

Dataset name: sppb_v1.2

Participant ID pid Acrostic acrostic
Examiner compby Visit Code vc
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

- 9
- 1 Clinic
- 2 Recruitment Event
- 3 Home
- 4 Other
- 6 Permanently Missing

Other (specify) wher_spc_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

- 9
- 1 Held for 10 sec
- 0.01 Not held for 10 sec
- 0.02 Not attempted
- 6 Permanently Missing



(If not attempted, supply reason on #3)

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

-9
1 Held for 10 sec
0.01 Not held for 10 sec
0.02 Not attempted
-6 Permanently Missing



(If not attempted, supply reason on #3)

If 0 points, end Balance Tests

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

Tandem Stand

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

- 9
- 2 Held for 10 sec
- 1 Held for 3 to 9.99 sec
- 0.01 Held for < 3 sec
- 0.02 Not attempted
- 6 Permanently Missing

(If not attempted, supply reason on #3)

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)

bal_not_sppb

- 9
- 1 Tried but unable
- 2 Participant could not hold position unassisted
- 3 Not attempted, you felt unsafe
- 4 Not attempted, participant felt unsafe
- 5 Participant unable to understand instructions
- 6 Other (specify)
- 7 Participant Refused
- 6 Permanently Missing

Specify Other bal_nspc_sppb

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_lngth_sppb

- 9
- 1 4 meters (in all clinical assessments)
- 2 3 meters (if 4 meter course is unavailable)
- 6 Permanently Missing

3. Time for 3 or 4 meters gs_time1_sppb sec

4. If participant did not attempt test: (Mark X for reason)

gs_not1_sppb

- 9
- 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)
- 7 Participant Refused
- 6 Permanently Missing

Specify Other gs_nspc1_sppb

Complete score sheet and go to chair stand test

5. Aids used for first walk: gs_aid1_sppb

-9
1 None
2 Cane
3 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 sec

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

gs_not2_sppb

-9
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)
7 Participant Refused
-6 Permanently Missing

Specify Other gs_nspc2_sppb

3. Aids used for second walk: gs_aid2_sppb

-9
1 None
2 Cane
3 Other
-6 Permanently Missing

Other (specify) gs_aspc2_sppb

Interviewer note: What is the time for the faster of the two walks?

Record the shorter of the two times gs_timef_sppb sec

(If only 1 walk done, record that time)

4. For 4-Meter Walk: (use shorter time)

For 3-Meter Walk: (use shorter time)

gs_4m_sc_sppb

- 9
- 0 Unable to do the walk
- 1 If time is more than 8.70 sec
- 2 If time is 6.21 to 8.70 sec
- 3 If time is 4.82 to 6.20 sec
- 4 If time is less than 4.82 sec
- 6 Permanently Missing

gs_3m_sc_sppb

- 9
- 0 Unable to do the walk
- 1 If time is more than 6.52 sec
- 2 If time is 4.66 to 6.52 sec
- 3 If time is 3.62 to 4.65 sec
- 4 If time is less than 3.62 sec
- 6 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

1. Safe to stand without help: scs_sfwo_sppb

- 9
- 1 Yes
- 0 No
- 6 Permanently Missing

2. Results

scs_rslt_sppb

- 9
- 1 Participant stood without using arms (Go to Repeated Chair Stand Test)
- 2 Participant used arms to stand (End test; score as 0 pts)
- 3 Test not completed (End test; score as 0 pts)
- 6 Permanently Missing

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

scs_not_sppb

- 9
- 1 Tried but unable
 - 2 Participant could not stand unassisted
 - 3 Not attempted, you felt unsafe
 - 4 Not attempted, participant felt unsafe
 - 5 Participant unable to understand instructions
 - 6 Other (specify)
 - 7 Participant Refused
- 6 Permanently Missing

Specify Other scs_nspc_sppb

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

- 9
- 1 Yes
 - 0 No
- 6 Permanently Missing

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

- 2 Participant could not stand unassisted
- 3 Not attempted, felt unsafe
- 4 Not attempted, participant felt unsafe
- 5 Participant unable to understand instructions
- 6 Other (specify)
- 7 Participant Refused
- 6 Permanently Missing

Specify Other rcs_nspc_sppb

4. Chair Stand Score

rcs_scr_sppb

- 9
- 0 Participant unable to complete 5 chair stands or completes stands in > 60 sec
- 1 If chair stand time is 16.70 sec or more
- 2 If chair stand time is 13.70 to 16.69 sec
- 3 If chair stand time 11.20 to 13.69 sec
- 4 If chair stand time is 11.19 sec or less
- 6 Permanently Missing

Scoring for Complete Short Physical Performance Battery

1. Total Balance tbt_scr_sppb points

Test Score

2. Gait Speed Test gst_scr_sppb points

Score

3. Chair Stand Test cst_scr_sppb points

Score

4. Total Score tot_scr_sppb points (sum of points above)

Interviewer: If this is a screening visit 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.

