

Adelaide Activities Profile

N	Question			
1	How often have you prepared a main meal?			
	Never	Less than once a week	1-2 times a week	Most days
2	How often have you washed the dishes?			
	Less than once a week	1-2 days a week	Most days	Every day
3	How often have you washed the clothes?			
	Never	About once a month	About once a fortnight	Once a week or more
4	How often have you done light housework?			
	Never	Once a fortnight or less	About once a week	Several days a week
5	How often have you done heavy housework?			
	Never	About once a month	About once a fortnight	Once a week or more
6	How many hours of voluntary or paid employment have you done?			
	None	Up to 10 hours/week	10-30 hours/week	More than 30 hrs/week
7	How often have you cared for other family members?			
	Never	About once a month	About once a fortnight	Once a week or more
8	How often have you done household shopping?			
	Never	About once a month	About once a fortnight	Once a week or more
9	How often have you done personal shopping?			
	Never	Once in three months	About once a month	Once a fortnight or more
10	How often have you done light gardening?			
	Never	About once a month	About once a fortnight	Once a week or more
11	How often have you done heavy gardening?			
	Never	About once a month	About once a fortnight	Once a week or more
12	How often have you done household and/or car maintenance?			
	Never	Once in three months	About once a month	Once a fortnight or more
13	How often have you needed to drive a car or organise your own transport?			
	Never	Up to once a month	Up to once a fortnight	Once a week or more
14	How often have you spent some time on a hobby?			
	Never	About once a month	About once a fortnight	More than once a week
15	How many telephone calls have you made to friends or family?			
	None	Up to three calls/week	4-10 calls/week	Over 10 calls/week
16	How often have you invited people to your home?			
	Less than once/fortnight	About once a fortnight	About once a week	More than once a week
17	How often have you participated in social activities at a centre such as a club, a church or a community centre?			
	Less than once/month	About once a month	About once a fortnight	More than once a week
18	How often have you attended religious services or meetings?			
	Never	About once a month	About once a fortnight	Once a week or more
19	How often have you participated in an outdoor social activity?			
	Never	About once a month	About once a fortnight	Once a week or more
20	How often have you spent some time outdoor participating in a recreational or sporting activity?			
	Never	About once a month	About once a week	More than once a week
21	How often have you walked outdoors for 15 minutes or more?			
	Once/month or less	About once a fortnight	About once a week	Most days

Reference:
Clark & Bond, 1985

Comment:

This is derived from the Frenchay Activities Index and arose from two perceived major deficiencies: a lack of a wide enough range of activities, and a poor psychometric approach to measuring frequency for each activity. This new, improved scale has four distinct factors: domestic chores, household maintenance, service to others, and social activities. It has reasonable psychometric credentials and has been used, largely in studies in Australia. The Frenchay Activities Index has the advantage of much more widespread use, including evidence on its sensitivity to change and difference in prospective studies and comparative studies. [**Note a bias:** the author has worked on the FAI]