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Development and Validation of a PTSD-Related Impairment Scale

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14. ABSTRACT Our goal is to design and validate an inventory to assess multiple dimensions of PTSD-related functional impairment experienced by active duty service members and veterans. A series of focus groups and individual assessments using interviews and self-report questionnaires are being used to understand the multiple domains of functional impairment. Results from the focus groups revealed that the most frequently occurring functional impairments among veterans were in the following domains: intimate relationships, family, parenting, work, education, friendships/social life, and self-care. Utilizing this information, an 87-item inventory was developed. The psychometric properties of this inventory are being tested. By creating and validating an inventory to assess PTSD-related functional impairment we hope to offer a useful tool for clinicians, researchers and military leaders. This measure will have enormous value in identifying individuals with significant levels of impairments across multiple domains and for promoting more efficient allocation of resources.					
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INTRODUCTION

The goal of this project is to design and validate a psychometrically sound inventory of PTSD-related functional impairment for active duty service members and veterans. The inventory will assess multiple dimensions of functioning. This goal subsumes three specific objectives: (1) define and systematically operationalize each of the variables representing functional impairment; (2) collect data from an initial test development sample of veterans and conduct first-stage psychometric analyses; (3) cross validate results from the initial test development using an independent sample and to establish criterion-related validity.

BODY

The statement of work (SOW) for Year 2 stated that throughout Year 2, recruitment of participants and data collection for Phase 2 of the project would continue. In the SOW, we stated that we planned to collect data from approximately 164 of the 300 participants for Phase 2. Data entry would run continuously as new participants completed the study. These goals were accomplished. Specifically, throughout the course of Year 2, data were collected from 168 of the 300 participants for Phase 2 of the study. Thus, our sample total for Year 2 slightly exceeded the originally anticipated Year 2 projection. Participants during Year 2 were 147 (87.5%) men and 21 (12.5%) women. Despite multiple efforts using various methods including posting recruitment information in Women's Veterans Newsletters, Women's Veterans Clinics, and Women's Veterans Workshops, it has been challenging to recruit the large numbers of women (i.e., 25% of the sample). We will continue our efforts to increase the recruitment of women for this study by contacting local Women's Veterans groups and requesting their permission to post recruitment flyers at gathering places as well as in newsletters. We will also do more public outreach in an attempt to reach large numbers of female veterans. The mean age of the Year 2 sample was 50.92 years ($SD = 12.04$); mean number of years of education completed was 13.68 ($SD = 2.80$). The branch of service distribution of the Year 2 sample was as follows: 95 (56.5%) Army, 19 (11.3%) Air Force, 30 (17.9%) Navy, 16 (9.5%) Marine Corps, and 4 (2.4%) other (e.g., Coastguard). The military theatre to which Year 2 participants reported being deployed was as follows: Korean War 4 (2.4%), WWII 3 (1.8%), Vietnam 37 (22%), Persian Gulf 15 (8.9%), OEF/OIF 38 (22.6%), Other 9 (5.4%) and None 46 (27.4%). In some instances, totals may be more or less than 168 due to missing data or items that could be multiply endorsed. Twenty four percent of Year 2 participants met criteria for current presence of PTSD. All individuals who participated in the study during Year 2 completed our assessment battery which included a semi structured diagnostic interview for PTSD and depression as well as numerous self-report instruments, including our newly developed functional impairment scale, the Psychosocial Functioning Inventory (PFI; see Appendix A). The PFI consists of 87 items and assesses impairment across 7 domains: Romantic Relationships, Family, Friendships and Socializing, Work, Education, Parenting, and Self-Care. A brief version of the PFI, B-PFI, was also developed during Year 2 (see Appendix B). The B-PFI is a 14-item self-report instrument that briefly assesses functional impairment across the 7 domains from the original PFI. During Year 2, the clinical interviewers met as a group routinely with the PI to review recorded interviews to ensure quality of interview administration and scoring of data. All data were entered onto a secure VA network computer by a trained research staff member. Thus far, there have not been any problems that have impeded performance of the project.

