What is the general opinion of this instrument in your country? □ very good ☐ fairly good ☐ don't know □ rather bad □ very bad Further comments concerning this instrument:

	ou know some other instrument(s) used in your country measuring dexterity ase give the name(s) and reference(s):
	ase name the three most frequently used instruments in your country regard terity:
1.	

Section H: Physical Functioning - Muscle Strength Climbing boxes (Frändin & Grimby 1994) H1 Is this instrument currently used in your country? → How common is it? □ very common □ not very common ☐ don't know Why not? □ no □ Too expensive ☐ Poor measurement properties ☐ Too time-consuming ☐ Not known ☐ Special skills required ☐ Not relevant/suitable ☐ don't know ☐ Other reasons (please specify): Has the instrument/instruction been translated into your language? □ yes -➤ Were scientific procedures used for the translation? ☐ don't know □ no ☐ don't know What is the general opinion of this instrument in your country? ☐ fairly good ☐ don't know □ very good rather bad ury bad Further comments concerning this instrument: Chair stand once (Bassey et al 1992) H2 Is this instrument currently used in your country? ➤ How common is it? \square very common □ not very common ☐ don't know □ no Why not? □ Too expensive ☐ Poor measurement properties ☐ Too time-consuming ☐ Not known ☐ Special skills required ☐ Not relevant/suitable ☐ don't know ☐ Other reasons (please specify): Has the instrument/instruction been translated into your language? Were scientific procedures used for the translation? □ yes -☐ yes □ no ☐ don't know □ no ☐ don't know What is the general opinion of this instrument in your country? □ very good ☐ fairly good ☐ don't know □ rather bad □ very bad

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Further comments concerning this instrument:

□ yes —	How common is it? □ very common □ not very common □ don't know
□ no	Why not? ☐ Too expensive ☐ Too time-consuming ☐ Not known
□ don't know	☐ Special skills required ☐ Not relevant/suitable ☐ Other reasons (please specify):
Has the instrument/instr	uction been translated into your language?
□ yes —	Were scientific procedures used for the translation?
□ no	□ yes □ no □ don't know
☐ don't know	
What is the general opini	ion of this instrument in your country?
	airly good □ rather bad □ very bad □ don't k
Further comments conce	, ,
	(Newitt et al 1989, Shumway Cook & Wollacott 1995)
	ntly used in your country? → How common is it?
Is this instrument curren ☐ yes	htly used in your country? How common is it? □ very common □ not very common □ don't know
ls this instrument curren	htly used in your country? How common is it? □ very common □ not very common □ don't know Why not? □ Too expensive □ Poor measurement prope
Is this instrument curren ☐ yes	htly used in your country? How common is it? □ very common □ not very common □ don't know Why not?
Is this instrument curren ☐ yes ───────────────────────────────────	htly used in your country? How common is it? □ very common □ not very common □ don't know Why not? □ Too expensive □ Poor measurement prope □ Too time-consuming □ Not known □ Special skills required □ Not relevant/suitable
Is this instrument curren ☐ yes — ☐ no ☐ don't know	htly used in your country? How common is it? □ very common □ not very common □ don't know Why not? □ Too expensive □ Poor measurement prope □ Too time-consuming □ Not known □ Special skills required □ Not relevant/suitable
Is this instrument curren ☐ yes — ☐ no ☐ don't know	htly used in your country? How common is it? □ very common □ not very common □ don't known Why not? □ Too expensive □ Poor measurement prope □ Too time-consuming □ Not known □ Special skills required □ Not relevant/suitable □ Other reasons (please specify):
Is this instrument curren yes no don't know	htly used in your country? How common is it? □ very common □ not very common □ don't known Why not? □ Too expensive □ Poor measurement prope □ Too time-consuming □ Not known □ Special skills required □ Not relevant/suitable □ Other reasons (please specify): uction been translated into your language?
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Is this instrument curren yes no don't know Has the instrument/instruction yes no don't know	htly used in your country? How common is it? □ very common □ not very common □ don't known Why not? □ Too expensive □ Poor measurement prope □ Too time-consuming □ Not known □ Special skills required □ Not relevant/suitable □ Other reasons (please specify): uction been translated into your language? Were scientific procedures used for the translation?
Is this instrument current yes	htly used in your country? How common is it? □ very common □ not very common □ don't known Why not? □ Too expensive □ Poor measurement prope □ Too time-consuming □ Not known □ Special skills required □ Not relevant/suitable □ Other reasons (please specify): uction been translated into your language? Were scientific procedures used for the translation? □ yes □ no □ don't known

