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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

	Community-dwelling older adults				Institutionalized older persons			
	Govern- ment	Health care/ social care	Commercial Sector	Academics/ professional education	Govern- ment	Health care/ social care	Commercial Sector	Academics/ professional education
National level								
experts approached	4	3	0	5	0	4	0	1
experts responded	3	3		3		3		1
Regional/ local level								
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 activity		<ol style="list-style-type: none"> 1. Pedometer (11 experts / out of a total of 15) 2. Accelerometer (10/15) 3. Zutphen Physical Activity scale (9/15) 	Modified DQ YPAS Life Space
Physical functioning	Endurance	<ol style="list-style-type: none"> 1. 6 minutes walking test (13/15) 2. shuttle walking test (8/15) 3. 2 minutes walking test (7/15) 	-
	Mobility	<ol style="list-style-type: none"> 1. Timed Up and Go (12/15) 2. Get Up and Go test (11/15) 3. 10 meter walking speed (8/15) 	L test
	Balance	<ol style="list-style-type: none"> 1. Berg Balance Scale (12/15) 2. Romberg test (11/15) 3. Functional Reach test (11/15) 	-
	Range of motion	<ol style="list-style-type: none"> 1. Hand in Neck (4/15) 2. Hand in Back (4/15) 3. Shoulder flexibility (FITKIT/GFT)/back scratch test (2/15) 	Pour out of pot
	Dexterity	<ol style="list-style-type: none"> 1. Nine Hole Peg Test (7/15) 2. Block Transfer Test (2/15) 3. Manual Dexterity Test (GFT) 	
	Muscle strength	<ol style="list-style-type: none"> 1. Grip Strength (10/15) 2. Chair Stand 5 times (6/15) 3. Chair Stand 3/10 times, 30 sec (4/15) 	-
	Overall index	<ol style="list-style-type: none"> 1. Groningen Fitness Test (14/15) 2. Tinetti's Performance-Oriented Mobility Assessment (12/15) 3. Elderly Mobility Scale (7/15) 	PhysFitness field Clinical outcome Mod Elderly Mobility
	ADL	<ol style="list-style-type: none"> 1. Barthel Index (13/15) 2. Functional Independence Measure (FIM) (8/15) 3. Katz ADL (8/15) 	OARS-IADL

* 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 rated “very good”	Number of experts rated “fairly good”
Physical activity		1. Accelerometer	3	3
		2. Double labelled water	3	2
		3. Pedometer	2	4
Physical functioning	Endurance	1. 6 minutes walking	3	7
		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	1. 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	1. 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-Oriented Mobility Assessment	5	3	
	2. Groningen Fitness Test	1	8	
	3. Physical Performance Test / Functional Fitness	1	3	
ADL	1. Barthel Index	6	5	
	2. Functional Independence Measure (FIM)	1	5	
	3. Katz ADL	1	4	

Table 4: Top 3 instruments rated “very bad” or “rather bad”

Category	Subcategory	Test	Number of experts rated “very bad”	Number of experts rated “rather bad”
Physical activity		1. METS / Pedometer	0	2
		2. Accelerometer / IPAQ / 7days PAR / MLTAQ	0	1
Physical functioning	Endurance	1. Step test	0	2
		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 degree turn	0	1
	Range of motion	1. Hand in Neck	1	1
		2. Hand in Back	0	1
	Dexterity	1. Nine Hole Peg Test / Box and Block test	0	1
Muscle strength	-	-	-	
Overall index	1. Tinetti's Performance-Oriented Mobility Assessment	0	1	
ADL	-	-	-	

