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

<table>
<thead>
<tr>
<th>National level</th>
<th>Community-dwelling older adults</th>
<th>Institutionalized older persons</th>
</tr>
</thead>
<tbody>
<tr>
<td>experts approached</td>
<td>Government</td>
<td>Health care/social care</td>
</tr>
<tr>
<td>experts responded</td>
<td>4</td>
<td>3</td>
</tr>
<tr>
<td>Regional/local level</td>
<td>Government</td>
<td>Health care/social care</td>
</tr>
<tr>
<td>experts approached</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>experts responded</td>
<td>1</td>
<td>1</td>
</tr>
</tbody>
</table>

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

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

* 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”

<table>
<thead>
<tr>
<th>Category</th>
<th>Subcategory</th>
<th>Test</th>
<th>Number of experts rated “very good”</th>
<th>Number of experts rated “fairly good”</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical activity</td>
<td></td>
<td>1. Accelerometer</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2. Double labelled water</td>
<td>3</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3. Pedometer</td>
<td>2</td>
<td>4</td>
</tr>
<tr>
<td>Physical functioning</td>
<td></td>
<td>1. 6 minutes walking</td>
<td>3</td>
<td>7</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2. Shuttle walking test</td>
<td>2</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3. 2 minutes walking</td>
<td>2</td>
<td>4</td>
</tr>
<tr>
<td>Mobility</td>
<td></td>
<td>1. Timed Up and Go</td>
<td>4</td>
<td>7</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2. 10 m walking speed</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3. Get Up and Go test</td>
<td>2</td>
<td>4</td>
</tr>
<tr>
<td>Balance</td>
<td></td>
<td>1. Berg Balance Scale</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2. Functional Reach</td>
<td>4</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3. Romberg test</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>Range of motion</td>
<td></td>
<td>1. Hand in Back</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2. Hand in Neck</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>Dexterity</td>
<td></td>
<td>1. Nine Hole Peg Test</td>
<td>1</td>
<td>3</td>
</tr>
<tr>
<td>Muscle strength</td>
<td></td>
<td>1. Chair Stand 30 sec</td>
<td>3</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2. Grip Strength</td>
<td>2</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3. Chair Stand 10 times</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Overall index</td>
<td></td>
<td>1. Tinetti’s Performance-Oriented Mobility Assessment</td>
<td>5</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2. Groningen Fitness Test</td>
<td>1</td>
<td>8</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3. Physical Performance Test / Functional Fitness</td>
<td>1</td>
<td>3</td>
</tr>
<tr>
<td>ADL</td>
<td></td>
<td>1. Barthel Index</td>
<td>6</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2. Functional Independence Measure (FIM)</td>
<td>1</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3. Katz ADL</td>
<td>1</td>
<td>4</td>
</tr>
<tr>
<td>Category</td>
<td>Subcategory</td>
<td>Test</td>
<td>Number of experts rated “very bad”</td>
<td>Number of experts rated “rather bad”</td>
</tr>
<tr>
<td>------------------</td>
<td>-------------</td>
<td>-------------------------------------------</td>
<td>-------------------------------------</td>
<td>--------------------------------------</td>
</tr>
<tr>
<td>Physical activity</td>
<td></td>
<td>1. METS / Pedometer</td>
<td>0</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2. Accelerometer / IPAQ / 7days PAR / MLTAQ</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Endurance</td>
<td>0</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1. Step test</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>2. 12 minutes walking</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mobility</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1. Get Up and Go test</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Balance</td>
<td>0</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1. Figure 8 / One leg stance</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>2. Functional reach / TUSS / Tandem stance /180 degree turn</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Range of motion</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1. Hand in Neck</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>2. Hand in Back</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Dexterity</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1. Nine Hole Peg Test / Box and Block test</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Muscle strength</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Overall index</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1. Tinetti’s Performance-Oriented Mobility Assessment</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>ADL</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**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 and 12 minutes walking test are being used less often and rated less good.

**Mobility**

Timed up and Go and Get up and Go tests are mostly used for evaluating mobility. Walking speed 10 meter, Functional Ambulation and Stops walking while talking are also fairly common. The L-test is the only test not used in the Netherlands.

Although very commonly used and listed among the best rated mobility instruments, the Get up and go test was also the only mobility instrument rated “rather bad” by one expert.
Balance
The Berg Balance Scale is the most used balance test in the Netherlands, followed by the Romberg, Functional reach, and One leg stance test. The Solec test, FICSIT 3/4 tests, and Modified figure 8 test are the balance instruments least used in the Netherlands. Only one expert identified these tests as being used in the Netherlands. One expert identified Tinetti’s POMA as an alternative instrument to assess balance of older adults.
Although fairly common used, the One leg stance was rated “rather bad” by two experts. The Figure 8 test was criticised for being to difficult for frail elderly.

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

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

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

Overall Index Tests
The Groningen Fitness Test and Tinetti’s POMA clearly are the most used overall index tests, followed by the Elderly Mobility Scale. Some other tests are used incidentally (Timed Functional Movement, Functional Fitness DF, Physical Performance Mobility) and some never (Physical Fitness Field, Clinical Outcome test, Modified Elderly Mobility test).
Although commonly used and rated best by most experts, one expert rated Tinetti’s POMA “rather bad”.

