

# Mayo-Portland Adaptability Inventory-4

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Name: \_\_\_\_\_ Clinic # \_\_\_\_\_ Date \_\_\_\_\_

Person reporting (circle one):    Single Professional    Professional Consensus    Person with brain injury    Significant other: \_\_\_\_\_

Below each item, circle the number that best describes the level at which the person being evaluated experiences problems. Mark the greatest level of problem that is appropriate. Problems that interfere rarely with daily or valued activities, that is, less than 5% of the time, should be considered not to interfere. Write comments about specific items at the end of the rating scale.

**For Items 1-20, please use the rating scale below.**

<b>0</b> None	<b>1</b> Mild problem but does <u>not</u> interfere with activities; may use assistive device or medication	<b>2</b> Mild problem; interferes with activities 5-24% of the time	<b>3</b> Moderate problem; interferes with activities 25-75% of the time	<b>4</b> Severe problem; interferes with activities more than 75% of the time
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<b>Part A. Abilities</b>					
<b>1. Mobility:</b> Problems walking or moving; balance problems that interfere with moving about	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>2. Use of hands:</b> Impaired strength or coordination in one or both hands	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>3. Vision:</b> Problems seeing; double vision; eye, brain, or nerve injuries that interfere with seeing	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>4. *Audition:</b> Problems hearing; ringing in the ears	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>5. Dizziness:</b> Feeling unsteady, dizzy, light-headed	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>6. Motor speech:</b> Abnormal clearness or rate of speech; stuttering	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>7A. Verbal communication:</b> Problems expressing or understanding language	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>7B. Nonverbal communication:</b> Restricted or unusual gestures or facial expressions; talking too much or not enough; missing nonverbal cues from others	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>8. Attention/Concentration:</b> Problems ignoring distractions, shifting attention, keeping more than one thing in mind at a time	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>9. Memory:</b> Problems learning and recalling new information	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>10. Fund of Information:</b> Problems remembering information learned in school or on the job; difficulty remembering information about self and family from years ago	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>11. Novel problem-solving:</b> Problems thinking up solutions or picking the best solution to new problems	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>12. Visuospatial abilities:</b> Problems drawing, assembling things, route-finding, being visually aware on both the left and right sides	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>

<b>Part B. Adjustment</b>					
<b>13. Anxiety:</b> Tense, nervous, fearful, phobias, nightmares, flashbacks of stressful events	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>14. Depression:</b> Sad, blue, hopeless, poor appetite, poor sleep, worry, self-criticism	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>15. Irritability, anger, aggression:</b> Verbal or physical expressions of anger	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>16. *Pain and headache:</b> Verbal and nonverbal expressions of pain; activities limited by pain	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>17. Fatigue:</b> Feeling tired; lack of energy; tiring easily	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>18. Sensitivity to mild symptoms:</b> Focusing on thinking, physical or emotional problems attributed to brain injury; rate only how concern or worry about these symptoms affects current functioning over and above the effects of the symptoms themselves	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>19. Inappropriate social interaction:</b> Acting childish, silly, rude, behavior not fitting for time and place	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>20. Impaired self-awareness:</b> Lack of recognition of personal limitations and disabilities and how they interfere with everyday activities and work or school	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>

**Use scale at the bottom of the page to rate item #21**

**21. Family/significant relationships:** Interactions with close others; describe stress within the family or those closest to the person with brain injury; “family functioning” means cooperating to accomplish those tasks that need to be done to keep the household running

<b>0</b> Normal stress within family or other close network of relationships	<b>1</b> Mild stress that does <u>not</u> interfere with family functioning	<b>2</b> Mild stress that interferes with family functioning 5-24% of the time	<b>3</b> Moderate stress that interferes with family functioning 25-75% of the time	<b>4</b> Severe stress that interferes with family functioning more than 75% of the time
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**Part C. Participation****22. Initiation:** Problems getting started on activities without prompting

<b>0</b> None	<b>1</b> Mild problem but does <u>not</u> interfere with activities; may use assistive device or medication	<b>2</b> Mild problem; interferes with activities 5-24% of the time	<b>3</b> Moderate problem; interferes with activities 25-75% of the time	<b>4</b> Severe problem; interferes with activities more than 75% of the time
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**23. Social contact with friends, work associates, and other people who are not family, significant others, or professionals**

<b>0</b> Normal involvement with others	<b>1</b> Mild difficulty in social situations but maintains normal involvement with others	<b>2</b> Mildly limited involvement with others (75-95% of normal interaction for age)	<b>3</b> Moderately limited involvement with others (25-74% of normal interaction for age)	<b>4</b> No or rare involvement with others (less than 25% of normal interaction for age)
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**24. Leisure and recreational activities**

