



Adapted Illness Intrusiveness Ratings

The following items ask about how much your illness(es) and/or its treatment interfere with your life. **Please circle the one number that best describes your current life situation.** If an item is not applicable, please check (✓) the box to indicate that this aspect of your life is not affected. Please do not leave any item unanswered.

How much does your illness(es) and/or its treatment interfere with:

- 1. Your feeling of being healthy? Not applicable
Not very much▶ 1 2 3 4 5 6 7 ◀Very much

- 2. The things you eat and drink? Not applicable
Not very much▶ 1 2 3 4 5 6 7 ◀Very much

- 3. Your work, including job, house work, chores, or errands? Not applicable
Not very much▶ 1 2 3 4 5 6 7 ◀Very much

- 4. Playing sports, gardening, or other physical recreation or hobbies? Not applicable
Not very much▶ 1 2 3 4 5 6 7 ◀Very much

- 5. Quiet recreation or hobbies, such as reading, TV, music, knitting, etc.?
 Not applicable
Not very much▶ 1 2 3 4 5 6 7 ◀Very much

- 6. Your financial situation? Not applicable
Not very much▶ 1 2 3 4 5 6 7 ◀Very much

How much does your illness(es) and/or its treatment interfere with:

7. Your relationship with your spouse or domestic partner? Not applicable

Not very much▶ 1 2 3 4 5 6 7 ◀Very much

8. Your sex life? Not applicable

Not very much▶ 1 2 3 4 5 6 7 ◀Very much

9. Your relationship and social activities with your family? Not applicable

Not very much▶ 1 2 3 4 5 6 7 ◀Very much

10. Social activities with your friends, neighbors, or groups? Not applicable

Not very much▶ 1 2 3 4 5 6 7 ◀Very much

11. Your religious or spiritual activities? Not applicable

Not very much▶ 1 2 3 4 5 6 7 ◀Very much

12. Your involvement in community or civic activities? Not applicable

Not very much▶ 1 2 3 4 5 6 7 ◀Very much

13. your self-improvement or self-expression activities? Not applicable

Not very much▶ 1 2 3 4 5 6 7 ◀Very much

Scoring

Code the number circled for each item. If more than one consecutive response is marked, code the higher number (more interference). If responses are not consecutive, do not code. If "Not applicable" is checked, code as one (1).

This scale has 5 subscales:

Physical Well-Being and Diet	Items 1 and 2
Work and Finances	Items 3 and 6
Marital, Sexual, and Family Relations	Items 7, 8, and 9
Recreation and Social Relations	Items 4, 5, and 10
Other Aspects of Life	Items 11, 12, and 13

Subscale scores are the mean of the items within each subscale. To score the scale, average the subscale scores to correct for differences in the numbers of items combined. You may also generate a total Perceived Intrusiveness score by summing the individual items.

Characteristics

Tested on 606 subjects with chronic disease. These data are from summing all items.

No. of items	Observed Range	Mean	Standard Deviation	Internal Consistency Reliability	Test-Retest Reliability
13	13-91	44.2	18.3	.89	NA

Source of Psychometric Data

Stanford/Garfield Kaiser Chronic Disease Dissemination Study. Results reported in: Lorig KR, Sobel, DS, Ritter PL, Laurent, D, Hobbs, M. Effect of a Self-Management Program for Patients with Chronic Disease. *Effective Clinical Practice*, 4, 2001, pp. 256-262. Psychometrics not reported in this article.

Comments

This is an adapted version of Illness Intrusiveness Ratings scale developed by Gerald Devins. After using the original scale, we added some words to each category to make the question clearer, and also added the "not applicable" response category. The original scale instructed respondents to circle "1" if the item was not applicable, which we found resulted in missing data, especially for the sex, self-expression, religious expression and community involvement questions. The "not applicable" category has greatly reduced missing responses. If this scale is used online, we state the entire question each time (i.e., "How much does your illness and/or its treatment interfere with your feeling of being healthy?"), and use radio buttons rather than numbers and the check box. This is a good scale to measure role function; it measures a broad spectrum of life's roles. Reprinted with permission.

References

- Devins GM, Binik YM, Hutchinson TA, Hollomby DJ, Barré PE & Guttman RD. The emotional impact of end-stage renal disease: Importance of patients' perceptions of intrusiveness and control. *International Journal of Psychiatry in Medicine*. 13(4), 1983, pp.327-343.
- Devins GM, Mandin H, Hons RB, Burgess ED, Klassen J, Taub K, Schorr S, Letourneau PK & Buckle S. Illness intrusiveness and quality of life in end-stage renal disease: Comparison and stability across treatment modalities. *Health Psychology*, 9(2), 1990, pp.117-142.

This scale is free to use without permission

Self-Management Resource Center
 smrc@selfmanagementresource.com
<https://selfmanagementresource.com>