

Appendix 1. Activity Assessment Scale With Description of Scoring

Activity Assessment Scale (AAS) consists of 13 questions that will be summarized.

Preoperative Activities Assessment Scale						
How much difficulty did you have performing the following activities in the last 24 hours?						
	No difficulty	A little difficulty	Some difficulty	A lot difficulty	Not able to do it	Did not do it for other reasons
1) Lying in bed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2) Sitting	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3) Getting in or out of bed or chair	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4) Reaching or stretching	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5) Lifting 3 to 5 pounds	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6) Walking around inside	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7) Climbing up or down stairs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8) Walking outside or at work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9) Engaging in sedentary activities such as typing, talking on the phone, playing cards or watching tv	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10) Engaging in light activities such as cooking, dusting, clerical work or visiting friend	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11) Engaging in moderate physical activities, such as sweeping, washing the car, dancing or playing golf	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12) Engaging in vigorous activities such as construction work, shoveling, playing tennis or basketball, weight lifting	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13) Engaging in sexual intercourse	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

The overall AAS score will be calculated as follows:

- Answers of 1=No difficulty, through 5=Not able to do it, will be summed across questions 1-13. Answers of 6=Did not do it for other reasons, will not be included in the sum.
- The mean will be calculated by dividing the sum from step 1 by the number of answers contributing to the sum.
- The mean from step 2 will be multiplied by 13. The result will be the raw score.
- The raw score will be scaled from 0 to 100 using the following formula:
- $(65 - \text{raw score}) / 52 \times 100$. Note: 65 is the maximum raw score, and 52 is the range of possible scores (65-13=52).

Boyd SS, O'Sullivan DM, Tunitsky-Bitton E. Two methods of catheter management after pelvic reconstructive surgery: a randomized controlled trial. *Obstet Gynecol* 2019;134.

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- 6) If more than 6 questions out of 13 did not contribute to the sum in step 1, then the overall AAS score will be set to missing.

Three subscales will be conducting using the following steps:

- 1) Answers of 1=No difficulty, through 5=Not able to do it, will be summed across the questions included in the subscale (see below). Answers of 6=Did not do it for other reasons, will not be included in the sum.
- 2) The mean will be calculated by dividing the sum from step 1 by the number of answers contributing to the sum.
- 3) The mean from step 2 will be multiplied by the number of questions in the subscale (3 for the ambulatory subscale, or 4 for the sedentary activities and work/exercise subscales).
- 4) The raw score will be scaled from 0 to (number of subscale items*100/11) using the following formulas. Note: 11 is the total number of items contributing to the 3 subscales, and the subscales will sum to a maximum of 100 points.
- 5) 3-item subscale: $(15\text{-raw score})/12 \times 3 \times 100/11$. Note: 15 is the maximum raw score, and 12 is the range of possible scores.
- 6) 4-item subscale: $(20\text{-raw score})/16 \times 4 \times 100/11$. Note: 20 is the maximum raw score, and 16 is the range of possible scores.

Subscales:

Sedentary Activities subscale: items 1-4 (4 items)

Ambulatory Activities subscale: items 6-8 (3 items)

Work/Exercise Activities subscale: items 10-13 (4 items)

Adapted with permission from Wolters Kluwer Health, Inc.: Barber MD, Kenton K, Janz NK, Hsu Y, Dyer KY, Greer WJ, et al. Validation of the activities assessment scale in women undergoing pelvic reconstructive surgery. *Female Pelvic Med Reconstr Surg* 2012;Jul-Aug;18(4):205–10; <https://journals.lww.com/jpelvicsurgery/pages/default.aspx>. Copyright © 2012 Lippincott Williams & Wilkins.

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