**Ox-PAQ – Concept Elaboration – Final 1.0 – 7th February 2018**

| **Ref** | **Ox-PAQ Wording** | **Concept Elaboration** |
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| 1 | Oxford Participation and Activities Questionnaire  (Ox-PAQ) | The term Oxford should always be retained, this is used in the title to indicate that the questionnaire was developed at Oxford University – it does not imply any form of particular activity. The questionnaire assesses the subject’s general participation and involvement in daily and social life and the activities they engage in. Please keep as close to the English title as possible.  **Please keep the acronym (Ox-PAQ).** |
| 2 | How often during the **past 4 weeks**  have you had difficulties with the following: | During the past 4 weeks means during the most recent 28 days. Please bold and underline “past 4 weeks”. “had difficulties” can be translated as “had trouble” or “had problems” if “difficulties” is not appropriate. |
| 3 | Please **tick one box** for each question | The expression “tick one box” can be changed to the most appropriate instruction for your country – for instance “check one box” if that is more idiomatic.  Please bold the wording “tick one box” or the equivalent wording used. |
| 4  R1-23 | Never  Rarely  Sometimes  Often  Always | Rarely = seldom |
| 5  Q1 | Getting up in the morning? | This mean waking up and getting out of bed, taking account of not just the physical act but also the psychological ability to do so.  Please try and retain the wording “Getting up in the morning” however if this is not idiomatic or possible “Getting out of bed in the morning” can be used. |
| 6  Q2 | Getting dressed? | This implies getting dressed for the day |
| 7  Q3 | Getting around your home? | This is asking whether the subject is able to walk/move around the inside of their home from room to room and/or use the stairs if required. If “getting around” is too idiomatic “Mobility around your home?” could be used. |
| 8  Q4 | Doing household chores (e.g. cleaning your home, doing the laundry, cooking, taking out the rubbish)? | This is clear – no elaboration required |
| 9  Q5 | Going to the shops for everyday goods, such as food or household items? | “Going to the shops” can be translated as “Going shopping”. Everyday goods refer to groceries and things required for the house like laundry items or bathroom items. Household items can be translated as “things for the house” |
| 10  Q6 | Doing daily activities you would like to do? | This means the subject is able to undertake regular daily activities that they would like to be able to do such as preparing food and drinks, using the phone or a computer etc. |
| 11  Q7 | Doing work, paid or unpaid? | Unpaid work here implies some form of voluntary work. |
| 12  Q8 | Your social life (e.g. meeting friends  or family)? | This is clear – no elaboration required |
| 13  Q9 | Doing leisure activities that you enjoy (e.g. reading a book, listening to music, going out for a drink/meal)? | drink/meal can be translated as drink or meal, or going out to a bar or restaurant |
| 14  Q10 | Doing physical activities that you enjoy (e.g. walking, gardening, swimming)? | The activities given as examples should be reasonable examples in most cultures however if one is particularly not relevant for your culture please replace it with something more suitable. |
| 15  Q11 | Maintaining close relationships  (e.g. with your partner/spouse, caregiver, parents, children)? | Maintaining close relationships means keeping up a good relationship with people who you are most important to you in your life, particualarly close family members.  Partner means the person you are with (e.g. girlfriend/fiancee) if you are not married. Spouse means you husband or wife. Please use both terms if possible. |
| 16  Q12 | Maintaining friendships? | Maintaining friendships means keeping up a good relationship with your friends. |
| 17  Q13 | Engaging with people when out in  the community (e.g. when shopping,  at the bank)? | Engaging means interactions and conversations with people. Out in the community refers to the area in which you live outside your home. |
| 18  Q14 | Being as independent as you would like? | Independent here refers to the ability to look after yourself and cope with daily life on your own (within normal parameters) |
| 19  Q15 | Engaging in community life  (e.g. voluntary activities,  local clubs / groups)? | Engaging means interactions and conversations with people. In community life means taking part and being involved in activities that are undertaken in your local area – these may be related to hobbies and sports clubs but also voluntary activities and spiritual activities such as attending church. |
| 20  Q16 | Using your own transport (e.g. bicycle, motorbike, car, mobility scooter)? | A mobility scooter is a form of motorized electric wheelchair with three or four wheels which you sit upright on. |
| 21  Q17 | Using public transport (e.g. taxi, bus, train, tram)? | This is clear – no elaboration required |
| 22  Q18 | Communicating successfully with  other people? | Communicating successfully means that you are able to get across to people what you want to communicate and can respond to other people appropriately |
| 23  Q19 | Feeling that you don’t have control of your life? | Lacking control over your life has a broad meaning that you feel you lack the ability to make thoughtful decisions, decide on courses of action and generally lead your life as you want to. |
| 24  Q20 | Feeling stressed? | Stressed means you are feeling tense and under pressure |
| 25  Q21 | Feeling anxious? | Please translate as “feeling anxious” if this is not possible in a given language “feeling nervous” can be used instead. |
| 26  Q22 | Feeling sad? | This is clear – no elaboration required |
| 27  Q23 | Feeling depressed? | This should be translated as “Feeling depressed” it is designed to mean a transient symptom rather than clinical depression therefore please do not translate this just as “Depression” |
| 28 | Please check that you have ***ticked one box for each question*** before going onto the next page. | Please check here means “please make sure”.  The expression “ticked one box” can be changed to the most appropriate instruction for your country – for instance “checked one box” if that is more idiomatic. |
| 29 | Please check that you have ***ticked one box for each question***. | Please check here means “please make sure”.  The expression “ticked one box” can be changed to the most appropriate instruction for your country – for instance “checked one box” if that is more idiomatic. |
| 30 | ***Thank you for completing the questionnaire.*** | This is clear – no elaboration required |