

Ability to Perform Physical Activities of Daily Living Questionnaire (APPADL)



How difficult is it for you to:

Get up from the floor or ground?

Get down—for example, to sit, squat or kneel on the floor or ground?

Stand for 2–3 h?

Walk up two flights of stairs?

Do household chores or yard work that require you to bend over or squat down, such as cleaning the bathtub or weeding?

Engage in moderate physical activity for 30 min, such as walking quickly, playing softball, playing volleyball, or ice skating?

Engage in strenuous physical activity for 30 min such as running, playing basketball, biking skiing, or swimming laps?

Most difficult				Least Difficult
1	2	3	4	5

References

Hayes RP, Nelson DR, Meldahl ML, Curtis BH. Ability to perform daily physical activities in individuals with type 2 diabetes and moderate obesity: a preliminary validation of the Impact of Weight on Activities of Daily Living Questionnaire. *Diabetes Technol Ther.* 2011 Jul;13(7):705–12 ([PubMed Abstract](#))

Hayes RP, Schultz EM, Naegeli AN, Curtis BH. Test-retest, responsiveness, and minimal important change of the ability to perform physical activities of daily living questionnaire in individuals with type 2 diabetes and obesity. *Diabetes Technol Ther.* 2012 Dec;14(12):1118–25 ([PubMed Abstract](#))