



## PHYSICAL ACTIVITY

A brief guide to the PROMIS<sup>®</sup> Physical Activity instruments:

PEDIATRIC	PARENT PROXY
PROMIS Pediatric Item Bank v1.0 – Physical Activity	PROMIS Parent Proxy Item Bank v1.0 – Physical Activity
PROMIS Pediatric Short Form v1.0 – Physical Activity 4a	PROMIS Parent Proxy Short Form v1.0 – Physical Activity 4a
PROMIS Pediatric Short Form v1.0 – Physical Activity 8a	PROMIS Parent Proxy Short Form v1.0 – Physical Activity 8a

### ABOUT PHYSICAL ACTIVITY

The PROMIS Physical Activity instruments measure a child’s performance of activities that require physical actions that reflect the level of bodily movement, ranging from simple static behaviors with minimal muscle activity to more complex activities that require dynamic or sustained muscle activity and greater movement of the body. Physical Activity behaviors are performed across non-hierarchical contexts related to the purpose (e.g. self-care, sports, school, recreation), physical environment (e.g. school home, community) and social situations (e.g. alone, family, peers). The Physical Activity item bank measures can be used alone or in conjunction with motion data from objective monitors (e.g., accelerometers and heart rate monitors). The Physical Activity measures are universal rather than disease-specific. All assess Physical Activity over the past seven days.

Physical Activity instruments are available for pediatric self-report (ages 8-17) and for parents serving as proxy reporters for their child (youth ages 5-17).

### INTRODUCTION TO ASSESSMENT OPTIONS

There are two administration options for assessing Physical Activity: short forms and computerized adaptive tests (CATs). When administering a short form, instruct participants to answer all of the items (i.e., questions or statements) presented. With a CAT, participant responses guide the system’s choice of subsequent items from the full item bank (10 items each for pediatric and parent proxy banks). Although items differ across respondents taking CATs, scores are comparable across participants.

Some administrators may prefer to ask the same question of all respondents or of the same respondent over time, to enable a more direct comparability across people or time. In these cases, or when paper administration is preferred, a short form would be more desirable than a CAT. This guide provides information on all Physical Activity short form and CAT instruments.

Whether one uses a short form or CAT, the score metric is Item Response Theory (IRT), a family of statistical models that link individual questions to a presumed underlying trait or concept of physical activity represented by all items in the item bank. When choosing between a CAT and short form, it is useful to consider the demands of computer-based assessment, and the psychological, physical, and cognitive burden placed on respondents as a result of the number of questions asked.



## SELECTING A SHORT FORM

There are 2 pediatric and 2 parent proxy Physical Activity short forms. Items were selected based on content and psychometric characteristics.

In selecting between short forms, the difference is instrument length. The reliability and precision of the short forms within a domain is highly similar. If you are working with a sample in which you want the most precise measure, select the longest short form. If you have little room for additional measures but really wanted to capture something as a secondary outcome, select one of the shorter instruments (e.g., 4-item short form).

## SELECTING A PEDIATRIC OR PARENT PROXY INSTRUMENT

In selecting whether to use the pediatric or parent proxy instrument for this domain, it is important to consider both the population and the domain which you are studying. Pediatric self-report should be considered the standard for measuring patient-reported outcomes among children. However, circumstances exist when the child is too young, cognitively impaired, or too ill to complete a patient-reported outcome instrument. While information derived from self-report and proxy-report is not equivalent, it is optimal to assess both the child and the parent since their perspectives may be independently related to healthcare utilization, risk factors, and quality of care.

## SCORING THE INSTRUMENT

Short Forms: PROMIS instruments are scored using item-level calibrations. This means that the most accurate way to score a PROMIS instrument is to use the HealthMeasures Scoring Service ([https://www.assessmentcenter.net/ac\\_scoring-service](https://www.assessmentcenter.net/ac_scoring-service)) or a data collection tool that automatically calculates scores (e.g., Assessment Center<sup>SM</sup>, REDCap auto-score). This method of scoring uses responses to each item for each participant. We refer to this as “response pattern scoring.” Because response pattern scoring is more accurate than the use of raw score/scale score look up tables included in this manual, it is preferred. Response pattern scoring is especially useful when there is missing data (i.e., a respondent skipped an item), different groups of participants responded to different items, or you have created a new questionnaire using a subset of questions from a PROMIS item bank.