<b>0</b> Normal participation in leisure activities for age	<b>1</b> Mild difficulty in these activities but maintains normal participation	<b>2</b> Mildly limited participation (75-95% of normal participation for age)	<b>3</b> Moderately limited participation (25-74% of normal participation for age)	<b>4</b> No or rare participation (less than 25% of normal participation for age)
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**25. Self-care:** Eating, dressing, bathing, hygiene

<b>0</b> Independent completion of self-care activities	<b>1</b> Mild difficulty, occasional omissions or mildly slowed completion of self-care; may use assistive device or require occasional prompting	<b>2</b> Requires a little assistance or supervision from others (5-24% of the time) including frequent prompting	<b>3</b> Requires moderate assistance or supervision from others (25-75% of the time)	<b>4</b> Requires extensive assistance or supervision from others (more than 75% of the time)
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**26. Residence:** Responsibilities of independent living and homemaking (such as, meal preparation, home repairs and maintenance, personal health maintenance beyond basic hygiene including medication management) but not including managing money (see #29)

<b>0</b> Independent; living without supervision or concern from others	<b>1</b> Living without supervision but others have concerns about safety or managing responsibilities	<b>2</b> Requires a little assistance or supervision from others (5-24% of the time)	<b>3</b> Requires moderate assistance or supervision from others (25-75% of the time)	<b>4</b> Requires extensive assistance or supervision from others (more than 75% of the time)
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**27. \*Transportation**

<b>0</b> Independent in all modes of transportation including independent ability to operate a personal motor vehicle	<b>1</b> Independent in all modes of transportation, but others have concerns about safety	<b>2</b> Requires a little assistance or supervision from others (5-24% of the time); cannot drive	<b>3</b> Requires moderate assistance or supervision from others (25-75% of the time); cannot drive	<b>4</b> Requires extensive assistance or supervision from others (more than 75% of the time); cannot drive
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**28A. \*Paid Employment:** Rate either item 28A or 28B to reflect the primary desired social role. Do not rate both. Rate 28A if the primary social role is paid employment. If another social role is primary, rate only 28B. For both 28A and 28B, “support” means special help from another person with responsibilities (such as, a job coach or shadow, tutor, helper) or reduced responsibilities. Modifications to the physical environment that facilitate employment are not considered as support.

<b>0</b> Full-time (more than 30 hrs/wk) without support	<b>1</b> Part-time (3 to 30 hrs/wk) without support	<b>2</b> Full-time or part-time with support	<b>3</b> Sheltered work	<b>4</b> Unemployed; employed less than 3 hours per week
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**28B. \*Other employment:** Involved in constructive, role-appropriate activity other than paid employment.

Check only one to indicate primary desired social role:  Childrearing/care-giving  Homemaker, no childrearing or care-giving  Student  Volunteer  Retired (Check retired only if over age 60; if unemployed, retired as disabled and under age 60, indicate “Unemployed” for item 28A.

<b>0</b> Full-time (more than 30 hrs/wk) without support; full-time course load for students	<b>1</b> Part-time (3 to 30 hrs/wk) without support	<b>2</b> Full-time or part-time with support	<b>3</b> Activities in a supervised environment other than a sheltered workshop	<b>4</b> Inactive; involved in role-appropriate activities less than 3 hours per week
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**29. Managing money and finances:** Shopping, keeping a check book or other bank account, managing personal income and investments; if independent with small purchases but not able to manage larger personal finances or investments, rate 3 or 4.

<b>0</b> Independent, manages small purchases and personal finances without supervision or concern from others	<b>1</b> Manages money independently but others have concerns about larger financial decisions	<b>2</b> Requires a little help or supervision (5-24% of the time) with large finances; independent with small purchases	<b>3</b> Requires moderate help or supervision (25-75% of the time) with large finances; some help with small purchases	<b>4</b> Requires extensive help or supervision (more than 75% of the time) with large finances; frequent help with small purchases
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**Part D: Pre-existing and associated conditions.** The items below do not contribute to the total score but are used to identify special needs and circumstances. For each rate, pre-injury and post-injury status.

