Participant ID pid		Acrostic acrostic
	Examiner compby	V.C. vc
	Date of Visit vis_mth	/ vis_day / vis_yr

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 burgundy 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  Not on form
```

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 sbsscrtx_sppb

```
                     -9
      Held for 10 sec    Held for 10 sec
Not held for 10 sec    Not held for 10 sec
      Not attempted    Not attempted
                     -6    Not on form
```
(If not attempted, supply reason on #3)

sbss_scr_sppb

```
-9
 1  1
 0  0
-6 -6
```
(original score value)

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 stsscrtx_sppb

	-9
Held for 10 sec	Held for 10 sec
Not held for 10 sec	Not held for 10 sec
Not attempted	Not attempted
	-6 Not on form

(If not attempted, supply reason on #3)

sts_scr_sppb

-9
 1 1
 0 0
-6 -6

(original score value)

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 tsscrtx_sppb

	-9
Held for 10 sec	Held for 10 sec
Held for 3 to 9.99 sec	Held for 3 to 9.99 sec
Held for < 3 sec	Held for < 3 sec
Not attempted	Not attempted
	-6 Not on form

(If not attempted, supply reason on #3)

ts_scr_sppb
-9
 2 2
 1 1
 0 0
-6 -6
(original score value)

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 or failed, check why: (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 Not on form

Specify Other bal_nsp_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 begins walking.

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 Not on form

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 Not on form

Specify Other gs_nsp1_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 Not on form

      Other (specify) gs_asp1_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 steps over 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 Not on form

Specify Other gs_nsp2_sppb

3. Aids used for second walk: gs_aid2_sppb

-9
 1 None
 2 Cane
 3 Other
-6 Not on form

      Other (specify) gs_asp2_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	gs_3m_sc_sppb
-9	-9
0 Unable to do the walk	0 Unable to do the walk
1 If time is more than 8.70 sec	1 If time is more than 6.52 sec
2 If time is 6.21 to 8.70 sec	2 If time is 4.66 to 6.52 sec
3 If time is 4.82 to 6.20 sec	3 If time is 3.62 to 4.65 sec
4 If time is less than 4.82 sec	4 If time is less than 3.62 sec
-6 Not on form	-6 Not on form

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 Not on form

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 Not on form

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

scs_not_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 Not on form

Specify Other scs_nsp_sppb

Repeat 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 Not on form

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 walk 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 Not on form

Specify Other rcs_nsp_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 Not on form

Scoring for Complete Short Physical Performance Battery

1. Total Balance Test Score	tbt_scr_sppb	**points**
2. Gait Speed Test Score	gst_scr_sppb	**points**
3. Chair Stand Test Score	cst_scr_sppb	**points**
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 this information. It 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.

future_sppb
-9
 1 Yes
 0 No
-6 Not on form

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

Interviewer Note: *Consider asking for referrals!*

submit