□ yes —	→ How common is □ very common	not very comr	mon 🗆 don't know
□ no	Why not? ☐ Too expensive ☐ Too time-const	uming	measurement propertie nown
☐ don't know	☐ Special skills re ☐ Other reasons	•	elevant/suitable
Has the instrument/inst	ruction been translated	into your language?	
□ yes —		rocedures used for th	e translation?
□ no	□ yes	□ no	☐ don't know
☐ don't know			
What is the general opi	nion of this instrument in	n your country?	
	fairly good rathe		ıd □ don't knov
, ,	cerning this instrument:	,	
Chair stand 30 sec	(Jones et al 1999)		
	ently used in your countr	it?	mon □ don't know
Is this instrument curre	How common is	•	non □ don't know
Is this instrument curre	ently used in your countr	it? not very comr Poor uming Not k:	measurement propertie
Is this instrument curre	How common is very common Why not? Too expensive Too time-consi	it? not very comr Poor uming Not keepuired Not re	measurement propertie nown
Is this instrument curre	How common is very common Why not? Too expensive Too time-consu	it? not very comr Poor uming Not keepuired Not re	measurement propertie nown
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Is this instrument curre	How common is very common Why not? Too expensive Too time-conse Special skills re Other reasons	it? not very comr Poor ming Not kequired Not re (please specify):	measurement propertie nown elevant/suitable
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Is this instrument curre yes no don't know Has the instrument/inst yes no don't know	How common is very common Why not? Too expensive Too time-conse Special skills re Other reasons truction been translated Were scientific p	it? not very comr Poor uming Not k equired Not re (please specify): into your language? rocedures used for th	measurement propertie nown elevant/suitable e translation?
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•		How common is it?		
		□ very common	☐ not very common	☐ don't know
□ no		Why not?		
		☐ Too expensive		surement properties
☐ don't know		 □ Too time-consumir □ Special skills requi 	•	
L GOITT KHOW		☐ Other reasons (ple		
		n been translated into		
□ yes —		•	edures used for the tra	
□ no		□ yes	□ no	☐ don't know
☐ don't know				
What is the gener	al opinion o	f this instrument in yo	our country?	
☐ very good	☐ fairly g	good □ rather ba	nd □ very bad	☐ don't know
Further comment	s concernin	g this instrument:		
f some of the i			ve been modified;	please give thei
f some of the i			ve been modified;	please give thei
if some of the in and the new re	ferences:	instrument(s) usec	d in your country m	
if some of the in and the new re	ferences:		d in your country m	
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f some of the land the new re	ferences:	instrument(s) usec	d in your country m	
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some of the ind the new re	ferences:	instrument(s) usec	d in your country m	

Section I: Physical Functioning - Overall Index Tests Physical fitness field tests (Ritchie et al 2005) Is this instrument currently used in your country? → How common is it? □ very common □ not very common ☐ don't know Why not? □ no □ Too expensive ☐ Poor measurement properties ☐ Too time-consuming ☐ Not known ☐ Special skills required ☐ Not relevant/suitable ☐ don't know ☐ Other reasons (please specify): Has the instrument/instruction been translated into your language? □ yes -➤ Were scientific procedures used for the translation? ☐ don't know □ no ☐ don't know What is the general opinion of this instrument in your country? ☐ fairly good □ very good rather bad ury bad ☐ don't know Further comments concerning this instrument: Clinical Outcome Variables (Seaby & Torrence 1989) Is this instrument currently used in your country? □ yes -➤ How common is it? \square very common not very common ☐ don't know □ no Why not? □ Too expensive ☐ Poor measurement properties ☐ Too time-consuming ☐ Not known ☐ Special skills required ☐ Not relevant/suitable ☐ don't know ☐ Other reasons (please specify): Has the instrument/instruction been translated into your language? Were scientific procedures used for the translation? □ yes -☐ yes □ no ☐ don't know □ no ☐ don't know What is the general opinion of this instrument in your country? □ very good ☐ fairly good ☐ don't know □ rather bad □ very bad