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 too 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		<ol style="list-style-type: none"> 1. Pedometer (10 experts / out of a total of 12 experts) 2. Accelerometer (9/12) 3. Zutphen Physical Activity scale (8/12) 	Pedometer (3/5) Accelerometer (3/5) Zutphen Physical Activity scale (3/5) METS (3/5)
Physical functioning	Endurance	<ol style="list-style-type: none"> 1. 6 minutes walking (10/12) 2. 2 minutes walking (7/12) 3. Shuttle run test (7/12) 	6 minutes walking (5/5) Shuttle run test (3/5) 2 minutes/12 minutes/ step test (2/5)
	Mobility	<ol style="list-style-type: none"> 1. Timed up and go (10/12) 2. Get up and go test (8/12) 3. Walking speed 10m (6/12) 	Get up and go test (5/5) Timed up and go (4/5) Walking speed 10m (3/5)
	Balance	<ol style="list-style-type: none"> 1. Berg Balance Scale (9/12) 2. Functional Reach (9/12) 3. One leg stance (9/12) 	Berg balance scale (5/5) Romberg (5/5) Functional reach (4/5)
	Range of motion	<ol style="list-style-type: none"> 1. Hand in neck (3/12) 2. Hand in back (3/12) 	Hand in neck (2/5) Hand in back (2/5)
	Dexterity	<ol style="list-style-type: none"> 1. Nine hole peg test (5/12) 2. Box and block test (1/12) 	Nine hole peg test (4/5) Box and block test (1/5)
	Muscle strength	<ol style="list-style-type: none"> 1. Grip strength (9/12) 2. Chair stand 5 times (6/12) 3. Chair stand 3/10/30 sec (4/12) 	1. Grip strength (3/5)
	Overall index	<ol style="list-style-type: none"> 1. Groningen Fitness Test (12/12) 2. Tinetti's POMA (9/12) 3. Elderly Mobility Scale (6/12) 	Tinetti's POMA (4/5) Groningen Fitness Test (4/5) Elderly Mobility Scale/General Motor function (2/5)
	ADL	<ol style="list-style-type: none"> 1. Barthel Index (10/12) 2. Katz ADL (7/12) 3. FIM (6/12) 	Barthel Index/Comb ADL-IADL (5/5) FIM/ADL Index/Katz ADL (3/5)

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		<ol style="list-style-type: none"> 1. Pedometer (10 experts / out of a total of 11) 2. Accelerometer (9/11) 3. Zutphen Physical Activity (8/11) 	Zutphen Physical Activity / Pedometer / Accelerometer / PASE (6/10)
Physical functioning	Endurance	<ol style="list-style-type: none"> 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	<ol style="list-style-type: none"> 1. Timed up and go (9/11) 2. Get up and go (7/11) 3. Walking speed 10m (6/11) 	Get up and go (9/10) Timed up and go (8/10) Walking speed 10m (4/10)
	Balance	<ol style="list-style-type: none"> 1. 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	<ol style="list-style-type: none"> 1. Hand in neck/back (2/11) 	Hand in neck/back (3/10)
	Dexterity	<ol style="list-style-type: none"> 1. Nine hole peg test (5/11) 2. Box and block test (1/11) 	Nine hole peg test (5/10) Box and block test (1/10)
	Muscle strength	<ol style="list-style-type: none"> 1. Grip strength (8/11) 2. Chairstand 5 times (6/11) 3. Chairstand 10 times (4/11) 	Grip strength (7/10) Chair stand 1/3/5 times, 30 sec (3/10)
	Overall index	<ol style="list-style-type: none"> 1. Groningen Fitness test (11/11) 2. Tinetti's POMA (8/11) 3. 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	<ol style="list-style-type: none"> 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 *Quadrismeter 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	Pedometer	Accelerometer	MEIS	Double labelled water		
Used																			
Yes	3	5		5	2	2	8	6		9	5		1	11	10	8	5		
No	3	2	3	1	3	2		1	3	1	1	1	1				2		
Don't know	9	8	12	8	10	11	7	7	12	4	9	14	13	4	5	6	8		
Common																			
Very common	1	2					2	3		2	2			6	4	4			
Not very common	2	2		4	2	2	5	1		3	2		1	4	5	3	5		
Don't know		1		1				1		4	1			1	1				
Why not																			
Expensive																			2
Time-consuming																			
Skills required																			
Poor properties																			
Not known	1	1	1	1	2	1		1	2	1	2	1	1	1		1	1		
Not relevant																			
Other reason	2		1																
Translation																			
Yes	3	4		2	2	2	6	6		7	4		1	7	6	6	3		
scientific procedures																			
yes	1	2		1	1	1	1	4		2	1		1	2	4	4	3		
no																			
don't know	2	1		1	1	1	3	2		2	3			4	2	2	1		
No	2	1	1						1	1	1			1	1				
Don't know	9	9	13	11	12	12	9	7	13	5	9	14	13	4	5	8	9		
Opinion																			
Very good		1									1			2	3	3	3		
Fairly good	2	3		1	1	1	4	3		4	1		1	4	3	4	2		
Rather bad	1			1				1						2	1	2			
Very bad																			
Don't know	11	10	14	11	13	13	10	8	14	9	10	14	13	5	6	8	9		

