

Supplementary material 12: Summarization of the results of all the phases of translation and cross-cultural adaptation

Q. No.	Original	Phase 1		Phase 2	Phase 3		Phase 4	Phase 5	Final version
		Translator 1	Translator 2	Version 1	Translator 3	Translator 4	Pre-test version	Tested	
1	Do you currently feel you have a reduction in: The strength in your arms? The strength in your legs? Your muscle mass? Your energy? Your physical capabilities? Your general flexibility?	Nimage ī keḷaḡinavugaḷalli yāvudu modaliginta kaḍime anisuttide: Kaigaḷallina śakti? Kālugaḷa śakti? Snāyu (mānsa khaṇḍa) gaḷa śakti? Nim'ma śakti? Nim'ma daihika sāmārthya? Nim'ma snāyuvina namyate? (Phleksibiliṭi)	Prastuta nimage ī keḷaḡinavugaḷalli yāvudādaru kaḍimeyāḡideyē endu anisuttadeyē? Nim'ma tōḷugaḷallina śakti? Nim'ma kālugaḷa śakti? Nim'ma sāmārthya? Snāyusakti nim'ma sāmārthya? Nim'ma daihika sāmārthyagaḷu? Nim'ma snāyuvina namyate?	Prastuta nimage ī keḷaḡinavugaḷalli yāvudādarū kaḍimeyāḡideyē e0du anisuttideyē? Nim'ma tōḷugaḷallina śakti? Nim'ma kālugaḷa śakti? Snāyu śakti? Nim'ma sāmārthya? Nim'ma daihika sāmārthyagaḷu? Nim'ma snāyuvina namyate?	Do you feel there is decrease in any of the following? Strength of your arms? Strength of your legs? Muscle strength? Your strength? Your physical abilities? Your muscle flexibility?	1. At present, do you feel any of the following has lessened? Strength of the arms? Strength of the limbs? Power of muscles? Your Capability? Physical Stamina? Flexibility of muscles?	Prastuta nimage ī keḷaḡinavugaḷalli yāvudādarū kaḍimeyāḡideyē e0du anisuttideyē? Nim'ma tōḷugaḷallina śakti? Nim'ma kālugaḷa śakti? Snāyu śakti? Nim'ma sāmārthya? Nim'ma daihika sāmārthyagaḷu? Nim'ma snāyuvina namyate?	Snāyu Namyate Nim'ma snāyuvina namyate?	Prastuta nimage ī keḷaḡinavugaḷalli yāvudādarū kaḍimeyāḡideyē e0du anisuttideyē? Nim'ma kaigaḷallina śakti? Nim'ma kālugaḷa śakti? Snāyu (mānsakhaṇḍagaḷa) śakti? Nim'ma sāmārthya? Nim'ma daihika sāmārthyagaḷu? Nim'ma snāyuvina (mānsakhaṇḍada) namyate? [Nim'ma mānsa khaṇḍagaḷu sulabhavāḡi dēhavannu baggisalu mattu kaikālugaḷannu maḍacalu mattu cācalu saharisuttiveye?]
2	Do you have pain in your muscles? Often Sometimes Rarely Never	Nimage snāyu (mānsakhaṇḍa) gaḷalli nōvideyē? Āḡāga kelavom'me aparūpakke (viraḷa) endigū illa	Nim'ma snāyugaḷalli nōvu ideyē? Āḡāga kelavom'me viraḷavāḡi endigū	Nim'ma snāyugaḷalli nōvu ideyē? Āḡāga kelavom'me viraḷavāḡi (aparūpakke) endigū illa	Do you have pain in your muscle? Most of the time Sometimes Rarely Not at all	How often do you feel pain in the muscles? Often Sometimes Rarely Never	Nim'ma snāyugaḷalli nōvu ideyē? Āḡāga kelavom'me viraḷavāḡi (aparūpakke) endigū illa		Nim'ma snāyu (mānsakhaṇḍa) gaḷalli nōvu ideyē? Āḡāga kelavom'me viraḷavāḡi (aparūpakke) endigū illa
3	When undertaking light physical activities (walking slowly, doing the ironing, dusting, washing-up, DIY, watering the garden, etc.), do you: Have difficulty? Get tired? Experience pain?	Nīvu laghuvāda daihika caṭuvaṭikegaḷannu māḍuvāga (nidhānavāḡi naḍeyuvudu, istriyannu māḍuvudu, dhūḷannu tegeyuvudu, snāna māḍuvudu, nimage iṣṭavāda kelasavannu māḍuvudu, giḍagaḷige nīru hākuvudu ityādi.) Ivugaḷalli nimage yāvāga Kaṣṭavāḡuttade? Sustāḡuttade? (Daṇivu) nōvina anubhavavāḡuttade?	Sanṇa daihika caṭuvaṭikegaḷannu kaigoḷḷuvāga (nidhānavāḡi naḍeyuvudu, istri māḍuvudu, dhūḷu tegeyuvudu, toḷeyuvudu, tōṭakke nīru hākuvudu, ityādi) nimage: Kaṣṭavāḡuttadeyē? Sustāḡuvudē? Nōvāḡuttadeyē?	Nīvu laghuvāda daihika caṭuvaṭikegaḷannu māḍuvāga (nidhānavāḡi naḍeyuvudu, istriyannu māḍuvudu, dhūḷannu tegeyuvudu, snāna māḍuvudu, nimage iṣṭavāda kelasavannu māḍuvudu, giḍagaḷige nīru hākuvudu ityādi.) Ivugaḷalli nimage yāvāga Kaṣṭavāḡuttade? Sustāḡuttade? Nōvina anubhavavāḡuttade?	When you involve yourself in the lighter activities (like slow walking, ironing clothes, dusting, bathing, doing your favourite activity, watering the plants etc.) Do you feel Difficult? Tired? Pain?	Whenever you are involved in light physical activities, (a slow walk, Ironing, Taking bath, Watering the Garden, some other activity you like) when do you feel Difficult to continue? Tired? Pain?	Nīvu hagaruvāda daihika caṭuvaṭikegaḷannu māḍuvāga (nidhānavāḡi naḍeyuvudu, istriyannu māḍuvudu, dhūḷannu tegeyuvudu, snāna māḍuvudu, nimage iṣṭavāda kelasavannu māḍuvudu, giḍagaḷige nīru hākuvudu ityādi.) Nimage yāvāga Kaṣṭavāḡuttade? Sustāḡuttade? Nōvina anubhavavāḡuttade?		Nīvu hagaruvāda daihika caṭuvaṭikegaḷannu māḍuvāga (nidhānavāḡi naḍeyuvudu, istriyannu māḍuvudu, dhūḷannu tegeyuvudu, snāna māḍuvudu, nimage iṣṭavāda kelasavannu māḍuvudu, giḍagaḷige nīru hākuvudu ityādi.) Nimage yāvāga Kaṣṭavāḡuttade? Sustāḡuttade? Nōvina anubhavavāḡuttade?

