



ADULT PHYSICAL FUNCTION VERSION 1.0 SHORT FORMS

A brief guide to the 10-item PROMIS Short Form v1.0 – Physical Function 10a
and the 20-item PROMIS Short Form v1.0 – Physical Function 20a

ABOUT PHYSICAL FUNCTION*

The physical function item bank measures self-reported capability rather than actual performance of physical activities. This includes the functioning of one's upper extremities (dexterity), lower extremities (walking or mobility), and central regions (neck, back), as well as instrumental activities of daily living, such as running errands. A single physical function capability score is obtained from a short form. Each physical function short form is appropriate for the adult general population and adults with chronic health conditions. The forms are generic rather than disease-specific. Each form assesses current function rather than function over a specified time period.

(*abbreviated definition: see nihpromis.org for the full version)

INTRODUCTION TO ASSESSMENT OPTIONS

There are two administration options for assessing physical function: short forms and computerized adaptive testing (CAT). When administering a short form, instruct participants to answer all of the items (i.e., questions or statements) presented. With CAT, participant responses guide the computer's choice of subsequent items from the full item bank (124 items in total). Although items differ across respondents taking CAT, scores are comparable across participants. Some administrators may prefer to ask the same question of all respondents or of the same respondent over time, to enable a more direct comparability across people or time. In these cases, or when paper administration is preferred, a short form would be more desirable than CAT.

This guide provides information on the 10- and 20-item physical function version 1.0 short forms. The strength of the 10- and 20-item instruments lies in their focus on item content and their ability to assess the full range of physical function measured by the physical function item bank. When selecting a short form, the main difference is instrument length. Reliability and precision of short forms within a domain are highly similar. Longer short forms generally offer greater correlation (strength of relationship) with the full item bank, as well as greater precision. If you are working with a sample in which you expect large variability in a domain and you want to include the full range of item content from that domain, you would probably prefer a version 1.0 form. On the other hand, if you are hoping to capture secondary outcomes data, but have little room for additional measures, you would probably prefer a very brief (four-item) profile short form.

When choosing between CAT and a short form, it is useful to consider the demands of computer-based assessment, and the psychological, physical, and cognitive burden placed on respondents as a result of the number of questions asked. Longer CAT offers greater correlation with the full item bank, as well as greater precision. When evaluating precision, not all questions are equally informative. The flexibility of CAT to choose more informative questions offers more precision.

Whether one uses a short form or CAT, the score metric is based upon Item Response Theory (IRT), a family of statistical models that link individual questions to a presumed underlying trait or concept of physical function represented by all items in the item bank.

Graphical reports, which visually illustrate results, are available in Assessment Center if you choose to administer a PROMIS Profile, which includes a profile short form from seven PROMIS domains (physical function, depression, anxiety, pain interference, fatigue, sleep disturbance, and satisfaction with participation in social roles). To access a sample report, complete the CAT demo at nihpromis.org.



Raw Score	T-score	SE*
10	14.1	3.3
11	17.0	2.8
12	18.7	2.7
13	20.1	2.5
14	21.3	2.4
15	22.4	2.3
16	23.4	2.2
17	24.4	2.2
18	25.3	2.1
19	26.2	2.0
20	27.1	2.0
21	28.0	1.9
22	28.8	1.9
23	29.6	1.9
24	30.4	1.8
25	31.2	1.8
26	32.0	1.8
27	32.7	1.7
28	33.5	1.7
29	34.2	1.7
30	35.0	1.7
31	35.7	1.7
32	36.4	1.7
33	37.2	1.7
34	37.9	1.7
35	38.7	1.7
36	39.4	1.7
37	40.2	1.8
38	41.0	1.8
39	41.8	1.8
40	42.6	1.8
41	43.5	1.9
42	44.4	2.0
43	45.4	2.0
44	46.4	2.2
45	47.7	2.4
46	49.1	2.6
47	50.8	3.0
48	53.0	3.4
49	55.3	3.7
50	61.7	5.9

*SE = Standard Error on T-score metric
Table 1

SCORING THE INSTRUMENT

Each question has five response options ranging in value from one to five. To find the total raw score, sum the values of the response to each question. For example, for the 10-item form, the lowest possible raw score is 10; the highest possible raw score is 50 (Table 1).

You can use Tables 1 and 2 to translate the total raw score into a T-score for each participant. The T-score rescales the raw score into a standardized score with a mean of 50 and a standard deviation (SD) of 10. Therefore, a person who has a T-score of 40 is one SD below the U.S. general population mean. These conversions are accurate ONLY when all questions on the short form have been answered. For the 10-item form, a raw score of 30 converts to a T-score of 35.0 with a standard error (SE) of 1.7. Thus, the 95% confidence interval around the actual observed score ranges from 31.7 to 38.3 (T-score \pm (1.96*SE) = 35.0 \pm 3.3 = 31.7 to 38.3).