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

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

<table>
<thead>
<tr>
<th></th>
<th>Community dwelling</th>
<th>Institutionalized</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>National</td>
<td>10</td>
<td>3</td>
<td>13</td>
</tr>
<tr>
<td>Regional/Local</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Total</td>
<td>11</td>
<td>5</td>
<td>16</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Category</th>
<th>Subcategory</th>
<th>Most used National Level</th>
<th>Most used Regional Level</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>6 minutes walking (10/12) 2 minutes walking (7/12) 3. Shuttle run test (7/12)</td>
<td>6 minutes walking (5/5) Shuttle run test (3/5) 2 minutes/12 minutes/ step test (2/5)</td>
</tr>
<tr>
<td>Endurance</td>
<td></td>
<td>1. Timed up and go (10/12) 2. Get up and go test (8/12) 3. Walking speed 10m (6/12)</td>
<td>Get up and go test (5/5) Timed up and go (4/5) Walking speed 10m (3/5)</td>
</tr>
<tr>
<td>Mobility</td>
<td></td>
<td>1. Timed up and go (10/12) 2. Get up and go test (8/12) 3. Walking speed 10m (6/12)</td>
<td>Get up and go test (5/5) Timed up and go (4/5) Walking speed 10m (3/5)</td>
</tr>
<tr>
<td>Range of motion</td>
<td></td>
<td>1. Hand in neck (3/12) 2. Hand in back (3/12)</td>
<td>Hand in neck (2/5) Hand in back (2/5)</td>
</tr>
<tr>
<td>Dexterity</td>
<td></td>
<td>1. Nine hole peg test (5/12) 2. Box and block test (1/12)</td>
<td>Nine hole peg test (4/5) Box and block test (1/5)</td>
</tr>
<tr>
<td>Muscle strength</td>
<td></td>
<td>1. Grip strength (9/12) 2. Chair stand 5 times (6/12) 3. Chair stand 3/10/30 sec (4/12)</td>
<td>1. Grip strength (3/5)</td>
</tr>
<tr>
<td>Overall index</td>
<td></td>
<td>1. Groningen Fitness Test (12/12) 2. Tinetti’s POMA (9/12) 3. Elderly Mobility Scale (6/12)</td>
<td>Tinetti’s POMA (4/5) Groningen Fitness Test (4/5) Elderly Mobility Scale/General Motor function (2/5)</td>
</tr>
<tr>
<td>ADL</td>
<td></td>
<td>1. Barthel Index (10/12) 2. Katz ADL (7/12) 3. FIM (6/12)</td>
<td>Barthel Index/Comb ADL-IADL (5/5) FIM/ADL Index/Katz ADL (3/5)</td>
</tr>
</tbody>
</table>

**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.

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

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.

<table>
<thead>
<tr>
<th>Category</th>
<th>Subcategory</th>
<th>Other Instruments</th>
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<td>LASA Physical Activity Questionnaire (LAPAQ)</td>
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<td>Short Questionnaire to Assess Health-enhancing physical activity (SQUASH)</td>
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<td>Physical functioning</td>
<td>Mobility Functional Ambulation Category</td>
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<td>Jebsen test</td>
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<td>Overall index</td>
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<td>OECD Disability Scale</td>
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<td>GARS Groningen Activity Restriction Scale</td>
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<td>Assessment of Motor and Performance Skills (AMPS)</td>
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<td>Translated Health Assessment Questionnaire</td>
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</table>

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 *Quadrismometer* 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.
5 References


A Physical Activity Assessment Instruments
## Table 1: Usage and Opinion of Various Walking Habit Measures

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<tr>
<th>Metric</th>
<th>MLTAQ</th>
<th>Modified BQ</th>
<th>Modified DQ</th>
<th>7 days PAR</th>
<th>CHAMPS</th>
<th>CHAMPS older adults</th>
<th>PASE</th>
<th>IPAQ</th>
<th>YPAS</th>
<th>ZPA</th>
<th>FAI</th>
<th>Life Space</th>
<th>Walking habits</th>
<th>Pedometer</th>
<th>Accelerometer</th>
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<th>Double labelled water</th>
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| Very common| 8                | 2    | 5          | 4              | 9             |         | 10       |          |     |          | 3                  | 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        |     | 1        | 2                  | 2         |                  |

| Why not     |                  |      |            |                |               |         |          |          |     |          |                    |           |                  |
| Expensive   |                  |      |            |                |               |         |          |          |     |          | 1                  |           |                  |
| Time-consuming |               |      |            |                |               |         |          |          |     |          | 1                  |           |                  |
| Skills required |             |      |            |                |               |         |          |          |     |          | 1                  |           |                  |
| Poor properties |              |      |            |                |               |         |          |          |     |          | 1                  |           |                  |
| Not known   | 1                | 1    |            |                |               |         | 1        | 1        |     | 1        | 1                  |           |                  |
| Not relevant |                  |      |            |                |               |         |          |          |     |          | 1                  |           |                  |

| 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               |
## Physical Functioning Assessment Instruments Range of Motion

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J Questionnaire

Assessment Instruments for Physical Activity and Physical Functioning in Older People

www.eunaapa.org
EUNAAPA Research Project  
EU grant agreement 20052866  
www.eunapa.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.

2 – EUNAAPA WP4 Inventory Questionnaire
## Section A: Background Information

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<td>Please indicate for which areas you are answering as an expert!</td>
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<td>Please mark ☐ at least one box for each subgroup.</td>
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**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 (e.g. physiotherapist, occupational therapist, geriatrician etc.)
- ☐ Commercial sector
- ☐ Educational sector
- ☐ Social care sector
Section B: Physical Activity

81 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:


82 Modified Baecke Questionnaire (Voors 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:
### Modified Dallosso Questionnaire (Borneroy et al 2001)

**Is this instrument currently used in your country?**
- [ ] yes
- [ ] no
- [ ] don't know

**How common is it?**
- [ ] very common
- [ ] not very common
- [ ] don't know

**Why not?**
- [ ] Too expensive
- [ ] Poor measurement properties
- [ ] Too time-consuming
- [ ] Not known
- [ ] Special skills required
- [ ] Not relevant/suitable
- [ ] Other reasons (please specify):

**Has the instrument/instruction been translated into your language?**
- [ ] yes
- [ ] no
- [ ] don't know

**Were scientific procedures used for the translation?**
- [ ] yes
- [ ] 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:**

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

**Is this instrument currently used in your country?**
- [ ] yes
- [ ] no
- [ ] don't know

**How common is it?**
- [ ] very common
- [ ] not very common
- [ ] don't know

**Why not?**
- [ ] Too expensive
- [ ] Poor measurement properties
- [ ] Too time-consuming
- [ ] Not known
- [ ] Special skills required
- [ ] Not relevant/suitable
- [ ] Other reasons (please specify):