4	When undertaking moderate physical activities (fast walking, cleaning windows, Hoovering, washing the car, pulling up weeds in the garden, etc.), do you: Have difficulty? Get tired? Experience pain?	Nīvu madhyama caṭuvaṭikegaḷannu māḍuvāga [vēgavāgi naḍeyuvudu, kiṭikiḷaḷannu svacchagoḷisuvudu, vyākyūm klīniṅ māḍuvudu, kāraṇnu toḷeyuvudu, tōṭadallina kaḷeyannu tegeyuvudu (kiḷuvudu)] ivuḷaḷalli nimage yāvāga Kaṣṭavāguttade? Sustāguttade? (Daṇivu) nōvina anubhavavāguttade?	Madhyama daihika caṭuvaṭikegaḷannu kaigoḷuvāga (vēgada naḍige, kiṭikiḷaḷannu svacchagoḷisuvudu, kāraṇnu toḷeyuvudu, tōṭadalli kaḷegaḷannu tegeyuvudu, ityādi) nimage: Kaṣṭavāguttadeyē? Sustāguvudē? Nōvāguttadeyē?	Nīvu madhyama caṭuvaṭikegaḷannu māḍuvāga [vēgavāgi naḍeyuvudu, kiṭikiḷaḷannu svacchagoḷisuvudu, vyākyūm klīniṅ māḍuvudu, kāraṇnu toḷeyuvudu, tōṭadallina kaḷeyannu tegeyuvudu (kiḷuvudu)] ivuḷaḷalli nimage yāvāga Kaṣṭavāguttade? Sustāguttade? Nōvina anubhavavāguttade?	When you do a bit of heavy work such as brisk walk, cleaning windows, using vacuum cleaner, washing cars, weeding etc. Do you feel It is difficult? Tired? Pain?	Whenever you are involved in physical activities of average physical exertion, (such as walking briskly, cleaning windows, Vacuum cleaning, washing your car, removing weeds in the farm) when do you feel Difficult to continue? Tired? Feel pain?	Nīvu kaṣṭakaravallada caṭuvaṭikegaḷannu māḍuvāga [vēgavāgi naḍeyuvudu, kiṭikiḷaḷannu svacchagoḷisuvudu, vyākyūm klīniṅ māḍuvudu, kāraṇnu toḷeyuvudu, tōṭadallina kaḷeyannu tegeyuvudu] nimage yāvāga Kaṣṭavāguttade? Sustāguttade? Nōvina anubhavavāguttade?	Kaṣṭakaravallada Vyākyūm klīniṅ māḍuvudu Tōṭadallina kaḷeyannu	Nīvu tumbā kaṣṭavallada caṭuvaṭikegaḷannu māḍuvāga [vēgavāgi naḍeyuvudu, kiṭikiḷaḷannu svacchagoḷisuvudu, guḍisuvudu, oresuvudu, kāraṇnu toḷeyuvudu, tōṭadallina hullu athavā bēḍavāda giḍagaḷannu tegeyuvudu ityādi] nimage yāvāga Kaṣṭavāguttade? Sustāguttade? Nōvina anubhavavāguttade?
5	When undertaking intense physical activities (running, hiking, lifting heavy objects, moving furniture, digging the garden, etc.), do you: Have difficulty? Get tired? Experience pain?	Nīvu tivravāda daihika caṭuvaṭikegaḷannu māḍuvāga (ōḍuvudu, tumbā dūra naḍeyuvudu, bhāravāda vastugaḷannu ettuvudu, pīṭhōpakaraṇagaḷannu calisuvudu, tōṭagaḷannu ageyuvudu ityādi) ivuḷaḷalli nimage yāvāga Kaṣṭavāguttade? Sustāguttade? (Daṇivu) nōvina anubhavavāguttade?	Tivravāda daihika caṭuvaṭikegaḷannu kaigoḷuvāga (tirugāḍuvudu, bhāravāda vastugaḷannu ettuvudu, pīṭhōpakaraṇagaḷannu sarisuvudu, udyānavannu ageyuvudu, ityādi) nimage: Kaṣṭavāguttadeyē? Sustāguvudē? Nōvāguttadeyē?	Nīvu tivravāda daihika caṭuvaṭikegaḷannu māḍuvāga (ōḍuvudu, tumbā dūra naḍeyuvudu, bhāravāda vastugaḷannu ettuvudu, pīṭhōpakaraṇagaḷannu sarisuvudu, tōṭagaḷannu ageyuvudu ityādi) ivuḷaḷalli nimage yāvāga Kaṣṭavāguttade? Sustāguttade? Nōvina anubhavavāguttade?	When you are involved in tougher activities like running, long walk, lifting heavy things, moving furniture, digging etc. Do you feel It is difficult? Tired? Pain?	Whenever you are involved in hard physical activities, (Running, Walking a long distance, Lifting heavy objects, Digging in the farm, moving the furniture) when do you feel Difficult to continue? Tired? Feel pain?	Nīvu tivravāda daihika caṭuvaṭikegaḷannu māḍuvāga (ōḍuvudu, tumbā dūra naḍeyuvudu, bhāravāda vastugaḷannu ettuvudu, pīṭhōpakaraṇagaḷannu sarisuvudu, tōṭagaḷannu ageyuvudu ityādi) nimage yāvāga Kaṣṭavāguttade? Sustāguttade? Nōvina anubhavavāguttade?		Nīvu tivravāda daihika caṭuvaṭikegaḷannu māḍuvāga (ōḍuvudu, tumbā dūra naḍeyuvudu, bhāravāda vastugaḷannu ettuvudu, pīṭhōpakaraṇagaḷannu sarisuvudu, tōṭagaḷannu ageyuvudu ityādi) nimage yāvāga Kaṣṭavāguttade? Sustāguttade? Nōvina anubhavavāguttade?