Important: A higher PROMIS T-score represents more of the concept being measured. For positively-worded concepts like physical function, a T-score of 60 is one SD

RS	TS	SE	RS	TS	SE
20	12.1	1.5	60	32.9	1.4
21	12.8	1.8	61	33.3	1.4
22	13.7	1.9	62	33.7	1.3
23	14.7	2.0	63	34.1	1.3
24	15.6	2.0	64	34.5	1.3
25	16.4	1.9	65	34.9	1.3
26	17.2	1.9	66	35.3	1.3
27	17.9	1.9	67	35.7	1.3
28	18.5	1.8	68	36.1	1.3
29	19.2	1.8	69	36.5	1.3
30	19.8	1.7	70	36.9	1.3
31	20.3	1.7	71	37.3	1.3
32	20.9	1.7	72	37.7	1.3
33	21.4	1.7	73	38.1	1.3
34	21.9	1.6	74	38.5	1.4
35	22.4	1.6	75	38.9	1.4
36	22.9	1.6	76	39.3	1.4
37	23.4	1.6	77	39.8	1.4
38	23.8	1.6	78	40.2	1.4
39	24.3	1.6	79	40.7	1.4
40	24.7	1.5	80	41.1	1.4
41	25.2	1.5	81	41.6	1.4
42	25.6	1.5	82	42.1	1.5
43	26.0	1.5	83	42.6	1.5
44	26.5	1.5	84	43.1	1.5
45	26.9	1.5	85	43.6	1.5
46	27.3	1.5	86	44.2	1.5
47	27.7	1.5	87	44.7	1.6
48	28.1	1.5	88	45.3	1.6
49	28.5	1.4	89	46.0	1.7
50	28.9	1.4	90	46.6	1.7
51	29.3	1.4	91	47.4	1.8
52	29.7	1.4	92	48.2	1.9
53	30.1	1.4	93	49.0	2.0
54	30.5	1.4	94	50.0	2.1
55	30.9	1.4	95	51.2	2.4
56	31.3	1.4	96	52.6	2.7
57	31.7	1.4	97	54.4	3.1
58	32.1	1.4	98	56.5	3.5
59	32.5	1.4	99	62.5	5.6

RS = Raw Score; TS = T-score
SE = Standard Error on T-score metric
Table 2

better than average. By comparison, a physical function T-score of 40 is one SD worse than average.

You can upload data to a free computer program called PROMIScore, which will score your data one person at a time or as a group. PROMIScore is particularly useful because it can calculate T-scores even when there are missing responses. The PROMIScore software and user manual can be downloaded at nihpromis.org.

STATISTICAL CHARACTERISTICS

There are three key features of the score for physical function:

- **Reliability:** The degree to which a measure is free of error. It can be estimated by the internal consistency of the responses to the measure, or by correlating total scores on the measure from two time points when there has been no true change in what is being measured (for z-scores, reliability = 1 – SE²).
- **Precision:** The consistency of the estimated score (reciprocal of error variance).
- **Information:** The precision of an item or multiple items at different levels of the underlying continuum (for z-scores, information = 1/SE²).

The final score is represented by the T-score, a standardized score with a mean of 50 and a standard deviation (SD) of 10.

In Figure 1, the two dotted horizontal lines each represent a degree of internal consistency reliability (i.e., .90 or .95) typically regarded as sufficient for an accurate individual score. The shaded blue region marks the range of the scale where measurement precision is comparable to the reliability of .90 for the 20-item form. Figure 1 also tells us where on the scale the forms are most informative based upon the T-score: the 20-item form is more informative than the 10-item form, and the 20-item form offers sufficient reliability over a wider range of T-scores than the 10-item form.

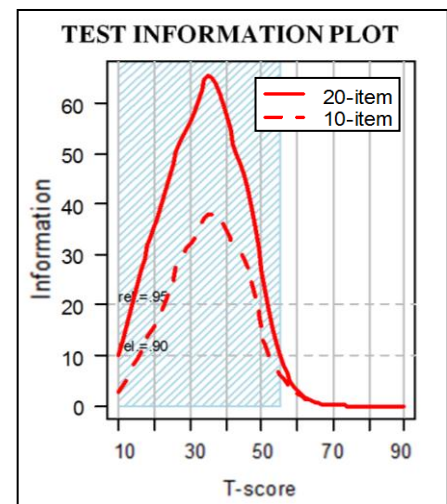


Figure 1

PREVIEW OF SAMPLE ITEMS

Figure 2 is an excerpt from the paper version of the 10- and 20-item short forms. These instruments are also available for online administration. There are a variety of formatting options for the online version.

		Not at all	Very little	Somewhat	Quite a lot	Cannot do
PFA01	Does your health now limit you in doing vigorous activities, such as running, lifting heavy objects, participating in strenuous sports?.....	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
PFC38	Does your health now limit you in walking more than a mile?	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1

Figure 2

FREQUENTLY ASKED QUESTIONS

Q: I am interested in learning more. Where can I do that?

Each of the short forms is available on the PROMIS website through Assessment Center, which houses all PROMIS instruments for each domain.

Assessment Center is a free online research management tool. It enables researchers to create study-specific websites for capturing participant data securely. Studies can include measures within the Assessment Center library, as well as custom instruments created or entered by the researcher. PROMIS instruments (short forms, CAT, profiles) are a central feature of the instrument library within Assessment Center. Any PROMIS measure can be included in an online study or downloaded for administration on paper. Figure 2 is an excerpt from a paper short form.

Detailed statistical information and development history about PROMIS items and instruments are available for review at nihpromis.org or assessmentcenter.net. To learn more, contact help@assessmentcenter.net.

Q: Do I need to register with PROMIS to use these short forms?

Yes, to get a copy of these short forms, we ask that you register with Assessment Center, so that we are better able to track who has accessed instruments for research. Assessment Center is available at assessmentcenter.net, along with the terms and conditions of use.

Q: Are these short forms available in other languages?

Yes, these short forms are currently available in Spanish. The PROMIS group is also working to translate these forms into other languages. Information on available translations is updated periodically at nihpromis.org.

Q: Can I make my own short form?

Yes, custom physical function short forms can be made by selecting any items from the item bank. Instructions can be found in the Assessment Center user manual. The full item bank is available at assessmentcenter.net.