



## Spanish Social/Role Activities Limitations Scale

Durante **la última semana**, ¿cuánto ha interferido su salud en lo siguiente?

	En nada	Un poco	En forma moderada	La mayor parte del tiempo	Todo el tiempo
1. En sus actividades normales con sus familiares, amigos, vecinos o grupos.....	0	1	2	3	4
2. En sus actividades recreativas o pasatiempos.....	0	1	2	3	4
3. En sus quehaceres domésticos (tareas del hogar).....	0	1	2	3	4
4. En sus mandados/recados y compras.....	0	1	2	3	4

### Scoring

The score of each item is the number circled. If two consecutive numbers are circled 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. A higher score indicates greater activities limitations.

### Characteristics

Tested on 551 Spanish-speaking subjects with chronic disease.

No. of items	Observed Range	Mean	Standard Deviation	Internal Consistency Reliability	Test-Retest Reliability
4	0-4	1.08	1.10	.916	NA

### Source of Psychometric Data

Stanford Spanish Chronic Disease Self-Management Study (Tomando Control de su Salud). Psychometrics reported in: Lorig KR, Ritter PL, & González VM, Hispanic chronic disease self-

management: A randomized community-based outcome trial. *Nursing Review*, 2003; Nov-Dec;52(6):361-9.

## **Comments**

This scale is a short way of finding out how much illness interferes with role activity. This scale 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.

## **References**

Lorig KR, Ritter PL, & González VM, Hispanic chronic disease self-management: A randomized community-based outcome trial. *Nursing Review*, 2003; Nov-Dec;52(6):361-9.

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