6	Do you currently feel old? Yes, very Yes, somewhat Yes, a little No, not at all	Nīvu nim'mannu vṛd'dha athavā vṛd'dhe endu bhāvisuvirā? Haudu, tumbā haudu, svalpamattige haudu, svalpa illa, illavē illa	Nimage prastuta vayas'sāguttide endu anisuttideyē? Haudu, tumbā haudu, svalpamattige haudu, svalpa illa, illavē illa	Prastuta nimage vayas'sāguttide endu bhāvisuvirā? Haudu, tumbā haudu, svalpamattige haudu, svalpa illa, illavē illa	Do you feel that you are getting old? Yes, too often Yes, sometimes Yes, a little No, not at all	Do you think that you are getting aged now? Yes, very much Yes, to some extent Yes, a little No, Never	Prastuta nimage vayas'sāguttide endu bhāvisuvirā? Haudu, tumbā haudu, svalpamattige haudu, svalpa illa, illavē illa	Prastuta	Īga nimage vayas'sāguttide endu bhāvisuvirā? Haudu, tumbā haudu, svalpamattige haudu, svalpa illa, illavē illa
7	If yes to question 6, what gives you that impression?	Āraṇē saṅkhyeya praśnege uttara"haudu" endādare, nimage hāge ēke	6 Nē praśnege haudu endādare, nimage ēke hāge anisitu? (Nimage	6 Nē praśnege uttara"haudu" endādare, nimage hāge ēke anisuttide? (Ī keḷagina	If your reply is yes for Q6. Why do you feel so?	If your answer for the sixth question is 'yes',	6 Nē praśnege uttara"haudu" endādare, nimage hāge ēke		6 Nē praśnege uttara"haudu" endādare, nimage hāge ēke anisuttide? (Nīvu iṣṭapaḍuvaṣṭu

	(Choose as many answers as you like) I become unwell easily I take many medications I feel a weakness in my muscles I have problems with my memory I've had to face the death of several people close to me I do not have much energy, I am often tired My eyesight is poor Other:	anisuttide? (Ī keḷagina āykegaḷalli nimage iṣṭavāda ondakkinta heccina āykegaḷannu āydakoḷli) Nānu sulabhavāgi anārōgyakke tuttāguttēne nānu anēka auṣadhagaḷannu tegedukoḷlutēne. Nānu snāyugaḷalli daurbalyavannu anubhavisuttiddēne. Nānu marevina samasyeyannu hondiddēne. Nanna hattiradavara halavāru janara sāvannu nānu edurisiruttēne nānu edurisiruttēne nānu āgāge śaktihīnanāgiruttēne, nanage āgāga sustāguttade. Nānu kaḍime kaṇṇina dṛṣṭiyannu hondiddēne. Itare.	bēkāda uttaragaḷannu āykemādi) Nānu sulabhavāgi asvasthanāguttēne nānu anēka auṣadhagaḷannu tegedukoḷlutēne nānu snāyugaḷalli daurbalyavannu anubhavisuttēne nanage nenapina nanna hattiraviruva halavāru janara sāvannu nānu edurisabēkāyitu nanage heccu śakti illa, nānu āgāge daṇididdēne kaḷape dṛṣṭi itare	āykegaḷalli nimage iṣṭavāda ondakkinta heccina āykegaḷannu āydukoḷlabahudu) Nānu sulabhavāgi anārōgyakke tuttāguttēne nānu anēka auṣadhagaḷannu tegedukoḷlutēne. Nānu snāyugaḷalli daurbalyavannu anubhavisuttiddēne. Nānu marevina samasyeyannu hondiddēne. Nanna hattirada halavāru janara sāvannu nānu edurisiruttēne. Nānu śaktihīnanāgiruttēne, nanage āgāga sustāguttade. Nānu kaḷape dṛṣṭiyannu hondiddēne. Itare.	(Choose one or more than one from the options given below) I feel sick easily I am taking a lot of medicine I feel weakness in the muscles I have memory issues I have lost my near dear ones I am weak and get tired often I have poor eyesight Others	why do you think so? (You can choose more than one of the following options if you prefer to) I Fall sick very often I take too much medication I feel my muscles are weak I forget things very easily I have confronted with deaths of closer ones I feel week; get tired very easily I have poor vision Other reasons	anisuttide? (Nīvu iṣṭapaḍuvaṣṭu uttaragaḷannu āydukoḷlabahudu) Nānu sulabhavāgi anārōgyakke tuttāguttēne nānu anēka auṣadhagaḷannu tegedukoḷlutēne. Nanna snāyugaḷu daurbalyavāgive endu bhāvisuttēne nānu marevina samasyeyannu hondiddēne. Nanna hattiradavara halavāru janara sāvannu nōḍiddēne nanage heccu śakti illa, nanage āgāga sustāguttade. Nanna kaṇṇina dṛṣṭi mandavāgide itare.		uttaragaḷannu āydukoḷlabahudu) Nānu sulabhavāgi anārōgyakke tuttāguttēne nānu anēka auṣadhagaḷannu tegedukoḷlutēne. Nanna snāyugaḷu daurbalyavāgive endu bhāvisuttēne nānu marevina samasyeyannu hondiddēne. Nanna hattiradavara halavāru janara sāvannu nōḍiddēne nanage heccu śakti illa, nanage āgāga sustāguttade. Nanna kaṇṇina dṛṣṭi mandavāgide itare.
8	Do you feel physically weak? Yes, completely Yes, somewhat Yes, a little No, not at all	Nīvu daihikavāgi daurbalyavannu anubhavisuttiddīrā? Haudu, sampūrṇavāgi haudu, svalpamaṭṭige haudu, svalpa illa, illavē illa	Nīvu daihikavāgi durbalarāgiddīrā? Haudu, sampūrṇavāgi haudu, svalpamaṭṭige haudu, svalpa illa, illavē illa	Nīvu daihikavāgi daurbalyavannu anubhavisuttiddīrā? Haudu, sampūrṇavāgi haudu, svalpamaṭṭige haudu, svalpa illa, illavē illa	Do you feel physically weak? Most of the time Sometimes Rarely Not at all	Do you experience physical weakness? Yes, completely Yes, to some extent Yes, a little No, Never.	Nīvu daihikavāgi durbalarāgiddīrā? Haudu, sampūrṇavāgi haudu, svalpamaṭṭige haudu, svalpa illa, illavē illa		Nīvu daihikavāgi durbalarāgiddīrā? Haudu, sampūrṇavāgi haudu, svalpamaṭṭige haudu, svalpa illa, illavē illa
9	Do you feel you are limited in: The length of time you can walk for? How often you go out walking? The distance you can walk? The speed at which you can walk? The length of your steps?	Ivugaḷalli nīvu sīmitarendu bhāvisuttīrā? Nīvu ondu nigadita samayakkinta heccu naḍeyalu sādhyavāgadīrūvudu nīvu eṣṭu bāri vāking ge hōgaballiri? Nīvu eṣṭu dūra naḍeyaballiri? Nīvu eṣṭu vēgavāgi naḍeyaballiri? Nīvu eṣṭu dūra hejje iṭṭu naḍeyaballiri?	Nīvu Ī keḷaginavugaḷige sīmitavāgiruttīri endu bhāvisuttīrā? Nīvu eṣṭu samayadavarege naḍeyabahudu? Nīvu eṣṭu bāri naḍedukoṇḍu hōguttīri? Nīvu naḍeyabahudā dūra? Nīvu naḍeyuva vēga? Nim'ma hejjeḷa udda?	Ivugaḷalli nīvu sīmitarendu bhāvisuttīrā? Nīvu eṣṭu samaya naḍeyaballiri? Nīvu eṣṭu bāri naḍedukoṇḍu hōgaballiri? Nīvu eṣṭu dūra naḍeyaballiri? Nīvu eṣṭu vēgavāgi naḍeyaballiri? Nīvu eṣṭu dūra hejje iṭṭu naḍeyaballiri?	What do you think about the following activities? How long can you walk? How many times can you walk? How far can you walk? How fast can you walk? How much distance can you	Do you think you are limited in the following activities? How long (time) can you walk? How many times can you walk? How far can you walk? How fast can you walk? How much distance can you	Ī keḷagina caṭuvaṭikegaḷalli, Nīvu eṣṭu samaya naḍeyaballiri? Nīvu eṣṭu bāri naḍedukoṇḍu hōgaballiri? Nīvu eṣṭu dūra naḍeyaballiri? Nīvu eṣṭu vēgavāgi naḍeyaballiri? Nīvu eṣṭu dūra hejje iṭṭu (hejjeḷa naḍuvina antara) naḍeyaballiri?	Nīvu eṣṭu bāri naḍedukoṇḍu hōgaballiri?	Ī keḷagina yāva caṭuvaṭike kaḍimeyāgide (sīmita) endu bhāvisuttīri: Nīvu eṣṭu samaya naḍeyaballiri? Nīvu eṣṭu bāri naḍedukoṇḍu hōgaballiri? Nīvu eṣṭu dūra naḍeyaballiri? Nīvu eṣṭu vēgavāgi naḍeyaballiri? Nīvu eṣṭu dūra hejje iṭṭu (hejjeḷa naḍuvina antara) naḍeyaballiri?

