



INSTRUCTIONS FOR THE ABILHAND QUESTIONNAIRE

The ABILHAND questionnaire

The ABILHAND questionnaire was developed as a measure of manual ability as perceived by the patient. It explores the most representative inventory of manual activities. Some items were selected from existing scales; others were devised to extend the range of activities. The original questionnaire was applied to a sample of rheumatoid arthritis patients (*Arch Phys Med Rehabil* 1998; 79: 1038-42). A second application showed that a subset of 23 bimanual activities (usually realized with two hands) was the most discriminating and valid in chronic stroke patients (*Stroke* 2001; 32: 1627-34). A third and fourth applications showed that a subset of 27 and 26 items presented good psychometric qualities in rheumatoid arthritis patients (*Ann Rheum Dis*. 2007; 66(8):1098-105) and in systemic sclerosis patients (*Arthritis Care & Research* 2009, *in press*). ABILHAND was originally developed using the Rasch measurement model. It allows to convert ordinal scores into linear measures located on a unidimensional scale.

Evaluation

The **patient** fills in himself the questionnaire by estimating their own difficulty or ease in performing each activity. The activities should be done:

- **Without technical or human help** (even if the patient actually uses help in daily life)
- Irrespective the limb(s) actually used to achieve the activity
- Whatever the strategy used (any compensation is allowed)

Four responses are presented. These assess the perception of the difficulty/ease depending on whether the activity is “impossible”, “difficult” or “easy”. Activities not attempted in the last 3 months are not scored and entered as missing responses (to tick the question mark).

So, for any activity, the four potential answers are:

- **Impossible:** The patient is unable to perform the activity without using any other help.
- **Difficult:** The patient is able to perform the activity without any help but experiences some difficulty.
- **Easy:** The patient is able to perform the activity without any help and experiences no difficulty.
- **Question mark:** The patient cannot estimate the difficulty of the activity because he has never done the activity.

Watch out!! If the activity was never attempted because it is impossible, then it must be scored “impossible” rather than “question mark”.

Activities order

The activities of the ACTIVLIM questionnaire are presented in a random order to avoid any systematic effect. Ten different random orders of presentation are used. The rater must select the next one of the 10 orders for each new assessment, no matter which patient is tested.

Package content

- 1 instruction sheet.
- Testing forms of ACTIVLIM in 10 random orders (1 sheet for each)

ABILHAND - SSc

English Version

Patient _____

Date _____

How DIFFICULT are the following activities ?	Impossible	Difficult	Easy	?
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1	Threading a needle				
2	Putting on a piece of jewelry				
3	Cutting meat				
4	Handling scissors				
5	Taking the cap off a bottle				
6	Taking a coin out of a pocket				
7	Cutting one's nails				
8	Unwrapping a chocolate bar				
9	Wiping windows				
10	Turning off a tap				
11	Lacing shoes				
12	Handling a stapler				
13	Opening mail				
14	Peeling onions				
15	Winding up a wristwatch				
16	Peeling potatoes with a knife				
17	Opening a screw-topped jar				
18	Fastening the zipper of a jacket				
19	Cleaning vegetables				
20	Spreading butter on a slice of bread				
21	Putting cream on one's body				
22	Tearing open a package of chips				
23	Brushing one's hair				
24	Fastening a snap-fastener (e.g., bag, jacket)				
25	Shelling hazel nuts				
26	Buttoning up trousers				

ABILHAND - SSc

English Version

Patient _____

Date _____

How DIFFICULT are the following activities ?	Impossible	Difficult	Easy	?
---	-------------------	------------------	-------------	----------

1	Handling scissors				
2	Unwrapping a chocolate bar				
3	Fastening the zipper of a jacket				
4	Taking a coin out of a pocket				
5	Cutting meat				
6	Turning off a tap				
7	Shelling hazel nuts				
8	Threading a needle				
9	Fastening a snap-fastener (e.g., bag, jacket)				
10	Brushing one's hair				
11	Putting cream on one's body				
12	Wiping windows				
13	Peeling potatoes with a knife				
14	Buttoning up trousers				
15	Tearing open a package of chips				
16	Cleaning vegetables				
17	Lacing shoes				
18	Winding up a wristwatch				
19	Taking the cap off a bottle				
20	Putting on a piece of jewelry				
21	Spreading butter on a slice of bread				
22	Cutting one's nails				
23	Opening a screw-topped jar				
24	Handling a stapler				
25	Peeling onions				
26	Opening mail				

