



# Spanish Stanford HAQ 8-Item Disability Scale

Por favor marque la respuesta que mejor describa sus habilidades usuales (comunes) durante la semana pasada.

¿Actualmente puede Ud:	Sin ninguna dificultad	Con alguna dificultad	Con mucho dificultad	No puedo hacerlo
1. Vestirse, incluyendo amarrarse los zapatos y abrocharse (abotonarse)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Acostarse y levantarse de la cama?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Levantar hasta su boca una taza o vaso lleno?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Caminar al aire libre en terreno plano?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Bañarse y secarse todo el cuerpo?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Agacharse para recoger ropa del piso?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Abrir y cerrar las llaves del agua (los grifos)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Subir y bajar del auto (carro)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Scoring

Score the number circled for each item. If more than one consecutive number is circled for one item, code the higher number (more difficulty). If responses are not consecutive, code as blank. The disability index is the mean of the eight items. If more than 2 items are blank, do not score the index.

## Characteristics

Tested on 272 Spanish-speaking subjects with arthritis. N=25 for test-retest.

No. of items	Observed Range	Mean	Standard Deviation	Internal Consistency Reliability	Test-Retest Reliability
8	0-3	1.7	.8	.89	.87

## Source of Psychometric Data

The Stanford Spanish Arthritis Self-Management Study (Programa de Manejo Personal de la Artritis). The psychometrics were done on the original 20-item Spanish scale, resulting in this version. Psychometrics

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reported in: González V, Stewart A, Ritter P, Lorig K, Translation and validation of arthritis outcome measures into Spanish. *Arthritis and Rheumatism*, 38(10),1995, pp.1429-1446.

## **Comments**

This is a modified version of the 20-item Spanish disability scale which we translated and back translated from the Stanford Health Assessment Questionnaire. We have replaced the numbers with check boxes on the print version. It should be noted that the items have been chosen as they represent use of every major joint in the body. While closely related to an ADL scale this is not an ADL scale but rather a disability scale.

## **References**

González V, Stewart A, Ritter P, Lorig K, Translation and validation of arthritis outcome measures into Spanish. *Arthritis and Rheumatism*, 38(10),1995, pp.1429-1446.

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