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

future_sppb

- 9
- 1 Yes
- 0 No
- 6 Permanently Missing

Interviewer Note: Consider asking for referrals!

Source Form Language: lang

- 9 -
- 1 English
- 2 Spanish

Participant ID (affix ID label here)	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="font-size: 2em; font-weight: bold; letter-spacing: 0.5em;">L I F E</div> <div>Acrostic</div> </div> <div style="display: flex; justify-content: space-around; align-items: center; margin-top: 10px;"> <div style="text-align: center;"> Examiner <div style="border: 1px solid black; width: 30px; height: 20px; display: inline-block; margin: 0 5px;"></div> <div style="border: 1px solid black; width: 30px; height: 20px; display: inline-block; margin: 0 5px;"></div> <div style="border: 1px solid black; width: 30px; height: 20px; display: inline-block; margin: 0 5px;"></div> <div style="border: 1px solid black; width: 30px; height: 20px; display: inline-block; margin: 0 5px;"></div> </div> <div style="text-align: center;"> Visit Code <div style="border: 1px solid black; width: 30px; height: 20px; display: inline-block; margin: 0 5px;"></div> <div style="border: 1px solid black; width: 30px; height: 20px; display: inline-block; margin: 0 5px;"></div> </div> </div> <div style="display: flex; justify-content: space-around; align-items: center; margin-top: 10px;"> <div style="text-align: center;"> Date of Visit <div style="border: 1px solid black; width: 30px; height: 20px; display: inline-block; margin: 0 5px;"></div> <div style="border: 1px solid black; width: 30px; height: 20px; display: inline-block; margin: 0 5px;"></div> </div> <div style="text-align: center;"> <div style="border: 1px solid black; width: 30px; height: 20px; display: inline-block; margin: 0 5px;"></div> <div style="border: 1px solid black; width: 30px; height: 20px; display: inline-block; margin: 0 5px;"></div> </div> <div style="text-align: center;"> <div style="border: 1px solid black; width: 30px; height: 20px; display: inline-block; margin: 0 5px;"></div> <div style="border: 1px solid black; width: 30px; height: 20px; display: inline-block; margin: 0 5px;"></div> <div style="border: 1px solid black; width: 30px; height: 20px; display: inline-block; margin: 0 5px;"></div> <div style="border: 1px solid black; width: 30px; height: 20px; display: inline-block; margin: 0 5px;"></div> </div> </div> <div style="display: flex; justify-content: space-around; margin-top: 5px;"> <div>month</div> <div>day</div> <div>year</div> </div>
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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)	<h1 style="margin: 0;">LIFE</h1>	Acrostic <table border="1" style="display: inline-table; width: 100px; height: 20px;"></table> Visit Code <table border="1" style="display: inline-table; width: 60px; height: 20px;"></table>
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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	<input style="width: 30px; height: 30px;" type="checkbox"/>	1 point
Not held for 10 sec	<input style="width: 30px; height: 30px;" type="checkbox"/>	0 points
Not attempted <i>(check the reason on Page 5)</i>	<input style="width: 30px; height: 30px;" type="checkbox"/>	0 points
<i>If 0 points, end Balance Tests</i>		
2. Number of seconds held if less than 10 sec:	<input style="width: 30px; height: 30px;" type="text"/> . <input style="width: 30px; height: 30px;" type="text"/> <input style="width: 30px; height: 30px;" type="text"/>	sec

Participant ID (affix ID label here)	<h1 style="margin: 0;">LIFE</h1>	Acrostic <table border="1" style="display: inline-table; width: 100px; height: 20px;"></table> Visit Code <table border="1" style="display: inline-table; width: 60px; height: 20px;"></table>
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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	<input type="checkbox"/>	1 point
Not held for 10 sec	<input type="checkbox"/>	0 points
Not attempted <i>(check the reason on Page 5)</i>	<input type="checkbox"/>	0 points
<i>If 0 points, end Balance Tests</i>		
2. Number of seconds held if less than 10 sec:	<input type="text"/> . <input type="text"/> <input type="text"/>	sec