ABILHAND - SSc

English Version

Patient _____

Date _____

	How DIFFICULT are the following activities ?	Impossible	Difficult	Easy	?
1	Opening a screw-topped jar				
2	Taking a coin out of a pocket				
3	Fastening a snap-fastener (e.g., bag, jacket)				
4	Putting cream on one's body				
5	Cutting meat				
6	Lacing shoes				
7	Peeling potatoes with a knife				
8	Opening mail				
9	Buttoning up trousers				
10	Tearing open a package of chips				
11	Putting on a piece of jewelry				
12	Brushing one's hair				
13	Peeling onions				
14	Taking the cap off a bottle				
15	Unwrapping a chocolate bar				
16	Handling scissors				
17	Cleaning vegetables				
18	Shelling hazel nuts				
19	Handling a stapler				
20	Winding up a wristwatch				
21	Turning off a tap				
22	Spreading butter on a slice of bread				
23	Wiping windows				
24	Cutting one's nails				
25	Fastening the zipper of a jacket				
26	Threading a needle				

ABILHAND - SSc

English Version

Patient _____

Date _____

How DIFFICULT are the following activities ?	Impossible	Difficult	Easy	?
---	-------------------	------------------	-------------	----------

1	Putting cream on one's body				
2	Cleaning vegetables				
3	Cutting one's nails				
4	Fastening the zipper of a jacket				
5	Lacing shoes				
6	Turning off a tap				
7	Wiping windows				
8	Threading a needle				
9	Tearing open a package of chips				
10	Opening mail				
11	Brushing one's hair				
12	Handling scissors				
13	Taking the cap off a bottle				
14	Peeling potatoes with a knife				
15	Taking a coin out of a pocket				
16	Winding up a wristwatch				
17	Unwrapping a chocolate bar				
18	Buttoning up trousers				
19	Peeling onions				
20	Handling a stapler				
21	Opening a screw-topped jar				
22	Cutting meat				
23	Putting on a piece of jewelry				
24	Fastening a snap-fastener (e.g., bag, jacket)				
25	Shelling hazel nuts				
26	Spreading butter on a slice of bread				

ABILHAND - SSc

English Version

Patient _____

Date _____

How DIFFICULT are the following activities ?	Impossible	Difficult	Easy	?
---	-------------------	------------------	-------------	----------

1	Peeling onions				
2	Wiping windows				
3	Taking a coin out of a pocket				
4	Putting on a piece of jewelry				
5	Handling a stapler				
6	Lacing shoes				
7	Tearing open a package of chips				
8	Threading a needle				
9	Opening mail				
10	Shelling hazel nuts				
11	Peeling potatoes with a knife				
12	Unwrapping a chocolate bar				
13	Cleaning vegetables				
14	Buttoning up trousers				
15	Cutting one's nails				
16	Spreading butter on a slice of bread				
17	Turning off a tap				
18	Putting cream on one's body				
19	Fastening the zipper of a jacket				
20	Winding up a wristwatch				
21	Handling scissors				
22	Fastening a snap-fastener (e.g., bag, jacket)				
23	Opening a screw-topped jar				
24	Brushing one's hair				
25	Taking the cap off a bottle				
26	Cutting meat				

ABILHAND - SSc

English Version

Patient _____

Date _____

How DIFFICULT are the following activities ?		Impossible	Difficult	Easy	?
1	Buttoning up trousers				
2	Winding up a wristwatch				
3	Cutting meat				
4	Putting on a piece of jewelry				
5	Taking the cap off a bottle				
6	Handling scissors				
7	Handling a stapler				
8	Spreading butter on a slice of bread				
9	Wiping windows				
10	Tearing open a package of chips				
11	Shelling hazel nuts				
12	Cutting one's nails				
13	Threading a needle				
14	Taking a coin out of a pocket				
15	Fastening the zipper of a jacket				
16	Lacing shoes				
17	Fastening a snap-fastener (e.g., bag, jacket)				
18	Putting cream on one's body				
19	Cleaning vegetables				
20	Unwrapping a chocolate bar				
21	Opening mail				
22	Brushing one's hair				
23	Turning off a tap				
24	Opening a screw-topped jar				
25	Peeling potatoes with a knife				
26	Peeling onions				

