Dataset name: sppb v1.2

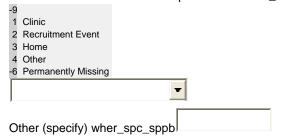
Participant ID pid	D000000	Acrostic acro	ostic
		Examiner compby Visit	Code vc YYY
		Date of Visit vis_dat	(mm/dd/yyyy)

Short Physical Performance Battery

CRF 1.2

All of the tests should be performed in the same order as they are presented in this protocol. Instructions to the participant are shown in bold and should be given exactly as they are written in this script.

Examiner: Where was this test performed? wher_tst_sppb



Now let's begin the evaluation. I would now like you to try to move your body in different movements. I will first describe and show each movement to you. Then I'd like you to try to do it. If you cannot do a particular movement, or if you feel it would be unsafe to try to do it, tell me and we'll move on to the next one. Let me emphasize that I do not want you to try to do any movement that you feel might be unsafe.

Do you have any questions before we begin?

Balance Tests

The participant must be able to stand unassisted without the use of a cane or walker. You may help the participant to get up.

Side-By-Side Stand

Script:

Now I will show you the first movement.

(Demonstrate) I want you to try to stand with your feet together, side-by-side, for about 10 seconds.

You may use your arms, bend your knees, or move your body to maintain your balance, but try not to move your feet. Try to hold this position until I tell you to stop.

Stand next to the participant to help him/her into the side-by-side position.

Supply just enough support to the participant's arm to prevent loss of balance.

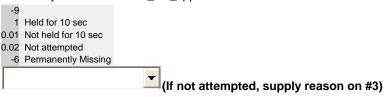
When the participant has his/her feet together, ask "Are you ready?"

Then let go and begin timing as you say, "Ready, begin."

Stop the stopwatch and say "Stop" after 10 seconds or when the participant steps out of position or grabs your arm.

If participant is unable to hold the position for 10 seconds, record result and go to the gait speed test.

1. Side-by-Side Score sbss_scr_sppb



If 0 points, end Balance Tests

2. Number of seconds held if less than 10 sec: sbss_sec_sppb sec

Semi-Tandem Stand

Script:

Now I will show you the second movement.

(Demonstrate) I want you to try to stand with the side of the heel of one foot touching the big toe of the other foot for about 10 seconds. You may put either foot in front, whichever is more comfortable for you.

You may use your arms, bend your knees, or move your body to maintain your balance, but try not to move your feet. Try to hold this position until I tell you to stop.

Stand next to the participant to help him/her into the semi-tandem position.

Supply just enough support to the participant's arm to prevent loss of balance.

When the participant has his/her feet together, ask "Are you ready?"

Then let go and begin timing as you say "Ready, begin."

Stop the stopwatch and say "Stop" after 10 seconds or when the participant steps out of position or grabs your arm.

If participant is unable to hold the position for 10 seconds, record result and go to the gait speed test.

1. Semi-Tandem Stand Score sts_scr_sppb



If 0 points, end Balance Tests

2. Number of seconds held if less than 10 sec: sts_sec_sppb sec

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Script:

Now I will show you the third movement.

(Demonstrate) I want you to try to stand with the heel of one foot in front of and touching the toes of the other foot for about 10 seconds. You may put either foot in front, whichever is more comfortable for you.

You may use your arms, bend your knees, or move your body to maintain your balance, but try not to move your feet. Try to hold this position until I tell you to stop.

Stand next to the participant to help him/her into the tandem position.

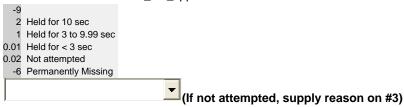
Supply just enough support to the participant's arm to prevent loss of balance.

When the participant has his/her feet together, ask "Are you ready?"

Then let go and begin timing as you say, "Ready, begin."