<div style="border: 1px solid black; padding: 10px; text-align: center;"> Participant ID (affix ID label here) </div>	<h1 style="margin: 0;">LIFE</h1>	Acrostic <table border="1" style="display: inline-table; border-collapse: collapse;"> <tr><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td></tr> </table> Visit Code <table border="1" style="display: inline-table; border-collapse: collapse;"> <tr><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td></tr> </table>								

Tandem Stand

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		
Held for 10 sec	<input type="checkbox"/>	2 points
Held for 3 to 9.99 sec	<input type="checkbox"/>	1 points
Held for < than 3 sec	<input type="checkbox"/>	0 points
Not attempted <i>(check reason on page 5)</i>	<input type="checkbox"/>	0 points
2. Number of seconds if less than 10 sec:	<input type="text"/> . <input type="text"/> <input type="text"/> sec	

Participant ID (affix ID label here)	LIFE	Acrostic <table border="1" style="display: inline-table; border-collapse: collapse; width: 100px; height: 20px;"> <tr> <td style="width: 25px; height: 20px;"></td> <td style="width: 25px; height: 20px;"></td> <td style="width: 25px; height: 20px;"></td> <td style="width: 25px; height: 20px;"></td> </tr> </table> Visit Code <table border="1" style="display: inline-table; border-collapse: collapse; width: 60px; height: 20px;"> <tr> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> </tr> </table>							

3. If participant did not attempt test : (Mark X for reason)		
a. Tried but unable	<input type="checkbox"/>	
b. Participant could not hold position unassisted	<input type="checkbox"/>	
c. Not attempted, you felt unsafe	<input type="checkbox"/>	
d. Not attempted, participant felt unsafe	<input type="checkbox"/>	
e. Participant unable to understand instructions	<input type="checkbox"/>	
f. Other(specify)_____	<input type="checkbox"/>	
g. Participant refused	<input type="checkbox"/>	
4. Total Balance Tests Score (sum points: possible range is 0 to 4) <input style="width: 30px; height: 20px;" type="text"/>		

<div style="border: 1px solid black; padding: 10px; text-align: center;"> Participant ID (affix ID label here) </div>	LIFE	Acrostic <table border="1" style="display: inline-table; border-collapse: collapse;"> <tr><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td></tr> </table> Visit Code <table border="1" style="display: inline-table; border-collapse: collapse;"> <tr><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td></tr> </table>								

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.

Participant ID (affix ID label here)	LIFE	Acrostic <table border="1" style="display: inline-table; vertical-align: middle;"><tr><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td></tr></table> Visit Code <table border="1" style="display: inline-table; vertical-align: middle;"><tr><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td></tr></table>								

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

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 .

--	--

 sec

4. If participant did not attempt test: (Mark X for reason)

a. Tried but unable	<input style="width: 30px; height: 20px;" type="checkbox"/>
b. Participant could not walk unassisted	<input style="width: 30px; height: 20px;" type="checkbox"/>
c. Not attempted, you felt unsafe	<input style="width: 30px; height: 20px;" type="checkbox"/>
d. Not attempted, participant felt unsafe	<input style="width: 30px; height: 20px;" type="checkbox"/>
e. Participant unable to understand instructions	<input style="width: 30px; height: 20px;" type="checkbox"/>
f. Other (specify)_____	<input style="width: 30px; height: 20px;" type="checkbox"/>
g. Participant Refused	<input style="width: 30px; height: 20px;" type="checkbox"/>

Complete score sheet and go to chair stand test

5. Aids used for first walk:

a. None	<input style="width: 30px; height: 20px;" type="checkbox"/>
b. Cane	<input style="width: 30px; height: 20px;" type="checkbox"/>
c. Other (specify)_____	<input style="width: 30px; height: 20px;" type="checkbox"/>