					keep between steps?	keep between steps?			
10	When you are walking: Do you feel very tired? Do you need to sit down regularly to recover? Do you have difficulty crossing roads quickly enough? Do you have difficulties with uneven surfaces?	Nīvu naḍeyuvāga (vākiṅ māḍuvāga): Nimage tumbā sustu (daṇivu) anubhavavāguttadeyē? Cētarisikoḷḷalu nīvu niyamitavāgi kulitukoḷḷabēkāgattadeyē? Nīvu rastegaḷannu vēgavāgi dāṭalu kaṣṭapaḍuttirā? Nīvu asama mēlmaigaḷalli (samataṭṭallada jāgadalli) naḍeyalu tondareyannu hondiruvirā?	Nīvu naḍeyuvāga Nimage tumbā āyāsavāguttadeye? Cētarisikoḷḷalu nīvu āgāga kulitukoḷḷabēkē? Nimage rastegaḷannu tvaritavāgi dāṭalu kaṣṭavideyē? Asama mēlmaigaḷondige nīvu tondaregaḷannu hondiddirā?	Nīvu naḍeyuvāga (vākiṅ māḍuvāga): Nimage tumbā āyāsada anubhavavāguttadeyē? Cētarisikoḷḷalu nīvu āgāga kulitukoḷḷabēkāgattadeyē? Nīvu rastegaḷannu vēgavāgi dāṭalu kaṣṭapaḍuttirā? Nīvu samataṭṭallada jāgadalli naḍeyalu tondareyannu hondiruvirā?	While walking: Do you feel tired? Do you sit in between to feel comfortable? Do you find it difficult to cross the road quickly? It is difficult to walk on plain surface?	When you walk/ go on walking: Do you feel tired? Do you need to sit for some time while working in order to regain stamina? Do you find it hard to cross the road very fast? Do you have trouble in walking on uneven space?	Nīvu naḍeyuvāga (vākiṅ māḍuvāga): Nimage tumbā āyāsada anubhavavāguttadeyē? Cētarisikoḷḷalu nīvu āgāga kulitukoḷḷabēkāgattadeyē? Nīvu rastegaḷannu vēgavāgi dāṭalu kaṣṭapaḍuttirā? Nīvu samataṭṭallada jāgadalli naḍeyalu tondareyannu hondiruvirā?		Nīvu naḍeyuvāga (vākiṅ māḍuvāga): Nimage tumbā āyāsada anubhavavāguttadeyē? Cētarisikoḷḷalu nīvu āgāga kulitukoḷḷabēkāgattadeyē? Nīvu rastegaḷannu vēgavāgi dāṭalu kaṣṭapaḍuttirā? Nīvu samataṭṭallada jāgadalli naḍeyalu tondareyannu hondiruvirā?
11	Do you have problems with your balance? Often Occasionally Rarely Never	Nim'ma samatōlanadalli samasyeyannu hondiruvirā? Āgāga om'mom'me aparūpakke endigū illa	Nim'ma samatōlanadalli nimage samasye ideyē? Āgāga kelavom'me virāḷavāgi endigū	Nim'ma samatōlanadalli samasyeyannu hondiruvirā? Āgāga om'mom'me aparūpakke endigū illa	Do you have problem in maintaining stability? Most of the time Sometimes Rarely Not at all	Do you feel that that you lose your balance ? Often Sometimes Rarely Never	Nim'ma samatōlanadalli samasyeyannu hondiruvirā? Āgāga om'mom'me aparūpakke endigū illa	Samatōlana dalli	Nim'ma samatōlanadalli (byālens – nēravāgi nilluvāga athavā naḍeyuvāga om'mege bīḷuvante āguttadeyē?) Samasyeyannu hondiruvirā? Āgāga om'mom'me aparūpakke endigū illa
12	How often do you fall? Very often Occasionally Rarely Never	Nīvu eṣṭu bāri biddidiri? Bahaḷaṣṭu sala om'mom'me aparūpakke endigū illa	Nīvu eṣṭu bāri bīḷuttiri? Āgāgge kelavom'me virāḷavāgi endigū	Nīvu eṣṭu bāri bīḷuttiri? Bahaḷaṣṭu sala om'mom'me aparūpakke endigū illa	How many times do you stumble? Most of the time Sometimes Rarely Not at all	How many times do you fall losing your balance? Many times Sometimes Rarely Never	Nīvu eṣṭu bāri bīḷuttiri? Bahaḷaṣṭu sala om'mom'me aparūpakke endigū illa		Nīvu eṣṭu bāri bīḷuttiri? Bahaḷaṣṭu sala om'mom'me aparūpakke endigū illa
13	Do you think that your physical appearance has changed? Yes, very Yes, somewhat Yes, a little No, not at all	Nīvu nim'ma daihika rūpadalli badalāvaṇeyāgide endu bhāvisuttirā? Haudu, tumbā haudu, svalpamaṭṭige haudu, svalpamaṭṭige haudu, svalpa illa. Illavē illa	Nim'ma daihika nōṭa badalāgide endu nīvu bhāvisuttirā? Haudu, tumbā haudu, svalpamaṭṭige haudu svalpa illa, illavē illa	Nīvu nim'ma daihika rūpadalli badalāvaṇeyāgide endu bhāvisuttirā? Haudu, tumbā haudu, svalpamaṭṭige haudu, svalpa illa. Illavē illa	Do you feel there is change in your physical appearance? Yes, a lot Yes, to some extent Yes, a little No, not at all	Do you think that there is a change in the physical structure of your body? Yes, to a great extent Yes, to some extent Yes, a little No, Never	Nīvu nim'ma dēhada ākārādalli badalāvaṇeyāgide endu bhāvisuttirā? Haudu, tumbā haudu, svalpamaṭṭige haudu, svalpa illa. Illavē illa		Nīvu nim'ma dēhada ākārādalli badalāvaṇeyāgide endu bhāvisuttirā? Haudu, tumbā haudu, svalpamaṭṭige haudu, svalpa illa. Illavē illa