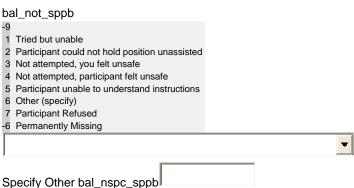
Stop the stopwatch and say "Stop" after 10 seconds or when the participant steps out of position or grabs your arm.

1. Tandem Stand Score ts_scr_sppb



If 0 points, end Balance Tests

- 2. Number of seconds held if less than 10 sec: ts_sec_sppb sec
- 3. If participant did not attempt test: (Mark X for reason)



4. Total Balance Tests Score (sum points possible range is 0 to 4) bal_scr_sppb

Gait Speed Test

First Gait Speed Test

Script:

Now I am going to observe how you normally walk. If you use a cane or other walking aid and you feel you need it to walk a short distance, then you may use it.

This is our walking course. I want you to walk to the other end of the course at your usual speed, just as if you were walking down the street to go to the store.

Demonstrate the walk for the participant.

Walk all the way past the other end of the tape before you stop. I will walk with you. Do you feel this would be safe?

Have the participant stand with both feet touching the starting line.

When I want you to start, I will say: "Ready, begin." When the participant acknowledges this instruction say: "Ready, begin."

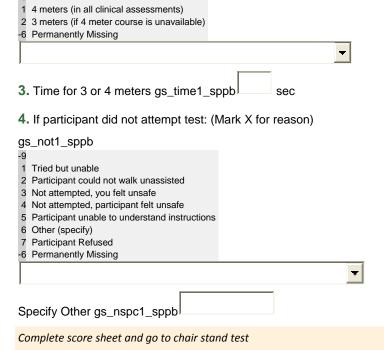
Press the start/stop button to start the stopwatch as the participant's foot starts to move across the starting line.

Walk behind and to the side of the participant.

Stop timing when one of the participant's feet is completely across the end line.

1. Length of walk test course:

gs_Ingth_sppb

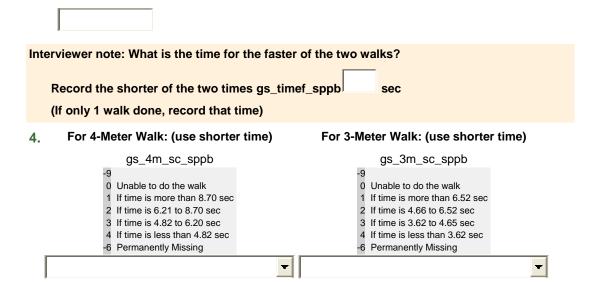


5. Aids used for first walk: gs_aid1_sppb None 2 Cane Other -6 Permanently Missing Other (specify) gs_aspc1_sppb **Second Gait Speed Test** Script: Now I want you to repeat the walk. Remember to walk at your usual pace, and go all the way past the other end of the course. Have the participant stand with both feet touching the starting line. When I want you to start, I will say: "Ready, begin." When the participant acknowledges this instruction say: "Ready, begin." Press the start/stop button to start the stopwatch when the participant's foot starts to move across the starting line. Walk behind and to the side of the participant. Stop timing when one of the participant's feet is completely across the end line. **Second Gait Speed Test Score** 1. Time for 3 or 4 meters gs_time2_sppb 2. If participant did not attempt or failed: (Mark X for reason) gs_not2_sppb 1 Tried but unable 2 Participant could not walk unassisted 3 Not attempted, you felt unsafe 4 Not attempted, participant felt unsafe 5 Participant unable to understand instructions 6 Other (specify) Participant Refused -6 Permanently Missing Specify Other gs_nspc2_sppb 3. Aids used for second walk: gs_aid2_sppb 1 None

Other (specify) gs_aspc2_sppb

Cane Other

Permanently Missing



Chair Stand Test

Single Chair Stand

Script:

Let's do the last movement test. Do you think it would be safe for you to try to stand up from a chair?