To use the scoring tables in this manual, calculate a summed score. Each question usually has five response options ranging in value from 1 to 5. To find the total raw score for a short form with all questions answered, sum the values of the response to each question. For example, for the Pediatric and Parent Proxy 8-item forms, the lowest possible raw score is 8; the highest possible raw score is 40 (see all short form scoring tables in Appendix 1). **All questions must be answered in order to produce a valid score using the scoring tables.** If a participant has skipped a question, use the HealthMeasures Scoring Service ([https://www.assessmentcenter.net/ac\\_scoring-service](https://www.assessmentcenter.net/ac_scoring-service)) to generate a final score.

Locate the applicable score conversion table in Appendix 1 and use this table to translate the total raw score into a T-score for each participant. The T-score rescales the raw score into a standardized score with a mean of 50 and a standard deviation (SD) of 10. Therefore, a person with a T-score of 40 is one SD below the mean.

For the PROMIS Pediatric Physical Activity 8a short form, a raw score of 10 converts to a T-score of 34.5 with a standard error (SE) of 3.5 (see scoring table for the Pediatric 8a short form in Appendix 1). Thus, the 95% confidence interval around the observed score ranges from 27.64 to 41.36 (T-score  $\pm$  (1.96\*SE) or 34.5 $\pm$  (1.96\*3.5)).

**CAT:** A minimum number of items (5 for peds and parent proxy CATs) must be answered in order to receive a score for the Physical Activity CAT. The response to the first item will guide the system’s choice of the next item for the participant. The participant’s response to the second item will dictate the selection of the following question, and so on. As additional items are administered, the potential for error is reduced and confidence in the respondent’s score increases. The CAT will continue until either the standard error drops below a specified level (on the T-score metric 4.0 for peds and parent proxy CATs), or the participant has answered the maximum number of questions (12), whichever occurs first.

For most PROMIS instruments, a score of 50 is the average for the United States general population with a standard deviation of 10 because calibration testing was performed on a large sample of the general population. You can read more about the calibration and centering samples at HealthMeasures.net (<http://www.healthmeasures.net/score-and-interpret/interpret-scores/promis>). The T-score is provided with an error term (Standard Error or SE). The Standard Error is a statistical measure of variance and represents the “margin of error” for the T-score.

**Important:** A higher PROMIS T-score represents more of the concept being measured. For positively-worded concepts like Physical Activity, a T-score of 60 is one SD better than average. By comparison, a Physical Activity T-score of 40 is one SD worse than average.

## STATISTICAL CHARACTERISTICS

There are four key features of the score for Physical Activity:

- **Reliability:** The degree to which a measure is free of error. It can be estimated by the internal consistency of the responses to the measure, or by correlating total scores on the measure from two time points when there has been no true change in what is being measured (for z-scores, reliability =  $1 - SE^2$ ).
- **Precision:** The consistency of the estimated score (reciprocal of error variance).
- **Information:** The precision of an item or multiple items at different levels of the underlying continuum (for z-scores, information =  $1/SE^2$ ).
- **Standard Error (SE):** The possible range of the actual final score based upon the scaled T-score. For example, with a T-score of 52 and a SE of 2, the 95% confidence interval around the actual final score ranges from 48.1 to 55.9 ( $T\text{-score} \pm (1.96 * SE) = 52 \pm 3.9 = 48.1 \text{ to } 55.9$ ).

The final score is represented by the T-score, a standardized score with a mean of 50 and a standard deviation (SD) of 10.

In Figure 1, the two horizontal lines each represent a degree of internal consistency reliability (i.e., .90 or .95) typically regarded as sufficient for an accurate individual score. The shaded gray region marks the range of the scale where measurement precision is comparable to the reliability of .90 for the item bank, the 8-item and the 4-item form (represented by the black line, the red line and the green line, respectively).