**Has the instrument/instruction been translated into your language?**
- [ ] yes
- [ ] no
- [ ] don't know

**Were scientific procedures used for the translation?**
- [ ] yes
- [ ] 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:**


### CHAMPS physical activity recall (Stewart et al 2001)

**Is this instrument currently used in your country?**

- [ ] yes
- [ ] no
- [ ] don't know

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**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
- [ ] no
- [ ] don't know

**Were scientific procedures used for the translation?**

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**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:

### CHAMPS’ self-report physical activity questionnaire for older adults (Stewart et al 2001)

**Is this instrument currently used in your country?**

- [ ] yes
- [ ] no
- [ ] don't know

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**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
- [ ] no
- [ ] don't know

**Were scientific procedures used for the translation?**

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**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:

6 – EUNAPA WP4 Inventory Questionnaire
Appendix J | 7/52

PASE, The Physical Activity Scale for the Elderly (Washburn 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:


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:


EUNIAIPA WP4 Inventory Questionnaire – 7
**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
  - [ ] Too time-consuming
  - [ ] Special skills required
  - [ ] 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:

---

**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
  - [ ] Too time-consuming
  - [ ] Special skills required
  - [ ] 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:


**Appendix J**

**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:

---

**Life Space (Tivelli 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 (Fahed et al. 1991)**

Is this instrument currently used in your country?

| ☐ yes | □ very common | □ not very common | □ don't know |
| □ no | □ 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? |
| □ no | □ yes | □ 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:

---


Is this instrument currently used in your country?

| ☐ yes | □ very common | □ not very common | □ don't know |
| □ no | □ 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? |
| □ no | □ yes | □ 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:
### Accelerometer (Fiedler and Mitte 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
    - Too time-consuming
    - Special skills required
    - 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:

---

### Energy expenditure (METs) (Answorth 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
    - Too time-consuming
    - Special skills required
    - 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:
Double labelled water (Hooijer & 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:

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

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

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

1. 
2. 
3.
Section C: Physical Functioning – Endurance

12-minutes walking (Nakagaki & Tanaka 1983, 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:

---

6-minutes walking (Guyat et al 1985, Cooper 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:
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):

☐ 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:

Endurance Shuttle walking test (Kosak et al 1998, Revilo 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:
Appendix J

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:


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


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


Please name the three most frequently used instruments in your country regarding endurance:

1. 
2. 
3. 

EUNAAP WP4 Inventory Questionnaire – 15
### Section D: Physical Functioning – Mobility

#### 01 Get Up and Go Test (Mathias et al. 1986)

<table>
<thead>
<tr>
<th>Question</th>
<th>Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>(\square) yes</td>
<td>How common is it?</td>
</tr>
<tr>
<td>(\square) no</td>
<td>Why not?</td>
</tr>
<tr>
<td>(\square) don’t know</td>
<td></td>
</tr>
</tbody>
</table>

**Has the instrument/instruction been translated into your language?**

<table>
<thead>
<tr>
<th>Question</th>
<th>Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>(\square) yes</td>
<td>Were scientific procedures used for the translation?</td>
</tr>
<tr>
<td>(\square) no</td>
<td></td>
</tr>
<tr>
<td>(\square) don’t know</td>
<td></td>
</tr>
</tbody>
</table>

**What is the general opinion of this instrument in your country?**

<table>
<thead>
<tr>
<th>Option</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>very good</td>
<td></td>
</tr>
<tr>
<td>fairly good</td>
<td></td>
</tr>
<tr>
<td>rather bad</td>
<td></td>
</tr>
<tr>
<td>very bad</td>
<td></td>
</tr>
<tr>
<td>don’t know</td>
<td></td>
</tr>
</tbody>
</table>

**Further comments concerning this instrument:**

---

#### 02 TUG (Timed Up and Go) (Podsiadlo & Richardson 1991)

<table>
<thead>
<tr>
<th>Question</th>
<th>Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>(\square) yes</td>
<td>How common is it?</td>
</tr>
<tr>
<td>(\square) no</td>
<td>Why not?</td>
</tr>
<tr>
<td>(\square) don’t know</td>
<td></td>
</tr>
</tbody>
</table>

**Has the instrument/instruction been translated into your language?**

<table>
<thead>
<tr>
<th>Question</th>
<th>Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>(\square) yes</td>
<td>Were scientific procedures used for the translation?</td>
</tr>
<tr>
<td>(\square) no</td>
<td></td>
</tr>
<tr>
<td>(\square) don’t know</td>
<td></td>
</tr>
</tbody>
</table>

**What is the general opinion of this instrument in your country?**

<table>
<thead>
<tr>
<th>Option</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>very good</td>
<td></td>
</tr>
<tr>
<td>fairly good</td>
<td></td>
</tr>
<tr>
<td>rather bad</td>
<td></td>
</tr>
<tr>
<td>very bad</td>
<td></td>
</tr>
<tr>
<td>don’t know</td>
<td></td>
</tr>
</tbody>
</table>

**Further comments concerning this instrument:**

---
### 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:**

---

### 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:**

---

EUNAA/P-04 Inventory Questionnaire – 17
Walking speed 30 m (Frieden & Grimby 2004, Eklof 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:

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:
Walking speed 30 m (Frandsø & Grimby 1994, Ekbladh 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
    - Too time-consuming
    - Special skills required
    - 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
    - Too time-consuming
    - Special skills required
    - 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:

---

EUNAARP WP4 Inventory Questionnaire
Dynamic Gait Index (Shumway-Cook & Woollacott 1995)

Is this instrument currently used in your country?
- [ ] yes
- [ ] no
- [ ] don’t know

How common is it?
- [ ] very common
- [ ] not very common
- [ ] don’t know

Why not?
- [ ] Too expensive
- [ ] Poor measurement properties
- [ ] Too time-consuming
- [ ] Not known
- [ ] Special skills required
- [ ] Not relevant
- [ ] Not suitable
- [ ] Other reasons (please specify):

Has the instrument/instruction been translated into your language?
- [ ] yes
- [ ] no
- [ ] don’t know

Were scientific procedures used for the translation?
- [ ] yes
- [ ] no
- [ ] don’t know

What is the general opinion of this instrument in your country?
- [ ] very good
- [ ] fairly good
- [ ] rather bad
- [ ] very bad
- [ ] don’t know

Further comments concerning this instrument:

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

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

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

1. 
2. 
3. 