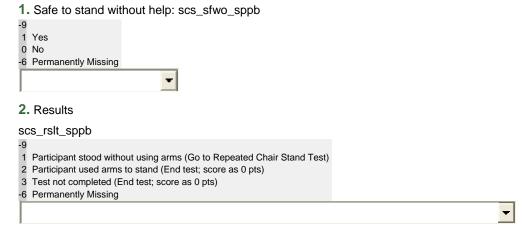
The next test measures the strength in your legs.

(Demonstrate and explain the procedure) First, fold your arms across your chest and sit so that your feet are on the floor; then stand up keeping your arms folded across your chest.

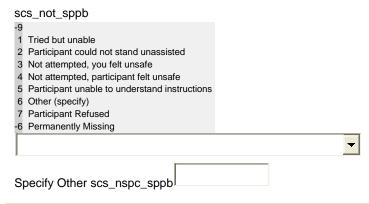
Please stand up keeping your arms folded across your chest. (record result).

If the participant cannot rise without using arms, say "Okay, try to stand up using your arms." This is the end of the test. Record result onto the scoring page.

Single Chair Stand Test Questions



3. If participant did not attempt or failed: (Mark X for reason)



Repeated Chair Stand Test

Script:

Do you think it would be safe for you to try to stand up from a chair five times without using your arms?

(Demonstrate and explain the procedure) Please stand up straight as QUICKLY as you can five times, without stopping in between. After standing up each time, sit down and then stand up again. Keep your arms folded across your chest. I'll be timing you with a stopwatch.

When the participant is properly seated, say: "Ready? Stand" and begin timing.

Count out loud as the participant arises each time, up to five times.

Stop if participant becomes tired or short of breath during repeated chair stands.

Stop the stopwatch when he/she has straightened up completely for the fifth time.

Also stop:

- If participant uses his/her arms
- After 1 minute, if participant has not completed all 5 rises
- At your discretion, if concerned for participant's safety

If the participant stops and appears to be fatigued before completing the five stands, confirm this by asking "Can you continue?"

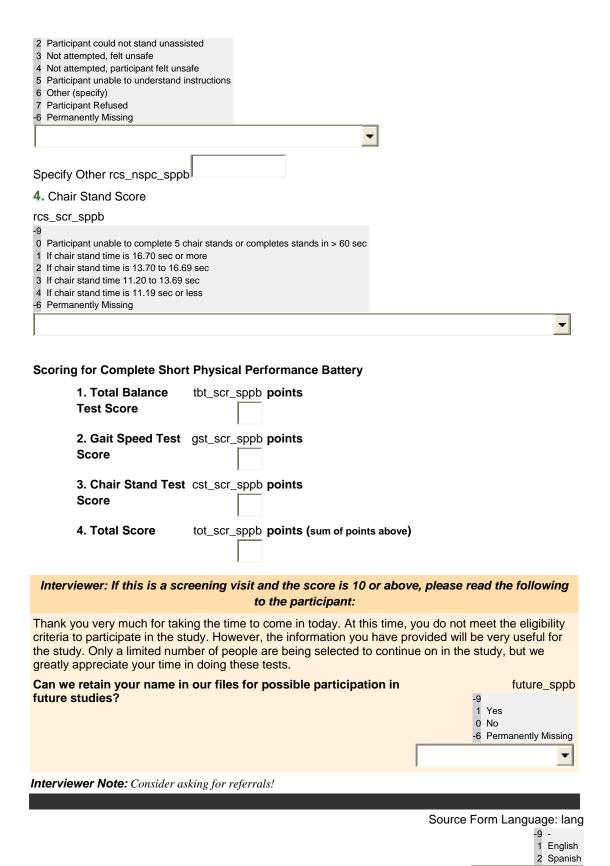
Repeated Chair Stand Test Questions

1. Safe to stand five times rcs_sf_sppb



- 2. Time to complete five stands rcs_time_sppb sec (only enter if participant completes 5 stands)
- 3. If participant did not attempt test or failed: (Mark X for reason)

rcs_not_sppb
-9
1 Tried but unable



•

	LIFE	Acrostic	
Participant ID (affix ID label here)	Examiner Date of Visit	month day	Visit Code year

Short Physical Performance Battery

All of the tests should be performed in the same order as they are presented in this protocol. Instructions to the participant are shown in bold and should be given exactly as they are written in this script.

