Appendices

Appendix 1

The items and response categories of the HAQ and the GARS.

HAQ:

Dressing and Grooming:
1 Are you able to dress yourself, including tying shoelaces and doing buttons?
2 Are you able to shampoo your hair?

Rising:
3 Are you able to stand up from an armless straight chair?
4 Are you able to get in and out bed?

Eating:
5 Are you able to cut your meat?
6 Are you able to lift a full cup or glass to your mouth?
7 Are you able to open a new carton of milk (or soap powder)?

Walking:
8 Are you able to walk outdoors on flat ground?
9 Are you able to climb up five steps?

Hygiene:
10 Are you able to wash and dry your entire body?
11 Are you able to take a bath?
12 Are you able to get on and off the toilet?

Reach:
13 Are you able to reach and get down a 5 lb object (e.g. a bag of potatoes) from just above your head?
14 Are you able to bend down to pick up clothing from the floor?

Grip:
15 Are you able to open car doors?
16 Are you able to open jars which have been previously opened?
17 Are you able to turn taps on and off?

Activities:
18 Are you able to run errands and shops?
19 Are you able to get in and out of a car?
20 Are you able to do chores such as vacuuming, housework, or light gardening?
GARS:

Activities of Daily Living (ADL):
1. Can you, fully independently, dress yourself?
2. Can you, fully independently, get in and out bed?
3. Can you, fully independently, stand up from sitting in a chair?
4. Can you, fully independently, wash your face and hands?
5. Can you, fully independently, wash and dry your whole body?
6. Can you, fully independently, get on and off the toilet?
7. Can you, fully independently, feed yourself?
8. Can you, fully independently, get around in the house (if necessary with a cane)?
9. Can you, fully independently, go up and down the stairs?
10. Can you, fully independently, walk outdoors (if necessary with a cane)?
11. Can you, fully independently, take care of your feet and toe-nails?

Instrumental Activities of Daily Living (IADL):
12. Can you, fully independently, prepare breakfast or lunch?
13. Can you, fully independently, prepare dinner?
14. Can you, fully independently, do ‘light’ household activities (e.g. dusting and tidying up)?
15. Can you, fully independently, do ‘heavy’ household activities (e.g. mopping, cleaning the windows and vacuuming)?
16. Can you, fully independently, wash and iron clothes?
17. Can you, fully independently, make the beds?
18. Can you, fully independently, do the shopping?

Response categories of the GARS:
1. Yes, I can do it fully independently without any difficulty.
2. Yes, I can do it fully independently but with some difficulty.
3. Yes, I can do it fully independently but with great difficulty.
4. No, I cannot do it fully independently, I can only do it with someone’s help.
5. No, I cannot do it at all, I need complete help.
Appendix 2

The items of the SSQT and the SSQS.

The SSQT (a-items) and SSQS (b-items).

Daily Emotional Support (DES):
1a Does it ever happen to you that people are warm and affectionate towards you?
1b Is this just as much as you like?
2a Does it ever happen to you that people are friendly to you?
2b Is this just as much as you like?
3a Does it ever happen to you that people sympathise with you?
3b Is this just as much as you like?
4a Does it ever happen to you that people show their understanding for you?
4b Is this just as much as you like?
5a Does it ever happen to you that people are willing to lend you a friendly ear?
5b Is this just as much as you like?

Problem-oriented Emotional Support (PES):
6a Does it ever happen to you that people make you feel at ease?
6b Is this just as much as you like?
7a Does it ever happen to you that people give you a nudge in the right direction, as it were?
7b Is this just as much as you like?
8a Does it ever happen to you that people perk you up or cheer you up?
8b Is this just as much as you like?
9a Does it ever happen to you that people reassure you?
9b Is this just as much as you like?
10a Does it ever happen to you that people tell you not to lose courage?
10b Is this just as much as you like?
11a Does it ever happen to you that you can rely on other people?
11b Is this just as much as you like?

Social Companionship (SC):
12a Does it ever happen to you that people drop in for a (pleasant) visit?
12b Is this just as much as you like?
13a Does it ever happen to you that people just call you up or just chat to you?
13b Is this just as much as you like?
14a Does it ever happen to you that you do things like shopping, walking, going to the movies or sports, etc., together with other people?
14b Is this just as much as you like?
15a Does it ever happen to you that people ask you to join in?
15b Is this just as much as you like?
16a Does it ever happen to you that you go out for the day with other people just for the enjoyment of it?
16b Is this just as much as you like?
Daily Instrumental Support (DIS):

17a Does it ever happen to you that people help you to do odd jobs?
17b Is this just as much as you like?

18a Does it ever happen to you that people lend you small things like, for example, sugar or a screwdriver or something like that?
18b Is this just as much as you like?

19a Does it ever happen to you that people lend you small amounts of money?
19b Is this just as much as you like?

20a Does it ever happen to you that people give you information or advice?
20b Is this just as much as you like?

Problem-oriented Instrumental Support (PIS):

21a If necessary, do people help you if you call upon them to do so unexpectedly?
21b Is this just as much as you like?

22a If necessary, do people lend you valuable things?
22b Is this just as much as you like?

23a If necessary, do people help you, for example, when you are sick, when you have transport problems or when you need them to accompany you somewhere?
23b Is this just as much as you like?

The response categories of the SSQT (a-items):
1 seldom or never
2 now and then
3 regularly
4 often

The response categories of the SSQS (b-items):
1 much less than I like
2 less than I like
3 just as much as I like
4 more than I like