29 – EUNAPPA WP4 Inventory Questionnaire
Section E: Physical Functioning – Balance

1. Functional Reach (Duncan et al 1996)
   Is this instrument currently used in your country?
   ☐ yes  ☐ no  ☐ don’t know
   □ How common is it?
   □ very common  □ not very common  □ don’t know
   □ Why not?
   □ Too expensive  □ Too time-consuming
   □ Poor measurement properties  □ Not known
   □ Special skills required  □ Not relevant/suitable
   □ Other reasons (please specify):

   Has the instrument/instruction been translated into your language?
   ☐ yes  ☐ no  ☐ don’t know
   □ Were scientific procedures used for the translation?
   □ yes  □ 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:

2. Timed Unsupported Steady Standing (TUSS) (Simpson and Worsfold 1996)
   Is this instrument currently used in your country?
   ☐ yes  ☐ no  ☐ don’t know
   □ How common is it?
   □ very common  □ not very common  □ don’t know
   □ Why not?
   □ Too expensive  □ Too time-consuming
   □ Poor measurement properties  □ Not known
   □ Special skills required  □ Not relevant/suitable
   □ Other reasons (please specify):

   Has the instrument/instruction been translated into your language?
   ☐ yes  ☐ no  ☐ don’t know
   □ Were scientific procedures used for the translation?
   □ yes  □ 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  Solec test (Harrison et al 1994)**

Is this instrument currently used in your country?

- [ ] yes
- [ ] no
- [ ] don't know

How common is it?

- [ ] very common
- [ ] not very common
- [ ] don't know

Why not?

- [ ] Too expensive
- [ ] Poor measurement properties
- [ ] Too time-consuming
- [ ] Not known
- [ ] Special skills required
- [ ] Not relevant/suitable
- [ ] Other reasons (please specify):

Has the instrument/instruction been translated into your language?

- [ ] yes
- [ ] no
- [ ] don't know

Were scientific procedures used for the translation?

- [ ] yes
- [ ] 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
- [ ] no
- [ ] don't know

How common is it?

- [ ] very common
- [ ] not very common
- [ ] don't know

Why not?

- [ ] Too expensive
- [ ] Poor measurement properties
- [ ] Too time-consuming
- [ ] Not known
- [ ] Special skills required
- [ ] Not relevant/suitable
- [ ] Other reasons (please specify):

Has the instrument/instruction been translated into your language?

- [ ] yes
- [ ] no
- [ ] don't know

Were scientific procedures used for the translation?

- [ ] yes
- [ ] 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:
### 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
  - Special skills required
  - 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:**

---

### 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
  - Special skills required
  - 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:**

---
### FICSIT 3-balance scale (Rossetter-Fordell et al. 1996)

**Is this instrument currently used in your country?**

<table>
<thead>
<tr>
<th>□ yes</th>
<th>How common is it?</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ very common</td>
<td>□ not very common</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>□ no</th>
<th>Why not?</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Too expensive</td>
<td>□ Poor measurement properties</td>
</tr>
<tr>
<td>□ Too time-consuming</td>
<td>□ Not known</td>
</tr>
<tr>
<td>□ Special skills required</td>
<td>□ Not relevant/suitable</td>
</tr>
<tr>
<td>□ Other reasons (please specify):</td>
<td></td>
</tr>
</tbody>
</table>

**Has the instrument/instruction been translated into your language?**

<table>
<thead>
<tr>
<th>□ yes</th>
<th>Were scientific procedures used for the translation?</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ yes</td>
<td>□ no</td>
</tr>
</tbody>
</table>

| □ 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:**

---

### FICSIT 4-balance scale (Rossetter-Fordell et al. 1996)

**Is this instrument currently used in your country?**

<table>
<thead>
<tr>
<th>□ yes</th>
<th>How common is it?</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ very common</td>
<td>□ not very common</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>□ no</th>
<th>Why not?</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Too expensive</td>
<td>□ Poor measurement properties</td>
</tr>
<tr>
<td>□ Too time-consuming</td>
<td>□ Not known</td>
</tr>
<tr>
<td>□ Special skills required</td>
<td>□ Not relevant/suitable</td>
</tr>
<tr>
<td>□ Other reasons (please specify):</td>
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</tbody>
</table>

**Has the instrument/instruction been translated into your language?**

<table>
<thead>
<tr>
<th>□ yes</th>
<th>Were scientific procedures used for the translation?</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ yes</td>
<td>□ no</td>
</tr>
</tbody>
</table>

| □ 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:**
### Appendix J | 25/52

**Berg’s Balance scale** (Berg et al. 1999, Berg et al. 1995)

<table>
<thead>
<tr>
<th>Is this instrument currently used in your country?</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ yes [ ] How common is it?</td>
</tr>
<tr>
<td>☐ no [ ] Why not?</td>
</tr>
<tr>
<td>☐ don’t know</td>
</tr>
<tr>
<td>□ very common [ ]</td>
</tr>
<tr>
<td>□ not very common [ ]</td>
</tr>
<tr>
<td>□ don’t know</td>
</tr>
<tr>
<td>□ Too expensive [ ]</td>
</tr>
<tr>
<td>□ Poor measurement properties [ ]</td>
</tr>
<tr>
<td>□ Too time-consuming [ ]</td>
</tr>
<tr>
<td>□ Not known [ ]</td>
</tr>
<tr>
<td>□ Special skills required [ ]</td>
</tr>
<tr>
<td>□ Not relevant/suitable [ ]</td>
</tr>
<tr>
<td>□ Other reasons (please specify):</td>
</tr>
</tbody>
</table>

