

Appendix I. The 59 items of the ACS that were high on one or more of the three dimensions (communication, cognition, and physical exertion), in ACS item order. Shaded cells show high scores at or above 2.0. Average percent retained scores for each item for the entire group of participants are in the right-most column.

| ACS Item                                  | ACS Subcategory  | Cognitive | Communication | Physical Exertion | Average % retained for entire group |
|---|------------------|-----------|---------------|-------------------|-------------------------------------|
| <b>01.</b> Shopping in a Store            | Instrumental ADL | 2.2       | 2.2           | 1.6               | 74                                  |
| <b>02.</b> Shopping for Groceries         | Instrumental ADL | 2.2       | 2.3           | 1.6               | 83                                  |
| <b>05.</b> Yard Maintenance               | Instrumental ADL | 1.5       | 0.3           | 2.6               | 47                                  |
| <b>07.</b> Cooking Dinner                 | Instrumental ADL | 2.2       | 1.2           | 1.4               | 80                                  |
| <b>08.</b> Household Maintenance          | Instrumental ADL | 2.1       | 0.8           | 2.1               | 47                                  |
| <b>09.</b> Fixing Things Around the House | Instrumental ADL | 2.3       | 1.0           | 2.0               | 45                                  |
| <b>10.</b> Driving                        | Instrumental ADL | 2.8       | 2.1           | 1.2               | 61                                  |
| <b>12.</b> Car Maintenance                | Instrumental ADL | 2.7       | 1.2           | 2.0               | 46                                  |
| <b>13.</b> Going to Doctor or Therapy     | Instrumental ADL | 1.7       | 2.5           | 1.4               | 96                                  |
| <b>15.</b> Paying Bills                   | Instrumental ADL | 2.8       | 2.7           | 0.5               | 80                                  |
| <b>16.</b> Managing Investment            | Instrumental ADL | 2.9       | 2.6           | 0.4               | 79                                  |
| <b>19.</b> Child Care                     | Instrumental ADL | 2.6       | 2.4           | 2.5               | 58                                  |
| <b>20.</b> Work (paid)                    |                  | 2.8       | 2.9           | 2.3               | 26                                  |

SELF-PERCEPTION PREDICTS PARTICIPATION POST-STROKE

|   | Instrumental<br>ADL |     |     |     |    |
|---|---------------------|-----|-----|-----|----|
| <b>28.</b> Computer (email, paying bills, shopping) | Low Demand Leisure  | 2.4 | 2.7 | 0.6 | 77 |
| <b>31.</b> Playing Cards (solitaire, poker, bridge) | Low Demand Leisure  | 2.2 | 1.5 | 0.6 | 68 |
| <b>32.</b> Putting together Puzzles                 | Low Demand Leisure  | 2.1 | 0.5 | 0.6 | 67 |
| <b>33.</b> Crossword or Sudoku Puzzle               | Low Demand Leisure  | 2.5 | 1.9 | 0.4 | 77 |
| <b>37.</b> Playing a Musical Instrument             | Low Demand Leisure  | 2.2 | 1.4 | 1.6 | 41 |
| <b>38.</b> Reading Magazines/Books                  | Low Demand Leisure  | 2.3 | 2.8 | 0.4 | 82 |
| <b>39.</b> Reading Newspaper                        | Low Demand Leisure  | 2.3 | 2.8 | 0.4 | 82 |
| <b>40.</b> Reading the Bible/Religious Materials    | Low Demand Leisure  | 2.3 | 2.8 | 0.4 | 86 |
| <b>41.</b> Singing in Choir or Group                | Low Demand Leisure  | 1.5 | 2.1 | 1.4 | 67 |
| <b>42.</b> Creative Writing/Journal                 | Low Demand Leisure  | 2.1 | 2.3 | 0.5 | 63 |
| <b>43.</b> Letter Writing                           | Low Demand Leisure  | 2.1 | 2.5 | 0.6 | 57 |
| <b>50.</b> Going to the Theater                     | Low Demand Leisure  | 1.0 | 2.0 | 0.9 | 71 |
| <b>51.</b> Watching Movies                          | Low Demand Leisure  | 0.8 | 2.4 | 0.2 | 93 |
| <b>52.</b> Watching Television                      | Low Demand Leisure  | 0.8 | 2.5 | 0.2 | 98 |
| <b>53.</b> Listening to Music                       | Low Demand Leisure  | 0.5 | 2.0 | 0.1 | 93 |
| <b>54.</b> Listening to Radio                       | Low Demand Leisure  | 0.6 | 2.1 | 0.1 | 88 |
| <b>56.</b> Swimming                                 | High Demand Leisure | 1.4 | 0.3 | 2.8 | 43 |
| <b>57.</b> Playing Team Sports                      | High Demand Leisure | 2.3 | 2.1 | 3.0 | 24 |
| <b>58.</b> Woodworking                              | High Demand Leisure | 2.1 | 0.6 | 2.2 | 30 |
| <b>59.</b> Bowling                                  | High Demand Leisure | 1.6 | 1.0 | 2.2 | 34 |