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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 <table border="1" style="display: inline-table; border-collapse: collapse;"> <tr><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td></tr> </table> . <table border="1" style="display: inline-table; border-collapse: collapse;"> <tr><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td></tr> </table> sec					
2. If participant did not attempt or failed: (Mark X for reason)					
a. Tried but unable	<table border="1" style="width: 40px; height: 40px; border-collapse: collapse;"> <tr><td style="text-align: center; vertical-align: middle;"> <input style="width: 20px; height: 20px;" type="checkbox"/> </td></tr> </table>	<input style="width: 20px; height: 20px;" type="checkbox"/>			
<input style="width: 20px; height: 20px;" type="checkbox"/>					
b. Participant could not walk unassisted	<table border="1" style="width: 40px; height: 40px; border-collapse: collapse;"> <tr><td style="text-align: center; vertical-align: middle;"> <input style="width: 20px; height: 20px;" type="checkbox"/> </td></tr> </table>	<input style="width: 20px; height: 20px;" type="checkbox"/>			
<input style="width: 20px; height: 20px;" type="checkbox"/>					
c. Not attempted, you felt unsafe	<table border="1" style="width: 40px; height: 40px; border-collapse: collapse;"> <tr><td style="text-align: center; vertical-align: middle;"> <input style="width: 20px; height: 20px;" type="checkbox"/> </td></tr> </table>	<input style="width: 20px; height: 20px;" type="checkbox"/>			
<input style="width: 20px; height: 20px;" type="checkbox"/>					
d. Not attempted, participant felt unsafe	<table border="1" style="width: 40px; height: 40px; border-collapse: collapse;"> <tr><td style="text-align: center; vertical-align: middle;"> <input style="width: 20px; height: 20px;" type="checkbox"/> </td></tr> </table>	<input style="width: 20px; height: 20px;" type="checkbox"/>			
<input style="width: 20px; height: 20px;" type="checkbox"/>					
e. Participant unable to understand instructions	<table border="1" style="width: 40px; height: 40px; border-collapse: collapse;"> <tr><td style="text-align: center; vertical-align: middle;"> <input style="width: 20px; height: 20px;" type="checkbox"/> </td></tr> </table>	<input style="width: 20px; height: 20px;" type="checkbox"/>			
<input style="width: 20px; height: 20px;" type="checkbox"/>					
f. Other (Specify) _____	<table border="1" style="width: 40px; height: 40px; border-collapse: collapse;"> <tr><td style="text-align: center; vertical-align: middle;"> <input style="width: 20px; height: 20px;" type="checkbox"/> </td></tr> </table>	<input style="width: 20px; height: 20px;" type="checkbox"/>			
<input style="width: 20px; height: 20px;" type="checkbox"/>					
g. Participant refused	<table border="1" style="width: 40px; height: 40px; border-collapse: collapse;"> <tr><td style="text-align: center; vertical-align: middle;"> <input style="width: 20px; height: 20px;" type="checkbox"/> </td></tr> </table>	<input style="width: 20px; height: 20px;" type="checkbox"/>			
<input style="width: 20px; height: 20px;" type="checkbox"/>					
3. Aids used for second walk:					
a. None	<table border="1" style="width: 40px; height: 40px; border-collapse: collapse;"> <tr><td style="text-align: center; vertical-align: middle;"> <input style="width: 20px; height: 20px;" type="checkbox"/> </td></tr> </table>	<input style="width: 20px; height: 20px;" type="checkbox"/>			
<input style="width: 20px; height: 20px;" type="checkbox"/>					
b. Cane	<table border="1" style="width: 40px; height: 40px; border-collapse: collapse;"> <tr><td style="text-align: center; vertical-align: middle;"> <input style="width: 20px; height: 20px;" type="checkbox"/> </td></tr> </table>	<input style="width: 20px; height: 20px;" type="checkbox"/>			
<input style="width: 20px; height: 20px;" type="checkbox"/>					
c. Other (specify) _____	<table border="1" style="width: 40px; height: 40px; border-collapse: collapse;"> <tr><td style="text-align: center; vertical-align: middle;"> <input style="width: 20px; height: 20px;" type="checkbox"/> </td></tr> </table>	<input style="width: 20px; height: 20px;" type="checkbox"/>			
<input style="width: 20px; height: 20px;" type="checkbox"/>					

Participant ID (affix ID label here)	<h1 style="margin: 0;">LIFE</h1>	Acrostic <table border="1" style="display: inline-table; width: 100px; height: 20px;"></table> Visit Code <table border="1" style="display: inline-table; width: 60px; height: 20px;"></table>
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Interviewer note: What is the time for the faster 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 <table border="1" style="display: inline-table; width: 40px; height: 20px;"></table> 0 points	a. Unable to do the walk <table border="1" style="display: inline-table; width: 40px; height: 20px;"></table> 0 points
b. If time is more than 8.70 sec: <table border="1" style="display: inline-table; width: 40px; height: 20px;"></table> 1 point	b. If time is more than 6.52 sec: <table border="1" style="display: inline-table; width: 40px; height: 20px;"></table> 1 point
c. If time is 6.21 to 8.70 sec: <table border="1" style="display: inline-table; width: 40px; height: 20px;"></table> 2 points	c. If time is 4.66 to 6.52 sec: <table border="1" style="display: inline-table; width: 40px; height: 20px;"></table> 2 points
d. If time is 4.82 to 6.20 sec: <table border="1" style="display: inline-table; width: 40px; height: 20px;"></table> 3 points	d. If time is 3.62 to 4.65 sec: <table border="1" style="display: inline-table; width: 40px; height: 20px;"></table> 3 points
e. If time is less than 4.82 sec: <table border="1" style="display: inline-table; width: 40px; height: 20px;"></table> 4 points	e. If time is less than 3.62 sec: <table border="1" style="display: inline-table; width: 40px; height: 20px;"></table> 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	
1. Safe to stand without help	<table border="1" style="width: 40px; height: 20px;"></table>	<table border="1" style="width: 40px; height: 20px;"></table>	
2. Results			
a. Participant stood without using arms	<table border="1" style="width: 40px; height: 20px;"></table>		→ Go to Repeated Chair Stand Test
b. Participant used arms to stand	<table border="1" style="width: 40px; height: 20px;"></table>		→ End test; score as 0 points
c. Test not completed	<table border="1" style="width: 40px; height: 20px;"></table>		→ End test; score as 0 points

