Physical Self-Maintenance Scale (PSMS)

by James Lani

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The Physical Self-Maintenance Scale was developed to gauge disability in an elderly people currently in a community or institution for use in planning and assessing treatment. Items in the scale specifically target observable behaviors.

The format the PSMS is first a six item based on the ADL and then eight-items based on the IADL scale. A 5-point scale for responses ranges from total independence to total dependence. Ages recommended for the test are 60 and over. There is a rating version of instrument and a self-administered version.

Author

M. Powell Lawton and Elaine M. Brody, 1969

Reliability and Validity

The first half of the test (6 items) was investigated with a Guttman scale, giving a reproducibility coefficient of 0.96 and second half (eight items) coefficient of 0.93. A test-retest reliability of 0.94 was reported for the first section of test and 0.88 for the second half. In order to test validity, the scores of two nurses whom rated 36 patients were compared producing Pearson correlation of 0.91. The PSMS has been correlated with several instruments with a sample of elderly people in an institution or a home. A rating of 0.62 reported for physician’s rating, 0.61 with the IADL scale, 0.38 with Kahn Mental Status Questionnaire, 0.38 with a behavioral rating of social adjustment.

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