

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

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

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

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

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

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

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