14	<p>If yes to question 13, in what way? (Choose as many answers as you like) Change in your weight (you've put on weight or you've lost weight) Appearance of wrinkles Loss of height Loss of muscle mass Hair loss Getting white or grey hair Other:</p>	<p>Hadimūranē (13 nē) sañkhyeya praśnege uttara"haudu" endādare, adu yāva rītiyalli? (Ī keḷaḡinavugaḷalli ondakkinta heccu āykegaḷannu āydukoḷḷabahudu) Nim'ma tūkadalina badalāvaṇe(nīvu tūkavannu heccisiddīri/ nīvu tūkavannu kaḷedakoṇḍiddīri) nim'ma carmada sukkugaṭṭavike ettara naṣṭavāḡide snāyu (mānsa khaṇḍa) vina balavannu kaḷedukoṇḍiddēne. Kūḍalu uduruvikeyannu hondiddēne. Bīḷi athavā būdu baṇṇada kūḍalannu hondiddēne itare.</p>	<p>13Nē praśnege haudādare, yāva rītiyalli? (Nimage bekāda uttaragaḷannu āykeḡaḷi) Nim'ma tūkadalina badalāvaṇe (nīvu tūkavannu heccisiddīri/ nīvu tūkavannu kaḷedukoṇḍiddīri) sukku gōcarisuvudu</p> <p>ettarada naṣṭa</p> <p>snāyuśakti</p> <p>kūḍalu uduruvike</p> <p>bīḷi athavā būdu kūḍalu gōcarisuvudu itare</p>	<p>13 Nē praśnege uttara"haudu" endādare, adu yāva rītiyalli? (Ī keḷaḡinavugaḷalli ondakkinta heccu āykegaḷannu āydukoḷḷabahudu) Nim'ma tūkadalina badalāvaṇe(nīvu tūkavannu heccisiddīri/ nīvu tūkavannu kaḷedakoṇḍiddīri) nim'ma carmada sukkugaṭṭavike ettara naṣṭavāḡide snāyu (mānsakhaṇḍa) vina balavannu kaḷedukoṇḍiddēne kūḍalu uduruvikeyannu hondiddēne bīḷi athavā būdu baṇṇada kūḍalannu hondiddēne itare.</p>	<p>If your answer is yes to question 13, In what way do you feel there is a change Difference in your body weight Wrinkles on your skin Have you shrunk Loss of muscle strength Have hair fall Have gray/white hair Other</p>	<p>If your answer to the 13th question is 'yes', in what way the change has happened? (You can choose more than one of the following options) Change in your weight(You have gained/ lost weight) Wrinkles on the skin Lost height Feel that muscles have lost power Loss of hair Developed White or grey hair Any other change</p>	<p>13 Nē praśnege uttara"haudu" endādare, adu yāva rītiyalli? (Ī keḷaḡinavugaḷalli nim'ma āykegaḷannu āydukoḷḷabahudu) Nim'ma tūkadalina badalāvaṇe(nīvu tūkavannu heccisiddīri/ nīvu tūkavannu kaḷedakoṇḍiddīri) nim'ma carmada sukkugaṭṭavike ettara kaḷimeyāḡide mānsakhaṇḍagaḷu (snāyugaḷu) kṣṇisuttive. Kūḍalu uduruṭṭide kūḍalu bīḷiyāḡuttide. Itare.</p>		<p>13 Nē praśnege uttara"haudu" endādare, adu yāva rītiyalli? (Ī keḷaḡinavugaḷalli nim'ma āykegaḷannu āydukoḷḷabahudu) Nim'ma tūkadalina badalāvaṇe (nīvu tūkavannu heccisiddīri/ nīvu tūkavannu kaḷedakoṇḍiddīri) nim'ma carmada sukkugaṭṭavike ettara kaḷimeyāḡide snāyugaḷu (mānsakhaṇḍagaḷu) kṣṇisuttive. Kūḍalu uduruṭṭide kūḍalu bīḷiyāḡuttide. Itare.</p>
15	<p>If yes to question 13, are you upset by this change? Yes, very Yes, somewhat Yes, a little No, not at all</p>	<p>Hadimūranē (13 nē) sañkhyeya praśnege uttara"haudu" endādare, idarinda nīvu asamādhāḡaṇḍiddīrā? Haudu, tumbā haudu, svalpamaṭṭiḡe haudu, svalpa illa. Illavē illa</p>	<p>13Nē praśnege haudādare, ī badalāvaṇeyinda nīvu asamādhāḡaṇḍiddīrā? Haudu, tumbā haudu, svalpamaṭṭiḡe haudu svalpa illa, illavē illa</p>	<p>13 Nē praśnege uttara"haudu" endādare, ī badalāvaṇeyinda asamādhāḡaṇḍiddīrā? Haudu, tumbā haudu, svalpamaṭṭiḡe haudu, svalpa illa. Illavē illa</p>	<p>If your answer is yes for question 13 are you distressed with this change? Yes, a lot Yes, to some extent Yes, a little No, not at all</p>	<p>If your answer to the 13th question is 'yes', are you disappointed with the change? Yes, to a great extent Yes, to some extent Yes, a little No, Never</p>	<p>13 Nē praśnege uttara"haudu" endādare, nīvu ī badalāvaṇeyinda asamādhāḡaṇḍiddīrā? Haudu, tumbā haudu, svalpamaṭṭiḡe haudu, svalpa illa. Illavē illa</p>	Asamādhāḡaṇḍiddīrā	<p>13 Nē praśnege uttara"haudu" endādare, nīvu ī badalāvaṇeyinda cintitaḡiddīrā? Haudu, tumbā haudu, svalpamaṭṭiḡe haudu, svalpa illa. Illavē illa</p>
16	<p>Do you feel frail? Very much so A little Not at all</p>	<p>Nīvu durbalarāḡiddīri endu bhāvisuttīrā? Tumbā anisuttide. Svalpa illavē illa</p>	<p>Nīvu durbalarāḡiddīrā? Khaṇḍitavāḡi haudu svalpa illavē illa</p>	<p>Nīvu durbalarāḡiddīri endu bhāvisuttīrā? Khaṇḍitavāḡi haudu svalpa illavē illa</p>	<p>Do you think you have become weak? Yes, ofcourse Yes, a little No, not at all</p>	<p>Do you think that you have become weak? Yes, Certainly To some extent No, never</p>	<p>Nīvu durbalarāḡiddīri endu bhāvisuttīrā? Khaṇḍitavāḡi haudu svalpa illavē illa</p>		<p>Nīvu durbalarāḡiddīri endu bhāvisuttīrā? Khaṇḍitavāḡi haudu svalpa illavē illa</p>
17	<p>Do you currently have difficulty in undertaking any of the following daily activities:</p>	<p>Nimage ḡa ī keḷaḡiruva yāva caṭuvatiḡegaḷannu māḡalu kaṣṭa anisuttade? Ondu mahaḡiya meṭṭilannu hattuvudu</p>	<p>Prastuta, ī keḷaḡina yāvudē dainandina caṭuvatiḡegaḷannu kaḡiḡoḷḷalu nimage tondare ideyē?</p>	<p>Nimage ḡa ī keḷaḡina yāva dainandina caṭuvatiḡegaḷannu māḡalu kaṣṭa anisuttade?</p>	<p>Which of the following activities are difficult for you?</p>	<p>Do you find it difficult to carry out any of the following activities?</p>	<p>Nimage ḡa ī keḷaḡina yāva dainandina caṭuvatiḡegaḷannu māḡalu kaṣṭa anisuttade?</p>	Ettariruva	<p>Nimage ḡa ī keḷaḡina yāva dainandina caṭuvatiḡegaḷannu māḡalu kaṣṭa anisuttade? Ondu mahaḡiya meṭṭilannu hattuvudu</p>