Consistent with the goals of our SOW, we have begun to examine the psychometric properties of the full version of the PFI. This analysis began during month 5 of Year 2. The first-stage psychometric analyses conducted during Year 2, months 5 - 12, included calculating Cronbach's coefficient alpha for each subscale,

item-total and inter-item correlations, and examination of individual items' frequency distributions. Additional analyses conducted during Year 2, months 5-12, included initial examination of the PFI's convergent validity by examining the relationship of the PFI with other reliable and valid measures of functioning as well as initial examination of the PFI's criterion validity as a measure of PTSD-related impairment by examining the associations between the PSI and measures of PTSD, major depressive disorder, substance abuse, and psychopathy.

At this time, based on data collected exclusively during Year 2 ($n = 168$ veterans), the PFI subscales demonstrate good internal consistency, with Cronbach's alpha coefficients as follows: Romantic Relationships .76, Family .79, Work .80, Friendships and Socializing .80, Parenting .86, Education .74, Self-Care .80. Additionally, the corrected item-total correlations by subscale range from $r = -.008$ to $r = .76$. It is anticipated that ongoing data collection and continued psychometric analyses will make it possible to identify items that can be eliminated. The PFI yields subscale scores that range from 1-7, with higher scores indicating greater functional impairment. The mean impairment scores and standard deviations for each of the subscales are as follows: Romantic Relationships ($M = 3.09$, $SD = .94$); Family ($M = 3.58$, $SD = 1.28$); Work ($M = 2.16$, $SD = .59$); Friendships and socializing ($M = 3.17$, $SD = 1.19$); Parenting ($M = 2.67$, $SD = 1.19$); Education ($M = 2.66$, $SD = .72$); and Self-Care ($M = 3.42$, $SD = 1.05$).

There were no significant associations between PFI subscale scores and participant gender, race, age, years of education or religious preference.

The PFI subscale scores all correlate significantly with a number of other self-report measures of impairment and quality of life, such as the Sheehan Disability Scale (SDS), World Health Organization Disability Assessment Schedule II (WHODAS-II), The Medical Outcomes Study Short Form 36-item for Veterans (SF-36V), Quality of Life Inventory (QOLI), and Global Assessment of Functioning (GAF).

Specifically, scores on the social and interpersonal PFI subscales (i.e. Romantic Relationships, Family, Friendships & Socializing, Parenting) correlate significantly with associated subscales in other measures, with correlations ranging from $r = .37$ to $r = -.71$ (all $p < .05$) (i.e. QOLI-Love, Friends, Children, Relatives; SF-36V- Social Functioning; WHODAS II- Getting along with people, SDS-Social and Family functioning; GAF).

Scores on the occupational PFI subscales (i.e. Work and Education) correlate significantly with other occupational subscales in other functioning measures, with correlations ranging from $r = .30$ to $r = .74$ (all $p < .05$) (i.e. SF-36V-Role Emotional; WHODAS- Work and School; SDS-Work and School functioning).

Lastly, scores on the Self-Care PFI subscale correlate significantly with several similar subscales in other measures (i.e. QOLI- Health, Standard of living, Play, Creativity; SF-36V Physical and Mental Health Component Scores, and also significantly correlated with each of the SF-36V subscales scores; WHODAS- Getting Around, Self-care, Life Activities; GAF) with correlations ranging from $r = -.31$ to $r = .63$ (all $p < .01$).

Individuals meeting diagnostic criteria for PTSD, assessed using the Clinician Administered PTSD Scale for DSM-IV (CAPS), had overall higher mean functional impairment scores across subscales compared with individuals not meeting diagnostic criteria for PTSD. Specifically, the mean group differences were as follows:

PFI Subscale	PTSD		No PTSD		<i>t</i>	<i>p</i>
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>		
Romantic relationships	3.52	1.03	2.99	.89	-2.04	.044
Family	4.57	1.33	3.38	1.18	-4.31	.001
Work	2.67	.55	2.06	.54	-3.22	.002
Friendships and socializing	4.04	1.23	3.03	1.12	-3.53	.001
Parenting	3.77	1.31	2.42	1.02	-4.07	.001
Education	3.37	1.37	2.58	.63	-1.52	.145
Self Care	4.48	.83	3.21	.96	-6.35	.001

Individuals meeting diagnostic criteria for Major Depressive Disorder, assessed using the module for Major Depressive Episode (current) from the M.I.N.I. International Neuropsychiatric Interview, also had overall higher mean functional impairment scores across subscales compared with individuals not meeting diagnostic criteria for Major Depressive Disorder. Specifically, the mean group differences were as follows:

PFI Subscale	Depression		No Depression		<i>t</i>	<i>p</i>
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>		
Romantic relationships	3.38	.95	2.87	.88	-2.64	.010
Family	3.97	1.33	3.27	1.15	-3.32	.001
Work	2.33	.69	2.06	.51	-1.75	.085
Friendships and socializing	3.54	1.25	2.95	1.07	-2.91	.004
Parenting	2.89	1.35	2.51	1.04	-1.34	.184
Education	2.97	.79	2.50	.65	-1.46	.160
Self Care	3.94	1.00	3.01	.90	-6.35	.001

Certain PFI subscales (i.e. Romantic Relationships, Family, and Parenting) were moderately correlated with overall psychopathy scores, with correlations ranging from $r = .20$ to $r = .36$ (all $p < .01$). The remaining PFI subscales (i.e. Friendship, Work, Education, and Self Care) were not significantly associated with overall psychopathy scores.

The PFI Work and Self Care scores were correlated with the number of days in the past month participants reported experiencing medical problems, ($r = .33$ and $r = .30$, both $p < .01$ respectively). The PFI Family, Friendships and Socializing, and Self Care scores were also associated in the expected direction with having a chronic medical condition that interfered with one's life ($t(137) = -2.01$, $p < .04$; $t(132) = -2.25$, $p < .03$; $t(163) = -2.99$, $p < .001$ respectively).

The PFI Work and Education scale scores correlate significantly with a number of other self-report measures of impairment in the work/ occupational domain. Specifically, scores on the PFI Work scale correlate significantly with scores on the Sheehan Disability Scale (SDS) Work/School subscale, $r = .31$, $p < .01$; World Health Organization Disability Assessment Schedule II (WHODAS-II) Work subscale, $r = .43$, $p < .01$; The Medical Outcomes Study Short Form 36-item for Veterans (SF-36V) Role Emotional subscale, $r = -.32$, $p < .01$.

With respect to relationships, there were significant associations in the expected direction between mean PFI Friendship score and number of reported close friends ($r = -.35$, $p < .01$), the number of days in the past

month participants had serious conflicts with friends ($r = .27, p < .01$), and the level of distress due to social problems ($F(4, 132) = 11.09, p < .01$). With respect to family, there were significant associations in the expected direction between the number of days in the past month participants had serious conflicts with family and mean PFI Family score, $r = .20$, mean PFI Romantic Relationships, $r = .36$, mean PFI Parenting, $r = .34$ (all $p < .05$). There were also significant associations between level of distress due to family problems and mean PFI Family score ($F(4, 137) = 5.85, p < .01$).

As a result of our success with participant recruitment, we expect data collection for Phase 2 will be completed on time.

KEY RESEARCH ACCOMPLISHMENTS

- Develop the Psychosocial Functioning Inventory (PFI), which consists of 7 domains and 87-items.
- Develop the Brief version of the PFI (B-IFI), which consists of 7 domains and 14-items.
- Continue data collection for examination of the psychometric properties of the PFI and B-PFI.
- Conduct first-stage analyses of the psychometric properties of the PFI and B-PFI.

REPORTABLE OUTCOMES

Presentations:

Marx, B. P., Schnurr, P., Rodriguez, P., Holowka, D. H., Lunney, C., Weathers, F., Sloan, D. M., & Keane, T. M. (2009, November). Development of a Functional Impairment Scale for Active Duty Service Members and Veterans. In K. M. Lester (Chair), *Beyond PTSD Symptom Reduction: Social and Health-Related Benefits of Trauma Focused Treatment*. Symposium conducted at the meeting for the International Society for Traumatic Stress Studies, Atlanta, GA.