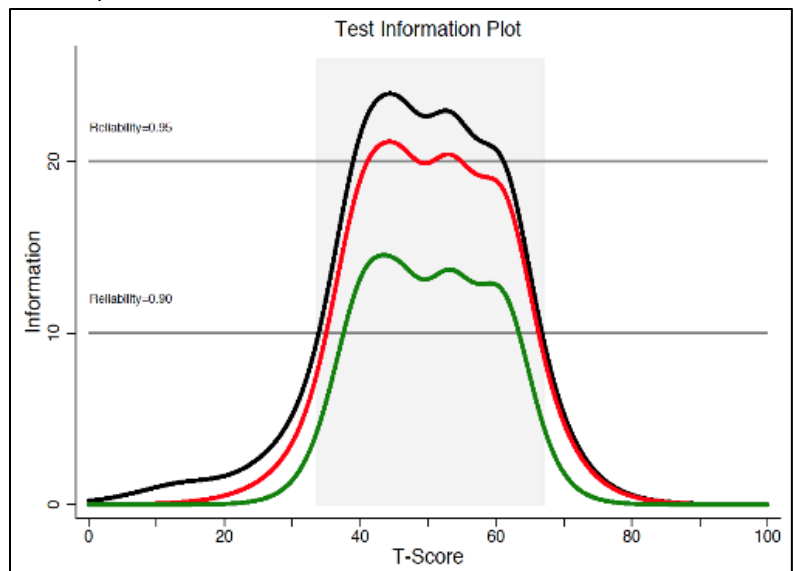


Figure 1 also tells us where on the scale the form is most informative based upon the T-score: the

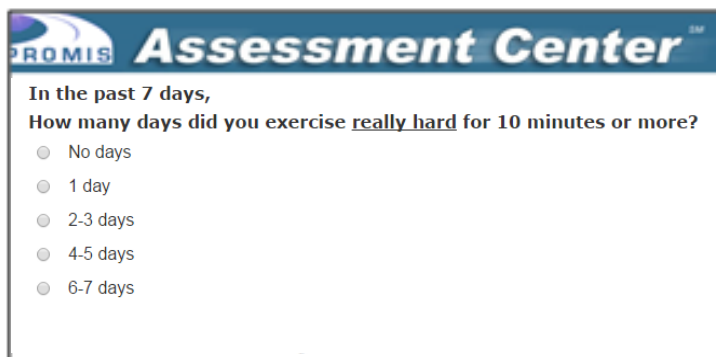
Figure 1

item bank is more informative than the 8-item form, which is more informative than the 4-item form.

More information is available at [www.HealthMeasures.net](http://www.HealthMeasures.net).

### PREVIEW OF SAMPLE ITEM

Figure 2 shows a pediatric physical item from the full item bank as it would appear to a study participant during data collection in Assessment Center. Several formats for presenting the items are available for computer-based administration through Assessment Center.



**PROMIS Assessment Center™**

In the past 7 days,  
 How many days did you exercise really hard for 10 minutes or more?

- No days
- 1 day
- 2-3 days
- 4-5 days
- 6-7 days

Figure 2

Figure 3 is an excerpt from the paper version of the Parent Proxy 8-item short form. This is the paper version format used for all Physical Activity instruments. It is important to note that the CAT is not available for paper administration, though PDFs are available to review all included items.

In the past 7 days...		No days	1 day	2-3 days	4-5 days	6-7
PAC_M_009_PXR1	How many days did your child exercise or play so hard that his/her body got tired? .....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	
PAC_M_105_PXR1	How many days did your child exercise <u>really hard</u> for 10 minutes or more? .....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	

Figure 3



## FREQUENTLY ASKED QUESTIONS (FAQs)

Q: I am interested in learning more. Where can I do that?

Review the HealthMeasures website at [www.healthmeasures.net](http://www.healthmeasures.net).

Q: Do I need to register with PROMIS to use these instruments?

No.

Q: Are these instruments available in other languages?

Yes! Look at the HealthMeasures website (<http://www.healthmeasures.net/explore-measurement-systems/promis/intro-to-promis/available-translations/117-available-translations>) for current information on PROMIS translations.

Q: Can I make my own short form?

Yes, custom short forms can be made by selecting any items from an item bank. This can be scored using the Scoring Service ([https://www.assessmentcenter.net/ac\\_scoring-service](https://www.assessmentcenter.net/ac_scoring-service)).