	<p>Climbing a flight of stairs? Climbing several flights of stairs? Going up one or several steps without holding on to the banister? Squatting or kneeling? Stooping or leaning down to pick up an object off the floor? Getting up from the floor without holding on to anything? Getting out of a low chair without armrests? Moving, generally, from a sitting position to a standing position? Carrying heavy objects (large bags full of shopping, saucepan filled with water, etc.)? Opening a bottle or a jar? Using public transport? Getting in or out of a car? Doing your shopping? Doing the housework (making the bed, Hoovering, doing the ironing, washing the dishes, etc.)?</p>	<p>ondakkinta heccu mahađiya meṭṭilannu hattuvudu byānistar(hyāṇḍ rēl) annu hiđidukoḷḷade ondu athavā halavāru mahađiya meṭṭilannu hattuvudu. Bagguvudu athavā maṇḍiyūruvudu kelage bidda vastuvannu baggi tegeyuvudu Yāvudē sahāyavillade neladinda mēlēḷuvudu kađime ettariruva ārms rest illade iruva kurciyinda mēlēḷuvudu sāmān'yavāgi kuḷitallinda mēlēḷuvudu bhārada vastuvannu ettuvudu(šāpiṅ tumbida bhāravāda cīlagaḷu, nīru tumbida bhārada pātre ityādi) bāṭali athavā jārina muccaḷa tereyuvudu Sārvajanika vāhanagaḷannu bałasuvudu kārannu hattuvudu athavā iḷiyuvudu šāpiṅ māđuvudu mane kelasavannu māđuvudu (hāsigejannu hāsuvudu, mađacuvudu, vyākyūm klīn annu māđuvudu, baṭṭeyannu istri māđuvudu, pātre toḷeyuvudu ityādi)</p>	<p>Meṭṭilugaḷannu hattuvudu tumbā meṭṭilugaḷannu hattuvudu kambagaḷannu hiđidukoḷḷade ondu athavā halavāru mahađiya meṭṭilugaḷannu hattuvudu nelada mēle kuḷitukoḷḷuvudu athavā maṇḍiyūruvudu Bāgi neladinda vastuvannu tegedukoḷḷuvudu yāvudē sahāyavillade neladinda mēlēḷuvudu Kaigaḷillada saṅga kurciyinda mēlēḷuvudu sāmān'yavāgi kuḷitukoḷḷuva sthānadinda nintu nađeyuvudu bhāravāda vastugaḷannu oyyuvudu (vastugaḷinda tumbida dođda cīlagaḷu, nīrininda tumbida lōhada bōguṇi, ityādi) Bāṭali athavā jār tereyuvudu sārvajanika sārigejannu bałasuvudu kārina oḷage hōguvudu athavā horage baruvudu vastugaḷannu kharīdi māđuvudu manegelasavannu māđuvudu (hāsigejannu sarimāđuvudu, istri māđuvudu, pātre gaḷannu toḷeyuvudu ityādi)</p>	<p>Ondu mahađiya meṭṭilannu hattuvudu ondakkinta heccu mahađiya meṭṭilannu hattuvudu byānistar(hyāṇḍ rēl) annu hiđidukoḷḷade ondu athavā halavāru mahađiya meṭṭilannu hattuvudu. Maṇḍiyūruvudu kelage bidda vastuvannu baggi tegeyuvudu yāvudē sahāyavillade neladinda mēlēḷuvudu kađime ettariruva (kaigaḷu) illade iruva kurciyinda mēlēḷuvudu sāmān'yavāgi kuḷitallinda mēlēḷuvudu bhāravāda vastuvannu ettuvudu(vastugaḷinda tumbida bhāravāda cīlagaḷu, nīru tumbida bhārada pātre ityādi) bāṭali athavā jārina muccaḷa tereyuvudu Sārvajanika sārigejannu bałasuvudu kārannu hattuvudu athavā iḷiyuvudu šāpiṅ (vastugaḷannu kharīdi) māđuvudu mane kelasavannu māđuvudu (hāsigejannu hāsuvudu mattu mađacuvudu, vyākyūm klīn annu māđuvudu, baṭṭeyannu istri māđuvudu, pātre toḷeyuvudu ityādi)</p>	<p>Climbing up to one floor Climbing up more than one floor Climbing several floors without holding railings Kneeling down Picking up the fallen things Getting up from the floor without anyone's help Getting up from a low armless chair Usually getting up from a seat Lifting heavy things (such as heavy bags/ bucket of water etc.) Opening the lif of a jar or bottle Using public transport Getting into or out of the car Going for shopping Doing household work (eg. making bed, using vaccum cleaner, ironing, cleaning utensils etc</p>	<p>Climbing the steps To the next floor? Climbing steps to more than one floor? Climbing steps to one or more floors without the support of hand rail? Kneeling down? Picking things that have fallen down? Getting up from floor without any support? Getting up from a chair without arms? Getting up without support from a sitting or squatting position? Lifting any heavy object such as a bag filled with goods, a Water pot etc.? Removing the cap/ thread of a bottle? Using a public transport vehicle/ boarding or getting down from bus etc.? Boarding or getting down from a car? Shopping (buying goods)?