Examiner: Where was this test performed?				
	Clinic			
	Recruitment Event			
	Home			
	Other (specify)			

Now let's begin the evaluation. I would now like you to try to move your body in different movements. I will first describe and show each movement to you. Then I'd like you to try to do it. If you cannot do a particular movement, or if you feel it would be unsafe to try to do it, tell me and we'll move on to the next one. Let me emphasize that I do not want you to try to do any movement that you feel might be unsafe.

Do you have any questions before we begin?

Balance Tests

The participant must be able to stand unassisted without the use of a cane or walker. You may help the participant to get up.

Participant ID (affix ID label here)	LIFE	Acrostic Visit Code
Side-By-Side Stand		

Script:

Now I will show you the first movement.

(Demonstrate) I want you to try to stand with your feet together, side-by-side, for about 10 seconds.

You may use your arms, bend your knees, or move your body to maintain your balance, but try not to move your feet. Try to hold this position until I tell you to stop.

Stand next to the participant to help him/her into the side-by-side position.

Supply just enough support to the participant's arm to prevent loss of balance.

When the participant has his/her feet together, ask "Are you ready?"

Then let go and begin timing as you say, "Ready, begin."

Stop the stopwatch and say "Stop" after 10 seconds or when the participant steps out of position or grabs your arm.

If participant is unable to hold the position for 10 seconds, record result and go to the gait speed test.

1. Side-by-Side Score	
Held for 10 sec	1 point
Not held for 10 sec	0 points
Not attempted (check the reason on Page 5)	0 points
If 0 points, end Balance Tests	
2. Number of seconds held if less than 10 sec:	sec

Participant ID (affix ID label here)	LIFE	Acrostic Visit Code
Semi-Tandem Stand		

Script:

Now I will show you the second movement.

(Demonstrate) I want you to try to stand with the side of the heel of one foot touching the big toe of the other foot for about 10 seconds. You may put either foot in front, whichever is more comfortable for you.

You may use your arms, bend your knees, or move your body to maintain your balance, but try not to move your feet. Try to hold this position until I tell you to stop.

Stand next to the participant to help him/her into the semi-tandem position.

Supply just enough support to the participant's arm to prevent loss of balance.

When the participant has his/her feet together, ask "Are you ready?"

Then let go and begin timing as you say "Ready, begin."

Stop the stopwatch and say "Stop" after 10 seconds or when the participant steps out of position or grabs your arm.

If participant is unable to hold the position for 10 seconds, record result and go to the gait speed test.

1. Semi-Tandem Stand Score		
Held for 10 sec		1 point
Not held for 10 sec		0 points
Not attempted (check the reason on Page 5)		0 points
If 0 points, end Balance Tests	•	
2. Number of seconds held if less than 10 sec:		sec

	LIFE	Acrostic	
Participant ID			Visit
(affix ID label here)			Code
-			
Tandem Stand			
Script:			
Now I will show you the third movement	ent.		
(Demonstrate) I want you to try to star touching the toes of the other foot fo front, whichever is more comfortable	r about 10 second		
You may use your arms, bend your k balance, but try not to move your fee	-	•	_
Stand next to the participant to help him	n/her into the tanden	n position.	
Supply just enough support to the partic	cipant's arm to preve	ent loss of balan	ce.
When the participant has his/her feet to	gether, ask " Are yo	u ready?"	
Then let go and begin timing as you say	/, "Ready, begin."		
Stop the stopwatch and say "Stop" after position or grabs your arm.	er 10 seconds or wh	en the participa	nt steps out of
1. Tandem Stand Sco	ore		
Held for 10 sec			2 points
Held for 3 to 9.99 s	ec		1 points
Held for < than 3 se	ec		0 points
Not attempted			0 points