B Physical Functioning Assessment Instruments Endurance

	12 minutes walking	6 minutes walking	2 minutes walking	Shuttle walking test	Step test
Used					
Yes	6	13	7	8	6
No	9	2	8	7	9
Don't know					
Common					
Very common	2	9	4	6	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	6	11	7	6	4
scientific procedures					
yes	1	4	3	2	2
no		1	1	1	
don't know	5	5	3	3	2
No					1
Don't know	8	4	8	9	9
Opinion					
Very good	1	3	2	2	
Fairly good	3	7	4	5	3
Rather bad	1				2
Very bad					
Don't know	9	4	9	8	9

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	1		2	8	5	5	3
No			1	1	1	1	1		1
Don't know	4	3	12	13	11	6	8	9	10
Common									
Very common	8	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	1	2		1
Not relevant									
Translation									
Yes	11	9	1		2	6	3	4	1
scientific procedures									
yes	4	3	1		1	2		2	1
no	1					1	1		
don't know	6	5			1	3	2	2	
No									1
Don't know	3	5	12	13	11	8	9	10	11
Opinion									
Very good	2	4			1	3		2	
Fairly good	5	7	1		1	3	2	1	2
Rather bad	1								
Very bad									
Don't know	4	3	12	13	11	7	10	10	11

D Physical Functioning Assessment Instruments Balance

	Functional Reach	TUUS	Solec Test	One leg stance	Tandem stance	Romberg	FCSIT 3	FCSIT 4	BBS	Figure 8	Modified Figure 8	Step test	180 Degree turn
Used													
Yes	11	4	1	10	9	11	1	1	12	4	1	7	5
No		2	1				1	1			1		1
Don't know	4	9	13	5	6	4	13	13	3	11	13	8	8
Common													
Very common	8	2		5	4	9			10			3	1
Not very common	2	2		3	1				1	4	1	2	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	1				1	1			1		1
Not relevant													
Translation													
Yes	8	4		4	2	8			10	2		6	1
scientific procedures													
yes	3	1		1		3			6	1		2	
no													
don't know	5	3		3	2	4			4	1		4	1
No	1	1		1	1					1			1
Don't know	6	9	15	9	11	6	14	14	5	12	13	9	11
Opinion													
Very good	4	1		1	2	3			4	1		1	
Fairly good	3	1		4	3	3			4			2	1
Rather bad	1	1		2	1					2			1
Very bad													
Don't know	6	11	15	6	8	8	14	14	5	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	6	4	4	10
No	2	1	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	1	1			
Not relevant							
Translation							
Yes							
scientific procedures							
yes		2	1	2	3	3	7
no		1			1	2	2
don't know		1	1	1	1	1	5
No			1	1	1	1	1
Don't know	14	11	11	12	11	11	5
Opinion							
Very good		1			1	3	2
Fairly good			1	3	1	1	5
Rather bad							
Very bad							
Don't know	14	12	12	11	12	11	6

H Physical Functioning Assessment Instruments Overall Index Tests

	PhysFtnessField	ClinicalOutcome	ShortPhysPerform	NursingHomDisabil	TimedFuncMov	PhysPerformance	POMA	FunctionalFitness	AAHPERD	FunctionalFitnessDF	PhysPerformanceMobility	ElderlyMobility	ModElderlyMobility	GroneFitness	GenMotorFunction	
Used																
Yes	2	2	3	2	1	6	12	5	2	1	1	7		14	3	
No				1	1				2	1	1		1		1	
Don't know	12	12	10	11	13	9	3	10	11	13	12	8	14	1	11	
Common																
Very common						1	4	2	1			2		6		
Not very common			3	1		3	5	3	1	1		2		5	3	
Don't know				1	1	2	3				1	3		2		
Why not																
Expensive																
Time-consuming																
Skills required																
Poor properties																
Not known	2	2		1	1				2	1	1		1		1	
Not relevant																
Translation																
Yes			2	1	1	2	8	4	2	1	1	5		12	1	
scientific procedures																
yes			1	1	1	1	4	2	2	1	1	1		5		
no							1									
don't know			1			1	2	2				3		2	1	
No														1		
Don't know	13	13	11	12	13	12	8	10	12	13	12	8	14	1	13	
Opinion																
Very good			1			1	5	1	1	1		1		1		
Fairly good			1	1	1	3	3	3	1			2		8	1	
Rather bad							1									
Very bad																
Don't know	13	13	11	12	13	10	5	10	12	13	12	9	14	4	13	

