

Assessment Tools – ID Card

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| Name | Executive Function and Occupational Routines Scale (EFORTS) (Frisch, & Rosenblum, 2014) |
| Description | A parent report scale for evaluating children's independence and efficiency in managing daily routines. |
| Purpose | Receiving information from parents about their child's self-management routines: morning and evening, leisure and play, social routines. In each routine, the parent rates the child's performance on each item. The questionnaire identifies self-management difficulties and occupational intervention goals for children with executive function delays. |
| Target population | Children's parents aged 3-11 years. |
| Administration | The tool can be administered by licensed occupational therapists. |
| Versions | Hebrew, Arabic, English |
| Filling and coding duration | Filling: 10 minutes; Coding: 5 minutes |
| Structure | The final questionnaire contains 30 statements divided into three routines: morning and evening (16 items), leisure and play (7 items), and social routine (7 items). |
| Scoring | <p>Each item is scored between 1 – never and 5 – always.</p> <p>The sum of the answers in each routine is divided by the number of items in the routine and creates a raw score (average).</p> <p>The three routines' score as well as their average (the EFORTS' final score) are examined according to the cut-off scores published for Israeli children from three age groups: 2-5.11 years, 6-7.11 years, 8-11 years (Frisch & Rosenblum, 2014).</p> <p>Data are being collected these days from hundreds of children. The goal is to derive executive functions scores from the statements in the questionnaire. Beyond the final grade, an in-depth analysis of the various items is significant for the development of the intervention plan.</p> |
| Interpretation | <p>A high score indicates a better level of executive control in performing daily routines.</p> <p>Using the statements that received low marks and reflect performance in important functions for parents and children, a functional goal can be developed.</p> |

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| Psychometric indices | Very high internal reliability, construct validity, discriminant validity, and concurrent validity. |
| Publications | <p>Frisch, C., & Rosenblum, S. (2014). Reliability and validity of the Executive Function and Occupational Routines Scale (EFORTS). <i>Research in Developmental Disabilities</i>, 35(9), 2148-2157.</p> <p>סמואל, א. (2018). יכולת הניהול העצמי של ילדים בשגרות היום-יום : המשך פיתוח תוקף ומהימנות לשאלון ה- Executive Function and Occupational Routines Scale (EFORTS) [עבודת תזה שטרם פורסמה] אוניברסיטת חיפה.</p> <p>New data of the updated EFORTS' routines' and executive scales cut scores is under publication.</p> |