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Further comments concerning this instrument:

11

12

□ yes ———	→ How common is	и.	
	□ very common	□ not very common	☐ don't know
□ no	Why not? ☐ Too expensive ☐ Too time-consi ☐ Special skills re	uming	
☐ don't know	Other reasons	•	iii/suitable
	struction been translated	, ,	
□ yes —		procedures used for the tra	
□ no	□ yes	□ no	☐ don't know
☐ don't know			
	pinion of this instrument i	n vour country?	
, ,	☐ fairly good ☐ rathe	•	☐ don't know
Further comments co	ncerning this instrument:		
Nursing Home Dis	sability Instrument //al	'k et al 2001)	
•	sability Instrument (Val. rently used in your countr → How common is □ very common	y?	□ don't know
Is this instrument cur	rently used in your countr How common is very common	ry? it?	□ don't know
Is this instrument cur	rently used in your countr How common is very common Why not? Too expensive Too time-consi	ry? it? not very common Poor mea uming Not knowr equired Not releva	surement properties า
Is this instrument curi	rently used in your countr How common is very common Why not? Too expensive Too time-consi	ry? it? not very common Poor mea uming Not knowr equired Not releva	surement properties า
Is this instrument curi ☐ yes — ☐ no — ☐ don't know	rently used in your countr How common is very common Why not? Too expensive Too time-consi	not very common not very common Poor mea uming Not knowr equired Not releva (please specify):	surement properties า
Is this instrument curi ☐ yes — ☐ no — ☐ don't know	rently used in your countr How common is very common Why not? Too expensive Too time-cons Special skills re Other reasons	not very common not very common Poor mea uming Not knowr equired Not releva (please specify):	surement properties nt/suitable
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□ yes ———	→ How common is it?		
	□ very common	□ not very common	☐ don't know
□ no ———	→ Why not?		
	□ Too expensive□ Too time-consumir	☐ Poor meas	surement properties
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LI don t know	☐ Other reasons (ple		Tr oditable
Has the instrument/ins	truction been translated into	your language?	
□ yes ———	→ Were scientific proce	edures used for the tra	nslation?
□ no	□ yes	□ no	☐ don't know
don't know			
What is the general opi	nion of this instrument in yo	ur country?	
□ very good	fairly good	d □ very bad	☐ don't know
Further comments con	cerning this instrument:		
-	nce Test (PPT 8-item) (Re	euben & Siu 1990)	
ls this instrument curre	ently used in your country?	euben & Siu 1990)	
-	ently used in your country? How common is it?		□ don't know
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ls this instrument curre	ently used in your country? How common is it? very common Why not?	□ not very common	
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Is this instrument curre	How common is it? very common Why not? Too expensive	□ not very common □ Poor meas	surement properties
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	Other reasons (piease	s specify).	
Has the instrument/ins	struction been translated into yo	our language?	
□ yes —	→ Were scientific procedu		nslation?
•		⊐ no	☐ don't know
□ no	_ ,00		
☐ don't know			
What is the general op	inion of this instrument in your	country?	
□ very good □	fairly good 🔲 rather bad	□ very bad	☐ don't know
, 0	ncerning this instrument:	□ vory bad	_ don't knot