**Has the instrument instruction been translated into your language?**

| ☐ yes [ ] Were scientific procedures used for the translation? |
| ☐ 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:**

---

**Figure of Eight** (Johansson & Jarro 1991)

<table>
<thead>
<tr>
<th>Is this instrument currently used in your country?</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ yes [ ] How common is it?</td>
</tr>
<tr>
<td>☐ no [ ] Why not?</td>
</tr>
<tr>
<td>☐ don’t know</td>
</tr>
<tr>
<td>□ very common [ ]</td>
</tr>
<tr>
<td>□ not very common [ ]</td>
</tr>
<tr>
<td>□ don’t know</td>
</tr>
<tr>
<td>□ Too expensive [ ]</td>
</tr>
<tr>
<td>□ Poor measurement properties [ ]</td>
</tr>
<tr>
<td>□ Too time-consuming [ ]</td>
</tr>
<tr>
<td>□ Not known [ ]</td>
</tr>
<tr>
<td>□ Special skills required [ ]</td>
</tr>
<tr>
<td>□ Not relevant/suitable [ ]</td>
</tr>
<tr>
<td>□ Other reasons (please specify):</td>
</tr>
</tbody>
</table>

**Has the instrument instruction been translated into your language?**

| ☐ yes [ ] Were scientific procedures used for the translation? |
| ☐ 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 (Järvelä & Nordell 2003)

**Is this instrument currently used in your country?**
- [ ] yes
- [ ] no
- [ ] don’t know

**How common is it?**
- [ ] very common
- [ ] not very common
- [ ] don’t know

**Why not?**
- [ ] Too expensive
- [ ] Too time-consuming
- [ ] Special skills required
- [ ] Poor measurement properties
- [ ] Not known
- [ ] Not relevant/suitable
- [ ] Other reasons (please specify):

**Has the instrument/instruction been translated into your language?**
- [ ] yes
- [ ] no
- [ ] don’t know

**Were scientific procedures used for the translation?**
- [ ] yes
- [ ] 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. 1990)

**Is this instrument currently used in your country?**
- [ ] yes
- [ ] no
- [ ] don’t know

**How common is it?**
- [ ] very common
- [ ] not very common
- [ ] don’t know

**Why not?**
- [ ] Too expensive
- [ ] Too time-consuming
- [ ] Special skills required
- [ ] Poor measurement properties
- [ ] Not known
- [ ] Not relevant/suitable
- [ ] Other reasons (please specify):

**Has the instrument/instruction been translated into your language?**
- [ ] yes
- [ ] no
- [ ] don’t know

**Were scientific procedures used for the translation?**
- [ ] yes
- [ ] 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:**


### The 180 Degree Turn (Navitt 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 |
| ☐ don’t know |

**What is the general opinion of this instrument in your country?**

| ☐ very good | ☐ fairly good | ☐ rather bad | ☐ very bad | ☐ don’t know |

**Further comments concerning this instrument:**

---

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

---

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

---

### 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 Brotto et al 1998)**

Is this instrument currently used in your country?

<table>
<thead>
<tr>
<th>Yes</th>
<th>How common is it?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>very common</td>
</tr>
<tr>
<td>No</td>
<td>not very common</td>
</tr>
<tr>
<td>don't know</td>
<td></td>
</tr>
</tbody>
</table>

Why not?

<table>
<thead>
<tr>
<th>Yes</th>
<th>Why not?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>too expensive</td>
</tr>
<tr>
<td>No</td>
<td>poor measurement properties</td>
</tr>
<tr>
<td>No</td>
<td>too time-consuming</td>
</tr>
<tr>
<td>No</td>
<td>not known</td>
</tr>
<tr>
<td>No</td>
<td>special skills required</td>
</tr>
<tr>
<td>No</td>
<td>not relevant/suitable</td>
</tr>
</tbody>
</table>

Has the instrument/instruction been translated into your language?

<table>
<thead>
<tr>
<th>Yes</th>
<th>Were scientific procedures used for the translation?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>yes</td>
</tr>
<tr>
<td>No</td>
<td>no</td>
</tr>
<tr>
<td>don't know</td>
<td></td>
</tr>
</tbody>
</table>

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 Brotto et al 1998)**

Is this instrument currently used in your country?

<table>
<thead>
<tr>
<th>Yes</th>
<th>How common is it?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>very common</td>
</tr>
<tr>
<td>No</td>
<td>not very common</td>
</tr>
<tr>
<td>don't know</td>
<td></td>
</tr>
</tbody>
</table>

Why not?

<table>
<thead>
<tr>
<th>Yes</th>
<th>Why not?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>too expensive</td>
</tr>
<tr>
<td>No</td>
<td>poor measurement properties</td>
</tr>
<tr>
<td>No</td>
<td>too time-consuming</td>
</tr>
<tr>
<td>No</td>
<td>not known</td>
</tr>
<tr>
<td>No</td>
<td>special skills required</td>
</tr>
<tr>
<td>No</td>
<td>not relevant/suitable</td>
</tr>
</tbody>
</table>

Has the instrument/instruction been translated into your language?

