

Neuro-QOL – Preliminary Adult Mobility Items

<p>NQMOB01</p>	<p>How much DIFFICULTY do you currently have <u>standing up from an armless straight chair (e.g., dining room chair)?</u></p>	<p>5 = No Difficulty 4 = A Little Difficulty 3 = Some Difficulty 2 = A Lot of Difficulty 1 = Can't Do</p>
<p>NQMOB03</p>	<p>How much DIFFICULTY do you currently have <u>sitting down on and standing up from a chair with arms?</u></p>	<p>5 = No Difficulty 4 = A Little Difficulty 3 = Some Difficulty 2 = A Lot of Difficulty 1 = Can't Do</p>
<p>NQMOB04</p>	<p>How much DIFFICULTY do you currently have <u>moving from sitting at the side of the bed to lying down on your back?</u></p>	<p>5 = No Difficulty 4 = A Little Difficulty 3 = Some Difficulty 2 = A Lot of Difficulty 1 = Can't Do</p>
<p>NQMOB06</p>	<p>How much DIFFICULTY do you currently have <u>standing up from a low, soft couch?</u></p>	<p>5 = No Difficulty 4 = A Little Difficulty 3 = Some Difficulty 2 = A Lot of Difficulty 1 = Can't Do</p>
<p>NQMOB08</p>	<p>How much DIFFICULTY do you currently have <u>going up and down a flight of stairs inside, using a handrail?</u></p>	<p>5 = No Difficulty 4 = A Little Difficulty 3 = Some Difficulty 2 = A Lot of Difficulty 1 = Can't Do</p>
<p>NQMOB09</p>	<p>How much DIFFICULTY do you currently have <u>walking on uneven surfaces (e.g., grass, dirt road or sidewalk)?</u></p>	<p>5 = No Difficulty 4 = A Little Difficulty 3 = Some Difficulty 2 = A Lot of Difficulty 1 = Can't Do</p>
<p>NQMOB11</p>	<p>How much DIFFICULTY do you currently have <u>walking around one floor of your home?</u></p>	<p>5 = No Difficulty 4 = A Little Difficulty 3 = Some Difficulty 2 = A Lot of Difficulty 1 = Can't Do</p>

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NQMOB16	How much DIFFICULTY do you currently have <u>taking a 20-minute brisk walk, without stopping to rest?</u>	5 = No Difficulty 4 = A Little Difficulty 3 = Some Difficulty 2 = A Lot of Difficulty 1 = Can't Do
NQMOB17	How much DIFFICULTY do you currently have <u>walking on a slippery surface, outdoors?</u>	5 = No Difficulty 4 = A Little Difficulty 3 = Some Difficulty 2 = A Lot of Difficulty 1 = Can't Do
NQMOB21	How much DIFFICULTY do you currently have <u>climbing stairs step over step without a handrail? (alternating feet)?</u>	5 = No Difficulty 4 = A Little Difficulty 3 = Some Difficulty 2 = A Lot of Difficulty 1 = Can't Do
NQMOB23	How much DIFFICULTY do you currently have <u>walking in a dark room without falling?</u>	5 = No Difficulty 4 = A Little Difficulty 3 = Some Difficulty 2 = A Lot of Difficulty 1 = Can't Do
PFA12 (NQMOB25)	Are you able to push open a heavy door?	5 = Without any Difficulty 4 = With a Little Difficulty 3 = With Some Difficulty 2 = With Much Difficulty 1 = Unable to Do
PFA56 (NQMOB26)	Are you able to get in and out of a car?	5 = Without any Difficulty 4 = With a Little Difficulty 3 = With Some Difficulty 2 = With Much Difficulty 1 = Unable to Do
PFA23 (NQMOB28)	Are you able to go for a walk of at least 15 minutes?	5 = Without any Difficulty 4 = With a Little Difficulty 3 = With Some Difficulty 2 = With Much Difficulty 1 = Unable to Do
PFA30 (NQMOB30)	Are you able to step up and down curbs?	5 = Without any Difficulty 4 = With a Little Difficulty 3 = With Some Difficulty 2 = With Much Difficulty 1 = Unable to Do

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<p>PFA31 (NQMOB31)</p>	<p>Are you able to get up off the floor from lying on your back without help?</p>	<p>5 = Without any Difficulty 4 = With a Little Difficulty 3 = With Some Difficulty 2 = With Much Difficulty 1 = Unable to Do</p>
<p>PFA45 (NQMOB32)</p>	<p>Are you able to get out of bed into a chair?</p>	<p>5 = Without any Difficulty 4 = With a Little Difficulty 3 = With Some Difficulty 2 = With Much Difficulty 1 = Unable to Do</p>
<p>PFA53 (NQMOB33)</p>	<p>Are you able to run errands and shop?</p>	<p>5 = Without any Difficulty 4 = With a Little Difficulty 3 = With Some Difficulty 2 = With Much Difficulty 1 = Unable to Do</p>
<p>PFC45 (NQMOB37)</p>	<p>Are you able to get on and off the toilet?</p>	<p>5 = Without any Difficulty 4 = With a Little Difficulty 3 = With Some Difficulty 2 = With Much Difficulty 1 = Unable to Do</p>

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