ABILHAND - SSc

English Version

Patient _____

Date _____

How DIFFICULT are the following activities ?	Impossible	Difficult	Easy	?
---	-------------------	------------------	-------------	----------

1	Brushing one's hair				
2	Opening mail				
3	Taking the cap off a bottle				
4	Spreading butter on a slice of bread				
5	Peeling potatoes with a knife				
6	Putting cream on one's body				
7	Turning off a tap				
8	Shelling hazel nuts				
9	Opening a screw-topped jar				
10	Threading a needle				
11	Putting on a piece of jewelry				
12	Winding up a wristwatch				
13	Buttoning up trousers				
14	Cutting one's nails				
15	Wiping windows				
16	Lacing shoes				
17	Cleaning vegetables				
18	Peeling onions				
19	Fastening a snap-fastener (e.g., bag, jacket)				
20	Fastening the zipper of a jacket				
21	Tearing open a package of chips				
22	Taking a coin out of a pocket				
23	Handling scissors				
24	Unwrapping a chocolate bar				
25	Cutting meat				
26	Handling a stapler				

ABILHAND - SSc

English Version

Patient _____

Date _____

How DIFFICULT are the following activities ?	Impossible	Difficult	Easy	?
---	-------------------	------------------	-------------	----------

1	Lacing shoes				
2	Taking the cap off a bottle				
3	Fastening a snap-fastener (e.g., bag, jacket)				
4	Putting cream on one's body				
5	Threading a needle				
6	Winding up a wristwatch				
7	Peeling onions				
8	Cutting meat				
9	Tearing open a package of chips				
10	Peeling potatoes with a knife				
11	Opening a screw-topped jar				
12	Cutting one's nails				
13	Opening mail				
14	Putting on a piece of jewelry				
15	Handling a stapler				
16	Wiping windows				
17	Turning off a tap				
18	Buttoning up trousers				
19	Shelling hazel nuts				
20	Cleaning vegetables				
21	Handling scissors				
22	Unwrapping a chocolate bar				
23	Fastening the zipper of a jacket				
24	Spreading butter on a slice of bread				
25	Brushing one's hair				
26	Taking a coin out of a pocket				

ABILHAND - SSc

English Version

Patient _____

Date _____

How DIFFICULT are the following activities ?	Impossible	Difficult	Easy	?
---	-------------------	------------------	-------------	----------

1	Cleaning vegetables				
2	Winding up a wristwatch				
3	Lacing shoes				
4	Putting cream on one's body				
5	Spreading butter on a slice of bread				
6	Taking the cap off a bottle				
7	Shelling hazel nuts				
8	Opening mail				
9	Opening a screw-topped jar				
10	Tearing open a package of chips				
11	Peeling onions				
12	Threading a needle				
13	Fastening the zipper of a jacket				
14	Turning off a tap				
15	Unwrapping a chocolate bar				
16	Brushing one's hair				
17	Putting on a piece of jewelry				
18	Buttoning up trousers				
19	Handling scissors				
20	Cutting meat				
21	Fastening a snap-fastener (e.g., bag, jacket)				
22	Handling a stapler				
23	Peeling potatoes with a knife				
24	Wiping windows				
25	Cutting one's nails				
26	Taking a coin out of a pocket				

ABILHAND - SSc

English Version

Patient _____

Date _____

How DIFFICULT are the following activities ?	Impossible	Difficult	Easy	?
---	-------------------	------------------	-------------	----------

1	Wiping windows				
2	Cutting meat				
3	Buttoning up trousers				
4	Cleaning vegetables				
5	Handling a stapler				
6	Turning off a tap				
7	Handling scissors				
8	Cutting one's nails				
9	Taking a coin out of a pocket				
10	Brushing one's hair				
11	Shelling hazel nuts				
12	Unwrapping a chocolate bar				
13	Taking the cap off a bottle				
14	Threading a needle				
15	Fastening a snap-fastener (e.g., bag, jacket)				
16	Winding up a wristwatch				
17	Opening a screw-topped jar				
18	Lacing shoes				
19	Fastening the zipper of a jacket				
20	Spreading butter on a slice of bread				
21	Putting on a piece of jewelry				
22	Opening mail				
23	Peeling potatoes with a knife				
24	Putting cream on one's body				
25	Peeling onions				
26	Tearing open a package of chips				