<table>
<thead>
<tr>
<th>Yes</th>
<th>Were scientific procedures used for the translation?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>yes</td>
</tr>
<tr>
<td>No</td>
<td>no</td>
</tr>
<tr>
<td>don't know</td>
<td></td>
</tr>
</tbody>
</table>

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:
Appendix J | 29/52

F3 Pour out of Pot (Solem Bierhoff 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:

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 (Matthiowetz 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:

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

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

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

1.
2.
3.
### Section H: Physical Functioning – Muscle Strength

#### 1. Climbing boxes (Brandt & Grimby 1994)

**Is this instrument currently used in your country?**

<table>
<thead>
<tr>
<th>Yes</th>
<th>How common is it?</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐</td>
<td>very common</td>
</tr>
<tr>
<td></td>
<td>not very common</td>
</tr>
<tr>
<td></td>
<td>don't know</td>
</tr>
</tbody>
</table>

**Why not?**

- ☐ too expensive
- ☐ too time-consuming
- ☐ poor measurement properties
- ☐ not known
- ☐ special skills required
- ☐ not relevant/suitable
- ☐ other reasons (please specify): ___________

**Has the instrument/instruction been translated into your language?**

<table>
<thead>
<tr>
<th>Yes</th>
<th>Were scientific procedures used for the translation?</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐</td>
<td>yes</td>
</tr>
<tr>
<td></td>
<td>no</td>
</tr>
<tr>
<td></td>
<td>don't know</td>
</tr>
</tbody>
</table>

**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:** ___________

#### 2. Chair stand once (Baecke et al 1992)

**Is this instrument currently used in your country?**

<table>
<thead>
<tr>
<th>Yes</th>
<th>How common is it?</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐</td>
<td>very common</td>
</tr>
<tr>
<td></td>
<td>not very common</td>
</tr>
<tr>
<td></td>
<td>don't know</td>
</tr>
</tbody>
</table>

**Why not?**

- ☐ too expensive
- ☐ too time-consuming
- ☐ poor measurement properties
- ☐ not known
- ☐ special skills required
- ☐ not relevant/suitable
- ☐ other reasons (please specify): ___________

**Has the instrument/instruction been translated into your language?**

<table>
<thead>
<tr>
<th>Yes</th>
<th>Were scientific procedures used for the translation?</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐</td>
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<tr>
<td></td>
<td>no</td>
</tr>
<tr>
<td></td>
<td>don't know</td>
</tr>
</tbody>
</table>

**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:** ___________
### Chair stand 3 times (Thapa et al 1994)

<table>
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<tr>
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<th>No</th>
<th>Don’t know</th>
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<td>Is this instrument currently used in your country?</td>
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<td>No</td>
<td>Don’t know</td>
</tr>
<tr>
<td>How common is it?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Very common</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Not very common</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Don’t know</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Why not?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Too expensive</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Poor measurement properties</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Too time-consuming</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Not known</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Special skills required</td>
<td></td>
<td></td>
<td></td>
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<td>Other reasons (please specify):</td>
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<td>Yes</td>
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<td>Don’t know</td>
</tr>
<tr>
<td>Were scientific procedures used for the translation?</td>
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<tr>
<td>No</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Don’t know</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>What is the general opinion of this instrument in your country?</td>
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<td>Fairly good</td>
<td>Rather bad</td>
</tr>
<tr>
<td>Very good</td>
<td></td>
<td></td>
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<tr>
<td>Fairly good</td>
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<td></td>
<td></td>
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<tr>
<td>Rather bad</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Very bad</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Don’t know</td>
<td></td>
<td></td>
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<tr>
<td>Further comments concerning this instrument:</td>
<td></td>
<td></td>
<td></td>
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</tbody>
</table>

### Chair stand 5 times (Newitt et al 1989, Shumway-Cook & WoJscott 1995)

<table>
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<tr>
<th>Question</th>
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<th>No</th>
<th>Don’t know</th>
</tr>
</thead>
<tbody>
<tr>
<td>Is this instrument currently used in your country?</td>
<td>Yes</td>
<td>No</td>
<td>Don’t know</td>
</tr>
<tr>
<td>How common is it?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Very common</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Not very common</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Don’t know</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Why not?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Too expensive</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Poor measurement properties</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Too time-consuming</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Not known</td>
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<td></td>
</tr>
<tr>
<td>Special skills required</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Not relevant/suitable</td>
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<td></td>
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<tr>
<td>Other reasons (please specify):</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Has the instrument instruction been translated into your language?</td>
<td>Yes</td>
<td>No</td>
<td>Don’t know</td>
</tr>
<tr>
<td>Were scientific procedures used for the translation?</td>
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<td></td>
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</tr>
<tr>
<td>Yes</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>No</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Don’t know</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>What is the general opinion of this instrument in your country?</td>
<td>Very good</td>
<td>Fairly good</td>
<td>Rather bad</td>
</tr>
<tr>
<td>Very good</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fairly good</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rather bad</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Very bad</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Don’t know</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Further comments concerning this instrument:</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**Chair stand 10 times** (Casula & McCarthy 1995)

Is this instrument currently used in your country?

- [ ] yes
- [ ] no
- [ ] don't know

How common is it?

- [ ] very common
- [ ] not very common
- [ ] don't know

Why not?

- [ ] Too expensive
- [ ] Poor measurement properties
- [ ] Too time-consuming
- [ ] Not known
- [ ] Special skills required
- [ ] Not relevant/suitable
- [ ] Other reasons (please specify):

Has the instrument/instruction been translated into your language?

- [ ] yes
- [ ] no
- [ ] don't know

Were scientific procedures used for the translation?

- [ ] yes
- [ ] 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:**

---

**Chair stand 30 sec** (Jones et al 1996)

Is this instrument currently used in your country?

- [ ] yes
- [ ] no
- [ ] don't know

How common is it?

- [ ] very common
- [ ] not very common
- [ ] don't know

Why not?

- [ ] Too expensive
- [ ] Poor measurement properties
- [ ] Too time-consuming
- [ ] Not known
- [ ] Special skills required
- [ ] Not relevant/suitable
- [ ] Other reasons (please specify):

Has the instrument/instruction been translated into your language?

- [ ] yes
- [ ] no
- [ ] don't know

Were scientific procedures used for the translation?