I Physical Functional Assessment Instruments Activities of Daily Living

	ADL index	Barthel index	Bristol ADL	CSADL	CombiADL	FAQ	FIM	IAM	Katz ADL	ADL Staircase	Lawton IADL	Nottingham ADL	OARS-IADL
Used													
Yes	6	13	2	1	6	5	8	1	8	1	3	3	
No	1		1	1	2	1	1	1	1	1	3	2	2
Don't know	7	2	12	13	7	9	7	12	6	13	9	10	13
Common													
Very common	3	12			2	3	3		5				
Not very common	2		1		3	5		1	3	1	1	2	
Don't know	1		1		1						2	1	
Why not													
Expensive													
Time-consuming													
Skills required													
Poor properties													
Not known	1		1	1	2	1		1	1	1	3	2	2
Not relevant													
Translation													
Yes	4	13	1		4	3	6	1	6	1	2	1	
scientific procedures													
yes	2	7	1		3	3	3	1	1	1			
no	2	6			4		3		4		2	1	1
don't know											1		
No	9	2	13	13	9	10	9	12	8	13	10	11	13
Don't know													
Opinion													
Very good	1	6				1	1		1	1			
Fairly good	2	5			2	2	5	1	4			1	
Rather bad													
Very bad													
Don't know	9	3	13	13	10	10	9	12	8	13	11	11	14

J Questionnaire

For office use only:	
Country Code:	<input type="text"/>
Questionnaire No.:	<input type="text"/>



Questionnaire:

Assessment Instruments for Physical Activity and Physical Functioning in Older People



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.

Section A: Background Information

A1 **Your name (title, first name(s), last name):**

A2 **Your professional background:**

A3 **Your institution:**

A4 **Your address:**

A5 **Your e-mail addresses:**

A6 **Your telephone number:**

A7 **Your country:**

A8 **By which EUNAAPA member were you sent this questionnaire?**

A9 **Please indicate for which areas you are answering as an expert!**

Please mark at least one box for each subgroup.

Field

- Physical activity
 Physical functioning

Organizational Level

- National level
 Regional / Local level

Setting

- Community-dwelling older adults
 Institutionalized older person

Sector

- Governmental sector
 Health care (i.e. physiotherapist, occupational therapist, geriatrician etc.)
 Commercial sector
 Educational sector
 Social care sector

Section B: Physical Activity

B1 **Minnesota Leisure Time Physical Activity Questionnaire** (*Guthrie JR 2002, Mouton CP et al 2000*)

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
 Other reasons (please specify):

don't know

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

B2 **Modified Baecke Questionnaire** (*Voorrips et al 1991*)

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
 Other reasons (please specify):

don't know

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

B3 **Modified Dallosso Questionnaire** (*Bonnefoy et al 2001*)

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
 Other reasons (please specify):

 don't know

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

B4 **PAR, 7 days Physical Activity Recall/ Seven Day Recall** (*Blair 1984, Gross et al 1990*)

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
 Other reasons (please specify):

 don't know

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

B5 **CHAMPS physical activity recall** (Stewart et al 2001)

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
 Other reasons (please specify):

don't know

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

B6 **CHAMPS' self-report physical activity questionnaire for older adults** (Stewart et al 2001)

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
 Other reasons (please specify):

don't know

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

B7 **PASE, The Physical Activity Scale for the Elderly** (*Washburn et al 1993*)

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
 Other reasons (please specify):

 don't know

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

B8 **IPAQ, International Physical Activity Questionnaire** (*Rosenberg et al 2002*)

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
 Other reasons (please specify):

 don't know

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

B7 **PASE, The Physical Activity Scale for the Elderly** (*Washburn et al 1993*)

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
 Other reasons (please specify):

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

B8 **IPAQ, International Physical Activity Questionnaire** (*Rosenberg et al 2002*)

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
 Other reasons (please specify):

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

B11 **FAI, Frenchay's Activity Index** (*Wade et al 1985*)

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
 Other reasons (please specify):

 don't know

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

B12 **Life Space** (*Tinetti and Ginter 1990*)

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
 Other reasons (please specify):

 don't know

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

B13 **Walking habits** (Frändin et al 1991)

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
 Other reasons (please specify):

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

B14 **Pedometer** (Bassey et al., 1987, Bassett et al 1996, Bassett et al 2000, Tryon et al 1991, Tudor-Locke and Myers 2001)