Marx, B. P., Schnurr, P., Rodriguez, P., Holowka, D. H., Lunney, C., Weathers, F., Sloan, D. M., & Keane, T. M. (2009, September). *Development and Validation of a PTSD-Related Functional Impairment Scale*. Presented at the meeting for the Military Health Research Forum (MHRF), Kansas City, MO.

Rodriguez, P., Marx, B.P., Holowka, D.W., Shirai, A.A., Kaloupek, D. G., Keane, T, M. (2009, March). *Predictors of Functional Impairment Among Veterans with a History of Trauma*. Poster session presented at the meeting for Anxiety Disorders Association of American (ADAA), Baltimore, MD.

Rodriguez, P., Marx, B.P., Holowka, D.W., Schnurr, P., Lunney, C., Weathers, F., Sloan, D. M., Shirai, A.A., Keane, T, M. (2010, June). *Predictors of Functional Impairment Among Veterans with a History of Trauma*. Poster session presented at the meeting for World Congress for Behavioral and Cognitive Therapies (WCBCT), Boston, MA.

CONCLUSION

By creating and validating an inventory to assess functional impairment--as they are perceived and reported by active military personnel and veterans--we hope to offer a useful tool for clinicians, researchers and military leaders. A measure of functional impairment will have enormous value from a health care perspective in terms of identifying individuals with significant levels of impairments across multiple domains and for promoting more efficient allocation of resources and efforts towards those who are in most need. Such a measure will also assist with mental health-related compensation and pension procedures and decisions by providing a means to more accurately assess mental health-related functional impairment.

APPENDIX A

Psychosocial Functioning Inventory (PFI)

INSTRUCTIONS: Answer the questions at the beginning of each section to determine which sections apply to you. Then, within the sections that apply to you, read each statement and rate how often you have acted like that over the past 30 days. Circle only one number for each statement.

<u>Romantic Relationship with Spouse or Partner</u>								
Have you been in a romantic relationship with a spouse or partner in the past 30 days? <input type="checkbox"/> Yes <input type="checkbox"/> No								
<u>If you have not been in a romantic relationship with a spouse or partner during the past 30 days skip this section</u> and continue with the next section. Otherwise, please answer the following questions.								
Over the past 30 days...								
	Never			Sometimes			Always	
1. When necessary, I cooperated on tasks with my spouse or partner.	1	2	3	4	5	6	7	
2. I shared household chores or duties with my spouse or partner.	1	2	3	4	5	6	7	
3. I had trouble sharing thoughts or feelings with my spouse or partner.	1	2	3	4	5	6	7	
4. I showed interest in my spouse or partner's activities.	1	2	3	4	5	6	7	
5. I had trouble settling arguments or disagreements with my spouse or partner.	1	2	3	4	5	6	7	
6. I was patient with my spouse or partner.	1	2	3	4	5	6	7	
7. I had trouble giving emotional support to my spouse or partner.	1	2	3	4	5	6	7	
8. I was affectionate with my spouse or partner.	1	2	3	4	5	6	7	
9. My partner or spouse and I did activities that brought us closer together.	1	2	3	4	5	6	7	
10. I was interested in sexual activity with my spouse or partner.	1	2	3	4	5	6	7	
11. I had trouble becoming sexually aroused with my spouse or partner.	1	2	3	4	5	6	7	

	Not at all			Somewhat			Very much	
12a. Overall, over the past 30 days, I had trouble in my romantic relationship with my spouse or partner.	1	2	3	4	5	6	7	
12b. Overall, in the past 30 days, I was distressed or emotionally upset because of the difficulties I had in my romantic relationship.	1	2	3	4	5	6	7	

<u>Family</u>								
In this section, family refers to all relatives other than you spouse/partner or children (for example, parents, brothers, sisters, grandparents, etc). Do not answer these question reference to your spouse/partner or children.								
Have you been in contact with family members (parents, brothers, sisters, grandparents, etc.) in the past 30 days? <input type="checkbox"/> Yes <input type="checkbox"/> No								
<u>If you have not been in contact with family during the past 30 days skip this section</u> and continue with the next section. Otherwise, please answer the following questions.								
Over the past 30 days...								
	Never			Sometimes			Always	
13. I stayed in touch with family members (e.g. phone calls, e-mails, texts)	1	2	3	4	5	6	7	