2. Number of seconds if less than 10 sec:

(check reason on page 5)

sec

Participant ID (affix ID label here)	LIFE	Acrostic Visit Code
3. If participant did not attempt test : (Mar	rk X for reaso	on)
a. Tried but unable		
b. Participant could not hold position unassisted		
c. Not attempted, you felt unsafe		
d. Not attempted, participant felt unsafe		
e. Participant unable to understand instru	ıctions	
f. Other(specify)		
g. Participant refused		
4. Total Balance Tests Score	(sum	m points: possible range is 0 to 4)

Participant ID (affix ID label here)	LIFE	Acrostic Visit Code
Gait Speed Test		

First Gait Speed Test

Script:

Now I am going to observe how you normally walk. If you use a cane or other walking aid and you feel you need it to walk a short distance, then you may use it.

This is our walking course. I want you to walk to the other end of the course at your usual speed, just as if you were walking down the street to go to the store.

Demonstrate the walk for the participant.

Walk all the way past the other end of the tape before you stop. I will walk with you. Do you feel this would be safe?

Have the participant stand with both feet touching the starting line.

When I want you to start, I will say: "Ready, begin." When the participant acknowledges this instruction say: "Ready, begin."

Press the start/stop button to start the stopwatch when the participant's foot starts to move across the starting line.

Walk behind and to the side of the participant.

Stop timing when one of the participant's feet is completely across the end line.

	LIFE	Acrostic
Participant ID (affix ID label here)		Visit Code
(amx 15 label fiele)		

Length of walk test course:		
1. 4 meters (in all clinical assessments)		
2. 3 meters (if 4 meter course is unavailable)		
3. Time for 3 or 4 meters sec		
If participant did not attempt test: (Mark X for reason) a. Tried but unable		
a. Thea but unable		
b. Participant could not walk unassisted		
c. Not attempted, you felt unsafe		
d. Not attempted, participant felt unsafe		
e. Participant unable to understand instructions		
f. Other (specify)		
g. Participant Refused		
Complete score sheet and go to chair stand test		
5. Aids used for first walk:		
a. None		
b. Cane		
c. Other (specify)		

	LIFE	Acrostic
Participant ID (affix ID label here)		Visit Code

Second Gait Speed Test

Script:

Now I want you to repeat the walk. Remember to walk at your usual pace, and go all the way past the other end of the course.

Have the participant stand with both feet touching the starting line.

When I want you to start, I will say: "Ready, begin." When the participant acknowledges this instruction say: "Ready, begin."

Press the start/stop button to start the stopwatch when the participant's foot starts to move across the starting line.

Walk behind and to the side of the participant.

Stop timing when one of the participant's feet is completely across the end line.

Second Gait Speed Test Score			
1. Time for 3 or 4 meters sec			
2. If participant did not attempt or failed: (Mark X for reason)			
a. Tried but unable			
b. Participant could not walk unassisted			
c. Not attempted, you felt unsafe			
d. Not attempted, participant felt unsafe			
e. Participant unable to understand instructions			
f. Other (Specify)			
g. Participant refused			
3. Aids used for second walk:			
a. None			
b. Cane			
c. Other (specify)			

Participant ID	Acrostic Visit Code		
(affix ID label here)	Code		
Interviewer note: What is the time for the fas	ter of the two walks?		
Record the shorter of the two times	. sec		
[If only 1 walk done, record that time]			
4. For 4-Meter Walk: (use shorter time)	5. For 3-Meter Walk: (use shorter time)		
a. Unable to do the walk 0 point	· i		
b. If time is more than 8.70 sec: 1 point	b. If time is more than 6.52 sec: 1 point		
c. If time is 6.21 to 8.70 sec: 2 point			
d. If time is 4.82 to 6.20 sec: 3 point	d. If time is 3.62 to 4.65 sec: 3 points		
e. If time is less than 4.82 sec: 4 point	e. If time is less than 3.62 sec: 4 points		
Chair	Stand Test		
Single Chair Stand			
Script: Let's do the last movement test. Do you think it would be safe for you to try to stand up from a chair?			
The next test measures the strength in your legs.			
(Demonstrate and explain the procedure) First, fold your arms across your chest and sit so that your feet are on the floor; then stand up keeping your arms folded across your chest.			
Please stand up keeping your arms	folded across your chest. (record result).		
If the participant cannot rise without using arms, say "Okay, try to stand up using your arms." This is the end of the test. Record result onto the scoring page.			
Single Chair Stand Test Questions Yes No			
Safe to stand without help			
2. Results			
a. Participant stood without using arms	Go to Repeated Chair Stand Test		
b. Participant used arms to stand	→ End test; score as 0 points		

