

Assessment Tools – ID Card

Name	Daily Functional Self-Actualization (DailyFA; Rosenblum, 2021)
Description	A self-report questionnaire to examine functional self-actualization. There are two versions of the questionnaire, one is intended to be filled in by the individual regarding their adulthood (present) period, and the other is intended to be filled in regarding their childhood period.
Purpose	To examine functional self-actualization.
Target population	Adults aged 18 and over
Administration	The tool can be administered by licensed occupational therapists.
Versions	Hebrew, English
Filling and coding duration	Filling: 5 minutes; Coding: 5 minutes
Structure	Each version of the questionnaire includes 10 statements. For each item, the participant is asked to rate their level of satisfaction with their performance on a 10-point scale, from 1 (not good at all) to 10 (very good). The questionnaire version regarding the adulthood (present) period encompasses aspects such as physical and emotional health, a sense of control over life, satisfaction from daily activities, self-fulfillment, environmental factors and quality of life. The questionnaire version regarding the childhood period encompasses aspects such as mood, relationships, satisfaction from daily activities, support and a happy childhood.
Scoring	The score is obtained by averaging all the statements
Interpretation	A high average score indicates better functional self-actualization.
Psychometric indices	The questionnaire was found to have internal reliability and discriminant validity.
Publications	1. Rosenblum, S., & Elimelech, O. C. (2021). Gender Differences in State Anxiety Related to Daily Function Among Older Adults During the COVID-19 Pandemic: Questionnaire Study. <i>JMIR aging</i> , 4(2), e25876.