Functional Fitness	(Rikli & Jones 1999)		
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□ yes —	→ How common is it □ very common	t? □ not very comm	non 🗆 don't know
□ no —	Why not? ☐ Too expensive ☐ Too time-consul	ming Not kr	
□ don't know	☐ Special skills red ☐ Other reasons (•	levant/suitable
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□ yes —	→ Were scientific pr	ocedures used for the	translation?
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☐ don't know			
What is the general opin	nion of this instrument in	vour country?	
	fairly good		d □ don't knov
, ,	cerning this instrument:	,	
	n Daily Functioning (
	ntly used in your country How common is it	r? t?	on □ don't know
Is this instrument curre	ntly used in your country How common is it very common	1?	non □ don't know
Is this instrument curre	ntly used in your country How common is it	t? □ not very comm □ Poor r ming □ Not kr	neasurement propertie:
Is this instrument curre	ntly used in your country How common is it □ very common Why not? □ Too expensive □ Too time-consul	t? not very comm Poor r ming Not kr quired Not re	neasurement propertie: own
Is this instrument curre	ntly used in your country How common is it very common Why not? Too expensive Too time-consu	t? not very comm Poor r ming Not kr quired Not re	neasurement propertie: own
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	□ very common	□ not very common	☐ don't know
□ no ──	Why not? ☐ Too expensive ☐ Too time-cons	suming	
☐ don't know	☐ Special skills r ☐ Other reasons	equired	an√suitable
Has the instrument/in	struction been translated	into your language?	
□ yes —	→ Were scientific p	procedures used for the tra	
□ no	□ yes	□ no	☐ don't know
☐ don't know			
	ninian of this instrument i	in value aguntur?	
	pinion of this instrument i		
, ,	☐ fairly good ☐ rathe ncerning this instrument:	•	☐ don't know
	cale (Smith 1994) rently used in your count How common is		□ don't know
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Modified Elderly Mobility scale (Kuys & Brauer 2006) 113 Is this instrument currently used in your country? → How common is it? □ very common □ not very common □ don't know □ no Why not? □ Too expensive ☐ Poor measurement properties □ Too time-consuming ☐ Not known ☐ Special skills required ☐ Not relevant/suitable ☐ don't know ☐ Other reasons (please specify): Has the instrument/instruction been translated into your language? ➤ Were scientific procedures used for the translation? □ yes -☐ yes □ no ☐ don't know □ no ☐ don't know What is the general opinion of this instrument in your country? □ very good ☐ fairly good ☐ rather bad □ very bad ☐ don't know Further comments concerning this instrument: 114 Groningen Fitness Test (Lemmink 1996) Is this instrument currently used in your country? □ yes -How common is it? □ very common □ not very common ☐ don't know □ no Why not? ☐ Too expensive ☐ Poor measurement properties ☐ Too time-consuming □ Not known ☐ Special skills required ☐ Not relevant/suitable ☐ don't know ☐ Other reasons (please specify): Has the instrument/instruction been translated into your language? □ yes -Were scientific procedures used for the translation? ☐ don't know ☐ yes □ no □ no ☐ don't know What is the general opinion of this instrument in your country? □ very good ☐ fairly good □ rather bad □ very bad ☐ don't know Further comments concerning this instrument:

General Motor Is this instrument			ır country?			
□ yes —		How cor □ very o	mmon is it? common		ot very common	☐ don't know
□ no ———			? expensive me-consum	ina	☐ Poor mea	asurement properties
☐ don't know		☐ Speci	al skills requ reasons (pl	iired	☐ Not releva	
Has the instrumer	nt/instructio	n been tra	nslated int	o your la	anguage?	
□ yes ———		Were sc	ientific pro	cedures	used for the tra	anslation?
□ no		□ yes		□ no)	☐ don't know
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What is the genera	al oninion o	f this inst	rument in v	our cou	ntn/2	
-			rumentin y □ rather b		•	□ don't know
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If some of the i		ts in Sec	ction I hav	/e beer	ո modified; բ	olease give their na
If some of the i		ts in Sec	ction I hav	/e beei	ո modified; բ	please give their na
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Section J: Physical Functioning – Activities of Daily Living

□ yes ———	→ How common i	is it?	
_ ,==	□ very commo	n □ not very com	nmon 🗆 don't know
□ no ————	→ Why not?		
	☐ Too expensing ☐ Too time-con		r measurement propertie
☐ don't know	☐ Special skills		relevant/suitable
	☐ Other reason	ns (please specify):	
Haraka kanalanan dari		4 5-1	
Has the instrument/inst		, ,	ha translation?
□ yes —	□ yes	procedures used for t	ne translation? □ don't know
□ no	□ yes	□ 110	□ don't know
☐ don't know			
What is the general opi	nion of this instrumen	t in your country?	
□ very good □	fairly good	her bad 🔲 very b	ad 🔲 don't know
Further comments cond	cerning this instrumen	t:	
Barthel Index (Wade o	& Collin 1988, Mahoney &	Barthel 1965)	
Barthel Index (Wade of the list this instrument currest of the list of the li	& Collin 1988, Mahoney & ently used in your cour → How common	Barthel 1965) htry? is it?	
Barthel Index <i>(Wade t</i> Is this instrument curre	& Collin 1988, Mahoney & ently used in your cour	Barthel 1965) htry? is it?	nmon □ don't know
Barthel Index <i>(Wade t</i> Is this instrument curre	& Collin 1988, Mahoney & ently used in your cour How common □ very commo Why not?	Barthel 1965) htry? is it? n □ not very com	
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□ no ———	→ Why not?
	☐ Too expensive ☐ Poor measurement prope ☐ Too time-consuming ☐ Not known
☐ don't know	☐ Special skills required ☐ Not relevant/suitable
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	ruction been translated into your language?
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□ no	Li yes Li no Li don't kilo
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What is the general opir	nion of this instrument in your country?
□ very good □ f	airly good □ rather bad □ very bad □ don't
Further comments conc	, ,
Cleveland Scale for	Activities of Daily Living (CSADL) (Patterson et al 1992)
Cleveland Scale for	Activities of Daily Living (CSADL) (Patterson et al 1992) ntly used in your country? How common is it?
Cleveland Scale for Is this instrument curre	Activities of Daily Living (CSADL) (Patterson et al 1992) ntly used in your country?
Cleveland Scale for Is this instrument curre	Activities of Daily Living (CSADL) (Patterson et al 1992) ntly used in your country? How common is it? □ very common □ not very common □ don't kno Why not?
Cleveland Scale for Is this instrument curred yes	Activities of Daily Living (CSADL) (Patterson et al 1992) ntly used in your country? How common is it? very common not very common don't know the common not very common Poor measurement properties.
Cleveland Scale for Is this instrument currer yes no	Activities of Daily Living (CSADL) (Patterson et al 1992) ntly used in your country? How common is it? □ very common □ not very common □ don't kno Why not?
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Cleveland Scale for Is this instrument currer yes	Activities of Daily Living (CSADL) (Patterson et al 1992) ntly used in your country? How common is it? very common not very common don't known of the poor measurement proper not your measurement p
Cleveland Scale for Is this instrument currently yes	Activities of Daily Living (CSADL) (Patterson et al 1992) ntly used in your country? How common is it? very common not very common don't known Not your look look look look look look look loo