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
 Other reasons (please specify):

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

B15 **Accelerometer** (*Freedson and Miller 2000, Hendelman et al 2000*)

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
 Other reasons (please specify):

 don't know

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

B16 **Energy expenditure (METS)** (*Ainsworth BE et al 1993*)

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
 Other reasons (please specify):

 don't know

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

B17 **Double labelled water** (Shoeller & van Santen 1982)

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
 Other reasons (please specify):

don't know

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

B18 **If some of the instruments in Section B have been modified; please give their names and the new references:**

B19 **If you know some other instrument(s) used in your country measuring physical activity, please give the name(s) and reference(s):**

B20 **Please name the three most frequently used instruments in your country regarding physical activity:**

1.

2.

3.

Section C: Physical Functioning – Endurance

c1 **12-minutes walking** (*Nakagaichi & Tanaka 1998, McGavin et al 1976*)

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
 Other reasons (please specify):

don't know

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

c2 **6-minutes walking** (*Guyatt et al 1985, Cooper 1968*)

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
 Other reasons (please specify):

don't know

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

c3 **2-minutes walking** (Kosak & Smith 2005, Butland et al 1992)

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
 Other reasons (please specify):

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

c4 **Endurance Shuttle walking test** (Keel et al 1998, Revile 1999)

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
 Other reasons (please specify):

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

c5 **Step test** (Dean 2000)

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
 Other reasons (please specify):

don't know

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

c6 **If some of the instruments in Section C have been modified; please give their names and the new references:**

c7 **If you know some other instrument(s) used in your country measuring endurance, please give the name(s) and reference(s):**

c8 **Please name the three most frequently used instruments in your country regarding endurance:**1. 2. 3.

Section D: Physical Functioning – Mobility

D1 Get Up and Go Test (Mathias et al 1986)

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
 Other reasons (please specify):

don't know

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

D2 TUG (Timed Up and Go) (Podsiadlo & Richardson 1991)

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
 Other reasons (please specify):

don't know

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

D3 **TUG manual** (Lundin-Olsson et al 1998)

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
 Other reasons (please specify):

 don't know

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

D4 **L test** (Deathe & Miller 2005)

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
 Other reasons (please specify):

 don't know

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

D5 **Walking speed 30 m** (Frändin & Grimby 1994, Ekdahl et al 1989)

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
 Other reasons (please specify):

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

D6 **Walking speed 10 m** (Bohannon 1997)

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
 Other reasons (please specify):

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

Walking speed 30 m (*Frändin & Grimby 1994, Ekdahl et al 1989*)

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
 Other reasons (please specify):

 don't know

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

Walking speed 10 m (*Bohannon 1997*)

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
 Other reasons (please specify):

 don't know

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

D9 **Dynamic Gait Index** (*Shumway-Cook & Woollacott 1995*)

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
 Other reasons (please specify):

don't know

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

D10 **If some of the instruments in Section D have been modified; please give their names and the new references:**

D11 **If you know some other instrument(s) used in your country measuring mobility, please give the name(s) and reference(s):**

D12 **Please name the three most frequently used instruments in your country regarding mobility:**

1.

2.

3.

Section E: Physical Functioning – Balance

E1 Functional Reach (Duncan et al 1990)

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
 Other reasons (please specify):

don't know

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

E2 Timed Unsupported Steady Standing (TUSS) (Simpson and Worfold 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
 Other reasons (please specify):

don't know

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

E3 **Solec test** (Harrison et al 1994)

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
 Other reasons (please specify):

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

E4 **One leg stance** (Bohannon 1994)

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
 Other reasons (please specify):

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

E5 **Tandem stance** (Fregly et al 1973)

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
 Other reasons (please specify):

 don't know

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

E6 **Romberg test** (Fregly 1961)

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
 Other reasons (please specify):

 don't know

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

E7 **FICSIT 3-balance scale** (Rossiter-Fornoff et al 1995)

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
 Other reasons (please specify):

don't know

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

E8 **FICSIT 4-balance scale** (Rossiter-Fornoff et al 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
 Other reasons (please specify):

don't know

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

E9 **Berg's Balance scale** (*Berg et al 1989, Berg et al 1995*)

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
 Other reasons (please specify):

 don't know

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

E10 **Figure of Eight** (*Johansson & Jarnlo 1991*)

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
 Other reasons (please specify):

 don't know

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

E11 **Modified Figure of Eight** (Jarnlo & Nordell 2003)

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
 Other reasons (please specify):

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

E12 **Step test** (Hill et al 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
 Other reasons (please specify):

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

E13 **The 180 Degree Turn** (Nevitt et al 1989)

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
 Other reasons (please specify):

 don't know

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

E14 **If some of the instruments in Section E have been modified; please give their names and the new references:**

E15 **If you know some other instrument(s) used in your country measuring balance, please give the name(s) and reference(s):**

E16 **Please name the three most frequently used instruments in your country regarding balance:**

1.