14. My family and I did activities that brought us closer together.	1	2	3	4	5	6	7
15. I was affectionate with my family members.	1	2	3	4	5	6	7
16. I had trouble being patient with family members.	1	2	3	4	5	6	7
17. I had trouble communicating thoughts or feelings to family members.	1	2	3	4	5	6	7
18. I had trouble giving emotional support to family members.	1	2	3	4	5	6	7
19. I had trouble settling arguments or disagreements with family members.	1	2	3	4	5	6	7

	Not at all		Somewhat			Very much	
20a. Overall, over the past 30 days, I had trouble with my family relationships.	1	2	3	4	5	6	7
20b. Overall, in the past 30 days, I was distressed or emotionally upset because of the difficulties I had in my family relationships.	1	2	3	4	5	6	7

Work (including home-based work)

Have you worked (either for pay or as a volunteer) in the past 30 days?
 Yes No

If you have not worked either for pay or as a volunteer during the past 30 days skip this section and continue with the next section. Otherwise, please answer the following questions.

Over the past 30 days...

	Never		Sometimes			Always	
21. I had trouble showing up on time for work.	1	2	3	4	5	6	7
22. I reported for work when I was supposed to.	1	2	3	4	5	6	7
23. I got along well with others at work.	1	2	3	4	5	6	7
24. I stayed interested in my work.	1	2	3	4	5	6	7
25. I had trouble being patient with others at work.	1	2	3	4	5	6	7
26. I performed my job to the best of my ability.	1	2	3	4	5	6	7
27. I completed my work on time.	1	2	3	4	5	6	7
28. I had trouble settling arguments or disagreements with others at work.	1	2	3	4	5	6	7
29. I solved problems or challenges at work without much difficulty.	1	2	3	4	5	6	7
30. I maintained a reasonable balance between work and home.	1	2	3	4	5	6	7
31. I was able to perform my work duties without needing any extra help.	1	2	3	4	5	6	7
32. When necessary, I cooperated on work-related tasks with others.	1	2	3	4	5	6	7
33. I showed my skills and knowledge of the job.	1	2	3	4	5	6	7
34. I showed others at work that they could depend on me.	1	2	3	4	5	6	7
35. I came up with ideas and put them into action at work.	1	2	3	4	5	6	7
36. I took responsibility for my work.	1	2	3	4	5	6	7
37. I prioritized work-related tasks appropriately.	1	2	3	4	5	6	7
38. I worked hard every day.	1	2	3	4	5	6	7
39. I made sure that the work environment was pleasant for others.	1	2	3	4	5	6	7
40. I had trouble expressing my ideas, thoughts or feelings to others at work.	1	2	3	4	5	6	7
41. I had trouble being supportive of others at work.	1	2	3	4	5	6	7

	Not at all		Somewhat			Very much	
42a. Overall, over the past 30 days, I had trouble at work.	1	2	3	4	5	6	7
42b. Overall, in the past 30 days, I was distressed or emotionally upset because of my difficulties at work.	1	2	3	4	5	6	7

Friendships and Socializing

Have you been in contact with friends in the past 30 days?

Yes No

If you have not been in contact with friends during the past 30 days skip this section and continue with the next section. Otherwise, please answer the following questions.

Over the past 30 days...