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□ yes ———	→ How common is it? □ very common	□ not very common	☐ don't know
□ no ─	Why not? ☐ Too expensive ☐ Too time-consumir	ng 🗆 Not known	
□ don't know	☐ Special skills requi		nt/suitable
	ruction been translated into		
□ yes ———	→ Were scientific proce		
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	nion of this instrument in yo	our country?	
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Further comments cond	, 0	u La very bau	L doi!!! Kilov
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	s Questionnaire (FAQ) ntly used in your country? How common is it?	(Pieffer et al 1982) □ not very common	□ don't know
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LI CONTENTION	☐ Other reaso	•		The Contaction
Handler in attacks and in at				
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-	□ yes	procedures (no		☐ don't know
□ no	□ yes	□ 110		□ don't know
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□ very good □	fairly good □ rat	ther bad	□ very bad	☐ don't know
Further comments cond	carning this instrumer	nt -	•	
Instrumental Activit			96)	
		ntry?	96)	
ls this instrument curre	ntly used in your coul	ntry? is it?	196) t very common	□ don't know
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□ yes ———	→ How common is	S It?	
L yes	□ very common		n 🗖 don't know
□ no ———	→ Why not?		
	☐ Too expensiv		easurement propertie
- dominion and	☐ Too time-con: ☐ Special skills		wn vant/suitable
☐ don't know	•	s (please specify):	vanivoditable
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Has the instrument/instr	uction been translated	d into your language?	
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□ no	□ yes	□ no	☐ don't know
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	ion of this instrum	in your courts of	
What is the general opin			
, ,	, 0	ner bad 🔲 very bad	☐ don't knov
Further comments conce	erning this instrument	t :	
ADL Staircase (Hulter	Asberg & Sonn 1989)		
ls this instrument currer	ntly used in your coun	•	
	ntly used in your count → How common is	s it?	n 🗖 don't know
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□ yes ———	→ How common is it?
	□ very common □ not very common □ don't know
□ no ————	── Why not?
	☐ Too expensive ☐ Poor measurement properti☐ Too time-consuming ☐ Not known
☐ don't know	☐ Special skills required ☐ Not relevant/suitable
	Other reasons (please specify):
	truction been translated into your language?
□ yes —	Were scientific procedures used for the translation? □ yes □ no □ don't know
□ no	□ yes □ no □ don't know
☐ don't know	
What is the general opi	nion of this instrument in your country?
□ very good □	fairly good ☐ rather bad ☐ very bad ☐ don't kno
, ,	cerning this instrument:
•	ed Activities of Daily Living Scale (Harwood & Ebrahim 2002)
•	ently used in your country? How common is it?
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ls this instrument curre	ently used in your country? How common is it? very common not very common don't know Why not?
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The Older Americans Resources and Services Multidimensional Functional J13 Assessment Questionnaire -IADL (OARS-IADL) (Fillenbaum 1985) Is this instrument currently used in your country? → How common is it? □ yes — □ not very common □ don't know □ very common □ no -Why not? □ Too expensive ☐ Poor measurement properties ☐ Too time-consuming ☐ Not known ☐ Special skills required ☐ Not relevant/suitable ☐ don't know ☐ Other reasons (please specify): Has the instrument/instruction been translated into your language? Were scientific procedures used for the translation? □ yes — ☐ yes □ no ☐ don't know □ no ☐ don't know What is the general opinion of this instrument in your country? □ very good ☐ fairly good □ rather bad □ very bad don't know Further comments concerning this instrument: If some of the instruments in Section J have been modified; please give their names and the new references: If you know some other instrument(s) used in your country measuring Activities of J15 Daily Living, please give the name(s) and reference(s): Please name the three most frequently used instruments in your country regarding J16 Activities of Daily Living: 3.

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Section K: Guidelines

K1 Guidelines on Physical Activity Instruments

Are there any national, local or professional guidelines where any of the instruments listed in Section B are recommended for use when assessing physical activity in older people?

□ yes — →	What kind of guidelines?
	□ National guidelines on the use of the following instruments:
□ no	
☐ don't know	
	□ Local guidelines on the use of the following instruments:
	Professional guidelines on the use of the following instruments:

κ2 Guidelines on Physical Functioning Instruments

Are there any national, local or professional guidelines where any of the instruments listed in Sections C - J are recommended for use when assessing physical functioning in older people?

□ yes —	What kind of guidelines?
	☐ National guidelines on the use of the following instruments:
□ no	
□ don't know	
	☐ Local guidelines on the use of the following instruments:
	□ Professional guidelines on the use of the following instruments:

