

## Appendix II

### Scoring Instructions for the Measures

#### a) Scoring instructions for Independence in Activities of Daily Living Index (IADL)

The Independent Activities of Daily Living Index ranks adequacy of performance in six functions of bathing, dressing, toileting, transferring, continence and feeding. Clients are scored "Yes/ No" for independence in each of the six functions. A score of 6 indicates full function, 4 indicate moderate impairment, and 2 or less indicates severe functional impairment.

#### b) Scoring instructions for the WHOQOL-BREF questionnaire

The WHOQOL-BREF produces a quality of life profile. It is possible to derive four domain scores. There are also two items that are examined separately: question 1 asks about an individual's overall perception of quality of life and question 2 asks about an individual's overall perception of their health. The four domain scores denote an individual's perception of quality of life in each particular domain. Domain scores are scaled in a positive direction (i.e. higher scores denote higher quality of life). The mean score of items within each domain is used to calculate the domain score. Mean scores are then multiplied by 4 in order to make domain scores comparable with the scores used in the WHOQOL-100. Explicit instructions for checking and cleaning data and for computing domain scores, using SPSS are given in Figure 1.

Figure 1: Steps for checking and cleaning data and computing domain scores

Steps	SPSS syntax for carrying out data checking, cleaning and computing total scores
1. Check all 26 items from assessment have a range of 1-5	RECODE Q1 Q2 Q3 Q4 Q5 Q6 Q7 Q8 Q9 Q10 Q11 Q12 Q13 Q14 Q15 Q16 Q17 Q18 Q19 Q20 Q21 Q22 Q23 Q24 Q25 Q26 (1=1) (2=2) (3=3) (4=4) (5=5) (ELSE=SYSMIS). (This recodes all data out with the range 1-5 to system missing).
2. Reverse 3 negatively phrased items	RECODE Q3 Q4 Q26 (1=5) (2=4) (3=3) (4=2) (5=1). (This transforms negatively framed questions to positively framed questions).
3. Compute domain scores	COMPUTE DOM1=MEAN.6 (Q3, Q4, Q10, Q15, Q16, Q17, Q18)*4. COMPUTE DOM2=MEAN.5 (Q5, Q6, Q7, Q11, Q19, Q26)*4. COMPUTE DOM3=MEAN.2 (Q20, Q21, Q22)*4. COMPUTE DOM4=MEAN.6 (Q8, Q9, Q12, Q13, Q14, Q23, Q24, Q25)*4. (These equations calculate the domain scores. All scores are multiplied by 4 so as to be directly comparable with scores derived from the WHOQOL-100. The ['6' in 'mean.6' specifies that 6 items must be endorsed for the domain score to be calculated).

4. Delete cases with >20% missing data	COUNT TOTAL=Q1 TO Q26 (1 THRU 5). (This command creates a new column 'total'. 'Total' contains a count of the WHOQOL-100 items with the values 1-5 that have been endorsed by each subject. The 'Q1 TO Q26' means that consecutive columns from 'Q1', the first item, to 'Q26', the last item, are included in the count. It therefore assumes that data is entered in the order given in the assessment). FILTER OFF. USE ALL. SELECT IF (TOTAL>=21). EXECUTE. (This second command selects only those cases where 'total', the total number of items completed, is greater or equal to 80%. It deletes the remaining cases from the data set).
5. Check domain scores	DESCRIPTIVES VARIABLES=DOM1 DOM2 DOM3 DOM4 /STATISTICS=MEAN STDDEV MIN MAX. (Running descriptives should display values of all domain scores within the range 4-20).
6. Save data set	Save data set with a new file name so that the original remains intact

c) Scoring Instructions for the University of California and Los Angeles Loneliness Scale (Version 3)

The UCLA Loneliness scale (Version 3) consists of 20 items rated on a 4 point likert scale (Never-1, Rarely-2, Sometimes-3, and Always-4). The responses on items/questions 1, 5, 6, 9, 10, 15, 16, 19 and 20 should be reversed. Then, the sum of responses for all the 20 items gives the total score for loneliness that ranges from 20 to 80. Higher total scores indicate greater degree of loneliness.

d) Scoring instructions for the Adaptation to Old Age Questionnaire (AOAQ)

The measure has 20 items and comprises of 4 sub-domains. Each question in the measure is rated on a 4 point likert scale (I do not agree at all - 1, I agree a little- 2, I agree quite a lot- 3, I fully agree- 4). The questions that fall under each sub-domain that are mentioned in the scoring instructions are indicated in Table 1 below. The AOAQ total score is the sum of all responses for the 20 questions and falls between 20 to 80 and higher scores indicate greater adaptation to old age. The sub-domain scores are obtained by adding the responses for the questions that fall under each sub-domain, and higher scores indicate greater levels of adaptation on that sub-domain.

Table 1: Sub-domains of the Adaptation to Old Age Questionnaire (AOAQ) and the questions that fall under them

Sr. No.	Sub-domain	Questions
1	Health comparison	1, 3, 4, 6, & 7
2	General Adaptation / Self-efficacy	8, 10, 17, 18 & 19
3	Self-control	9, 12, 13, 16 & 20
4	Generativity	2, 5, 11, 14 & 15

Sub-domains of AOAQ (Efklides, Kalaitzidou, & Chankin, 2003)

1. *Judging one's health compared to others / Health comparison* sub-domain comprises items denoting that the health problems the older adult has are serious but others have the same or more serious health problems, that even if health problems exist one does not feel ill, that even if friends are fewer now than before one does not feel more lonely and has a good time with them just as was the case in the past and, finally, that there are things which were done well in the past but the older adult can also carry them out now

2. *General Adaptation / Self-Efficacy* sub-domain comprises of items denoting that even if an older adult often needs the family's help he/she does not feel useless and does not feel becoming a burden to them, that as one grows older it becomes more important how he/she feels about himself/herself rather what the others think about him/her, that the older adult does not feel bored with everyday tasks, and that there are things which were done well in the past but the older adult can also carry them out now.

3. *Self-Control* sub-domain that comprises of items denoting that things which one considered worthless when was younger give now pleasure, that as one grows older he/she feels having better emotional control, that the older adult appreciates more and more the small joys in life, and that he/she wants to plan what is going to do.

4. *Helping children and grandchildren / Generativity* sub-domain comprising of items denoting that it is of great importance that an older adult's children get things from him/her, that as one grows older he/she wants more and more to offer what he/she can to children/grandchildren, that there are things which are better manageable now than in the past, and that even if he/she can't do some of the things that he/she did in the past, there are still many things that can be done now.