

## 成人发育性协调障碍/运动障碍检查表 (ADC)

版权人: Amanda Kirby & Sara Rosenblum, 2010

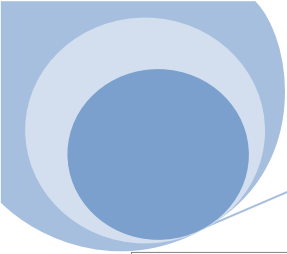
翻译者: 吴迪 张斌

**A. 童年期:** 当您还是孩子的时候, 是否存在下列问题:

**A. When you were a child, did you:**

	从不	有时	经常	总是
1. 在生活自理方面有困难 (例如: 系鞋带、系纽扣和拉拉链等)。 Have difficulties with self-care tasks such as tying shoelaces, fastening buttons and zips? Back-translate(BC): Have difficulties in self-care, such as tying shoelaces, buttons and zippers?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. 吃东西时容易把自己或者环境弄脏。 Have difficulty with eating without getting dirty. BC: It's hard to eat without getting yourself dirty.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. 与同龄人相比, 学骑自行车有困难。 Have difficulties learning to ride a bike compared to peers? BC: Having difficulty learning to ride a bike compared to your peers?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. 玩团队游戏时 (例如足球、篮球) 精准接球或投球有困难。 Have difficulties playing team games such as football, netball, catching or throwing balls accurately? BC: Do you have difficulty playing team games	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

(e.g. football, volleyball, table tennis, etc.), catching and throwing the ball?				
5. 书写不工整而导致他人很难看懂。  Have difficulties writing neatly (so others could read it) .  BC:Difficulty in writing neatly (so that others can read it).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. 写字速度比同龄人慢。  Have difficulties writing as fast as your peers .  BC:Writing slower than their peers.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. 比别人更容易撞到或绊倒。  Bump into objects or people, trip over things more than others.  BC:Bumps into objects or people, trips over things more often than their peers.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. 做手工制品有困难 (例如折纸飞机, 千纸鹤等等)。  Having difficulties in making handicrafts (e.g. origami planes, paper cranes, etc.)  BC:Difficulty in making handicrafts (e.g. origami planes, paper cranes, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. 整理房间或者在房间里找到所需要的东西有困难。  Have difficulties organizing /finding your things in your room.  BC:Difficulty in organising the room or finding what you need in the room.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. 别人说过你四肢不协调或者说你动作笨拙。				



Have others comment about your lack of co-ordination or call you clumsy?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
BC:Have people ever said that you are uncoordinated in your limbs? Or that you move awkwardly?				

**B. 成年期:**您目前在以下10个项目上有困难吗?**B. Currently: Do you have difficulties currently with the following 10 items?**

	从不	有时	经常	总是
1. 生活自理任务 (例如刮胡子、化妆等) 有困难。 Self-care tasks, such as shaving or make-up? BC:Self-care tasks, such as shaving, make-up, etc?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. 使用筷子吃饭有困难。 Eating with knife and fork/spoon? BC:Eating with chopsticks, forks, spoons, etc?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. 进行需要良好身体协调性的爱好活动有困难。 Hobbies that require good coordination? BC:Performing hobby activities that require good physical coordination?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. 在快速写字的同时保持书写工整有困难。 Writing neatly when having to write fast? BC:Keep writing neatly while writing fast?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. 与同龄人写字速度一样快有困难。 Writing as fast as your peers? BC:Write as fast as your peers?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. 看懂自己写的笔记有困难。 Reading your own writing? BC:Read your own writing?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. 抄写时不犯错误有困难。 Copying things down without mistakes?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

BC:Make no mistakes when copying?				
8. 收拾房间/在房间里找到所需要的东西有困难。 Organizing/finding your things in your room? BC:Pack up the room / find what you need in the room?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. 在陌生环境找到路有困难。 Finding your way around new building or places? BC:Finding your way in an unfamiliar environment or a new place?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. 别人说你做事情缺乏条理。 Have others called you disorganized? BC:People say you're not organised?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**C. 成年期：** 请结合您目前的情况选择合适的选项，并描述详情。

