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:

Examples are provided for clarification for each activity, therefore	, , , , , , , , , , , , , , , , , , , ,			110, 1116, 10, 10, 111, 111, 111, 111, 1	Pleasure:
	Assistance:	Frequency:	Level of performance:	Meaning:	
	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 (For example: home or public appliances – washing machine, router, ceramic stove, tickets machine, ATM)	Yes / No	1234567	1234567	1234567	1234567
2. Operating technological platforms (For example: Excell, smartphone, web interfaces, Apps)	Yes / No	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1234567	1234567
3. Handling bureaucratic matters (For example: 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	1234567	1234567	1234567
4. Taking care of health (For example: Taking prescription drugs/vitamins, setting medical appointments as needed, perform required medical examinations, treatments - psychological, alternative, other)	Yes / No	1234567	1234567	1234567	1234567

6. Household chores (For example: haundry, washing dishes, washing floors, arranging and cleaning the bouse, storing clothes and tensits in closets, minor repairs at home) 7. Financial management (For example: Managing the bank account, tracking expenses and income, handling debts and loans) 8. Shopping (For example: Food and cleaning supplies, clothes, gifts, furniture) 7. Navigation - Finding the way and reaching familiar or new places 8. Shopping (For example: Food and cleaning supplies, clothes, gifts, furniture) 7. Navigation - Finding the way and reaching familiar or new places 8. Shopping (For example: Food and cleaning supplies, clothes, gifts, furniture) 8. Shopping (For example: Food and cleaning supplies, clothes, gifts, furniture) 8. Shopping (For example: Food and cleaning supplies, clothes, gifts, furniture) 8. Shopping (For example: Food and cleaning supplies, clothes, gifts, furniture) 8. Shopping (For example: Food and cleaning supplies, clothes, gifts, furniture) 9. Navigation - Finding the way and reaching familiar or new places 1234 567 1	5. Preparing food (For example : preparing salad or sandwich, cooking, baking)	Yes / No	1234567	1234567	1234567	1234567			
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9. Navigation - Finding the way and reaching familiar or new places Yes / No 1234 567 1234		Yes / No	1234567	1234567	1234567	1234567			
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22. Sports activities (For example: surfing, running, walking, swimming, yoga, gym, cycling, dancing, martial arts, Pilates, soccer, basketball, extreme sports) 23. Family activities (For example: family event, gatherings and meetings, talking on the phone/texting, spending time together) 24. Meeting with friends (For example: Individual or group social meeting, joint recreation, face-to-face meeting or on the phone/virtual) 25. Romantic activities (For example: dating, interacting with a person for romantic romantic romantic recreation.		Vas / Na	1224567	1 2 2 4 5 6 7	1 2 2 4 5 6 7	1 2 2 4 5 6 7			
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23. Family activities (For example: family event, gatherings and meetings, talking on the phone/texting, spending time together) 24. Meeting with friends (For example: Individual or group social meeting, joint recreation, face-to-face meeting or on the phone/virtual) 25. Romantic activities (For example: dating, interacting with a person for romantic very local properties of the phone of th		Yes / No	1234567	1234567	1234567	1234567			
phone/texting, spending time together) 24. Meeting with friends (For example: Individual or group social meeting, joint recreation, face-to-face meeting or on the phone/virtual) 25. Romantic activities (For example: dating, interacting with a person for romantic Ves / No. 1234567 1234567 1234567 1234567 1234567 1234567									
24. Meeting with friends (For example: Individual or group social meeting, joint recreation, face-to-face meeting or on the phone/virtual) 25. Romantic activities (For example: dating, interacting with a person for romantic Yes / No. 1234567 1234567 1234567 1234567 1234567		Yes / No	1234567	1234567	1234567	1 2 3 4 5 6 7			
recreation, face-to-face meeting or on the phone/virtual) 25. Romantic activities (For example: dating, interacting with a person for romantic Ves / No. 1234567 1234567 1234567 1234567 1234567									
25. Romantic activities (For example : dating, interacting with a person for romantic		Yes / No	1 2 3 4 5 6 7	1234567	1 2 3 4 5 6 7	1234567			
	purposes, quality time for couple)	Yes / No	1234567	1234567	1234567	1 2 3 4 5 6 7			

Part B

People are involved in a variety of activities and occupations in their daily routines. These provides individuals with different experiences and leads to various outcomes. Referring to the past three months, rate your overall experience/result of participating in activities:

Overall, the activities in which I am daily involved...

are not performed out of my choice and decision;									are very much performed out of my choice
they do not allow me to feel autonomy and control									and decision; they allow me to feel
over my life.									autonomy and control over my life.
1	2	3	4	5	6	7	8	9	10
To a large extent drain me of energy, provides a									To a large extent provide a sense of renewed
sense of stress or negative emotions									energy and positive emotions
1	2	3	4	5	6	7	8	9	10
Challenge me too much/too little and does not allow									Challenge me to the extent that I can handle
me to experience a sense of competence, control									and allow me to experience a sense of
and accomplishment									competence, control and accomplishment
1	2	3	4	5	6	7	8	9	10
Not at all reflect the person I am and do not allow									To a large extent reflect the person I am and
me to feel self-fulfilled									allow me to feel self-fulfilled to a large
									<u>extent</u>
1	2	3	4	5	6	7	8	9	10
Do not allow me at all to experience social									Allow me to experience social belonging or
belonging or relatedness to others									relatedness to others to a large extent
1	2	3	4	5	6	7	8	9	10