

Neuro-QOL – Preliminary Pediatric Upper Extremities Items

NQUExped01	In the past 7 days	I was able to open small containers like snack bags or vitamins (regular screw top)	0 = With no trouble 1 = With a little trouble 2 = With some trouble 3 = With a lot of trouble 4= Not able to do
NQUExped02	In the past 7 days	I was able to wash and dry my hands without help	0 = With no trouble 1 = With a little trouble 2 = With some trouble 3 = With a lot of trouble 4= Not able to do
NQUExped03	In the past 7 days	I was able to use my fingers to point to something	0 = With no trouble 1 = With a little trouble 2 = With some trouble 3 = With a lot of trouble 4= Not able to do
NQUExped04	In the past 7 days	I was able to take off my socks	0 = With no trouble 1 = With a little trouble 2 = With some trouble 3 = With a lot of trouble 4= Not able to do
NQUExped05	In the past 7 days	I was able to put on and fasten my pants by myself	0 = With no trouble 1 = With a little trouble 2 = With some trouble 3 = With a lot of trouble 4= Not able to do
NQUExped06	In the past 7 days	I was able to button and unbutton my shirt	0 = With no trouble 1 = With a little trouble 2 = With some trouble 3 = With a lot of trouble 4= Not able to do
NQUExped07	In the past 7 days	I was able to unzip my pants	0 = With no trouble 1 = With a little trouble 2 = With some trouble 3 = With a lot of trouble 4= Not able to do
NQUExped08	In the past 7 days	I was able to hold a full cup of water in my hand.	0 = With no trouble 1 = With a little trouble 2 = With some trouble 3 = With a lot of trouble 4= Not able to do
NQUExped09	In the past 7 days	I was able to wash my hair without help	0 = With no trouble 1 = With a little trouble 2 = With some trouble 3 = With a lot of trouble 4= Not able to do
NQUExped10	In the past 7 days	I was able to lift a cup of water to my mouth without spilling	0 = With no trouble 1 = With a little trouble 2 = With some trouble 3 = With a lot of trouble 4= Not able to do

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NQUExped11	In the past 7 days	I was able to use a spoon to bring food up to my mouth	0 = With no trouble 1 = With a little trouble 2 = With some trouble 3 = With a lot of trouble 4= Not able to do
NQUExped12	In the past 7 days	I was able to use a knife to spread butter or jelly on bread	0 = With no trouble 1 = With a little trouble 2 = With some trouble 3 = With a lot of trouble 4= Not able to do
NQUExped13	In the past 7 days	I was able to wipe myself thoroughly after using the toilet	0 = With no trouble 1 = With a little trouble 2 = With some trouble 3 = With a lot of trouble 4= Not able to do
NQUExped14	In the past 7 days	I was able to pull my pants back up after using the toilet	0 = With no trouble 1 = With a little trouble 2 = With some trouble 3 = With a lot of trouble 4= Not able to do
NQUExped15	In the past 7 days	I was able to hold a plate full of food	0 = With no trouble 1 = With a little trouble 2 = With some trouble 3 = With a lot of trouble 4= Not able to do
NQUExped16	In the past 7 days	I was able to carry a tray of food in a cafeteria or restaurant	0 = With no trouble 1 = With a little trouble 2 = With some trouble 3 = With a lot of trouble 4= Not able to do
NQUExped17	In the past 7 days	I was able to pick up a gallon of milk with one hand and set it on the table	0 = With no trouble 1 = With a little trouble 2 = With some trouble 3 = With a lot of trouble 4= Not able to do
NQUExped18	In the past 7 days	I was able to get in and out of a tub without help	0 = Never 1 = Almost Never 2 = Sometimes 3 = Often 4 = Almost Always
NQUExped19	In the past 7 days	I was able to cut a piece of paper in half with scissors	0 = With no trouble 1 = With a little trouble 2 = With some trouble 3 = With a lot of trouble 4= Not able to do
NQUExped20	In the past 7 days	I was able to style my hair by myself	0 = With no trouble 1 = With a little trouble 2 = With some trouble 3 = With a lot of trouble 4= Not able to do
NQUExped21	In the past 7 days	I was able to cover my nose when sneezing	0 = With no trouble 1 = With a little trouble 2 = With some trouble 3 = With a lot of trouble 4= Not able to do

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NQUExped22	In the past 7 days	I was able to use a computer mouse	0 = With no trouble 1 = With a little trouble 2 = With some trouble 3 = With a lot of trouble 4= Not able to do
NQUExped23	In the past 7 days	I was able to open a can of soda	0 = With no trouble 1 = With a little trouble 2 = With some trouble 3 = With a lot of trouble 4= Not able to do
NQUExped24	In the past 7 days	I was able to take a shower by myself.	0 = With no trouble 1 = With a little trouble 2 = With some trouble 3 = With a lot of trouble 4= Not able to do
NQUExped25	In the past 7 days	I was able to take a bath by myself.	0 = With no trouble 1 = With a little trouble 2 = With some trouble 3 = With a lot of trouble 4= Not able to do
NQUExped26	In the past 7 days	I was able to change positions in my bed.	0 = With no trouble 1 = With a little trouble 2 = With some trouble 3 = With a lot of trouble 4= Not able to do
NQUExped27	In the past 7 days	I was able to write a short note by using a pencil or pen.	0 = Never 1 = Almost Never 2 = Sometimes 3 = Often 4 = Almost Always
NQUExped28	In the past 7 days	I was able to communicate with friends using e-mail or text messaging	0 = Never 1 = Almost Never 2 = Sometimes 3 = Often 4 = Almost Always
NQUExped29	In the past 7 days	I was able to make a phone call using a touch tone key-pad	0 = With no trouble 1 = With a little trouble 2 = With some trouble 3 = With a lot of trouble 4= Not able to do
NQUExped30	In the past 7 days	I was able to get out of bed by myself.	0 = With no trouble 1 = With a little trouble 2 = With some trouble 3 = With a lot of trouble 4= Not able to do
NQUExped31	In the past 7 days	I was able to get into bed by myself.	0 = With no trouble 1 = With a little trouble 2 = With some trouble 3 = With a lot of trouble 4= Not able to do
NQUExped32	In the past 7 days	I was able to put on my shoes by myself.	0 = With no trouble 1 = With a little trouble 2 = With some trouble 3 = With a lot of trouble 4= Not able to do

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NQUExped33	In the past 7 days	I was able to open a jar by myself.	0 = With no trouble 1 = With a little trouble 2 = With some trouble 3 = With a lot of trouble 4= Not able to do
NQUExped34	In the past 7 days	I was able to put toothpaste on my toothbrush by myself.	0 = With no trouble 1 = With a little trouble 2 = With some trouble 3 = With a lot of trouble 4= Not able to do
NQUExped35	In the past 7 days	I was able to brush my teeth by myself.	0 = With no trouble 1 = With a little trouble 2 = With some trouble 3 = With a lot of trouble 4= Not able to do
NQUExped36	In the past 7 days	I was able to pull open heavy doors.	0 = With no trouble 1 = With a little trouble 2 = With some trouble 3 = With a lot of trouble 4= Not able to do
NQUExped37	In the past 7 days	I was able to open the rings in school binders.	0 = With no trouble 1 = With a little trouble 2 = With some trouble 3 = With a lot of trouble 4= Not able to do
NQUExped38	In the past 7 days	I was able to dry my back with a towel.	0 = With no trouble 1 = With a little trouble 2 = With some trouble 3 = With a lot of trouble 4= Not able to do
NQUExped40	In the past 7 days	I was able to put on my clothes by myself.	0 = With no trouble 1 = With a little trouble 2 = With some trouble 3 = With a lot of trouble 4= Not able to do
NQUExped41	In the past 7 days	I was able to zip up my clothes.	0 = With no trouble 1 = With a little trouble 2 = With some trouble 3 = With a lot of trouble 4= Not able to do