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## The Whiplash Activity and participation List (WAL)

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This self-administered questionnaire consists of 35 daily activities. We would like to know if you find it difficult to perform any of these activities, because of your neck pain.

For each activity there is a scale of 0 to 4. Please answer by choosing one response option for each activity. Choose the option that best represents your experience during the last week. Do not skip any activities.

If you have not performed an activity in the past week, then circle the first option for this activity: no problem / score 0.

**Example:**

During the past week, did you find it difficult to perform this activity, because of your neck pain?

Reading	0 no problem	1 mild problem	2 moderate problem	3 severe problem	4 complete problem
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**During the past week, did you find it difficult to perform any of the activities listed below, because of your neck pain?**

		0 no problem	1 mild problem	2 moderate problem	3 severe problem	4 complete problem
1	Focusing attention	0	1	2	3	4
2	Reading	0	1	2	3	4
3	Solving complex problems	0	1	2	3	4
4	Undertaking multiple tasks	0	1	2	3	4
5	Handling stress	0	1	2	3	4
6	Conversing	0	1	2	3	4
7	Using a desktop computer or laptop	0	1	2	3	4
8	Bending over	0	1	2	3	4
9	Maintaining a sitting position	0	1	2	3	4
10	Looking over the shoulder	0	1	2	3	4
11	Lifting and carrying objects	0	1	2	3	4
12	Prolonged walking	0	1	2	3	4
13	Running	0	1	2	3	4
14	Overhead work	0	1	2	3	4
15	Using public transportation	0	1	2	3	4
16	Cycling	0	1	2	3	4
17	Driving an automobile or motorcycle	0	1	2	3	4
18	Wash or shower	0	1	2	3	4
19	Caring for body parts or washing hair	0	1	2	3	4
20	To dress or undress	0	1	2	3	4
21	Shopping	0	1	2	3	4
22	Preparing meals	0	1	2	3	4
23	Doing housework	0	1	2	3	4
24	Using household appliances	0	1	2	3	4
25	Gardening	0	1	2	3	4

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**During the past week, did you find it difficult to perform any of the activities listed below, because of your neck pain?**

		0 no problem	1 mild problem	2 moderate problem	3 severe problem	4 complete problem
26	Interacting with people	0	1	2	3	4
27	Maintaining relationships	0	1	2	3	4
28	Sexuality	0	1	2	3	4
29	Following education or training	0	1	2	3	4
30	Work	0	1	2	3	4
31	Engaging in recreational activity	0	1	2	3	4
32	Engaging in social activities	0	1	2	3	4
33	Sports	0	1	2	3	4
34	Going out	0	1	2	3	4
35	Visiting friends or relatives	0	1	2	3	4

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#### Scoring instructions:

The WAL is a self-assessment and condition-specific instrument that is based on the ICF framework and can be used to evaluate patients' functioning in terms of activities and participation. The WAL consists of 35 activity and participation items, scored on a 5-point scale. The questionnaire is self-explanatory and takes about 5-10 minutes to complete.

A sum score is calculated ranging from 0 (no limitations) to 140 (extremely limited).

Minimum detectable change: 16 points.

#### References:

Schmitt MA, Stenneberg MS, Schrama PP, van Meeteren NL, Helders PJ, Schroder CD. Measurement of clinically relevant functional health perceptions in patients with whiplash-associated disorders: the development of the whiplash specific activity and participation list (WAL). *Eur Spine J* 2013;22(9):2097e104

Stenneberg MS, Busstra H, Eskes M, van Trijffel E, Cattrysse E, Scholten-Peeters GGM, et al. Concurrent validity and interrater reliability of a new smartphone application to assess 3D active cervical range of motion in patients with neck pain. *Musculoskelet Sci Pract* 2018;34:59–65

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