- [ ] yes
- [ ] 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:**

---
### The Grip Strength (Hamilton 1984)

**Is this instrument currently used in your country?**

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
<th>Don't know</th>
</tr>
</thead>
<tbody>
<tr>
<td>How common is it?</td>
<td>□ very common</td>
<td>□ not very common</td>
</tr>
</tbody>
</table>

**Why not?**

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Too expensive</td>
<td>□ Poor measurement properties</td>
</tr>
<tr>
<td>□ Too time-consuming</td>
<td>□ Not known</td>
</tr>
<tr>
<td>□ Special skills required</td>
<td>□ Not relevant/suitable</td>
</tr>
<tr>
<td>□ Other reasons (please specify):</td>
<td></td>
</tr>
</tbody>
</table>

**Has the instrument/instruction been translated into your language?**

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
<th>Don’t know</th>
</tr>
</thead>
<tbody>
<tr>
<td>Were scientific procedures used for the translation?</td>
<td>□ yes</td>
<td>□ no</td>
</tr>
</tbody>
</table>

**What is the general opinion of this instrument in your country?**

<table>
<thead>
<tr>
<th>Very good</th>
<th>Fairly good</th>
<th>Rather bad</th>
<th>Very bad</th>
<th>Don’t know</th>
</tr>
</thead>
</table>

**Further comments concerning this instrument:**

---

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

---

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

---

Please name the three most frequently used instruments in your country regarding muscle strength:

1.

2.

3.
## Section I: Physical Functioning – Overall Index Tests

### Physical fitness field tests (Ritchie et al 2005)

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
<th>Don’t know</th>
</tr>
</thead>
<tbody>
<tr>
<td>How common is it?</td>
<td>Very common</td>
<td>Not very common</td>
</tr>
</tbody>
</table>

**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
- No
- Don’t know

**Were scientific procedures used for the translation?**
- Yes
- 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:

---

### Clinical Outcome Variables (Seabrook & Torrance 1989)

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
<th>Don’t know</th>
</tr>
</thead>
<tbody>
<tr>
<td>How common is it?</td>
<td>Very common</td>
<td>Not very common</td>
</tr>
</tbody>
</table>

**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
- No
- Don’t know

**Were scientific procedures used for the translation?**
- Yes
- 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:

---

36 – EUNAPA WP4 Inventory Questionnaire
### Short Physical Performance Battery (Guralnik et al. 1994)

**Is this instrument currently used in your country?**
- [ ] yes
- [ ] no
- [ ] don’t know
  - Why not?
    - [ ] Too expensive
    - [ ] Poor measurement properties
    - [ ] Too time-consuming
    - [ ] Not known
    - [ ] Special skills required
    - [ ] Not relevant/suitable
    - [ ] Other reasons (please specify):

**Has the instrument instruction been translated into your language?**
- [ ] yes
- [ ] no
- [ ] don’t know
  - Were scientific procedures used for the translation?
    - [ ] yes
    - [ ] 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:**

---

### Nursing Home Disability Instrument (Valk et al. 2001)

**Is this instrument currently used in your country?**
- [ ] yes
- [ ] no
- [ ] don’t know
  - Why not?
    - [ ] Too expensive
    - [ ] Poor measurement properties
    - [ ] Too time-consuming
    - [ ] Not known
    - [ ] Special skills required
    - [ ] Not relevant/suitable
    - [ ] Other reasons (please specify):

**Has the instrument instruction been translated into your language?**
- [ ] yes
- [ ] no
- [ ] don’t know
  - Were scientific procedures used for the translation?
    - [ ] yes
    - [ ] 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:**

---

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:

---

Physical Performance Test (PPT 8-item) (Rauben & Su 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's 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 (Ride & Jones 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:


AAHPERD Fitness Task Force (Clark 1999)

Is this instrument currently used in your country?

□ yes □ no □ don’t know

How common is it?

□ very common □ not very common □ don’t know

Why not?

□ Too expensive □ Too time-consuming □ Special skills required
□ Poor measurement properties □ Not time-consuming □ Not relevant/suitable

Other reasons (please specify):

Has the instrument/instruction been translated into your language?

□ yes □ no □ don’t know

Were scientific procedures used for the translation?

□ yes □ 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:

Functional Fitness in Daily Functioning (Nitz & Agor 1997)

Is this instrument currently used in your country?

□ yes □ no □ don’t know

How common is it?

□ very common □ not very common □ don’t know

Why not?

□ Too expensive □ Too time-consuming □ Special skills required
□ Poor measurement properties □ Not time-consuming □ Not relevant/suitable

Other reasons (please specify):

Has the instrument/instruction been translated into your language?

□ yes □ no □ don’t know

Were scientific procedures used for the translation?

□ yes □ 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:

40 – EUNMAPA WP4 Inventory Questionnaire
Appendix J | 41/52

Physical Performance and Mobility Examination (Winograd et al. 1994)

Is this instrument currently used in your country?

- [ ] yes
- [ ] no
- [ ] don’t know

If yes:
- How common is it?
  - [ ] very common
  - [ ] not very common
  - [ ] don’t know

If no:
- Why not?
  - [ ] Too expensive
  - [ ] Too time-consuming
  - [ ] Special skills required
  - [ ] Other reasons (please specify):
  - [ ] Poor measurement properties
  - [ ] Not known
  - [ ] Not relevant/suitable

Has the instrument/instruction been translated into your language?

- [ ] yes
- [ ] no
- [ ] don’t know

If yes:
- Were scientific procedures used for the translation?
  - [ ] yes
  - [ ] 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:

---

Elderly Mobility Scale (Smith 1994)

Is this instrument currently used in your country?

- [ ] yes
- [ ] no
- [ ] don’t know

If yes:
- How common is it?
  - [ ] very common
  - [ ] not very common
  - [ ] don’t know

If no:
- Why not?
  - [ ] Too expensive
  - [ ] Too time-consuming
  - [ ] Special skills required
  - [ ] Other reasons (please specify):
  - [ ] Poor measurement properties
  - [ ] Not known
  - [ ] Not relevant/suitable

Has the instrument/instruction been translated into your language?

