

# Instructions to Administrator

**Remove this page before administering the PROMIS-16 Profile.** The measure begins on the following page.

## Measure Description

- 16 items – 2 items each for 8 domains
- Produces 8 domain scores
- Produces PROMIS-preference (PROPr) score

## Intended Use

- PROPr score is used for reporting at the group level in comparative-effectiveness and cost-effectiveness analyses.
- Domain scores are generally unreliable for accurate individual assessment and therefore use for individual clinical evaluations is discouraged.
- Domain scores can be used as screening measures that are followed by more precise assessment or clinical inquiry.

## Other PROMIS Measures

Purpose	Recommended Measure
Screening AND precise assessment for individuals	PROMIS Screen-to-CAT measures
Clinical trial or longitudinal cohort assessments	PROMIS-29, PROMIS-43, or PROMIS-57 profiles, or PROMIS Profile CAT v1.0-29

See [more recommendations](#).

## Calculate a PROMIS-Preference (PROPr) Score

- Option 1: Administer PROMIS-16 via a [digital platform](#) supported by the [Assessment Center API](#). Contact [api@assessmentcenter.net](mailto:api@assessmentcenter.net) for support with administration.
- Option 2: Manually calculate a PROPr score.
  - Access or calculate PROMIS *theta* values for all domains (Physical Function, Anxiety, Depression, Fatigue, Sleep Disturbance, Ability to Participate in Social Roles and Activities, Pain Interference, Cognitive Function – Abilities).
  - Access PROPr scoring software code. Instructions are available under [Preference-based Scores](#) at [HealthMeasures.net](#).

Dewitt B, Feeny D, Fischhoff B, Cella D, Hays RD, Hess R, Pilkonis PA, Revicki DA, Roberts MS, Tsevat J, Yu L, Hanmer J. Estimation of a Preference-Based Summary Score for the Patient-Reported Outcomes Measurement Information System: The PROMIS®-Preference (PROPr) Scoring System. *Med Decis Making*. 2018 Aug;38(6):683-698. doi:[10.1177/0272989X18776637](https://doi.org/10.1177/0272989X18776637). Epub 2018 Jun 26. PMID: 29944456; PMCID: PMC6502464.

# PROMIS®-16 Profile v2.1 (PROPr)

Please respond to each question or statement by marking one box per row.

## Physical Function

**In the past 7 days...**

Without any difficulty      With a little difficulty      With some difficulty      With much difficulty      Unable to do

PFA1	I was able to stand for short periods of time.....	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
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Never      Rarely      Sometimes      Often      Always

PFA37	Has your health limited you in doing vigorous activities, such as running, lifting heavy objects, participating in strenuous sports?.....	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
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## Anxiety

**In the past 7 days...**

Never      Rarely      Sometimes      Often      Always

EDANX40	I found it hard to focus on anything other than my anxiety .....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
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EDANX41	My worries overwhelmed me .....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
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## Depression

**In the past 7 days...**

Never      Rarely      Sometimes      Often      Always

EDDEP29	I felt depressed.....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
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EDDEP41	I felt hopeless.....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
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## Fatigue

**During the past 7 days...**

Not at all      A little bit      Somewhat      Quite a bit      Very much

HI7	I feel fatigued.....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
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An3	I have trouble starting things because I am tired .....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
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## Sleep-Related Impairment

**In the past 7 days...**

Not at all      A little bit      Somewhat      Quite a bit      Very much

Sleep25	I had problems during the day because of poor sleep .....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
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## Sleep Disturbance

**In the past 7 days...**

Very poor      Poor      Fair      Good      Very good

## PROMIS<sup>®</sup>-16 Profile v2.1 (PROPr)

Sleep109	My sleep quality was .....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
<b><u>Ability to Participate in Social Roles and Activities</u></b>						
		<b>Never</b>	<b>Rarely</b>	<b>Sometimes</b>	<b>Usually</b>	<b>Always</b>
SRPPER31_CaPS	I have trouble taking care of my regular personal responsibilities.....	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
SRPPER46_CaPS	I have trouble doing all of the activities with friends that I want to do.....	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
<b><u>Pain Interference In the past 7 days...</u></b>						
		<b>Not at all</b>	<b>A little bit</b>	<b>Somewhat</b>	<b>Quite a bit</b>	<b>Very much</b>
PAININ9	How much did pain interfere with your day to day activities? .....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
PAININ31	How much did pain interfere with your ability to participate in social activities? .....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
<b><u>Cognitive Function - Abilities In the past 7 days...</u></b>						
		<b>Not at all</b>	<b>A little bit</b>	<b>Somewhat</b>	<b>Quite a bit</b>	<b>Very much</b>
PC27r	I have been able to remember to do things, like take medicine or buy something I needed .....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
PC-CaPS3r	I have been able to think clearly without extra effort.....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5