

Utrecht Scale for Evaluation of Rehabilitation-Participation (USER-Participation)

Final version, August 2010

This questionnaire is about your daily life and consists of four parts: (1A) how much time you spend working, studying and attending to household duties, (1B) how often you undertake certain activities, (2) whether you experience any limitations in your daily life and (3) how satisfied you are with your daily life.

Please answer all the questions by circling the answer that best describes your situation.

1A. How many hours per week do you usually spend on the following activities?

Explanation:

- This is about a normal week, and holidays do not count.
- Please do not include any travelling time.

Please note: This is the number of hours per week

Paid work

All forms of paid work, including work for your own business

None at all	1-8 hours	9-16 hours	17-24 hours	25-35 hours	36 hours or more
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Unpaid work

Volunteering for a society, community centre, at school or any other voluntary activities

None at all	1-8 hours	9-16 hours	17-24 hours	25-35 hours	36 hours or more
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Education

Only training courses taken in the context of your paid work or to help you obtain paid work

None at all	1-8 hours	9-16 hours	17-24 hours	25-35 hours	36 hours or more
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Household duties

Such as: cooking, cleaning, shopping, caring for or supervising children, DIY, gardening etc

None at all	1-8 hours	9-16 hours	17-24 hours	25-35 hours	36 hours or more
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1B. How often have you undertaken the following activities in the last 4 weeks?

Explanation:

- *Example: if you have taken a walk twice a week, this is equivalent to eight times in four weeks and you should therefore choose the category "6-10 times".*
- *Do not include any activity in more than one category.*
- *Activities for work, school or household duties should not be included here*

Please note: this is about the number of times in the last four weeks

Sports or other physical exercise

*Such as: tennis, cycling, gym, long walks
Please note: do not include e.g. cycling to work*

Never	1-2 times	3-5 times	6-10 times	11-18 times	19 times or more
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Going out

Such as: eating out, visiting a cafe, cinema, concert, alone or together with others

Never	1-2 times	3-5 times	6-10 times	11-18 times	19 times or more
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Day trips and other outdoor activities

Such as: shopping, attending events, going to the beach, church or mosque

Never	1-2 times	3-5 times	6-10 times	11-18 times	19 times or more
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Leisure activities at home

Such as: crafts, needlework, reading, puzzles, playing computer games

Never	1-2 times	3-5 times	6-10 times	11-18 times	19 times or more
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Going to visit family or friends

Never	1-2 times	3-5 times	6-10 times	11-18 times	19 times or more
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Family or friends coming to visit at your home

Never	1-2 times	3-5 times	6-10 times	11-18 times	19 times or more
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Contacting others by phone or computer

Such as: talking on the phone, texting, e-mailing

Never	1-2 times	3-5 times	6-10 times	11-18 times	19 times or more
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2. Does your illness or condition currently limit your daily life?

Explanation:

NA (not applicable): You do not take part in this activity, but this is not because of your condition.

Not possible: You cannot not take part in this activity, and this is because of your condition.

With assistance: You perform this activity partly by yourself, but need assistance because of your condition. Such as: a home help to perform heavy household duties, your family helps by taking you to places etc. This includes paid help and unpaid help from family or friends.

Difficulty: If your condition means this activity is considerably more difficult for you.

Such as: it takes much more time, you need to rest halfway through an activity, you now do it less frequently, for a shorter time or in a less taxing way.

Paid work, unpaid work or education	NA	Not possible	With assistance	With difficulty	Without difficulty
Household duties <i>Such as: cooking, cleaning, shopping, taking care of or supervising children, DIY, gardening</i>	NA	Not possible	With assistance	With difficulty	Without difficulty
Outdoor mobility <i>Such as: driving a car, travelling by bus or train, cycling to work or going shopping, etc</i>	NA	Not possible	With assistance	With difficulty	Without difficulty
Sports or other physical exercise <i>Such as: tennis, cycling, gym, long walks</i>	NA	Not possible	With assistance	With difficulty	Without difficulty
Going out <i>Such as: eating out, visiting a cafe, the cinema, a concert, alone or with others</i>	NA	Not possible	With assistance	With difficulty	Without difficulty
Day trips and other outdoor activities <i>Such as: shopping, attending events, going to the beach, church or mosque</i>	NA	Not possible	With assistance	With difficulty	Without difficulty
Leisure activities at home <i>Such as: crafts, needlework, reading, puzzles, playing computer games</i>	NA	Not possible	With assistance	With difficulty	Without difficulty
Your relationship with your partner <i>Such as: communication, sexuality</i>	NA	Not possible	With assistance	With difficulty	Without difficulty
Going to visit family or friends	NA	Not possible	With assistance	With difficulty	Without difficulty
Family or friends coming to visit at your home	NA	Not possible	With assistance	With difficulty	Without difficulty
Contacting others by phone or computer <i>Such as: talking on the phone, texting, e-mailing</i>	NA	Not possible	With assistance	With difficulty	Without difficulty

3. How satisfied are you with your current daily life?

Explanation:

- NA (not applicable): only enter this if you are unable to work or study or do not have partner.

<p>Paid work, unpaid work or education <i>Please note: complete for the most important activity</i></p>	Very dissatisfied	Dissatisfied	Neutral	Satisfied	Very satisfied	NA
<p>Household duties <i>Such as: cooking, cleaning, shopping, taking care of or supervising children, DIY, gardening</i></p>	Very dissatisfied	Dissatisfied	Neutral	Satisfied	Very satisfied	
<p>Outdoor mobility <i>Such as: driving a car, travelling by bus or train, cycling to work or going shopping, etc</i></p>	Very dissatisfied	Dissatisfied	Neutral	Satisfied	Very satisfied	
<p>Sports or other physical exercise <i>Such as: tennis, cycling, gym, long walks</i></p>	Very dissatisfied	Dissatisfied	Neutral	Satisfied	Very satisfied	
<p>Going out <i>Such as: eating out, visiting a cafe, the cinema, a concert, alone or with others</i></p>	Very dissatisfied	Dissatisfied	Neutral	Satisfied	Very satisfied	
<p>Day trips and other outdoor activities <i>Such as: shopping, attending events, going to the beach, church or mosque</i></p>	Very dissatisfied	Dissatisfied	Neutral	Satisfied	Very satisfied	
<p>Leisure activities at home <i>Such as: crafts, reading, computer</i></p>	Very dissatisfied	Dissatisfied	Neutral	Satisfied	Very satisfied	
<p>Your relationship with your partner</p>	Very dissatisfied	Dissatisfied	Neutral	Satisfied	Very satisfied	NA
<p>Your relationship with your family</p>	Very dissatisfied	Dissatisfied	Neutral	Satisfied	Very satisfied	
<p>Your contacts with friends and acquaintances</p>	Very dissatisfied	Dissatisfied	Neutral	Satisfied	Very satisfied	