	circle one number only
Modified Rankin Score 'usual daily activities' are basic things like walking, eating, dressing, showering, toileting	0 = No symptoms or signs 1 = Symptoms and/or signs but no disability 2 = Disability but independent in usual daily activities 3 = Requires help for 1 or more daily activities but still mobile 4 = Dependent and needs help for mobility 5 = Bed bound

Frenchay activities index (write number against each item)	"Since your stroke, how often have you done the following?"
1. Preparing meals 0 = never, 1 = <1x/week, 2 = 1-2x/week, 3 = most days	
2. Washing up 0 = never, 1 = <1x/week, 2 = 1-2x/week, 3 = most days	
3. Washing clothes 0 = never, 1 = 1-2x/3 months, 2 = 3-12x/3 months, 3 = at least weekly	
4. Light housework 0 = never, 1 = 1-2x/3 months, 2 = 3-12x/3 months, 3 = at least weekly	
5. Heavy housework 0 = never, 1 = 1-2x/3 months, 2 = 3-12x/3 months, 3 = at least weekly	
6. Local shopping 0 = never, 1 = 1-2x/3 months, 2 = 3-12x/3 months, 3 = at least weekly	
7. Social occasions 0 = never, 1 = 1-2x/3 months, 2 = 3-12x/3 months, 3 = at least weekly	
8. Walking outside > 15 mins 0 = never, 1 = 1-2x/3 months, 2 = 3-12x/3 months, 3 = at least weekly	
9. Actively pursuing hobby 0 = never, 1 = 1-2x/3 months, 2 = 3-12x/3 months, 3 = at least weekly	
10. Driving car/ going on bus 0 = never, 1 = 1-2x/3 months, 2 = 3-12x/3 months, 3 = at least weekly	
11. Travel outings/ car rides 0 = never, 1 = 1-2x/6 months, 3 = 3-12x/6 months, 4 = at least 2x weekly	
12. Gardening 0 = never, 1 = light, 2 = moderate, 3 = all necessary	
13. Household/car maintenance 0 = never, 1 = light, 2 = moderate, 3 = all necessary	
14. Reading books 0 = none, 1 = one in 6 months, 2 = <1 per fortnight, 3 = >1 per fortnight	
15. Gainful work 0 = none, 1 = up to 10 hr/week, 2 = 10-30 hr/wk, 3 = >30 hr/wk	

Autonomy Mastery Purpose Connectedness (AMP-C) measure Score each component 1-4 and AMP-C 'Sum' score = sum of all components 4-16

Score	1	2	3	4	
1. I feel in control of my life	Disagree strongly	Disagree	Agree	Agree strongly	N / A
2. I have the skills to make the most ofmy life.	Disagree strongly	Disagree	Agree	Agree strongly	N / A
3. My life has a clear sense of purpose.	Disagree strongly	Disagree	Agree	Agree strongly	N / A
4. I feel connected with the importantpeople in my life.	Disagree strongly	Disagree	Agree	Agree strongly	N / A