2.

3.

Section F: Physical Functioning – Range of Motion

F1 **Hand in neck** (Solem Bertoft et al 1998)

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
 Other reasons (please specify):

don't know

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

F2 **Hand in back** (Solem Bertoft et al 1998)

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
 Other reasons (please specify):

don't know

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

F3 **Pour out of Pot** (Solem Bertoft et al 1998)

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
 Other reasons (please specify):

don't know

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

F4 **If some of the instruments in Section F have been modified; please give their names and the new references:**

F5 **If you know some other instrument(s) used in your country measuring range of motion, please give the name(s) and reference(s):**

F6 **Please name the three most frequently used instruments in your country regarding range of motion:**

1.

2.

3.

Section G: Physical Functioning – Dexterity

G1 **Box and Block test** (Desrosiers et al 1994)

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
 Other reasons (please specify):

don't know

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

G2 **Nine Hole Peg Test** (Matrhiowetz et al 1985, Wade 1992)

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
 Other reasons (please specify):

don't know

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

G3 **If some of the instruments in Section G have been modified; please give their names and the new references:**

G4 **If you know some other instrument(s) used in your country measuring dexterity, please give the name(s) and reference(s):**

G5 **Please name the three most frequently used instruments in your country regarding dexterity:**

1.

2.

3.

Section H: Physical Functioning – Muscle Strength

H1 Climbing boxes (Frändin & Grimby 1994)

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
 Other reasons (please specify):

don't know

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

H2 Chair stand once (Basseley et al 1992)

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
 Other reasons (please specify):

don't know

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

H3 **Chair stand 3 times** (*Thapa et al 1994*)

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
 Other reasons (please specify):

 don't know

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

H4 **Chair stand 5 times** (*Newitt et al 1989, Shumway Cook & Wollacott 1995*)

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
 Other reasons (please specify):

 don't know

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

H5 **Chair stand 10 times** (Csuka & McCarthy 1985)

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
 Other reasons (please specify):

don't know

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

H6 **Chair stand 30 sec** (Jones et al 1999)

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
 Other reasons (please specify):

don't know

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

H7 **The Grip Strength** *(Hamilton 1994)*

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 don't know Special skills required Not relevant/suitable Other reasons (please specify):

Has the instrument/instruction 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 opinion of this instrument in your country?

 very good fairly good rather bad very bad don't know

Further comments concerning this instrument:

H8 **If some of the instruments in Section H have been modified; please give their names and the new references:**H9 **If you know some other instrument(s) used in your country measuring muscle strength, please give the name(s) and reference(s):**H10 **Please name the three most frequently used instruments in your country regarding muscle strength:**1. 2. 3.

Section I: Physical Functioning – Overall Index Tests

11 **Physical fitness field tests** (*Ritchie et al 2005*)

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
 Other reasons (please specify):

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

12 **Clinical Outcome Variables** (*Seaby & Torrence 1989*)

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
 Other reasons (please specify):

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

13 **Short Physical Performance Battery** (*Guralnik et al 1994*)

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
 Other reasons (please specify):

don't know

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

14 **Nursing Home Disability Instrument** (*Valk et al 2001*)

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
 Other reasons (please specify):

don't know

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

15 **Timed-Functional Movements** (Rehm-Gelin et al 1997, Light & Rehm 1993)

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
 Other reasons (please specify):

don't know

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

16 **Physical Performance Test (PPT 8-item)** (Reuben & Siu 1990)

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
 Other reasons (please specify):

don't know

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

17 **Tinetti Performance-Oriented Mobility Assessment** (*Tinetti 1986*)

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
 Other reasons (please specify):

 don't know

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

18 **Functional Fitness** (*Rikli & Jones 1999*)

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
 Other reasons (please specify):

 don't know

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

19 **AAHPERD Fitness Task Force** (Clark 1989)

