

### **Glossary of PIADS Items**

<b>Glossary of PIADS Items</b>			
<b>Nr.</b>	<b>Item</b>	<b>Description</b>	<b>Deutsche Übersetzung</b>
1	<b>Competence</b>	Ability to do well the important things you need to do in life	Kompetenz
2	<b>Happiness</b>	Gladness, pleasure; satisfaction with life	Freude
3	<b>Independence</b>	Not dependent on, or not always needing help from, someone or something	Unabhängigkeit
4	<b>Adequacy</b>	Capable of handling life situations, and handling little crises	Anpassung
5	<b>Confusion</b>	Unable to think clearly, act decisively	Verwirrung
6	<b>Efficiency</b>	Effective management of day to day tasks	Effizienz
7	<b>Self-Esteem</b>	How you feel about yourself, and like yourself as a person	Selbstwertgefühl
8	<b>Productivity</b>	Able to get more things done in a day	Produktivität
9	<b>Security</b>	Feeling safe rather than feeling vulnerable or insecure	Sicherheit
10	<b>Frustration</b>	Being upset about lack of progress in achieving your desires; feeling disappointed	Frustrierung
11	<b>Usefulness</b>	Helpful to yourself and others; can get things done	Nützlichkeit
12	<b>Self-Confidence</b>	Self-reliance; trust in yourself and your abilities	Selbstvertrauen
13	<b>Expertise</b>	Knowledge in a particular area or occupation	Geschicklichkeit
14	<b>Skillfulness</b>	Able to show your expertise; perform tasks well	Wissen
15	<b>Well-being</b>	Feeling well; optimistic about your life and future	Wohstand Wohlbefinden
16	<b>Capability</b>	Feeling more capable; able to cope	Leistungsfähigkeit
17	<b>Quality of Life</b>	How good your life is	Lebensqualität
18	<b>Performance</b>	Able to demonstrate your skills	Leistung
19	<b>Sense of Power</b>	Sense of inner strength; feeling that you have significant influence over your life	Machtgefühl
20	<b>Sense of Control</b>	Sense of being able to do what you want in your environment	Kontrollgefühl

21	<b><i>Embarrassment</i></b>	Feeling awkward or ashamed	Befangenheit
22	<b><i>Willingness to Take Chances</i></b>	Willing to take some risks; willing to take on new challenges	Annahme von neuen Herausforderungen
23	<b><i>Ability to Participate</i></b>	Ability to join in activities with other people	Fähigkeit zur Teilnahme
24	<b><i>Eagerness to Try New Things</i></b>	Feeling adventuresome and open to new experiences	Bereitschaft für neue Erfahrungen
25	<b><i>Ability to Adapt to the Activities of Daily Living</i></b>	Ability to cope with change; ability to make basic tasks more manageable	Anpassungsfähigkeit an neue Herausforderungen
26	<b><i>Ability to take advantage of opportunities</i></b>	Ability to act quickly and confidently when there is a chance to improve something in your life	Fähigkeit mehr Nutzen aus Situationen zu ziehen