



Social/Role Activities Limitations

During the **past 4 weeks**, how much...

(Circle one)

	Not at all	Slightly	Moderately	Quite a bit	Almost totally
1. Has your health interfered with your normal social activities with family, friends, neighbors or groups?	0	1	2	3	4
2. Has your health interfered with your hobbies or recreational activities?.....	0	1	2	3	4
3. Has your health interfered with your household chores?	0	1	2	3	4
4. Has your health interfered with your errands and shopping?	0	1	2	3	4

Scoring

The score of each item is the number circled. If two consecutive numbers are circle for a single item, score the higher number (more limitation). If two non-consecutive numbers are circled, do not score the item. The score of the scale is the mean of the four items. If more than one item is missing, do not score the scale. The higher score indicates greater activities limitations.

Source of Psychometric Data

Stanford Chronic Disease Self-Management Study. Psychometrics reported in: Lorig K, Stewart A, Ritter P, González V, Laurent D, & Lynch J, *Outcome Measures for Health Education and other Health Care Interventions*. Thousand Oaks CA: Sage Publications, 1996, pp.25,52-53.

Characteristics

Tested on 1,130 subjects with chronic disease. N=51 for test-retest.

No. of items	Observed Range	Mean	Standard Deviation	Internal Consistency Reliability	Test-Retest Reliability
4	0-4	1.70	1.11	.91	.68

Comments

This scale is adapted from the Medical Outcomes Study. It measures how much illness interferes with role activity. It is sensitive to change, and is a good one to use in educational studies. If you must have a short questionnaire, this is a scale to use. This scale available in Spanish. Reprinted with permission, Duke University Press.

References

Lorig K, Stewart A, Ritter P, González V, Laurent D, & Lynch J, *Outcome Measures for Health Education and other Health Care Interventions*. Thousand Oaks CA: Sage Publications, 1996, pp.25,52-53.

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Stanford Patient Education Research Center

1000 Welch Road, Suite 204
Palo Alto CA 94304
(650) 723-7935
(650) 725-9422 Fax
self-management@stanford.edu
<http://patienteducation.stanford.edu>

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