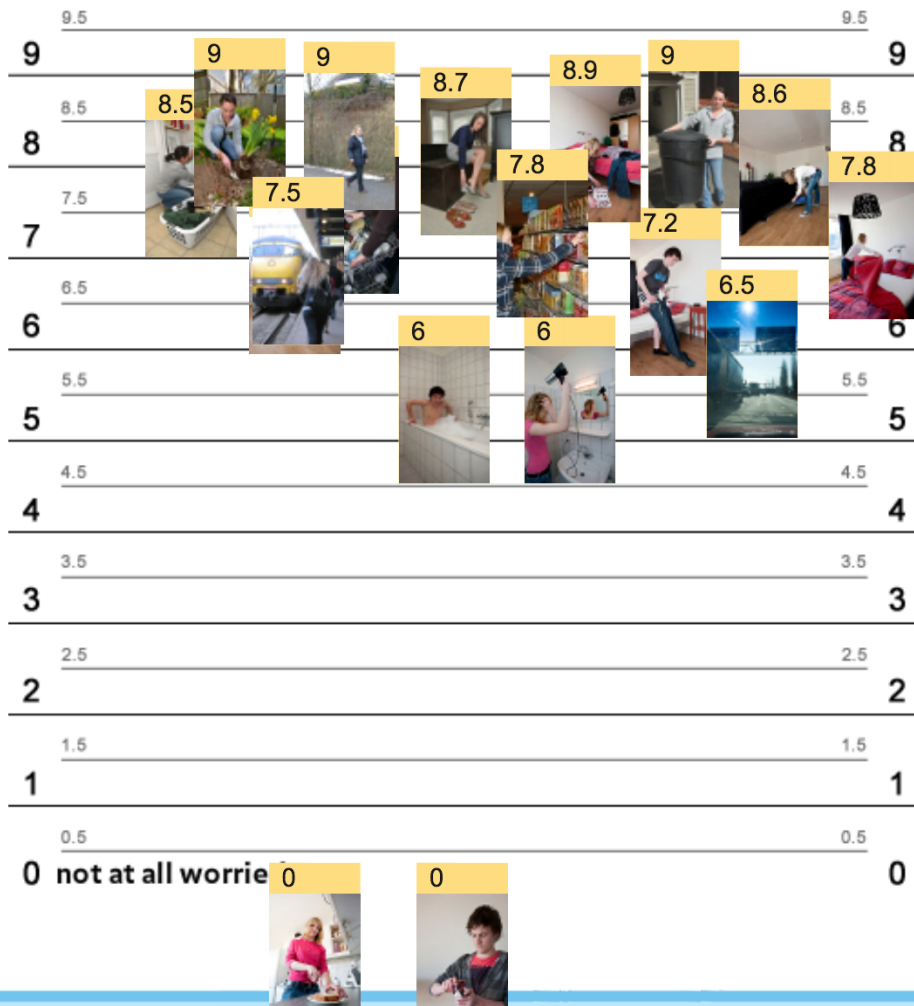


On a scale of 0 to 10, how *worried* are you that this activity would be harmful to your pain?

10 extremely worried

10



Take a screen shot of your ratings.

(click here when you're done)



For PC: Press ALT +

For Mac: Press Command + Shift + 3

For iPad: Press Home + Power Button



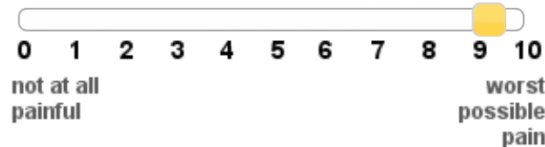
This activity does not apply

Activity #19

Taking public transportation

On a scale of 0 - 10 how *painful* do you think this activity would be?

9.3



Previous Activity

Next Activity

1 activities remaining

PHODA-Youth Results:

Patient A.M.
March 29th, 2013

- Copy for:
- o Patient
 - o Psychologist
 - o Physical therapist
 - o Occupational therapist

PHODA Mean Scores across Domains of Functioning

Name: A.M.
March 29th, 2013

	Total	ADL's	Physical-Functional	Physical-Sports	School	Social
Worry	8.7	7	9.4	10	8.5	9.1
Pain	9.4	9	9.4	9.9	9.1	9.1

PHODA-Youth Scores across Domains of Functioning

PHODA-Youth Results: Functional Phys...

Name: A.M.
Report date: March 29, 2013

Worry	Pain	Label	Section
10	10	Kneeling	Activities of Daily Living
10	10	Walking	Activities of Daily Living
10	10	Walking up or down stairs	Activities of Daily Living
10	10	Walking on an icy or wet surface	Activities of Daily Living
10	10	Jumping over something	Activities of Daily Living
10	10	Balancing on one leg	Activities of Daily Living
9.9	9.4	Squatting	Activities of Daily Living
9.5	9.3	Breaking your fall	Activities of Daily Living
9.5	8.9	Lifting a heavy bag on one hand	Activities of Daily Living
9.5	8.7	Lifting heavy things with two hands	Activities of Daily Living
9.4	9.4	Pushing against an object	Activities of Daily Living
9.1	9.7	Standing	Activities of Daily Living

PHODA-Youth Results: Activities of Daily Living

Name: A.M.
Report date: March 29th, 2013

Worry	Pain	Label	Section
9	9.4	Taking out the trash	Activities of Daily Living
9	9.6	Doing yard work	Activities of Daily Living
8.9	9.2	Taking care of a pet	Activities of Daily Living
8.7	9.3	Cleaning your room	Activities of Daily Living

PHODA Activity Log

Choose a valued activity from your PHODA that you worry about completing. Record your progress as you tackle each step.

Activity Goal:

Date	Describe the Step	Expected worry (0-10)	Actual worry (0-10)	Reflect on Your Experience: Successes and Improvements
Record today's date	Record the step which you are working on towards achieving your activity goal	How worried does this activity make you?	How worried were you during the activity?	Describe the skills you used to complete the step OR Barriers to completion and skills to prepare for next time

11:19 AM 93%

aneswebin/phoda/rate.php

PHODA REDCap

On a scale of 0 to 10, how worried are you that this activity would be harmful to your pain?

10 extremely worried 10

Take a screen shot of your ratings.
(click here when you're done)

For PC: Press ALT +
For Mac: Press + Shift + 3
For iPad: Press + Power Button

This activity does not apply

Activity #19
Taking public transportation

On a scale of 0 - 10 how painful do you think this activity would be? 9.3

0 1 2 3 4 5 6 7 8 9 10
not at all painful worst possible pain

Previous Activity Next Activity

1 activities remaining