### Appendix A

# PHYSICAL ACTIVITY SCALE FOR THE ELDERLY (PASE)



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## **INSTRUCTIONS:**

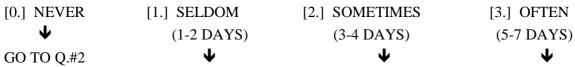
Please complete this questionnaire by either circling the correct response or filling in the blank. Here is an example:

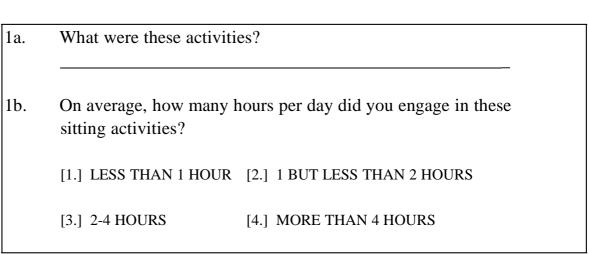
During the past 7 days, how often have you seen the sun?

Answer all items as accurately as possible. All information is strictly confidential.

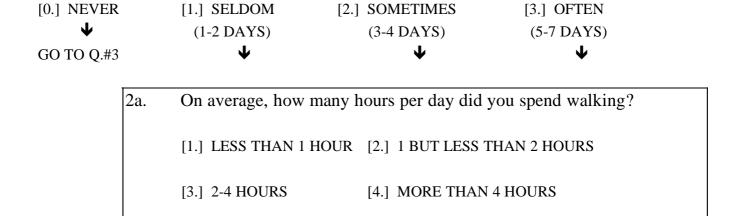
### LEISURE TIME ACTIVITY

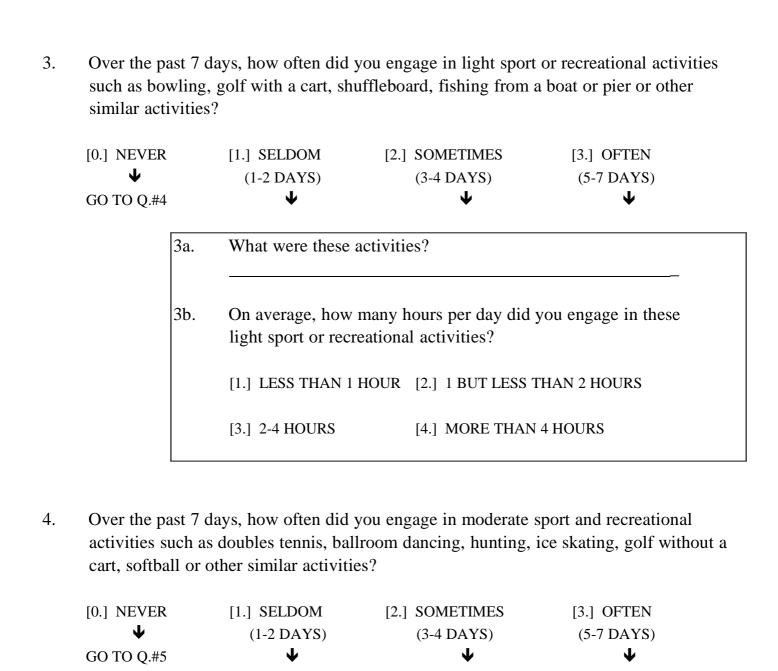
1. Over the past 7 days, how often did you participate in sitting activities such as reading, watching TV or doing handcrafts?





2. Over the past 7 days, how often did you take a walk outside your home or yard for any reason? For example, for fun or exercise, walking to work, walking the dog, etc.?



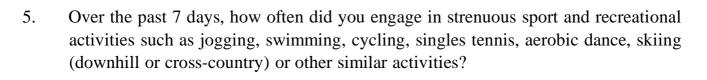


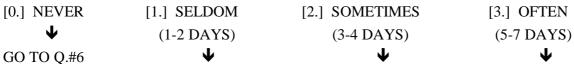
What were these activities?

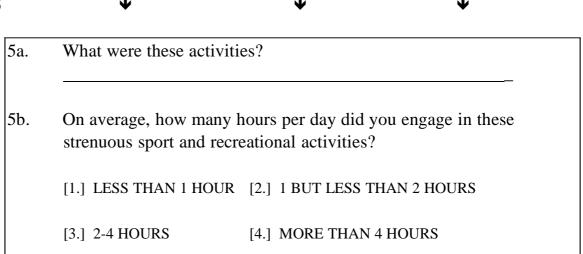
[3.] 2-4 HOURS

4a.

4b.

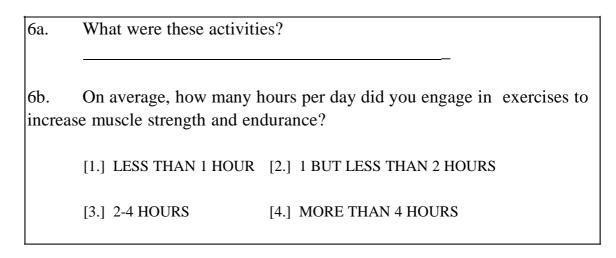






6. Over the past 7 days, how often did you do any exercises specifically to increase muscle strength and endurance, such as lifting weights or pushups, etc.?





# HOUSEHOLD ACTIVITY

7.	During the past 7 days, have you done any light housework, such as dusting or washing dishes?						
	[1.] 1	NO [2.] YES					
8.	During the past 7 days, have you done any heavy housework or chores, such as vacuuming, scrubbing floors, washing windows, or carrying wood?						
	[1.] 1	NO [2.] YES					
9.	During the past 7 days, did you engage in any of the following activities?						
	Please answer <u>YES</u> or <u>NO</u> for each item.						
	a.	Home repairs like painting,	<u>NO</u>	YES			
		wallpapering, electrical work, etc.	1	2			
	b.	Lawn work or yard care, including snow or leaf	1	2			
		removal, wood chopping, etc.					
	c.	Outdoor gardening	1	2			
	d.	Caring for an other person, such as children, dependent	1	2			
		spouse, or an other adult	•	_			

# **WORK-RELATED ACTIVITY**

10.	During the past	7 days,	did you	work for	pay or as a	a volunteer?

[1.] NO [2.] YES

10a. and/o	How many hours per week did you work for pay or as a volunteer? HOURS
	Which of the following categories best describes mount of physical activity required on your job or volunteer work?
[1]	Mainly sitting with slight arm movements.  [Examples: office worker, watchmaker, seated assembly line worker, bus driver, etc.]
[2]	Sitting or standing with some walking.  [Examples: cashier, general office worker, light tool and machinery worker.]
[3]	Walking, with some handling of materials generally weighing less than 50 pounds.  [Examples: mailman, waiter/waitress, construction worker, heavy tool and machinery worker.]
[4]	Walking and heavy manual work often requiring handling of materials weighing over 50 pounds.

[Examples: lumberjack, stone mason, farm or

general laborer.]