Spanish Social/Role Activities Limitations Scale

Durante la última semana, ¿cuánto ha interferido su salud en lo siguiente?

<table>
<thead>
<tr>
<th></th>
<th>En nada</th>
<th>Un poco</th>
<th>En forma moderada</th>
<th>La mayor parte del tiempo</th>
<th>Todo el tiempo</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. En sus actividades normales con sus familiares, amigos, vecinos o grupos</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>2. En sus actividades recreativas o pasatiempos</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>3. En sus quehaceres domésticos (tareas del hogar)</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>4. En sus mandados/recados y compras</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>

**Scoring**

The score of each item is the number circled. If two consecutive numbers are circled for a single item, score the higher number (more limitation). If two non-consecutive numbers are circled, do not score the item. The score of the scale is the mean of the four items. If more than one item is missing, do not score the scale. A higher score indicates greater activities limitations.

**Characteristics**

Tested on 551 Spanish-speaking subjects with chronic disease.

<table>
<thead>
<tr>
<th>No. of items</th>
<th>Observed Range</th>
<th>Mean</th>
<th>Standard Deviation</th>
<th>Internal Consistency Reliability</th>
<th>Test-Retest Reliability</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>0-4</td>
<td>1.08</td>
<td>1.10</td>
<td>.916</td>
<td>NA</td>
</tr>
</tbody>
</table>

**Source of Psychometric Data**

Stanford Spanish Chronic Disease Self-Management Study (Tomando Control de su Salud). Psychometrics reported in: Lorig KR, Ritter PL, & González VM, Hispanic chronic disease self-

**Comments**
This scale is a short way of finding out how much illness interferes with role activity. This scale is sensitive to change, and is a good one to use in educational studies. If you must have a short questionnaire, this is a scale to use.

**References**

*This scale is free to use without permission*

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