**30. Alcohol use:** Use of alcoholic beverages.

Pre-injury _____		Post-injury _____		
<b>0</b> No or socially acceptable use	<b>1</b> Occasionally exceeds socially acceptable use but does not interfere with everyday functioning; current problem under treatment or in remission	<b>2</b> Frequent excessive use that occasionally interferes with everyday functioning; possible dependence	<b>3</b> Use or dependence interferes with everyday functioning; additional treatment recommended	<b>4</b> Inpatient or residential treatment required

**31. Drug use:** Use of illegal drugs or abuse of prescription drugs.

Pre-injury _____		Post-injury _____		
<b>0</b> No or occasional use	<b>1</b> Occasional use does not interfere with everyday functioning; current problem under treatment or in remission	<b>2</b> Frequent use that occasionally interferes with everyday functioning; possible dependence	<b>3</b> Use or dependence interferes with everyday functioning; additional treatment recommended	<b>4</b> Inpatient or residential treatment required

**32. Psychotic Symptoms:** Hallucinations, delusions, other persistent severely distorted perceptions of reality.

Pre-injury _____		Post-injury _____		
<b>0</b> None	<b>1</b> Current problem under treatment or in remission; symptoms do not interfere with everyday functioning	<b>2</b> Symptoms occasionally interfere with everyday functioning but no additional evaluation or treatment recommended	<b>3</b> Symptoms interfere with everyday functioning; additional treatment recommended	<b>4</b> Inpatient or residential treatment required

**33. Law violations:** History before and after injury.

Pre-injury _____		Post-injury _____		
<b>0</b> None or minor traffic violations only	<b>1</b> Conviction on one or two misdemeanors other than minor traffic violations	<b>2</b> History of more than two misdemeanors other than minor traffic violations	<b>3</b> Single felony conviction	<b>4</b> Repeat felony convictions

**34. Other condition causing physical impairment:** Physical disability due to medical conditions other than brain injury, such as, spinal cord injury, amputation. Use scale below #35.

Pre-injury _____		Post-injury _____		
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**35. Other condition causing cognitive impairment:** Cognitive disability due to nonpsychiatric medical conditions other than brain injury, such as, dementia, stroke, developmental disability.

Pre-injury _____		Post-injury _____		
<b>0</b> None	<b>1</b> Mild problem but does <u>not</u> interfere with activities; may use assistive device or medication	<b>2</b> Mild problem; interferes with activities 5-24% of the time	<b>3</b> Moderate problem; interferes with activities 25-75% of the time	<b>4</b> Severe problem; interferes with activities more than 75% of the time

**Comments:**

Item #

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## Scoring Worksheet

Items with an asterisk (4, 16, 27, 28/28A) require rescoring as specified below before Raw Scores are summed and referred to Reference Tables to obtain Standard Scores. Because items 22-24 contribute to both the Adjustment Subscale and the Participation Subscale, the Total Score will be less than the sum of the three subscales.

### Abilities Subscale

Rescore item 4. Original score = \_\_\_\_\_

If original score = 0, new score = 0

If original score = 1, 2, or 3, new score = 1

If original score = 4, new score = 3

A. New score for item 4 = \_\_\_\_\_

B. Sum of scores for items 1-3 and 5-12 = \_\_\_\_\_

(use highest score for 7A or 7B if using 2006 Mayo or  
2006 National tables; add in BOTH 7A and 7B if using  
2015 National OutcomeInfo tables)

Sum of A and B = Raw Score for Abilities subscale = \_\_\_\_\_ (place in Table below)

### Adjustment Subscale

Rescore item 16. Original score = \_\_\_\_\_

If original score = 0, new score = 0

If original score = 1 or 2, new score = 1.

If original score = 3 or 4, new score = 2

C. New score for item 16 = \_\_\_\_\_

D. Sum of scores for items 13-15 and 17-24 = \_\_\_\_\_

Sum of C and D = Raw Score for Adjustment Subscale \_\_\_\_\_ (place in Table below)

### Participation Subscale

Rescore item 27. Original score = \_\_\_\_\_

If original score = 0 or 1, new score = 0

If original score = 2 or 3, new score = 1

If original score = 4, new score = 3

Rescore item 28A or 28B. Original score = \_\_\_\_\_

If original score = 0, new score = 0

If original score = 1 or 2, new score = 1

If original score = 3 or 4, new score = 3

E. New score for item 27 = \_\_\_\_\_

F. New score for item 28A or 28B = \_\_\_\_\_

G. Sum of scores for items 22-24 = \_\_\_\_\_ (place in Table below)

H. Sum of scores for items 25, 26, 29 = \_\_\_\_\_

Sum of E through H = Raw Score for Participation Subscale = \_\_\_\_\_ (place in Table below)

### Use Reference Tables to Convert Raw Scores to Standard Scores

	<b>Raw Scores</b> (from worksheet above)	<b>Standard</b> (Obtain from appropriate reference Table)
I. Ability Subscale (Items 1-12)	_____	_____
II. Adjustment Subscale (Items 13-24)	_____	_____
III. Participation Subscale (Items 22-29)	_____	_____
IV. Subtotal of Subscale Raw Scores (I-III)	_____	_____
V. Sum of scores for items 22-24	_____	_____
VI. Subtract from V. from IV = Total Score	_____	_____