Participant ID (affix ID label here)	LIFE	Acrostic <table border="1" style="display: inline-table; vertical-align: middle;"><tr><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td></tr></table>						Visit Code <table border="1" style="display: inline-table; vertical-align: middle;"><tr><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td></tr></table>			

3. If participant did not attempt or failed : (Mark X for reason)	
a. Tried but unable	<input type="checkbox"/>
b. Participant could not stand unassisted	<input type="checkbox"/>
c. Not attempted, you felt unsafe	<input type="checkbox"/>
d. Not attempted, participant felt unsafe	<input type="checkbox"/>
e. Participant unable to understand instructions	<input type="checkbox"/>
f. Other (specify) _____	<input type="checkbox"/>
g. Participant refused	<input type="checkbox"/>

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?”

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

Repeated Chair Stand Test Questions

	Yes	No
1. Safe to stand five times	<div style="border: 1px solid black; width: 30px; height: 30px; margin: 0 auto;"></div>	<div style="border: 1px solid black; width: 30px; height: 30px; margin: 0 auto;"></div>

2. Time to complete five stands . sec.
(only enter if participant completes 5 stands)

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

a. Tried but unable	<div style="border: 1px solid black; width: 20px; height: 20px;"></div>	
b. Participant could not stand unassisted	<div style="border: 1px solid black; width: 20px; height: 20px;"></div>	
c. Not attempted, assessor felt unsafe	<div style="border: 1px solid black; width: 20px; height: 20px;"></div>	
d. Not attempted, participant felt unsafe	<div style="border: 1px solid black; width: 20px; height: 20px;"></div>	
e. Participant unable to understand instructions	<div style="border: 1px solid black; width: 20px; height: 20px;"></div>	
f. Other (Specify) _____	<div style="border: 1px solid black; width: 20px; height: 20px;"></div>	
g. Participant refused	<div style="border: 1px solid black; width: 20px; height: 20px;"></div>	

4. Chair Stand Score

Participant unable to complete 5 chair stands or completes stands in >60 sec.	<div style="border: 1px solid black; width: 20px; height: 20px;"></div>	0 points
If chair stand time is 16.70 sec or more	<div style="border: 1px solid black; width: 20px; height: 20px;"></div>	1 point
If chair stand time is 13.70 to 16.69 sec	<div style="border: 1px solid black; width: 20px; height: 20px;"></div>	2 points
If chair stand time is 11.20 to 13.69 sec	<div style="border: 1px solid black; width: 20px; height: 20px;"></div>	3 points
If chair stand time is 11.19 sec or less	<div style="border: 1px solid black; width: 20px; height: 20px;"></div>	4points

<div style="border: 1px solid black; height: 100px; margin-bottom: 5px;"></div> <div style="text-align: center;">Participant ID (affix ID label here)</div>	LIFE	Acrostic <table border="1" style="display: inline-table; width: 100px; height: 20px;"></table> Visit Code <table border="1" style="display: inline-table; width: 60px; height: 20px;"></table>
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Scoring for Complete Short Physical Performance Battery		
1. Total Balance Test score	<table border="1" style="width: 30px; height: 30px;"></table>	Points (see page 5)
2. Gait Speed Test score	<table border="1" style="width: 30px; height: 30px;"></table>	Points (see page 9)
3. Chair Stand Test score	<table border="1" style="width: 30px; height: 30px;"></table>	Points (see page 11)
4. Total Score	<table border="1" style="display: inline-table; width: 40px; height: 20px;"></table>	points (sum of points above)

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

<p>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.</p> <p>Can we retain your name in our files for possible participation in future studies?</p>	Yes <table border="1" style="width: 30px; height: 30px;"></table>
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Interviewer Note: Consider asking for referrals!