</p>	<p>Ondu mahađiya meṭṭilannu hattuvudu ondakkinta heccu mahađiya meṭṭilannu hattuvudu byānistar(hyāṇḍ rēl) annu hiđidukoḷḷade ondu athavā halavāru mahađiya meṭṭilannu hattuvudu. Kelage kuḷitukoḷḷuvudu/ maṇḍiyūruvudu kelage bidda vastuvannu ettikoḷḷuvudu yāvudē sahāyavillade neladinda mēlēḷuvudu Kađime ettariruva kaigaḷillada (ārms rest) iruva kurciyinda mēlēḷuvudu sāmān'yavāgi kuḷitallinda mēlēḷuvudu bhārada vastuvannu ettuvudu(bhāravāda cīlagaḷu, nīru tumbida bhārada pātre ityādi) bāṭali athavā jārina muccaḷa tereyuvudu sārvajanika sārigejannu bałasuvudu kārannu hattuvudu athavā iḷiyuvudu šāpiṅ (vastugaḷannu kharīdi) māđuvudu Mane kelasavannu māđuvudu (hāsigejannu hāsuvudu mattu mađacuvudu, vyākyūm klīn māđuvudu, baṭṭeyannu istri māđuvudu, pātre toḷeyuvudu ityādi)</p>		<p>ondakkinta heccu mahađiya meṭṭilannu hattuvudu meṭṭilu hattuvāga gōđe athavā bēre yāvudara sahāyavillade ondu athavā halavāru meṭṭilugaḷannu hattuvudu kelage kuḷitukoḷḷuvudu/ maṇḍiyūruvudu kelage bidda vastuvannu ettikoḷḷuvudu Yāvudē sahāyavillade neladinda mēlēḷuvudu kađime ettara iruva kaigaḷillada athavā hiđiyalu ēnū illada kurciyinda ḷuvudu sāmān'yavāgi kuḷitallinda mēlēḷuvudu bhārada vastuvannu ettuvudu (bhāravāda cīlagaḷu, nīru tumbida bhārada pātre ityādi) bāṭali athavā jārina muccaḷa tereyuvudu Sārvajanika sārigejannu bałasuvudu kārannu hattuvudu athavā iḷiyuvudu šāpiṅ (vastugaḷannu kharīdi) māđuvudu mane kelasavannu māđuvudu (hāsigejannu hāsuvudu mattu mađacuvudu, guđisuvudu, oresuvudu, baṭṭeyannu istri māđuvudu, pātre toḷeyuvudu ityādi)</p>
--	---	--	---	---	---	---	--	--	---

						Doing household work (such as doing bed and Folding the bed, using vacuum cleaner Washing dishes etc.)?			
18	Does your muscle weakness limit your movement? Yes, a lot Yes, somewhat Yes, a little No, not at all	Nim'ma snāyu (mānsakhaṇḍada) daurbalyavu nim'ma calaneyannu mitigoḷisuttideyē? Haudu, tumbā haudu, svalpamaṭṭige haudu, svalpa illa, illavē illa	Nim'ma snāyu daurbalyavu nim'ma calaneyannu mitigoḷisuttideyē? Haudu, tumbā haudu, svalpamaṭṭige haudu svalpa illa, illavē illa	Nim'ma snāyu (mānsakhaṇḍada) daurbalyavu nim'ma calaneyannu mitigoḷisuttideyē? Haudu, tumbā haudu, svalpamaṭṭige haudu, svalpa illavē illa	Does your muscle weakness restrict your movement? Yes, a lot Yes, sometimes Yes, a little No, not at all	Do you think that the weakness of muscles has restricted your movement? Yes, to a great extent Yes, to some extent Yes, a little No, Never	Nim'ma snāyu (mānsakhaṇḍada) daurbalyavu nim'ma calaneyannu aḍḍigoḷisuttideyē? Haudu, tumbā haudu, svalpamaṭṭige haudu, svalpa illavē illa		Nim'ma snāyu (mānsakhaṇḍada) daurbalyavu nim'ma calaneyannu aḍḍigoḷisuttideyē? Haudu, tumbā haudu, svalpamaṭṭige haudu, svalpa illavē illa
19	If yes to question 18, for what reasons? (Choose as many answers as you like) Fear of pain Fear that you might not be able to Fear of feeling tired after these activities Fear of falling Other:	Hadineṭṭaneya (18 nē) praśnege uttara"haudu" endādare, ēke? (Nimage iṣṭavādantaha ondakkinta heccina āykeyannu āydukoḷḷi) Nōvina bhaya nim'minda sādhyavāgadirabahudu emba bhaya ī caṭuvaḷikegaḷa nantara daṇida bhāvaneya bhaya bīḷuva bhaya itare	18Nē praśnege haudādare, yāva kāraṇagaligāgi? (Nimage bekāda uttaragaḷannu āykemāḍi) Nōvina bhaya nimage sādhyavāgadirabahudu emba bhaya ī caṭuvaḷikegaḷa nantara daṇida bhāvaneya bhaya bīḷuva bhaya itare:	18 Nē praśnege uttara"haudu" endādare, ēke? (Nimage iṣṭavādantaha ondakkinta heccina āykeyannu āydukoḷḷabahudu) Nōvina bhaya nim'minda sādhyavāgadirabahudu emba bhaya ī caṭuvaḷikegaḷa nantara daṇida bhāvaneya bhaya bīḷuva bhaya itare	If your answer is yes, Why? (Choose the relevant one or more option) Scared of pain Scared that you can't do it Feeling of tiredness after the activity Scared of falling Other	If your answer to the 18th question is 'yes', why do you think so? (You can choose more than one of the following options) Fear that you get pain Fear that you get cannot complete the task Apprehensive about the pain that you would get after doing the task Fear that you triple down Any other fear	18 Nē praśnege uttara"haudu" endādare, ēke? (Nim'ma āykegaḷannu āydukoḷḷabahudu) Nōvina bhaya nim'minda sādhyavāgadirabahudu emba bhaya ī caṭuvaḷikegaḷa nantara daṇida bhāvaneya bhaya bīḷuva bhaya itare		18 Nē praśnege uttara"haudu" endādare, ēke? (Nim'ma āykegaḷannu āydukoḷḷabahudu) Nōvina bhaya nim'minda sādhyavāgadirabahudu emba bhaya ī caṭuvaḷikegaḷa nantara daṇida bhāvaneya bhaya bīḷuva bhaya itare
20	Does your muscle weakness limit your sex life? I am not sexually active Yes, completely Yes, somewhat	Nim'ma daihika durbalate nim'ma laingika jīvanakke aḍḍiyāguttadeyē? Nānu laingika āsaktiyannu hondilla haudu, sampūrnavāgi haudu, svalpamaṭṭige	Nim'ma snāyu daurbalyavu nim'ma laingika jīvanavannu mitigoḷisuttideyē? Nānu laingikavāgi sakriyavāgilla	Nim'ma snāyuvina durbalate nim'ma laingika jīvanakke aḍḍiyāguttadeyē? Nānu laingika āsaktiyannu hondilla haudu, sampūrnavāgi haudu, svalpamaṭṭige	Does your muscle weakness interrupt your married life? Not interested Yes completely Yes sometimes	Is the weakness of muscles a hindrance to your sexual performance? I don't have interest in sex	Nim'ma snāyuvina durbalate nim'ma laingika jīvanakke aḍḍiyāguttadeyē? Nānu laingika āsaktiyannu hondilla (laingikavāgi sakriyavāgilla)		Nim'ma snāyuvina (mānsakhaṇḍada) durbalate nim'ma laingika jīvanakke aḍḍiyāguttadeyē? Nānu laingika āsaktiyannu hondilla (laingikavāgi sakriyavāgilla)