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
 Other reasons (please specify):

don't know

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

110 **Functional Fitness in Daily Functioning** (Netz & Argov 1997)

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
 Other reasons (please specify):

don't know

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

I11 **Physical Performance and Mobility Examination** (*Winograd et al 1994*)

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
 Other reasons (please specify):

 don't know

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

I12 **Elderly Mobility Scale** (*Smith 1994*)

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
 Other reasons (please specify):

 don't know

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

113 **Modified Elderly Mobility scale** (Kuys & Brauer 2006)

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
 Other reasons (please specify):

don't know

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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
 Other reasons (please specify):

don't know

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

115 **General Motor Function Assessment** (*Åberg et al 2003*)

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
 Other reasons (please specify):

don't know

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

116 **If some of the instruments in Section I have been modified; please give their names and the new references:**

117 **If you know some other overall index test(s) used in your country, please give the name(s) and reference(s):**

118 **Please name the three most frequently used overall index tests in your country:**

1.

2.

3.

Section J: Physical Functioning – Activities of Daily Living

J1 Activities of Daily Living (ADL) index (Sheik et al 1979)

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
 Other reasons (please specify):

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

J2 Barthel Index (Wade & Collin 1988, Mahoney & Barthel 1965)

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
 Other reasons (please specify):

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

J3 **Bristol Activities of Daily Living Scale** (*Bucks et al 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
 Other reasons (please specify):

don't know

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

J4 **Cleveland Scale for Activities of Daily Living (CSADL)** (*Patterson et al 1992*)

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
 Other reasons (please specify):

don't know

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

J5 **Combination ADL - IADL** (Kane & Kane 2000)

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
 Other reasons (please specify):

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

J6 **Functional Activities Questionnaire (FAQ)** (Pieffer et al 1982)

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
 Other reasons (please specify):

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

J7 **Functional Independence Measure (FIM)** (*Granger et al 1986, Kidd et al 1995, Smith et al 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?**
 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:

J8 **Instrumental Activity Measures (IAM)** (*Grimby et al 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?**
 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:

J9 **Katz ADL** (Katz et al 1963, Katz & Akpom 1976)

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
 Other reasons (please specify):

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

J10 **ADL Staircase** (Hulter Asberg & Sonn 1989)

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
 Other reasons (please specify):

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

J11 **Lawton Instrumental Activities of Daily Living Scale (IADL)** (*Lawton 1970*)

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
 Other reasons (please specify):

 don't know

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

J12 **Nottingham Extended Activities of Daily Living Scale** (*Harwood & Ebrahim 2002*)

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
 Other reasons (please specify):

 don't know

Has the instrument/instruction been translated into your language?

yes → **Were scientific procedures used for the translation?**
 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:

J13 **The Older Americans Resources and Services Multidimensional Functional Assessment Questionnaire –IADL (OARS-IADL) (Fillenbaum 1985)**

Is this instrument currently used in your country?

<input type="checkbox"/> yes	→	How common is it?	<input type="checkbox"/> very common	<input type="checkbox"/> not very common	<input type="checkbox"/> don't know
<input type="checkbox"/> no	→	Why not?	<input type="checkbox"/> Too expensive	<input type="checkbox"/> Poor measurement properties	
			<input type="checkbox"/> Too time-consuming	<input type="checkbox"/> Not known	
<input type="checkbox"/> don't know			<input type="checkbox"/> Special skills required	<input type="checkbox"/> Not relevant/suitable	
			<input type="checkbox"/> Other reasons (please specify):	<input type="text"/>	

Has the instrument/instruction been translated into your language?

<input type="checkbox"/> yes	→	Were scientific procedures used for the translation?	<input type="checkbox"/> yes	<input type="checkbox"/> no	<input type="checkbox"/> don't know
<input type="checkbox"/> no					
<input type="checkbox"/> 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:

J14 **If some of the instruments in Section J have been modified; please give their names and the new references:**

J15 **If you know some other instrument(s) used in your country measuring Activities of Daily Living, please give the name(s) and reference(s):**

J16 **Please name the three most frequently used instruments in your country regarding Activities of Daily Living:**

1.

2.

3.

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?

no

don't know

National guidelines on the use of the following instruments:

Local guidelines on the use of the following instruments:

Professional guidelines on the use of the following instruments:

K2 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?

no

don't know

National guidelines on the use of the following instruments:

Local guidelines on the use of the following instruments:

Professional guidelines on the use of the following instruments:

