

Daily Functional Self-Actualization (DailyFA)– ID Card

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
Duration for filling out and coding	Filling: 5 minutes; Coding: 5 minutes
Structure	<p>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).</p> <p>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.</p> <p>The questionnaire version regarding the childhood period encompasses aspects such as mood, relationships, satisfaction from daily activities, support and a happy childhood.</p>
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.
Selected publications	<ol style="list-style-type: none"> 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. Rosenblum, S., & Cohen Elimelech, O. (2024). Daily Functional Characteristics and Health Among Older Adults During COVID-19: A Structural Equation Modeling Approach. <i>INQUIRY: The Journal of Health Care Organization, Provision, and Financing</i>, 61, 00469580241233430.

Edited by Michal Tsadok-Cohen and Ortal Cohen Elimelech (November 2024)