

## Young Adults' Daily Participation Scale (YADAPS)

This questionnaire deals with participation in various daily activities, and your experiences and feelings regarding these activities.

### Part A

Examples are provided for clarification for each activity; therefore, you should carefully read the questions, including the examples:

	<b>Assistance:</b>	<b>Frequency:</b>	<b>Level of performance:</b>	<b>Meaning:</b>	<b>Pleasure:</b>
	Does anyone usually help you perform the activity?	How often do you perform the activity?	To what extent your performance is accurate and efficient?	What is the importance of the activity to you, to what extent do you find it meaningful?	To what extent do you experience pleasure while engaging the activity?
		1 - not performing at all 2 - rarely perform 3 - once a month 4 - few (2-3) times a month 5 - once a week 6 - few (2-3) times a week 7 - every day	1 - very bad 7 - very good	1 - not important and meaningful at all 7 - very important and meaningful	1 - not at all pleasurable and/or I'm want to finish the activity 7 - very much pleasurable, to the point of losing time and space
1. Use of appliances ( <b>For example:</b> home or public appliances – washing machine, router, ceramic stove, tickets machine, ATM)	Yes / No	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7
2. Operating technological platforms ( <b>For example:</b> Excell, smartphone, web interfaces, Apps)	Yes / No	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7
3. Handling bureaucratic matters ( <b>For example:</b> National insurance, tax, registration to institutions, paying bills, going over letters and e-mails, licenses, insurances)	Yes / No	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7
4. Taking care of health ( <b>For example:</b> Taking prescription drugs/vitamins, setting medical appointments as needed, perform required medical examinations, treatments - psychological, alternative, other)	Yes / No	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7

5. Preparing food ( <b>For example:</b> preparing salad or sandwich, cooking, baking)	Yes / No	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7
6. Household chores ( <b>For example:</b> laundry, washing dishes, washing floors, arranging and cleaning the house, storing clothes and utensils in closets, minor repairs at home)	Yes / No	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7
7. Financial management ( <b>For example:</b> Managing the bank account, tracking expenses and income, handling debts and loans)	Yes / No	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7
8. Shopping ( <b>For example:</b> Food and cleaning supplies, clothes, gifts, furniture)	Yes / No	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7
9. Navigation - Finding the way and reaching familiar or new places	Yes / No	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7
<b>Rate activities 10-17 only if they are relevant to you.</b> For example, child rearing if you don't have children; driving if you don't have a driving license; educational activities if you are not involved in formal education. One should skip the rating of non-relevant activities and move on to the next activity.					
10. Driving – Including reversing, making turns, parking, following traffic signs	Yes / No	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7
11. Using public transportation ( <b>For example:</b> bus, train, subway)	Yes / No	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7
12. Child rearing - including taking care of basic needs such as bathing and feeding, managing a daily routine such as waking up, taking care of health needs, taking care of educational needs and spending time together	Yes / No	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7
13. Caring for pets – including feeding, hygiene, health matters and spending time together	Yes / No	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7
14. Engagement during classes ( <b>For example:</b> academic studies, certificate studies, continuing-education, professional course)	Yes / No	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7
15. Educational house-work assignment and tests completion as part of formal studies	Yes / No	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7
16. Paid work - including performing tasks within the work, participating in meetings, arriving on time and managing tasks	Yes / No	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7
17. Volunteering and/or social/political activism (promoting social issues through participation in petitions, demonstrations, promoting legislation, etc.)	Yes / No	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7
18. Quite leisure activities ( <b>For example:</b> reading, watching TV, listening to music, browsing the web, writing, playing computer or board games)	Yes / No	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7
19. Cultural/learning leisure activities ( <b>For example:</b> watching a sports game/play/concert/music show, visiting a cinema or museum, informally studying an area of interest such as a new language)	Yes / No	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7
20. Hobbies ( <b>For example:</b> photography, playing music, handicrafts such as mosaics or making jewelry, painting/sculpting, gardening, cooking)	Yes / No	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7
21. Spiritual/religious activities ( <b>For example:</b> prayer, meditation, solitude in nature)	Yes / No	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7
22. Sports activities ( <b>For example:</b> surfing, running, walking, swimming, yoga, gym, cycling, dancing, martial arts, Pilates, soccer, basketball, extreme sports)	Yes / No	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7
23. Family activities ( <b>For example:</b> family event, gatherings and meetings, talking on the phone/texting, spending time together)	Yes / No	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7
24. Meeting with friends ( <b>For example:</b> Individual or group social meeting, joint recreation, face-to-face meeting or on the phone/virtual)	Yes / No	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7
25. Romantic activities ( <b>For example:</b> dating, interacting with a person for romantic purposes, quality time for couple)	Yes / No	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7

