

## Glossary of PIADS Items

**Ability to Adapt to the Activities of Daily Living** (item 25) Ability to cope with change; ability to make basic tasks more manageable

**Ability to Participate** (item 23) Ability to join in activities with other people

**Ability to take advantage of opportunities** (item 26) Ability to act quickly and confidently when there is a chance to improve something in your life

**Adequacy** (item 4) Capable of handling life situations, and handling little crises

**Capability** (item 16) Feeling more capable; able to cope

**Competence** (item 1) Ability to do well the important things you need to do in life

**Confusion** (item 5) Unable to think clearly, act decisively

**Eagerness to Try New Things** (item 24) Feeling adventuresome and open to new experiences

**Efficiency** (item 6) Effective management of day to day tasks

**Embarrassment** (item 21) Feeling awkward or ashamed

**Expertise** (item 13) Knowledge in a particular area or occupation

**Fear of being “outed”** (item 28) Fears and anxieties associated with others discovering your condition or symptoms

**Frustration** (item 10) Being upset about lack of progress in achieving your desires; feeling disappointed

**Happiness** (item 2) Gladness, pleasure; satisfaction with life

**Independence** (item 3) Not dependent on, or not always needing help from, someone or something

**Intimate relations** (item 34) Romantic and physical relations

**Isolation** (item 31) Withdrawing oneself from social activities

**Performance** (item 18) Able to demonstrate your skills

**Productivity** (item 8) Able to get more things done in a day

**Quality of Life** (item 17) How good your life is

**Revealing to others** (item 32) Disclosure of information about your condition to others

**Secrecy** (item 30) Actively hiding your condition from others

**Security** (item 9) Feeling safe rather than feeling vulnerable or insecure

**Self-Confidence** (item 12) Self-reliance; trust in yourself and your abilities

**Self-Consciousness** (item 27) level of self-awareness and that others may observe your actions and states

**Self-Esteem** (item 7) How you feel about yourself, and like yourself as a person

**Sense of Control** (item 20) Sense of being able to do what you want in your environment

**Sense of Power** (item 19) Sense of inner strength; feeling that you have significant influence over your life

**Skillfulness** (item 14) Able to show your expertise; perform tasks well

**Social Acceptance** (item 29) Fears that others make negative judgments about you

**Social Participation** (item 33) Engaging in social events and activities

**Usefulness** (item 11) Helpful to yourself and others; can get things done

**Well-being** (item 15) Feeling well; optimistic about your life and future

**Willingness to Take Chances** (item 22) Willing to take some risks; willing to take on new challenges