

The SA-SIP30

Body Care and Movement

1. I make difficult moves with help, for example getting into or out of cars, bathtubs
2. I move my hands or fingers with some limitation or difficulty
3. I get in and out of bed or chairs by grasping something for support or using a cane or walker
4. I have trouble getting shoes, socks, or stockings on
5. I get dressed only with someone's help

Social Interaction

6. I show less interest in other people's problems, for example, don't listen when they tell me about their problems, don't offer to help
7. I often act irritable to those around me, for example, snap at people, give sharp answers, criticize easily
8. I show less affection
9. I am doing fewer social activities with groups of people
10. I talk less to those around me

Mobility

11. I stay home most of the time
12. I am not going into town
13. I do not get around in the dark or in unlit places without someone's help

Communication

14. I carry on a conversation only when very close to the other person or looking at him
15. I have difficulty speaking, for example, get stuck, stutter, stammer, slur my words
16. I do not speak clearly when I am under stress

Emotional Behavior

17. I say how bad or useless I am, for example, that I am a burden on others
18. I laugh or cry suddenly

19. I act irritable and impatient with myself, for example, talk badly about myself, swear at myself, blame myself for things that happen

20. I get sudden frights

Household Management

21. I am not doing any of the maintenance or repair work that I would usually do in my home or yard

22. I am not doing any of the shopping that I would usually do

23. I am not doing any of the house cleaning that I would usually do

24. I am not doing any of the clothes washing that I would usually do

Alertness Behavior

25. I am confused and start several actions at a time

26. I make more mistakes than usual

27. I have difficulty doing activities involving concentration and thinking

Ambulation

28. I do not walk up or down hills

29. I get around only by using a walker, crutches, cane, walls, or furniture

30. I walk more slowly

Source: van Straten, A., de Haan, R. J., Limburg, M., Schuling, J., Bossuyt, P. M., van den Bos, G. A. M. (1997). A Stroke-Adapted 30-Item Version of the Sickness Impact Profile to Assess Quality of Life (SA-SIP30). *Stroke*, 28, 2155-2161.