	Never		Sometimes			Always	
43. I was willing to meet new people.	1	2	3	4	5	6	7
44. I stayed in touch with friends (returning phone calls, emails, visiting).	1	2	3	4	5	6	7
45. My friends and I did activities that brought us closer together.	1	2	3	4	5	6	7
46. I had trouble being patient with my friends.	1	2	3	4	5	6	7
47. I had trouble settling arguments or disagreements with my friends.	1	2	3	4	5	6	7
48. I had trouble sharing my thoughts or feelings with my friends.	1	2	3	4	5	6	7
49. I had trouble giving emotional support to my friends.	1	2	3	4	5	6	7
50. I showed affection for my friends.	1	2	3	4	5	6	7

	Not at all		Somewhat			Very much	
51a. Overall, over the past 30 days, I had trouble with my friendships and socializing.	1	2	3	4	5	6	7
51b. Overall, in the past 30 days, I was distressed or emotionally upset because of the difficulties I had with my friendships and socializing.	1	2	3	4	5	6	7

Parenting

In this section, children refers to anyone for whom you had parenting responsibilities.

Do you have children with whom you lived or had regular contact during the past 30 days? Yes No

If you do not have children with whom you lived or had regular contact during the past 30 days skip this section and continue with the next section. Otherwise, please answer the following questions.

Over the past 30 days...

	Never		Sometimes			Always	
52. My children were able to depend on me for whatever they needed.	1	2	3	4	5	6	7
53. I was interested in my children's activities.	1	2	3	4	5	6	7
54. I had trouble communicating with my children.	1	2	3	4	5	6	7
55. I was affectionate with my children.	1	2	3	4	5	6	7
56. I appropriately shared thoughts or feelings with my children.	1	2	3	4	5	6	7
57. My children and I did activities that brought us closer together.	1	2	3	4	5	6	7
58. I talked with, or taught, my children about important life issues.	1	2	3	4	5	6	7
59. I was a good role model for my children.	1	2	3	4	5	6	7
60. I had trouble giving emotional support to my children.	1	2	3	4	5	6	7
61. I had trouble settling conflicts or disagreements with my children.	1	2	3	4	5	6	7

	Not at all		Somewhat			Very much	
62a. Overall, over the past 30 days, I had trouble in my relationship with my children.	1	2	3	4	5	6	7
62b. Overall, in the past 30 days, I was distressed or emotionally upset because of the difficulties I had in my relationship with my children.	1	2	3	4	5	6	7

Education (including distance learning)

Have you been involved in a formal educational experience, either in or outside of the school setting, during the past 30 days? Yes No

If you have not been involved in an educational experience during the past 30 days skip this section and continue with the next section. Otherwise, please answer the following questions.

Over the past 30 days...

	Never		Sometimes			Always	
63. I attended classes regularly.	1	2	3	4	5	6	7
64. I stayed interested in my classes and schoolwork.	1	2	3	4	5	6	7
65. I arrived on time for my classes.	1	2	3	4	5	6	7
66. I had trouble being supportive of my classmates' achievements.	1	2	3	4	5	6	7
67. I turned in assignments late.	1	2	3	4	5	6	7
68. I solved problems and challenges in class without much difficulty.	1	2	3	4	5	6	7
69. I took responsibility for my schoolwork.	1	2	3	4	5	6	7
70. I was patient with my classmates and/or instructors.	1	2	3	4	5	6	7
71. I had trouble settling disagreements or arguments with instructors and/ classmates.	1	2	3	4	5	6	7
72. I had trouble remembering what the instructor said.	1	2	3	4	5	6	7
73. I could easily remember what I read.	1	2	3	4	5	6	7
74. I understood course material.	1	2	3	4	5	6	7
75. When necessary, I cooperated with classmates.	1	2	3	4	5	6	7
76. I got along with classmates and/or instructors.	1	2	3	4	5	6	7
77. I completed my schoolwork to the best of my ability.	1	2	3	4	5	6	7

	Not at all		Somewhat			Very much	
78a. Overall, over the past 30 days, I had trouble at school.	1	2	3	4	5	6	7
78b. Overall, in the past 30 days, I was distressed or emotionally upset because of my difficulties at school.	1	2	3	4	5	6	7

Self Care

Over the past 30 days...