c. Test not completed

→ End test; score as 0 points

Participant ID (affix ID label here)	LIFE	Acrostic Visit Code	
3. If participant did not attempt or failed:	(Mark X for reason)		
a. Tried but unable			
b. Participant could not stand unassisted			
c. Not attempted, you felt unsafe			
d. Not attempted, participant felt unsafe			
e. Participant unable to understand instru	ictions		
f. Other (specify)			
g. Participant refused			

Repeated Chair Stand Test

Script:

Do you think it would be safe for you to try to stand up from a chair five times without using your arms?

(Demonstrate and explain the procedure): Please stand up straight as QUICKLY as you can five times, without stopping in between. After standing up each time, sit down and then stand up again. Keep your arms folded across your chest. I'll be timing you with a stopwatch

When the participant is properly seated, say: "Ready? Stand" and begin timing.

Count out loud as the participant arises each time, up to five times.

Stop if participant becomes tired or short of breath during repeated chair stands.

Stop the stopwatch when he/she has straightened up completely for the fifth time.

Also stop:

- If participant uses his/her arms
- After 1 minute, if participant has not completed all 5 rises
- At your discretion, if concerned for participant's safety

If the participant stops and appears to be fatigued before completing the five stands, confirm this by asking "Can you continue?"

		LIFE	Acrostic		
	Participant ID		Vis	sit	
	(affix ID label here)		Co	ode	
	,				
F	Repeated Chair Stand Test Questions			Yes	No
1	I. Safe to stand five times				
•	. Outo to starta tivo timos				
2	Time to complete five stands (only enter if participant completes 5	stands)	<u> </u>	sec	
		,			
	3. If participant did not attempt test	or failed: (Mark X fo	r reason)		
	a. Tried but unable				
	b. Participant could not stand	d unassisted			
	c. Not attempted, assessor fe	elt unsafe			
	d. Not attempted, participant	felt unsafe			
	e. Participant unable to unde	rstand instructions			
	f. Other (Specify)				
	g. Participant refused				
	4. Chair Stand Score				
	Participant unable to completin >60 sec.	te 5 chair stands or o	completes stands		0 points
	If chair stand time is 16.70 se	ec or more			1 point
	If chair stand time is 13.70 to	16.69 sec			2 points
	If chair stand time is 11.20 to	13.69 sec			3 points
	If chair stand time is 11.19 se	ec or less			4points
					iponito

	LIFE Acrostic		
Participant ID	Visit		
(affix ID label here)	Code L		
Scoring for Complete Short Physical Performance Battery			
1. Total Balance Test score	Points (see page 5)		
2. Gait Speed Test score	Points (see page 9)		
3. Chair Stand Test score	Points (see page 11)		
4. Total Score	points (sum of points above)		

Interviewer: If this is a <u>screening visit</u> and the score is 10 or above, please read the following to the participant:

Thank you very much for taking the time to come in today. At this time, you do not meet the eligibility criteria to participate in the study. However, the information you have provided will be very useful for the study. Only a limited number of people are being selected to continue on in the study, but we greatly appreciate your time in doing these tests.

Yes

Can we retain your name in our files for possible participation in future studies?

Interviewer Note: Consider asking for referrals!