	Yes, a little No, not at all	haudu, svalpa illa, illavē illa	haudu, sampūrṇavāgi haudu, svalpamattīge haudu svalpa illa, illavē illa	haudu, svalpa illa, illavē illa	Yes a little No, not at all	Yes, a total hindrance Yes, to some extent A little. No, never	haudu, sampūrṇavāgi haudu, svalpamattīge haudu, svalpa illa, illavē illa		haudu, sampūrṇavāgi haudu, svalpamattīge haudu, svalpa illa, illavē illa
21	How has your participation in physical activities/sport changed? Increased Decreased Unchanged I have never participated in physical activities or sports	Nim'ma daihika caṭuvaṭike/ krīḍegaḷalli bhāgavahisuvike hēge badalāvaṇeyāgide? Heccāgide kaḍimeyāgide ēnū badalāgilla nānu endigū daihika caṭuvaṭike/ krīḍegaḷalli bhāgavahisilla	Daihika caṭuvaṭike/krīḍeyalli nim'ma bhāgavahisuvike badalāgideyē? Heccāgide kaḍimeyāgide badalāvaṇe illa nānu endigū daihika caṭuvaṭike athavā krīḍegaḷalli bhāgavahisallilla	Nim'ma daihika caṭuvaṭike/ krīḍegaḷalli bhāgavahisuvike hēge badalāvaṇeyāgide? Heccāgide kaḍimeyāgide ēnū badalāgilla nānu endigū daihika caṭuvaṭike/ krīḍegaḷalli bhāgavahisilla	How do you think your physical activity and sports activities have changed? It has increased It has reduced No change I was not taking part in any physical/sport activity	How have your movements/ Physical activities and participation in sports changed? It has increased It has decreased No Changes I haven't participated in physical exercises or sports.	Nim'ma daihika caṭuvaṭike/ krīḍegaḷalli bhāgavahisuvike hēge badalāgide? Heccāgide kaḍimeyāgide ēnū badalāgilla nānu endigū daihika caṭuvaṭike/ krīḍegaḷalli bhāgavahisilla		Nim'ma daihika caṭuvaṭike/ krīḍegaḷalli bhāgavahisuvike hēge badalāgide? Heccāgide kaḍimeyāgide ēnū badalāgilla nānu endigū daihika caṭuvaṭike/ krīḍegaḷalli bhāgavahisilla
22	How has your participation in leisure activities (going out to eat, gardening, doing DIY, shooting/fishing, senior citizens clubs, playing bridge, going for a walk, etc.) changed? Increased Decreased Unchanged I have never participated in leisure activities	Biḍuvina (virāma) samayada caṭuvaṭikegaḷalli nim'ma bhāgavahisuvike hēge (tinnalu horage hōguvudu, tōtagārike, nimage iṣṭavāda yāvudē kelasavannu māḍuvudu, śūṭiṅg/ mīnugārike, hiriya nāgarikara klabge hōguvudu, kārd(istīṭ) āḍuvudu, vākiṅg māḍuvudu) badalāgideyē? Heccāgide kaḍimeyāgide ēnū badalāgilla nānu endigū daihika caṭuvaṭike/ krīḍegaḷalli bhāgavahisilla.	Virāmada caṭuvaṭikegaḷalli (tinnalu hōguvudu, tōtagārike, śūṭiṅg/mīnugārike, hiriya nāgarikara klab gaḷu, āḍuvudu, naḍeyuvudu, ityādi) nim'ma bhāgavahisuvike hēge badalāgide? Heccāgide kaḍimeyāgide badalāvaṇe illa nānu endigū virāmada caṭuvaṭikegaḷalli bhāgavahisallilla	Hēge nim'ma biḍuvina (virāmada) samayada caṭuvaṭikegaḷa bhāgavahisuvike (tinnalu horage hōguvudu, tōtagārike, nimage iṣṭavāda yāvudē kelasavannu māḍuvudu, śūṭiṅg/ mīnu hiḍiyuvudu, hiriya nāgarikara klabge hōguvudu, kārd(istīṭ) āḍuvudu, vākiṅg māḍuvudu ityādi) badalāgide? Heccāgide kaḍimeyāgide ēnū badalāgilla nānu endigū virāmada caṭuvaṭikegaḷalli bhāgavahisilla.	Does your free time activities (going to eat, gardening, doing your favourite activity, shooting, fishing, going to senior citizen club, playing cards, walking etc.) have changed? It has increased It has become less There has been no change I have never engaged in any free time activities	How have your leisurely, outdoor activities changed? (For example, going out to eat, farming, doing an activity that you like, shooting/ fishing, going to a club, playing cards playing games and walking etc.) It has increased It has decreased No Changes I haven't participated in any leisurely activities	Nim'ma biḍuvina (virāmada) samayada caṭuvaṭikegaḷalli (tinnalu horage hōguvudu, tōtagārike, nimage iṣṭavāda yāvudē kelasavannu māḍuvudu, śūṭiṅg/ mīnu hiḍiyuvudu, hiriya nāgarikara klabge hōguvudu, kārd(istīṭ) āḍuvudu, vākiṅg māḍuvudu ityādi) nim'ma bhāgavahisuvike hēge badalāgide? Heccāgide kaḍimeyāgide ēnū badalāgilla nānu endigū virāmada caṭuvaṭikegaḷalli bhāgavahisilla.		Nim'ma biḍuvina (virāmada) samayada caṭuvaṭikegaḷalli (samārambhagaḷalli bhāgavahisuvudu, tōtagārike, nimage iṣṭavāda yāvudē kelasavannu māḍuvudu, makkaḷondige āṭa āḍuvudu, hiriya nāgarikara klabge hōguvudu, kārd(istīṭ) āḍuvudu, vākiṅg māḍuvudu ityādi) nim'ma bhāgavahisuvike hēge badalāgide? Heccāgide kaḍimeyāgide ēnū badalāgilla nānu endigū virāmada caṭuvaṭikegaḷalli bhāgavahisilla.