- [ ] yes
- [ ] no
- [ ] don’t know

If yes:
- Were scientific procedures used for the translation?
  - [ ] yes
  - [ ] 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:

---

EUNAAPA/WPA Inventory Questionnaire – 41
Modified Elderly Mobility scale (Kays & 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:

Groningen Fitness Test (Lemmens 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:

42 – EUNAAPA WP4 Inventory Questionnaire
### General Motor Function Assessment (Abeng et al 2003)

<table>
<thead>
<tr>
<th>Is this instrument currently used in your country?</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ yes → How common is it?</td>
</tr>
<tr>
<td>□ very common □ not very common □ don’t know</td>
</tr>
<tr>
<td>□ no → Why not?</td>
</tr>
<tr>
<td>□ Too expensive □ Poor measurement properties</td>
</tr>
<tr>
<td>□ Too time-consuming □ Not known</td>
</tr>
<tr>
<td>□ Special skills required □ Not relevant/suitable</td>
</tr>
<tr>
<td>□ Other reasons (please specify):</td>
</tr>
<tr>
<td>□ don’t know</td>
</tr>
</tbody>
</table>

<table>
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<tr>
<th>Has the instrument/instruction been translated into your language?</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ yes → Were scientific procedures used for the translation?</td>
</tr>
<tr>
<td>□ yes □ no □ don’t know</td>
</tr>
<tr>
<td>□ no</td>
</tr>
<tr>
<td>□ don’t know</td>
</tr>
</tbody>
</table>

**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 (Shek et al 1979)

<table>
<thead>
<tr>
<th>Is this instrument currently used in your country?</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ yes → How common is it?</td>
</tr>
<tr>
<td>☐ very common ☐ not very common ☐ don’t know</td>
</tr>
<tr>
<td>☐ no → Why not?</td>
</tr>
<tr>
<td>☐ Too expensive ☐ Poor measurement properties</td>
</tr>
<tr>
<td>☐ Too time-consuming ☐ Not known</td>
</tr>
<tr>
<td>☐ Special skills required ☐ Not relevant/suitable</td>
</tr>
<tr>
<td>☐ Other reasons (please specify):</td>
</tr>
<tr>
<td>☐ don’t know</td>
</tr>
</tbody>
</table>

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 1986, Mahoney & Barthel 1965)

<table>
<thead>
<tr>
<th>Is this instrument currently used in your country?</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ yes → How common is it?</td>
</tr>
<tr>
<td>☐ very common ☐ not very common ☐ don’t know</td>
</tr>
<tr>
<td>☐ no → Why not?</td>
</tr>
<tr>
<td>☐ Too expensive ☐ Poor measurement properties</td>
</tr>
<tr>
<td>☐ Too time-consuming ☐ Not known</td>
</tr>
<tr>
<td>☐ Special skills required ☐ Not relevant/suitable</td>
</tr>
<tr>
<td>☐ Other reasons (please specify):</td>
</tr>
<tr>
<td>☐ don’t know</td>
</tr>
</tbody>
</table>

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:

---

44 – EUNAPA WP4 Inventory Questionnaire
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
- 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:

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

Is this instrument currently used in your country?

| ☐ yes | □ very common | ☐ not very common | ☐ don’t know |
| ☐ no | □ Too expensive | ☐ Poor measurement properties |
| ☐ no | □ Too time-consuming | ☐ Not known |
| ☐ no | □ Special skills required | ☐ Not relevant/suitable |
| ☐ don’t know | | | |

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:

---

**Functional Activities Questionnaire (FAQ) (Pfeifer et al 1982)**

Is this instrument currently used in your country?

| ☐ yes | □ How common is it? |
| ☐ no | ☐ very common | ☐ not very common | ☐ don’t know |
| ☐ no | □ Too expensive | ☐ Poor measurement properties |
| ☐ no | □ Too time-consuming | ☐ Not known |
| ☐ no | □ Special skills required | ☐ Not relevant/suitable |
| ☐ don’t know | | | |

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:

---
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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:


Instrumental Activity Measures (IAM) (Grinby 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:
### Katz ADL (Katz et al 1963, Katz & Akpom 1976)

**Is this instrument currently used in your country?**

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
<th>Don't know</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### 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?**

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
<th>Don't know</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Were scientific procedures used for the translation?**

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
<th>Don't know</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**What is the general opinion of this instrument in your country?**

<table>
<thead>
<tr>
<th>Very good</th>
<th>Fairly good</th>
<th>Rather bad</th>
<th>Very bad</th>
<th>Don't know</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

**Further comments concerning this instrument:**

---

### ADL Staircase (Halder Åberg & Sonn 1989)

**Is this instrument currently used in your country?**

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
<th>Don't know</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### 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?**

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
<th>Don't know</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

**Were scientific procedures used for the translation?**

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
<th>Don't know</th>
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</thead>
<tbody>
<tr>
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<td></td>
<td></td>
</tr>
</tbody>
</table>

**What is the general opinion of this instrument in your country?**

<table>
<thead>
<tr>
<th>Very good</th>
<th>Fairly good</th>
<th>Rather bad</th>
<th>Very bad</th>
<th>Don't know</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Further comments concerning this instrument:**

---
Appendix J | 49/52

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
  - Why not?
    - Too expensive
    - Poor measurement properties
    - Too time-consuming
    - Not known
    - Special skills required
    - Not relevant/suitable
    - Other reasons (please specify):

- 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:

---

Nottingham Extended Activities of Daily Living Scale (Morwood & Ebrahim 2002)

Is this instrument currently used in your country?
- Yes
  - How common is it?
    - Very common
    - Not very common
    - Don't know
  - Why not?
    - Too expensive
    - Poor measurement properties
    - Too time-consuming
    - Not known
    - Special skills required
    - Not relevant/suitable
    - Other reasons (please specify):

- 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 1988)

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
    - Too time-consuming
    - Special skills required
    - 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:

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

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

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

1. 
2. 
3. 

50 – EUROPA WP4 Inventory Questionnaire
Section K: Guidelines

K1 Guidelines on Physical Activity Instruments
Are there any national, local or professional guidelines where any of the instruments listed in Section B are recommended for use when assessing physical activity in older people?

☐ yes → What kind of guidelines?

☐ National guidelines on the use of the following instruments:

☐ Local guidelines on the use of the following instruments:

☐ Professional guidelines on the use of the following instruments:

☐ no

☐ don't know

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?

☐ 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:

☐ no

☐ don't know