SELF-PERCEPTION PREDICTS PARTICIPATION POST-STROKE

|   |                     |     |     |     |    |
|---|---------------------|-----|-----|-----|----|
| <b>60.</b> Golfing                                  | High Demand Leisure | 1.8 | 0.9 | 2.4 | 33 |
| <b>61.</b> Walking                                  | High Demand Leisure | 0.7 | 0.2 | 2.1 | 76 |
| <b>62.</b> Running                                  | High Demand Leisure | 0.9 | 0.2 | 2.9 | 33 |
| <b>63.</b> Exercising                               | High Demand Leisure | 1.1 | 0.5 | 2.8 | 75 |
| <b>64.</b> Yoga/Pilates/Tai Chi                     | High Demand Leisure | 1.5 | 0.9 | 2.6 | 64 |
| <b>65.</b> Playing Tennis or other Racquet Sports   | High Demand Leisure | 1.8 | 1.1 | 2.9 | 24 |
| <b>66.</b> Hiking                                   | High Demand Leisure | 1.1 | 0.4 | 2.9 | 46 |
| <b>67.</b> Bicycling                                | High Demand Leisure | 1.2 | 0.4 | 2.9 | 27 |
| <b>68.</b> Yard Games                               | High Demand Leisure | 1.5 | 1.1 | 2.2 | 54 |
| <b>69.</b> Camping                                  | High Demand Leisure | 1.9 | 0.9 | 2.3 | 44 |
| <b>70.</b> Canoeing/Boating/Sailing                 | High Demand Leisure | 1.9 | 0.9 | 2.6 | 38 |
| <b>73.</b> Studying for Personal Advancement        | Social              | 2.9 | 2.9 | 0.5 | 57 |
| <b>74.</b> Traveling Local/Regional                 | Social              | 2.3 | 2.3 | 1.9 | 65 |
| <b>75.</b> Traveling National/International         | Social              | 2.4 | 2.3 | 2.1 | 68 |
| <b>76.</b> Parties/Picnics                          | Social              | 1.3 | 2.2 | 1.5 | 74 |
| <b>77.</b> Family Gatherings                        | Social              | 1.2 | 2.3 | 1.4 | 84 |
| <b>78.</b> Talking on the Telephone                 | Social              | 1.5 | 2.7 | 0.3 | 89 |
| <b>79.</b> Visiting with Family/Friends who are Ill | Social              | 1.3 | 2.3 | 1.0 | 77 |
| <b>80.</b> Visiting with Friends                    | Social              | 1.3 | 2.4 | 1.0 | 78 |
| <b>81.</b> Eating at a Restaurant                   | Social              | 1.3 | 2.0 | 0.9 | 93 |
| <b>82.</b> Dancing                                  | Social              | 1.0 | 0.7 | 2.7 | 46 |

SELF-PERCEPTION PREDICTS PARTICIPATION POST-STROKE

|  |        |     |     |     |    |
|--|--------|-----|-----|-----|----|
| <b>84.</b> Volunteer Work                    | Social | 1.8 | 2.0 | 1.9 | 47 |
| <b>86.</b> Storytelling with Children        | Social | 2.0 | 2.6 | 0.6 | 63 |
| <b>87.</b> Being with a Spouse or Partner    | Social | 1.5 | 2.1 | 0.9 | 82 |
| <b>88.</b> Dating/Spending Time with Friends | Social | 1.7 | 2.4 | 1.2 | 77 |
| <b>89.</b> Entertaining at Home or Club      | Social | 1.9 | 2.3 | 1.6 | 74 |

## SELF-PERCEPTION PREDICTS PARTICIPATION POST-STROKE

Appendix II. All items from the Stroke Impact Scale (version 2.0) used as predictor measures. All items were rated on a scale of 1-5, with 5 representing good function.

### **Strength**

In the past week, how would you rate the strength in your. . .

- a. Arm that was most affected by your stroke?
- b. Grip of your hand that was most affected by your stroke?
- c. Leg that was most affected by your stroke?
- d. Foot/ankle that was most affected by your stroke?

### **Hand Function**

In the past 2 weeks, how difficult was it to use your hand that was most affected by your stroke to. . .

- a. Carry heavy objects (e.g., bag of groceries)?
- b. Turn a doorknob?
- c. Open a can or jar?
- d. Tie a shoe lace?
- e. Pick up a dime?

### **Mobility**

In the past 2 weeks, how difficult was it to . . .

- a. Stay sitting without losing your balance?
- b. Stay standing without losing your balance?
- c. Walk without losing your balance?
- d. Move from a bed to a chair?
- e. Get out of a chair without using your hands for support?
- f. Walk one block?
- g. Walk fast?
- h. Climb one flight of stairs?
- i. Climb several flights of stairs?
- j. Get in and out of a car?

### **Communication**

In the past week, how difficult was it to. . .

- a. Say the name of someone who was in front of you?
- b. Understand what was being said to you in a conversation?
- c. Reply to questions?
- d. Correctly name objects?
- e. Participate in a conversation with a group of people?
- f. Have a conversation on the telephone?
- g. Call another person on the telephone, including selecting the correct phone number and dialing?

### **Memory and Thinking**

In the past week, how difficult was it for you to . . .

- a. Remember things that people just told you?
- b. Remember things that happened the day before?
- c. Remember to do things (e.g., keep schedule appointments or take medication)?
- d. Remember the day of the week?
- e. Add and subtract numbers?
- f. Concentrate?
- g. Think quickly?
- h. Solve everyday problems?