	Never		Sometimes			Always	
79. I had trouble keeping up with household chores (for example, cleaning, cooking, yard work, etc).	1	2	3	4	5	6	7
80. I maintained good personal hygiene and grooming (for example, showering, brushing teeth, etc).	1	2	3	4	5	6	7
81. I had trouble managing my medical care (for example, medications, doctors' appointments, physical therapy, etc).	1	2	3	4	5	6	7
82. I ate healthy and nutritious meals.	1	2	3	4	5	6	7
83. I had trouble keeping up with chores outside the house (shopping, appointments, other errands).	1	2	3	4	5	6	7
84. I had trouble managing my finances.	1	2	3	4	5	6	7
85. I was physically active (for example, walking, exercising, playing sports, gardening, etc).	1	2	3	4	5	6	7
86. I spent time doing activities or hobbies that were fun or relaxing.	1	2	3	4	5	6	7

	Not at all		Somewhat			Very much	
87a. Overall, over the past 30 days, I had trouble taking care of myself.	1	2	3	4	5	6	7
87b. Overall, in the past 30 days, I was distressed or emotionally upset because of the difficulties I had taking care of myself.	1	2	3	4	5	6	7

APPENDIX B

Brief Psychosocial Functioning Inventory (B-PFI)

INSTRUCTIONS: For sections that apply to you, read each statement and rate how often you have felt that way over the **PAST 30 DAYS**. Circle only one number for each statement.

Self-Care: In this section, Self-Care refers to activities such as keeping up with household chores, managing your medical care, being physically active, doing activities or hobbies that were fun or relaxing.

<i>Overall, over the past 30 days:</i>	Not at all		Somewhat			Very much	
1. I had trouble taking care of myself.	1	2	3	4	5	6	7
2. I was distressed or emotionally upset because of the difficulties I had taking care of myself.	1	2	3	4	5	6	7

Romantic Relationship with Spouse or Partner: *If you have not been in a romantic relationship during the past 30 days skip this section and go on to the next section.*

<i>Overall, over the past 30 days:</i>	Not at all		Somewhat			Very much	
3. I had trouble in my romantic relationship with my spouse or partner.	1	2	3	4	5	6	7
4. I was distressed or emotionally upset because of the difficulties I had in my romantic relationship.	1	2	3	4	5	6	7

Family: In this section, family refers to all relatives other than your spouse/partner or children (example: parents, brothers, sisters, grandparents, etc). Do not answer these questions in reference to your spouse/partner or children. *If you have not been in contact with family during the past 30 days skip this section and go on to the next section.*

<i>Overall, over the past 30 days:</i>	Not at all		Somewhat			Very much	
5. I had trouble with my family relationships.	1	2	3	4	5	6	7
6. I was distressed or emotionally upset because of the difficulties I had in my family relationships.	1	2	3	4	5	6	7

Work: *If you have not worked either for pay or as a volunteer during the past 30 days skip this section and go on to the next section.*

<i>Overall, over the past 30 days:</i>	Not at all		Somewhat			Very much	
7. I had trouble at work.	1	2	3	4	5	6	7
8. I was distressed or emotionally upset because of my difficulties at work.	1	2	3	4	5	6	7

Friendships and Socializing: *If you have not been in contact with friends during the past 30 days skip this section and go on to the next section.*

<i>Overall, over the past 30 days:</i>	Not at all		Somewhat			Very much	
9. I had trouble with my friendships and socializing.	1	2	3	4	5	6	7
10. I was distressed or emotionally upset because of the difficulties I had with my friendships and socializing.	1	2	3	4	5	6	7

Parenting: In this section, children refers to anyone for whom you had parenting responsibilities. *If you do not have children with whom you lived or had regular contact during the past 30 days skip this section and go on to the next section.*

<i>Overall, over the past 30 days:</i>	Not at all		Somewhat			Very much	
11. I had trouble in my relationship with my children.	1	2	3	4	5	6	7
12. I was distressed or emotionally upset because of the difficulties I had in my relationship with my children.	1	2	3	4	5	6	7

Education: *If you have not been involved in an educational experience during the past 30 days skip this section and go on to the next section.*

<i>Overall, over the past 30 days:</i>	Not at all		Somewhat			Very much	
13. I had trouble at school	1	2	3	4	5	6	7
14. I was distressed or emotionally upset because of my difficulties at school.	1	2	3	4	5	6	7