Q: How do I handle multiple responses when administering a short form on paper?

Guidelines on how to deal with multiple responses have been established. Resolution depends on the responses noted by the research participant.

- If two or more responses are marked by the respondent, and they are next to one another, then a data entry specialist will be responsible for randomly selecting one of them to be entered and will write down on the form which answer was selected. Note: To randomly select one of two responses, the data entry specialist will flip a coin (heads - higher number will be entered; tails – lower number will be entered). To randomly select one of three (or more) responses, a table of random numbers should be used with a statistician's assistance.
- If two or more responses are marked, and they are NOT all next to one another, the response will be considered missing.

Q: What is the minimum change on a PROMIS instrument that represents a clinically meaningful difference?

To learn more about research on the meaning of a change in scores, we suggest conducting a literature review to identify the most current information. The HealthMeasures website (<http://www.healthmeasures.net/score-and-interpret/interpret-scores/promis>) has additional information on interpreting scores.



## APPENDIX 1 - SCORING TABLES

<b>Physical Activity 4a - Pediatric v1.0</b>		
<i>Short Form Conversion Table</i>		
Raw Score	T-Score	SE*
4	32.3	4.8
5	37.3	3.2
6	39.5	3.0
7	41.4	2.8
8	43.1	2.7
9	44.6	2.6
10	46.2	2.7
11	47.7	2.7
12	49.3	2.7
13	51.0	2.7
14	52.8	2.7
15	54.6	2.7
16	56.4	2.7
17	58.3	2.8
18	60.5	2.9
19	63.3	3.2
20	68.4	4.8

\*SE = Standard Error on T-Score

<b>Physical Activity 8a - Pediatric v1.0</b>
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Raw Score	T-Score	SE*
8	28.8	4.8
9	32.6	3.8
10	34.5	3.5
11	36.4	3.1
12	37.9	2.8
13	39.2	2.6
14	40.4	2.5
15	41.4	2.4
16	42.4	2.3
17	43.4	2.3
18	44.3	2.3
19	45.2	2.3
20	46.1	2.3
21	47.0	2.3
22	47.8	2.3
23	48.7	2.3
24	49.6	2.3
25	50.5	2.3
26	51.4	2.3
27	52.3	2.4
28	53.3	2.4
29	54.3	2.4
30	55.3	2.4
31	56.3	2.4
32	57.3	2.4
33	58.4	2.4
34	59.5	2.5
35	60.8	2.5
36	62.1	2.7
37	63.7	2.8
38	65.5	3.1
39	67.8	3.5
40	71.7	4.6

\*SE = Standard Error on T-Score

**Physical Activity 4a - Parent  
Proxy v1.0**



Raw Score	T-Score	SE*
4	31.3	4.9
5	36.1	3.4
6	38.1	3.4
7	40.2	3.1
8	41.9	3.1
9	43.6	3.0
10	45.3	3.1
11	46.9	3.1
12	48.6	3.1
13	50.5	3.1
14	52.5	3.1
15	54.7	3.1
16	56.9	3.1
17	59.2	3.2
18	61.8	3.3
19	64.9	3.6
20	69.7	4.8

\*SE = Standard Error on T-Score

**Physical Activity 8a - Parent**





<b>Proxy v1.0</b>		
<i>Short Form Conversion Table</i>		
Raw Score	T-Score	SE*
8	28.4	4.9
9	31.9	4.0
10	33.5	3.7
11	35.5	3.3
12	37.0	3.0
13	38.4	2.8
14	39.6	2.7
15	40.7	2.6
16	41.8	2.5
17	42.8	2.5
18	43.8	2.5
19	44.7	2.5
20	45.7	2.5
21	46.6	2.5
22	47.6	2.6
23	48.6	2.6
24	49.6	2.6
25	50.6	2.6
26	51.6	2.6
27	52.6	2.6
28	53.7	2.6
29	54.8	2.6
30	55.9	2.6
31	57.1	2.6
32	58.3	2.7
33	59.5	2.7
34	60.9	2.7
35	62.3	2.8
36	63.8	2.9
37	65.5	3.0
38	67.5	3.3
39	70.0	3.7
40	73.7	4.6

\*SE = Standard Error on T-Score