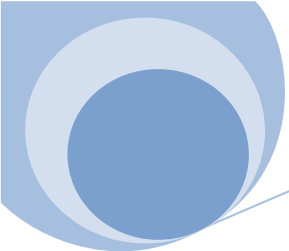
**C. Currently: please mark the suitable option and describe at the attached paper**

	从不	有时	经常	总是	请描述
1. 难以静坐或是显得烦躁不安。 Do you have difficulties sitting still or appear fidgety? BC:Have difficulty sitting still or seem restless?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	如果是，在多长时间之后会焦躁?_____ If yes,after how much time?_____ BC:If so, how long before you become agitated? _____
2. 丢失或遗漏个人物品。 Do you lose or leave behind possessions? BC:Lost or missing personal items?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
3. 打翻或者打碎东西。 Would you say you bump into things, spill or break things? BC:Spill or break something?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
4. 早上起床上学或者上班比别人慢。 Are you slower than others getting up in the morning and getting to work or college? BC:Slower than others to get up for school or work in the morning?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	描述一下有多慢， 为了防止迟到你采取了哪些措施?周围是不是有人说过你慢? How slow,describe,what do you do in order to deal with it.Have others mentioned it? BC:Describe how slow you are and what measures you take to prevent being

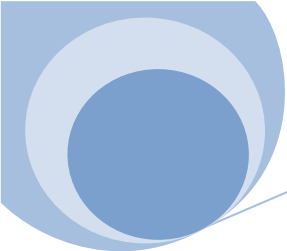
					late? Did anyone around you say you were slow?
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	从不	有时	经常	总是	请描述
5. 别人觉得你写的字很难看懂。 Do others find it difficult to read your writing? BC: Do people find your writing hard to read?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
6. 回避需要良好身体协调能力的爱好。 Do you avoid hobbies that require good coordination? BC: Do you avoid hobbies that require good physical coordination?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
7. 相比和其他人一起度过时间，更倾向于独自度过。 Do you choose to spend leisure time more on your own than others? BC: Tend to spend your free time alone compared to others?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
8. 拒绝参加团队游戏/活动。 Do you avoid team games/sports? BC: Would you refuse to participate in a team game/activity?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
9. 如果要运动，你倾向于独自去。 Sports- if you do a sport is this more likely to be on your own e.g. going to a gym than with others? BC: If you are going to exercise, do you tend to go alone?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
10. 假如你在驾驶一辆车的时候，你会在停车方面有困难。 If you are a driver, Do you have difficulties	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	





with parking a car?  BC:If you are a driver: do you have difficulties in parking?					
11. 准备一顿正餐对你来说有困难。 。  Do you have difficulty in preparing a meal from scratch?  BC:Is it difficult for you to prepare a meal from scratch?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
12. 出远门时，你在打包行李方面有困难。  Do you have difficulty packing a case to go away ?  BC:Do you have trouble packing your bags when you go away?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
13. 把衣服叠好放整齐有困难。  Do you have difficulty folding clothes to put them away neatly?  BC:Is it difficult to fold your clothes and put them away neatly?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
14. 在理财方面有困难。  Do you have difficulty with managing money?  BC:Do you have difficulty managing your money?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
15. 同时做两件事对你来说有困难（例如一边开车一边听东西）。  Do you have difficulty to perform two things <i>at the same time</i> (e.g, driving and listening)?  BC:Is it difficult for you to do two things at the same time? (e.g. driving and listening to something at the same time)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	



16. 在估计距离方面有困难(例如 停车、通过或者经过某物)。  Do you have difficulties with distance estimation ( e.g. with regard to parking , passing through objects)?  BC:Do you have difficulty in estimating distances? (e.g. stopping, passing or passing something)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
17. 在提前做计划方面有困难。  Do you have difficulties planning ahead?  BC:Do you have difficulty in planning ahead?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
18. 在某些情况下会注意力不集中 。  Do you feel you are losing your attention in several situations?  BC:Do you have trouble concentrating in certain situations?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

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